

CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



january - june 2010 | selkirk.ca

WHAT'S HAPPENING in 2010

KOOTENAY FIREFIGHTERS TRAINING WEEKEND

Selkirk College and the Castlegar Fire Department will co-host the Kootenay Firefighters Training Weekend from June 18-20. All training sessions will be certified. For more information, contact Selkirk College at 250.365.1208, the Castlegar Fire Department at 250.365.3266, or visit castlegar.ca.

MIR CENTRE FOR PEACE LECTURE SERIES

Selkirk College's Mir Centre for Peace hosts Dr. James Orbinski, establisher of the Canadian chapter of Medecins Sans Frontieres (Doctors Without Borders), on Friday, March 19. For details, see page 47 or visit selkirk.ca/events.

CREATING PLACES FOR ALL CHILDREN

On March 27, Debra Mayer will present a free workshop on quality inclusion in child care programs. This workshop is sponsored by SpecialLink Canada and Selkirk College. For more information, see page 44, visit selkirk.ca/ce/courses/healthwellness, or call Tashia Weeks at 250.365.5616 ext. 222.

EMPLOYMENT SKILLS ACCESS PROGRAM

Looking for Employment? Funded by the Canada-BC Labour Market Agreement, the Employment Skills Access (ESA) Program provides unemployed individuals with training opportunities and tuition support. Participants must be unemployed and non-EI eligible. For more information, contact 250.364.5760 or esa@selkirk.ca.

CARPENTRY IN NAKUSP

Interested in Carpentry? A foundation level Carpentry program will be offered in Nakusp starting early February 2010. If you are interested, call Chris at 250.265.4077 or Brenda at 250.352.6601 ext. 204.

KOOTENAY SCHOOL OF THE ARTS SUMMER 2010

The summer months are a great time to try a new artistic adventure. Take part in two day to three week sessions throughout July and August. From Drama to Jewellery, we have something for all ages and skill levels. For more information visit selkirk.ca/programs/ksa.

KNITTING FOR PEACE

Join fellow community members at the Mir Centre for Peace to create simple knitted/ crocheted items for those in need. See pages 7 & 46 for more course and Mir information.

UPGRADING?

Check out ABE courses on page 13!

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how to register

OPTIONS:

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

kasloce@selkirk.ca

Kootenay School

of the Arts (KSA)

1.877.352.2821

artsce@selkirk.ca

Nakusp

250.265.4077

nakuspce@selkirk.ca

Nelson/Slocan Valley

1.866.301.6601

nelsonce@selkirk.ca

Trail/Salmo

250.364.5770

trailce@selkirk.ca

See page 78 for full contact details.

arts & culture

KARLA PEARCE

Karla Pearce attended the Alberta College of Art and Design, graduating in 1989 with a Drawing Diploma. From there she continued her education at the Southern Alberta Institute of Technology in Computer Technology, and the University of Calgary where she studied English. Karla is a painter, teacher, art director, producer and publisher. She recently opened her own art gallery, The Creative Edge Gallery, where she displays her work along with ten other talented local artists. She teaches art classes at the Creative Edge Gallery and publishes art related books and magazines. Karla Pearce lives and paints in Blueberry, BC, with her husband and their three children. You can view her paintings online at karlapearce.net or at creativeedgegallery.net.

DRAWING WITH A PAINT BRUSH

How do professional artists paint so quickly? They skip the pencil drawing. Students will learn how to do preliminary sketch work using a paintbrush. Visualization techniques will be taught that will aid students in finding form, shape, light and negative space. For the student that has some experience drawing and painting with either acrylic or watercolor paint.

new Castlegar: Creative Edge Gallery \$98
1249 3rd Street
Karla Pearce

4 classes: Jan. 23 - Feb. 13, Sat. 9:30 am-12:30 pm

PAINTING FROM PHOTOGRAPHS

Many professional artists use photography as a tool to create a finished painting. You can learn to do this too. Any image can be used, ranging from landscape, floral, architectural or portraiture. You'll learn how to mix and create a full range of colors that will give you the tools to not only reproduce an image but to infuse it with your own creativity. No previous painting experience is necessary.

new Castlegar: Creative Edge Gallery \$98
1249 3rd Street
Karla Pearce

4 classes: Feb. 20 - Mar. 13, Sat.
9:30 am-12:30 pm

PAINTING NATURAL ELEMENTS

Learn how to paint nature. You will explore the beauty of forests, mountains landscapes and water scenes with paint. Students will learn how to manipulate brushstrokes creating various effects in blending and layering describing natural elements.

new Castlegar: Creative Edge Gallery \$98
1249 3rd Street
Karla Pearce

4 classes: Mar. 17 - Apr. 7, Wed. 6-9 pm

PLEIN AIR PAINTING

This outdoor painting course will introduce you to the process of direct painting in nature. Learn to interpret what you see and feel while being a part of the environment. Classes will consist of a short group discussion each morning, followed by a day of painting with individual attention from the instructor. You are welcome to work in the medium of your choice.

new Castlegar: Creative Edge Gallery \$98
1249 3rd Street
Karla Pearce

4 classes: Apr. 17 - May 8, Sat. 9:30 am-12:30 pm

KOOTENAY SCHOOL OF THE ARTS AT SELKIRK COLLEGE

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

CLAY: LITTLE POTTER (AGES 9+)

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

Nelson: KSA Campus \$125
TBA

6 classes: Feb. 11-Mar. 25, Thur. 4-6 pm
(No class Mar. 18)



WORKING THE POTTER'S WHEEL

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

Nelson: KSA Campus \$279

Christine Dell

8 classes: Jan. 25-Mar. 15, Mon. 6-9 pm

8 classes: Feb.4-Mar. 25, Thur. 6-9 pm

Nelson: KSA Campus \$279

Lisa Martin

8 classes: Feb.24-Apr. 7, Wed. 6-9 pm

FIBRE: FABRIC PLAY

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

Nelson: KSA Campus \$139

Kate Bridger

2 classes: Jan. 6-7, Sat. & Sun. 10 am-4:30 pm

FIBRE: INTRO TO DETAILING

The participant will be exposed to designing, constructing and sewing edges, seams, buttonholes, basic collars and cuffs, appliqué, cutouts and explore inside out techniques.

Emphasis in this course is to give participants the confidence to work on projects for fashion or interiors, to pay attention to design, composition and craftsmanship.

Nelson: KSA Campus \$420

Angelika Werth

10 classes: Jan. 16-Mar. 20, Sat. 10 am-3 pm

INSPIRING YOUNG ARTISTS

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

Nelson: KSA Campus \$125

TBA

6 classes: Jan. 19- Feb. 23, Tue. 4-6 pm

INTERIOR DESIGN: NEST BUILDING

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

Nelson: KSA Campus \$120

Kate Bridger

6 classes: Feb. 8-Mar. 14, Mon. 6-9 pm

JEWELLERY: ADVANCED TECHNIQUES

Students who have completed the CE intro class will enhance their knowledge and abilities with this next level course. Learn different stone setting techniques, roller embossing, melting and reusing scrap silver, polishing and advanced construction methods.

Nelson: KSA Campus \$279

Fee includes most materials

Daniel Rondeau

9 classes: Jan. 26-Mar. 23, Tue. 6-9 pm

JEWELLERY: CASTING WITH CUTTLEFISH

Catch the wave with an introduction to Cuttlefish casting. This course will enable students to create silver or bronze jewellery without sophisticated equipment or technical knowledge. Students will learn to use this simple but gratifying casting method as work is cast and finished, giving the student an understanding of direct casting as a process and design alternative for jewellery making. This method can recreate in the small studio with minimal tooling.

Nelson: KSA Campus \$185

Daniel Rondeau

2 classes: Feb. 6-7, Sat. & Sun. 10 am-4:30 pm

JEWELLERY: INTO THE THIRD DIMENSION

Use your creativity to design a fabulous piece of jewellery and see it form before your eyes in the amazing hydraulic press. Learn design techniques, make dyes and how to operate the hydraulic press. Intro. to Jewellery or equivalent is a prerequisite for this course.

Nelson: KSA Campus \$190
 Anna Clark
 6 classes: Apr. 17-May. 22, Sat. 1:30-4:30 pm

JEWELLERY: SHINE AND SPARKLE

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

Nelson: KSA Campus \$190
 Anna Clark
 6 classes: Apr. 17-May 22, Sat. 10 am-1 pm

METAL: FORGE FUN

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

Nelson: KSA Campus \$70
 Kevin Kratz
 1 class: Mar. 7, Sun. 12-5 pm

Nelson: KSA Campus \$70
 Mother's Day Special Mom's \$35
 Kevin Kratz
 1 class: Apr. 9, Sun. 12-5 pm

QUILT MAKING

Explore contemporary quilt making in this hands on workshop, developing practical and creative sewing skills. Learn how to piece and appliqué fabrics using traditional and innovative quilt construction techniques. We will explore a variety of quilting techniques, from hand quilting to longarm machine quilting. Each student will complete one quilt.

Nelson: KSA Campus \$105
 Leah Weinstein
 4 classes: Jan. 5-26, Tue. 6-9 pm

VISUAL ARTS: PURE WATERCOLOUR

Learn about this immediate and fluid medium: watercolour. This two-fold course allows you to

explore both colour and composition in depth. As each lesson expands your colour vocabulary, the mystery of mixing colour will disappear. Compositional strategies will transform ordinary subject work into a work with meaning and content.

Nelson: KSA Campus \$145
 Teri Ward
 6 classes: Feb. 25- Apr. 1, Thur. 6-9 pm



MIRJA VAHALA

Over the past seven years, Mirja has instructed hundreds of students in the Lower Mainland and the Kootenays at Inspiring Minds Fine Art Studio. Educated in graphic design and visual arts, Mirja spent 20 years as a designer. Classes are info-filled and fun. Demonstrations, individualized attention and opportunities to explore are provided. Visit inspiringminds.ca.

ACRYLIC CREATIVE PLAY WEEKEND

Enjoy pure creative time using acrylic paints and materials. Play with gels, mediums, textures and molding pastes. Try collage, transfers, pouring and more. Apply your ideas to board, paper, canvas and/or wood. It's endless! Methods can be applied to paintings as well as to decorative items. No previous experience needed. Supply list available upon registration.

new Castlegar: Artist Studio \$112
 3905 Broadwater Road, Robson
 Mirja Vahala
 2 classes: Mar. 27-28, Sat. & Sun. 9:30 am-4:30 pm

ACRYLIC CREATIVE PLAY - MORE

Additional one-day finish up or try more stuff with help from Mirja.

new Castlegar: Artist Studio \$56
 3905 Broadwater Road, Robson
 Mirja Vahala
 1 class: May 23, Sun. 9:30 am-4:30 pm

ACRYLICS FOR TRUE BEGINNERS

Acrylics are versatile, easy-to-use and increasingly popular. Discover the techniques and tricks of using this medium; make various brush strokes and mix clean and effective colours and shades. 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 \$120
3905 Broadwater Road, Robson
Mirja Vahala
3 classes: Feb. 27 - Mar. 13, Sat. 9:30 am-2:30 pm
5 classes: Apr. 22 - May 20, Thur.
9:30 am-12:30 pm

ACRYLICS PLUS: FOCUS ON MIST AND MOOD

Part of "Acrylics Plus Series". Basic acrylic painting knowledge is helpful for these sessions. Feel free to develop your own images or to use Mirja's. Mist adds mystery to your paintings. Learn to paint the contrasts of soft and hard edges and how to use colour gradations to enhance your paintings. Supply list available upon registration.

new Castlegar: Artist Studio \$56
3905 Broadwater Road, Robson
Mirja Vahala
1 class: Apr. 25, Sun. 9:30 am-4:30 pm

ACRYLICS PLUS: FOCUS ON SUNFLOWERS

Part of the "Acrylics Plus Serie". Basic acrylic painting knowledge is helpful for these sessions. Feel free to develop your own images or to use Mirja's. Learn to use acrylics with a combination of beautiful transparent colours, similar to watercolours, along with opaque layers. Discover the vibrancy found in the contrast between transparent and opaque paint. Rather paint different flowers? That's okay too. Supply list available upon registration.

new Castlegar: Artist Studio \$56
3905 Broadwater Road, Robson
Mirja Vahala
1 class: May 2, Sun. 9:30 am-4:30 pm

ACRYLICS PLUS: FOCUS ON TREES AND REFLECTIONS

Part of "Acrylics Plus Series". Basic acrylic painting knowledge is helpful for these sessions. Feel free to develop your own images or to use

Mirja's. Learn ways to use a variety of brush strokes and shapes to paint trees. Find out how to make reflections in water. Try a few creative ways of applying paint. Supply list available upon registration.

new Castlegar: Artist Studio \$56
3905 Broadwater Road, Robson
Mirja Vahala
1 class: Apr. 11, Sun. 9:30 am-4:30 pm

BEYOND LEARN TO DRAW - DRAWING THE HUMAN FIGURE

Drawing the figure is a fun and fabulous way to improve as a creative artist. Learn to draw the human figure from life (clothed models). Understand basic human proportions and structure. Build more on the skills of using edges, proportions, angles, spaces and shading. This course is intended for students who have some drawing experience, such as "Learn to Dra". Supply list available upon registration.

new Castlegar: Artist Studio \$96
3905 Broadwater Road, Robson
Mirja Vahala
4 classes: May 4-25, Tue. 9:30 am-12:30 pm



BEYOND LEARN TO DRAW - GESTURE, PERSPECTIVE AND STILL LIFE

Improve your drawing skills further. Become more expressive by learning about making marks and using methods such as gesture. Learn also about basic perspective. Learn about using charcoal and conté on coloured paper. By the end of this course you will create several still-life drawings. This course is intended for students who have some drawing experience, such as "Learn to Draw". Supply list available upon registration.

new Castlegar: Artist Studio \$96
3905 Broadwater Road, Robson
Mirja Vahala
4 classes: Apr. 6-27, Tue. 9:30 am-12:30 pm

BEYOND LEARN TO DRAW: DRAWING OUTDOORS

Draw in the beautiful outdoors. Practice simplifying your view. Use viewfinders, create thumbnails and sketches. This is a useful course for landscape painters. This course is intended for students who have some drawing experience, such as "Learn to Draw". Supply list available upon registration.

new Castlegar: Artist Studio \$44
3905 Broadwater Road, Robson
Mirja Vahala
1 class: June 6, Sun. 9:30 am-3:00 pm

LEARN TO DRAW IN 18 HOURS

If you think you can't draw but want to learn, this class is for you. Learn to access the visual side of your brain and improve your creative thinking too. You'll be amazed at how your drawing skills develop in just 18 hours. This course is based on the best-selling book, *DRAWING ON THE RIGHT SIDE OF THE BRAIN*. Check out previous students works at inspiringminds.ca/gallery.htm. Mirja will provide some supplies for a fee of \$15.

Castlegar: Artist Studio \$144
3905 Broadwater Road, Robson
Mirja Vahala
6 classes: Feb. 23-Mar. 30, Tue. 9:30 am-12:30 pm
6 classes: Mar. 4-Apr. 15, Thur. 6:30 pm-9:30 pm



OPEN ART

ANTHROPOLOGY 210: INTRODUCTION TO ARCHAEOLOGY (FIELD SCHOOL)

3-credit university transfer course is offered with a field school component. Following four weeks of online instruction, students will undertake archaeology field work in the Castlegar area, from May 31-June 11. During the week of June 14-18, students will complete the final analysis, review, and write a final exam.

The field work component of the course will take place at sites within a short distance of the college. In the field, students will work from 9am-4pm (including one weekend) which will allow participants to return home at the end of the day. Space will be limited to 18 students so it is important to register early. Prerequisites: ANTH 100 or ANTH 110 strongly recommended; ENGL 12 or equivalent with a grade of "C" or better. Contact Duff Sutherland at 250-365-1334 or Rachel Thomas at 250-365-1233 for all the details.

new Castlegar Campus
Douglas Hudson, PhD Anthropologist &
Archaeologist - UFV
classes: May 3 - June 18

DRAWING FOR ABSOLUTE BEGINNERS

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

Nakusp Centre \$120
Sharon Bamber
6 classes: Jan. 26-Mar. 2, Tue. 7-9 pm

DRAWING FOR THE ABSOLUTE BEGINNER - ONLINE

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the course for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be!

ed2go.com/selkirk \$129
classes: continuous intake

ENJOYING EUROPEAN ART - ONLINE

The art and architecture of Europe offers an overwhelming array of choices that is sure to exhaust even the most dedicated art lover. If you want a better understanding of European art, this course will introduce you to the most important works of European art on a personal and familiar level.

ed2go.com/selkirk \$129
classes: continuous intake

FABRICPLAY

Will experiment with contouring, collage, shading and highlighting, employing a variety of innovative fabric applications and techniques. Will demonstrate how to mix colours and add

dimension using only thread and fabrics. Visit katebridger.ca to view samples. Materials list available upon registration.

Grand Forks Campus \$139
Kate Bridger
2 classes: Apr. 10 & 11, Sat. & Sun. 10 am-4 pm

Nelson: KSA Campus \$139
Kate Bridger
2 classes: Jan. 6-7, Sat. & Sun. 10 am-4:30 pm

Nakusp Centre \$139
Deadline for registration Mar. 30
Kate Bridger
2 classes: Apr. 24 & 25, Sat. & Sun. 10 am-4 pm

KNIT-A-THON FOR PEACE

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

Castlegar: Mir Centre for Peace \$8
Claire Davison-Williams
1 class: Mar. 20, Sat. 10:00 am - 3:00 pm

KNITTING FOR BEGINNERS

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

Trail Campus \$52
Suzanne Belanger
3 classes: Mar. 23, Apr. 6, Apr. 20, Tue.
6:30-8:00 pm

KNITTING FOR PEACE - BEGINNERS

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

new Castlegar: Brilliant Cultural Centre \$48
USCC Cultural Interpretive Centre,
820 Markova Road

Lovette Nichvolodoff
3 classes: Jan. 28 - Feb. 11, Thur. 7-9 pm

KNITTING FOR PEACE - BEYOND BEGINNER

Have you knit in the past but are a bit rusty, or are you a regular knitter but want to increase your skills? Brush up on your skills, learn new ones and become part of a growing movement of people who are "knitting for peace". When you've finished the class, join the members of your community at the Knit-A-Thon for Peace. Bring your own needles; yarn provided.

new Castlegar: Brilliant Cultural Centre \$40
USCC Cultural Interpretive Centre,
820 Markova Road
Lovette Nichvolodoff
3 classes: Feb. 18 - Mar. 4, Thur. 7-9 pm

KNITTING - INTERMEDIATE

Through a project of your choice, learn some of the following skills: follow a pattern, increase, decrease, knit more advanced stitches, knit on circular needles, finish a piece (sewing seams, neckband, etc). Needles and yarn must be supplied by the students. (Projects must be discussed with the instructor before the class starts.)

new Trail Campus \$45
Suzanne Belanger
4 classes: Jan. 26, Feb. 9 & 23, Mar. 9, Tue.
6:30-8:30 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 and other prominent instructors from across Canada.

Castlegar Campus \$195
before May 31, \$220 after June 1
Various instructors from across Canada
5 classes: July 12-16, 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.

Midway: Boundary Central
Secondary School \$70
Nora Curiston
4 classes: Feb. 7-28, Sun. 1-4 pm

MIXED MEDIA CANVASES & RECLAIMED MEMORY BOXES

Create visual magic by combining acrylic paint, colored pencils, pens, pastels, papers for collage & scrapbooking and other found objects. Students will create two pieces of art - a mixed media canvas & a memory box. Learn how to include buttons, keys, ribbons, lace & other 3-dimensional or non-paper items. Stretch your imagination. No art skill required! Most materials provided - additional supply list available.

new Castlegar Campus \$80
Krista Batting
4 classes: Feb. 27 - Mar. 20, Sat. 9-11:30 am

PASTELS FOR BEGINNERS

Explore this beautiful medium and learn the techniques that will help you create satisfying art. The rich colours and texture of Conte pastels will be supplemented with black ink and charcoal. Materials supplied by instructor for an additional charge of approximately \$25. Please register by Feb. 5, 2010.

Grand Forks Campus \$54
Ann Dahl
3 classes: Feb. 13-27, Sat. 1-4 pm

PINE NEEDLE BASKETRY

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

Nakusp Centre \$45
Rosemary Brown
1 class: May 8, Sat. 12-3 pm

SONGWRITING BASICS

This course will be a combination lecture/workshop covering all aspects of the songwriting process. Students will receive constructive feedback of their own compositions,

as well as instruction in all areas of songwriting, eg: lyrics, inspiration, craft, groove writing, editing, and business aspects such as copyright, publishing & marketing. The instructor is a renowned songwriter, musician and producer, with experience writing music in all genres for the charts, film, and TV.

new Castlegar Campus \$72
Jude Davison
2 classes: Mar. 13 - 20, Sat. 10:00 am - 2:00 pm

WATERCOLOURS FOR BEGINNERS

Learn about this medium by exploring colour mixing, techniques, and the process that will enable you to create successful work. Discover composition and the vocabulary of watercolours, while developing your own style through enjoyment and self-improvement. Please contact the instructor at 250.447.9046 for supplies list (supplies approx. \$25.00).

Grand Forks Campus \$70
Pat McNish
4 classes: Apr. 10-May 1, Sat. 9 am-noon



WOODCARVING FOR BEGINNERS

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

Nelson: Silver King Campus \$170
Peter Bockner
6 classes: Jan. 8-Feb. 12, Fri. 9 am-3 pm

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
6 classes: TBA, 6:30-9:30 pm

COLLEGE OVER COFFEE

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

THE VALUE OF NATURE AND THE NATURE OF VALUE

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

new Grand Forks: Jogas Espresso \$5
236 Market
Roly Russell, PhD
1 class: Jan. 28, Thur. 7-9 pm

GROWING OLD - IT'S NOT FOR SISSIES

Only recently have psychologists fully appreciated that development continues well past childhood and adolescence, that growth continues right into old age. Session will explore some of the ways that we change as we age, and how aging today is different than in the past. For adults of all ages.

new Grand Forks Campus \$5
Larry Dickerson, PhD
classes: Feb. 25, Thur. 7-9 pm

IS FOOD SECURITY POSSIBLE?

The recent surge in interest in the 100-mile diet and concerns about peak oil have generated a lot of discussion about the need for regional food security. But what does food security really mean? What would we need to do to achieve it based on what we actually produce regionally?

new Grand Forks: Jogas Espresso \$5
236 Market
George Penfold
1 class: Mar. 25, Thur. 7-9 pm



WORLD CINEMA

Film history instructor, Ian Dawe, takes you on a "guided tour" through the history of narrative film, with weekly screenings, lecture and discussion. Movies will be screened from the silent era right through to our own time, including classics from Europe, Asia and the US. A focus will be on placing these films in their historical context. Facilitator: Ian Dawe, MSc, MA.

UPCOMING SCREENINGS

For a flyer of screenings for the spring of 2010, please call the Continuing Education office in Nelson.

Nelson: Silver King Campus \$12. per screening
Ian Dawe

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. oxygenartcentre.org

ACTING SCHMACTING!

All the world's a stage and we are merely -What, MERELY?! Let's try that again: All the world's a stage and we can all be players on it! Ever wanted to play a role? Be someone else? Come have fun with theatre games, scripts, and movement. No experience necessary. 16 years or over.

Nelson: 402 Victoria Street, upstairs \$140
Bessie Wapp
6 classes: Feb. 17-Mar. 24, Wed. 7-9 pm

BREAKING THE CELLULOID CEILING: WOMEN IN FILM

Join Nancy Rosenblum in this 6-week course to view and talk about some of the women in front of and behind the camera who have broken through the celluloid ceiling to become pioneers in film. Nancy Rosenblum is a filmmaker and teaches directing and editing in the Selkirk Independent Film Program.

Nelson: Oxygen Art Centre \$180
Nancy Rosenblum
6 classes: Feb. 16 - Mar. 23, Tue. 7-10 pm

POETRY: WORKING IN A SERIES

For those who want to explore the long poem, poetic series or sequence. Whether achieved by digression, accretion, or constellation, the series is a way toward a book of poetry that is an organic whole. Suitable for those with poems in progress or ideas for a series.

Nelson: Oxygen Art Centre \$240
Susan Andrews Grace
8 classes: Feb. 18 - Apr. 8, Thur. 6:30-9:30 pm

PUSHING THE BORDERS OF DRAWING

Pushing the borders of drawing can be liberating! Students will combine traditional drawing materials and techniques with the process of collage. Students will investigate how to recycle unresolved works, create texture and dimension with various collage materials and incorporate drawing to create dynamic compositions. For students of all levels.

Nelson: Oxygen Arts Centre \$210
Natasha Smith
7 classes: Feb. 17-Apr. 7, Wed. 7-10 pm

SEEING RED

This course will begin with colour theory exercises in hue, value, intensity, and temperature. An extensive exploration of the power of colour will then begin, looking at colour aesthetics, context and colour symbolism. Students will learn how colour can create mood and meaning, affect space and create balance and unity within artworks. Learn how to seduce with colour! For students of all levels.

Nelson: Oxygen Art Centre \$180
Natasha Smith
6 classes: Apr. 14-May. 19, Wed. 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 rich swamp of the human voice in a relaxed & supportive environment. The last class we'll get down with a live band. "Blues is a natural fact...young people have forgotten to cry the blues." - Big Bill Broonzy (min. 16 years old)

Nelson: Oxygen Art Centre
160 plus \$10 equipment fee
Bessie Wapp
8 classes: Feb. 15-Apr. 5, Mon. 7-9 pm,

SPRING BREAK ART CAMP: ART AND COMMUNITY (6-9YRS)

Focus on ways that art builds communities. Students will work with a variety of teachers in a variety of mediums including drawing, painting, writing, zines, artist trading cards, book making, hip hop culture, improv, cartooning, still walking, sewing, printmaking, art history, and mural painting.

Nelson: Oxygen Art Centre \$175/week
or \$300 for two weeks.
5 classes: Mar. 8-12, Mon.-Fri. 8:30-12:00
5 classes: Mar. 15-19, Mon.-Fri. 8:30-12:00

SPRING BREAK ART CAMP: ART AND COMMUNITY (10-14YRS)

Focus on ways that art builds communities. Students will work with a variety of teachers in a variety of mediums including drawing, painting, writing, zines, artist trading cards, book making, hip hop culture, improv, cartooning, still walking, sewing, printmaking, art history, and mural painting.

Nelson: Oxygen Art Centre \$175/week
or \$300 for two weeks.
5 classes: Mar. 8-12, Mon.-Fri. 12:30-4 pm
5 classes: Mar. 15-19, Mon.-Fri. 12:30-4 pm

VISAC GALLERY

This is Trail's only gallery and creative activity centre. It includes space for exhibitions, 2-dimensional art classes, a complete pottery studio and lapidary workshop. There are regular painting, pottery and lapidary group meetings, as well as an ongoing rotation of art exhibitions. It is located at 1501 Cedar Ave., on the lower floor of Selkirk College's Trail campus. Gallery hours are Mon.-Fri., 1-4 pm, ph. 250-364-1181.

CREATE WITH ACRYLICS

Experimental painting with acrylic mediums to develop creative images. No previous

experience required. Some supplies included and material list available at registration.

Trail: VISAC Gallery \$95

Sharon Lough

6 classes: Feb. 15-Mar. 3, Mon. & Wed. 7-9 pm

INTRODUCTION TO DRAWING

Think you can't draw? Yes you can! Challenge yourself to establish and maintain a drawing habit. You will learn to draw by doing it. Some supplies included and material list available at registration.

Trail: VISAC Gallery \$70

Sharon Lough

6 classes: Apr. 12-28, Mon. & Wed. 7-9 pm

POTTERY - AN INTRODUCTION

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

Trail: VISAC Gallery \$147

Melissa Marandino

6 classes: Feb. 11-Mar. 2, Thur. & Tue. 6-7:30 pm

6 classes: Mar. 25-Apr. 13, Thur. & Tue. 6-7:30 pm



QUILTING - AN INTRO TO

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

new Trail: VISAC Gallery \$140

Wilma Hughes

6 classes: Apr. 17-May 29 (no class May 8),
Sat. 9 am-12 noon

WATER COLOUR PAINTING

Want to make your paintings look better? Join professional artist Ingrid Baker of Rossland and learn how to greatly improve your paintings. Learn interesting water colour techniques and

gain good basic knowledge that will make your paintings shine. Some experience needed.

new Trail: VISAC Gallery \$100

Ingrid Baker

6 classes: Jan. 25-Feb. 10, Mon. & Wed.
7-9 pm

WATER SOLUBLE OIL COLOR PAINTING: INTERMEDIATE

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

new Trail: VISAC Gallery \$130

Diane Oser

4 classes: Apr. 8-29, Thur. 6-8 pm

WATER SOLUBLE OIL COLOR PAINTING-INTRO

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

new Trail: VISAC Gallery \$130

Diane Oser

4 classes: Feb. 4-25, Thur. 6-8 pm

WORKING THE POTTER'S WHEEL

A Beginner to Intermediate Level class in learning to use the Potter's Wheel. This program introduces, or reviews, basic techniques in "throwing" pottery with no prior experience required. Projects will be self-determined by skill level and will include bowls, drinking vessels (with or without handles), vases, and some lidded forms. Bring a 4-litre pail and medium sized towel. Clay is extra.

new Trail: VISAC Gallery \$160

Caroline Freeman

6 classes: Jan. 27-Mar. 3, Wed. 9:30-11:30 am

6 classes: Mar. 31-May 5, Wed. 9:30-11:30 am

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

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

Selkirk Gymnasiums

ARE OPEN TO THE COMMUNITY

Nelson - Mary Hall



Drop-in fees

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

Volleyball League (Co-Ed)

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

Gym Soccer League (Co-Ed)

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

Weight Room Hours

Monday to Thursday
12 - 9:00pm

Classes (fees vary)

Yoga, Belly Dance, Tai Chi
and more!

Contact

Kim Barker
kbarker@selkirk.ca
Tel: 250.505.1325

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

Castlegar Gym



Badminton

Tuesday & Thursday

Basketball

Monday

Co-Ed Indoor Soccer

Wednesday

Fitness classes

Noon

Weightroom, Bouldering, Squash, Racquetball

Drop-in or various rates

Hours of Operation

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

Selkirk College, Castlegar Campus
301 Frank Beinder Way,
Castlegar, BC | 250.365.7292
Equipment Room 250.365.1292
Court Bookings 250.365.1372

**Both gyms available for private &
club bookings, birthdays or events.**

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
- take pre requisite courses like Math, English, and Sciences in order to qualify for entry to post secondary programs
- complete Grade 10, 11 or 12
- get help with online or Home Study courses
- prepare for the LPI or GED Exam
- have a choice of evening or day classes
- get a literacy tutor
- have free tuition and books
- acquire valuable workplace essential skills

THEN SELKIRK COLLEGE IS FOR YOU!

HOW DO YOU START ABE?

- call to arrange a time to meet with one of our instructors
- come in to discuss your goals for the future
- assess your present skill level
- start anytime

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

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

Castlegar	Jim Leitch	250.365.7292
Grand Forks	Christy Luke	250.442.2704
Kaslo	Marilyn Roberts	250.353.7773
Nakusp	Jen Cliff-Marks	250.265.3640
Nelson	ask for ABE	250.352.6601
Trail	Ian McAlpine	250.368.5236



Adult Special Education (ASE) Transitional Training

WE OFFER...

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

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

Castlegar	Jim Leitch	250.365.1345
Grand Forks	Christy Luke	250.442.2704
Nelson	Ray Brock	250.352.6601
Trail	Ian McAlpine	250.368.5236

business & finance

BOOKKEEPING FOR SMALL BUSINESS

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

Castlegar Campus \$160
Bev Horst

4 classes: Mar. 23-Apr. 1, Tue. & Thur. 6-9 pm

Grand Forks Campus \$160

Judi Thomas

2 classes: Feb. 6 & 7, Sat. & Sun. 9 am-4 pm

new Midway: Boundary Central \$160

Secondary School (355 5th Ave.)

Judi Thomas

2 classes: Jan. 30 & 31, Sat. & Sun.

9 am-4 pm

Nakusp Centre \$160

Monique Lalonde

2 classes: Feb. 6 & 7, Sat. & Sun. 9 am-4 pm

Nelson: Silver King Campus \$160

Brenda Wiest

4 classes: Feb. 22-Mar. 15, Mon. 6-9 pm

Trail Campus \$160

Bev Horst

2 classes: Feb. 24 & 26, Wed. & Fri.

9:30 am-3:00 pm

CONVERT YOUR PENSION INTO AN RRSP?

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

Castlegar Campus \$20

Debbie Bayoff, CFP

1 class: Mar. 2, Tue. 6:30-8:30 pm

new Nelson: Silver King Campus \$20

Debbie Bayoff, CFP

1 class: Mar. 2, Tue. 6:30-8:30 pm

new Trail Campus \$20

Debbie Bayoff, CFP

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

CREATING A SUCCESSFUL BUSINESS PLAN

Turn your business ideas into a solid plan for financing and long-term success. Work through all of the major components of a business plan and emerge with your first draft in hand. You will have completed the first- and most difficult- step on the path to small business success!

ed2go.com/selkirk

\$129

classes: continuous intake



EARN MORE WITH LITTLE TO NO RISK

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

new Castlegar Campus \$20

Debbie Bayoff, CFP

1 class: Mar. 23, Tue. 6:30-8:30 pm

new Nelson: Silver King Campus \$20

Debbie Bayoff

1 class: May 6, Thur. 6:30-8:30 pm

new Trail Campus \$20

Debbie Bayoff, CFP

1 class: Apr. 15, Thur. 6:00-8:00 pm

EMPLOYMENT PREPARATION WORKSHOP

Looking for work? Do you know there are 24 job search boards posting job openings within 100 km of Kaslo? Are you interested in job training or retraining? Do you qualify for apprenticeships, industry training programs, Kootenay wage subsidy programs, grants,

bursaries? Kootenay Career Development Society (KCDS) has done the research and has the information for you. KCDS is your frontline provider for employment and training information in the Kootenays. "Kick start your back-to-work program".

Kaslo Centre Free
 Please pre-register
 Patricia Rawson, Kootenay Career
 Development Services
 1 class: Mar. 26, Fri. 10 am-noon



EXPLORING ENTREPRENEURSHIP IN THE BOUNDARY

Thinking of starting your own business? Don't miss this opportunity to listen to and learn from the inspiring stories of a panel of local entrepreneurs who turned their dreams into successful businesses. Ample time will be given for questions and networking.

new Grand Forks Campus \$5
 Facilitated by Community Futures Boundary.
 1 class: Feb. 17, Wed. 6:30-8:30 pm

FINANCIAL EDUCATION WORKSHOP

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. 11 & 18, Thur. 6-9 pm

FINANCIAL PLANNING- TAKE CONTROL

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

new Grand Forks Campus \$20
 Debbie Bayoff, CFP
 1 class: Feb. 27, Sat. 12:30-2:30 pm

new Nelson: Silver King Campus \$20
 Debbie Bayoff
 1 class: Mar. 3, Wed. 6:30-8:30 pm

Trail Campus \$20
 Debbie Bayoff, CFP
 1 class: Apr. 22, Thur. 6:30-8:30 pm

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.

Kaslo Centre
 Employers \$10 / Job Seekers by Donation
 1 class: May 1, Sat. 10 am-2 pm

KOOTENAY BOUNDARY CREDIT CLINIC

Whether buying a home, a car or a toaster, most of us buy things on credit, and some of us struggle with the resulting debt. Learn how to manage debt and credit so they work for you, and what to do when your life circumstances change and debts become a problem. This free workshop combines practical tips with legal information about credit ratings, debt collection, bankruptcy, foreclosure, student loans and consumer scams. Sponsored by Castlegar Community Services and funded by The Law Foundation of BC, Nelson & District Credit Union, Kootenay Savings Credit Union and the Columbia Basin Trust. To register call 1-877-565-0013 or go to kbcrcredit.org.

new Castlegar Campus Free
 Peter Stoochnoff
 1 class: Apr. 10, Sat. 9 am-noon
 1 class: June 12, Sat. 9 am-noon

Grand Forks Free
 Peter Stoochnoff
 1 class: Feb. 27, Sat. 9 am-noon

Kaslo Centre Free
 Amy Taylor
 1 class: Apr. 24, Sat. 9 am-noon

new Nakusp Centre Free
 Amy Taylor
 1 class: May 8, Sat. 9 am-noon

new Nelson: Nelson CARES Society Free
 521 Vernon Street, Nelson
 Amy Taylor
 1 class: Apr. 15, Thur. 7-9 pm

new Nelson: Silver King Campus
Amy Taylor
1 class: Feb. 20, Sat. 9 am-12 noon
1 class: June 5, Sat. 9 am-12 noon

new Trail Campus
Peter Stoochnoff
1 class: Mar. 27, Sat. 9 am-12 noon
1 class: May 15, Sat. 9 am-12 noon



LEADING AND MANAGING YOUR TEAM

What does it take to be a great leader and an exceptional manager? What do your employees really value and how do you get the best out of them? How do you motivate and inspire them to focus on the important tasks? How do you find and attract quality people to your organization and more importantly keep them? Join us for this intensive 1 day course on leading and managing your team. This course is best suited for managers and owners of any size organization that wants to further develop their leadership and management skill set.

new Castlegar Campus
John Glennon, Sandler Training
1 class: Apr. 16, Fri. 8 am-4 pm

\$195

MARKETING YOUR BUSINESS ON THE INTERNET

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

ed2go.com/selkirk \$129
classes: continuous intake

QUALITY CUSTOMER SERVICE

Defining it, building it, and sustaining it. No matter what your title is at work, customer service is an important part of the job. You may serve customers in person, over the telephone or over the internet. You may supply products or services, but the common denominator is that you serve customers. The goal of this program is to equip you and your team with the insight, skills and direction you need to provide your customers with exceptional customer service.

new Castlegar Campus \$100
John Glennon, Sandler Training
1 class: Apr. 15, Thur. 8 am-noon

RESUME WRITING WORKSHOP

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

ed2go.com/selkirk \$129
classes: continuous intake

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.

Nelson: Silver King Campus \$20
Debbie Bayoff
1 class: Feb. 18, Thur. 6:30-8:30 pm

Trail Campus \$45
Jennifer Cook
2 classes: May 19 & 26, Wed. 6-9 pm

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

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



SALES BASICS

Get your new sales team members or your veteran sales people brushed up on some basic sales skills with this intensive half day course. Get back to basics with some hands on sales training on dealing with clients and prospects, dealing with bids and quotes and how to connect with your customers and prospects.

new Castlegar Campus \$100
John Glennon, Sandler Training
1 class: Apr. 15, Thur. 1-5 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.

new Grand Forks Campus \$20
Debbie Bayoff, CFP
1 class: Feb. 27, Sat. 10 am-noon

new Nelson: Silver King Campus \$20
Debbie Bayoff
1 class: Mar. 22, Mon. 6:30-8:30 pm
Trail Campus \$20
Debbie Bayoff, CFP
1 class: Feb. 25, Thur. 6:30-8:30 pm

WHAT ALL CANADIAN CHARITIES NEED TO KNOW

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

Trail Campus Free
Richard Bridge & Stacey Corriveau BC Centre for Social Enterprise
1 class: Mar. 29, Mon. 10 am-5 pm

WILLS/POWER OF ATTORNEY

You don't want to lose your hard earned money! Learn about Wills, Powers of Attorney, and Estate Planning to ensure your assets will be directed exactly where you want them to go.

Trail Campus \$25
Ann Lessard
1 class: Apr. 8, Thur. 6-9 pm

stay connected

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

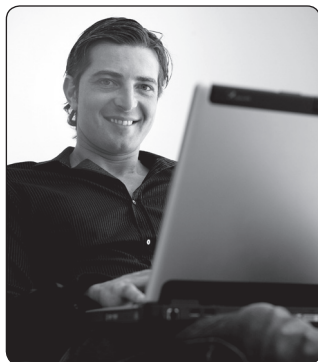
For more information:

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

Selkirk  College

selkirk college distance education

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



| distance education |

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

The following programs are offered by distance:

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

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

Looking to further your education?

ATTEND A FREE INFORMATION SESSION and find out what Selkirk College offers in terms of programs and financial aid. Please call 1.888.953.1133 to register or contact the campus you would like to attend. All sessions are one hour.

February 9	Castlegar Campus - rm KOK 10	6:30-7:30pm
February 4	Nelson Tenth Street Campus - rm Pat 307	6:30-7:30pm
March 25	Kaslo Campus	6-7pm
January 19	Nakusp Campus	1-2pm
February 3	Trail Campus - rm 115	6:30-7:30pm
March 30	Grand Forks Campus	6-7pm

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EXPERIENCE SELKIRK DAY – MAY 6, 2010 | 9am-2pm

You're invited to Experience Selkirk College for a day! This annual event is open to all grade 10 and 11 students. Visiting students get the opportunity to register in program workshops for the day, eat an awesome lunch and win lots of prizes!

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STUDENT FOR A DAY

Interested in a specific program at Selkirk College? Come for a visit and become a Selkirk Student for a day! Spend the day with a current student in your program of interest, meet instructors and experience what campus life is all about.

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CAREER & JOB FAIR – FEBRUARY 25, 2010 | 10am - 4pm

Plan for your future! Attend the fourth annual Selkirk College Career & Job Fair at the Castlegar Campus. Make connections with employers and explore new job opportunities. This is a FREE event open to all ages.

For more information contact the Educational Recruitment Coordinator at 250.505.1396 or experience@selkirk.ca.

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: Apr. 13-29, Tue. & Thur. 6:30-9:30 pm	
Trail Campus	\$198
Bev Horst	
3 classes: Feb. 5-19, Fri. 8:30 am-3:30 pm	

AUTOCAD: 3D

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

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

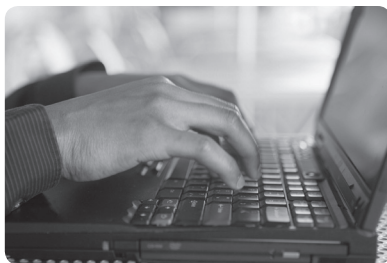
AUTOCAD: LEVEL I

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

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

COMPUTERS: KNOW YOUR COMPUTER & WHAT IT CAN DO

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



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

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

Grand Forks Campus	\$48
Judi Thomas	
2 classes: Jan. 26 & 28, 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, Tue. 6-8:30 pm	
Grand Forks Campus	\$30
Judi Thomas	
1 class: Feb. 2, Tue. 12:30-3 pm	
1 class: Mar. 22, Mon. 6:30-9:00 pm	
Midway: Boundary Central Secondary School	\$30
Wolfgang Schmidt	
1 class: Feb. 15, Mon. 6-8:30 pm	
Nakusp Centre	\$30
Marilyn Rivers	
1 class: Jan. 25, Mon. 9-11:30 am	

Nelson: Silver King Campus \$30
 plus \$35 manual for series
 Brenda Wiest
 1 class: Jan. 25, Mon. 6-8:30 pm

Module II: Windows Tools and Filing

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

Castlegar Campus \$30
 Bev Horst
 1 class: Feb. 23, Tue. 6-8:30 pm

Grand Forks Campus \$30
 Judi Thomas
 1 class: Feb. 4, Thur. 12:30-3 pm
 1 class: Mar. 24, Wed. 6:30-9 pm

Midway: Boundary Central \$30
 Secondary School
 355 - 5th Ave. Midway
 Wolfgang Schmidt
 classes: Feb. 17, Wed. 6-8:30 pm

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

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

Module III: Working with Windows Programs

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

Castlegar Campus \$30
 Bev Horst
 1 class: Mar. 2, Tue. 6-8:30 pm

Grand Forks Campus \$30
 Judi Thomas
 1 class: Feb. 9, Tue. 12:30-3 pm
 1 class: Mar. 29, Mon. 6:30-9 pm

Midway: Boundary Central \$30
 Secondary School
 355-5th Ave. Midway
 Wolfgang Schmidt
 1 class: Feb. 22, Mon. 6-8:30 pm

Nakusp Centre \$30
 Marilyn Rivers
 1 class: Feb. 8, Mon. 9-11:30 am

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

Module IV: Organizing Your Files

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

Castlegar Campus \$36
 Bev Horst
 1 class: Mar. 9, Tue. 6-9 pm

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

Midway: Boundary Central \$36
 Secondary School
 355 - 5th Ave
 Wolfgang Schmidt
 1 class: Feb. 24, Wed. 5:30-8:30 pm

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Feb. 15, Mon. 9 am-noon

Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Feb. 15, Mon. 6-9 pm



COMPUTER MAINTENANCE FOR BEST PERFORMANCE

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

new Grand Forks Campus \$30
 Judi Thomas
 1 class: Apr. 8, Thur. 1-3:30 pm

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

EXCEL 2007 MODULES

A continuation of modules from Fall 2009. Learn to expand and enhance your knowledge of Excel you may take one or take them all. Manuals extra: Module 1 through 4 requires Excel 2007 Level 2 manual, module 5-8 requires Excel 2007 Level 3 manual.

Module V: Using Data Tools

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

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

Module VI: Preparing Online Documents

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

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

Module VII: Collaborating With Other

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

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

Module VIII: Using Analysis Tools

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

Trail Campus \$36
 Bev Horst
 1 class: Feb. 24, Wed. 6:30-9:30 pm

EXCEL 2007: ESSENTIAL SKILLS

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

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Apr. 12, Mon. 9 am-noon

EXCEL 2007: LEVEL I

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

Castlegar Campus \$198
 Bev Horst
 3 classes: Feb. 18-Mar. 4, Thur. 8:30 am-3:30 pm

Grand Forks Campus \$198
 Judi Thomas
 6 classes: Feb. 16-Mar. 4, Tue. & Thur. 6:30-9:30 pm

Trail Campus \$198
 Bev Horst
 6 classes: Feb. 1-17, Tue., Wed. & Thur. 6-9 pm
 3 classes: May 11-13, Tue.-Thur. 8:30 am-3:30 pm

EXCEL 2007: LEVEL II

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

Grand Forks Campus \$198
 Judi Thomas
 6 classes: Mar. 23-Apr. 8, Tue. & Thur. 6:30-9:30 pm

Trail Campus \$198
 Bev Horst
 3 classes: May 3, 10 & 18, Mon. & Tue. 8:30 am-3:30 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. 26-Feb. 4, Tue. & Thur. 6:30-9 pm

MIGRATING TO OFFICE 2007 AND WORD 2007

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

Grand Forks Campus \$60
 Judi Thomas
 2 classes: Mar. 2 & 4, Tue. & Thur. 12:30-2:30 pm

POWERPOINT 2007

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

Grand Forks Campus \$60
 Judi Thomas
 2 classes: Mar. 23 & 25, Tue. & Thur. 12:30-3 pm

QUICKBOOKS

Learn how to install, activate and update QuickBooks. Set up a company file, including adding customers and vendors. Maximize lists, jobs, vendors, tax codes. Manage your customers' invoicing, A/R as well as vendors' A/P, cheque writing and printing. View and edit transactions. Reconcile accounts and credit cards. Create and use financial reports, profit/loss, and balance sheets.

Nelson: Silver King Campus \$198
 plus \$35 manual
 Anne Cavicchi
 6 classes: Apr. 13-May 18, Tue. 6-9 pm

SIMPLY ACCOUNTING: LEVEL I

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

Grand Forks Campus \$198
 Judi Thomas
 3 classes: Feb. 12-14, Fri.-Sun. 9 am-4 pm

Nakusp Centre \$198
 Rhonda Bouillet
 8 classes: Mar. 31-Apr. 28, Mon. Wed. 6:30-9 pm

Trail Campus \$198
 Lisa Park
 3 classes: Mar. 3-5, Wed.-Fri. 9 am-3:30 pm

SIMPLY ACCOUNTING: LEVEL II

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

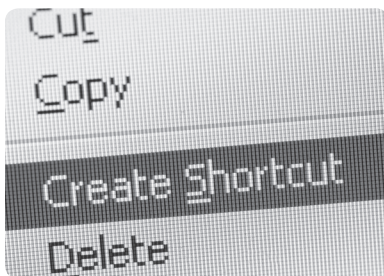
Grand Forks Campus \$198
 Judi Thomas
 classes: Feb. 19-21, Fri., Sat. & Sun. 9 am-4 pm

SOCIAL MEDIA: CONNECTING WITH FRIENDS AND FAMILY

Become part of the social networking revolution! Learn how to use a variety of online Social Networking tools: Facebook, Twitter, Skype,

YouTube and blogs to connect with friends and family and share information and photos. Prerequisite: Know your PC Modules 1-4 or equivalent PC experience.

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Feb. 22, Mon. 9 am-noon



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. 1-15, Mon. & Wed. 6:30-9:30 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. Key boarding skills are essential. Prerequisite: Know your Computer Module 1-4 or equivalent. Manual extra.

Trail Campus \$132
 Marg Poohachoff
 4 classes: Jan. 28-Feb. 18, Thur. 6:30-9 pm

WORD 2007: LEVEL 2: BUILDING PRODUCTIVITY

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

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Mar. 22, Mon. 9 am-noon

WORD IN DEPTH: LEVEL II

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

Grand Forks Campus \$198
 Judi Thomas
 6 classes: Apr. 7-26, Mon. & Wed. 6:30-9:30 pm

Grand Forks Campus \$36
 Judi Thomas
 1 class: Mar. 3, Wed. 6:30-9:30 pm
 Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Mar. 31, Wed. 6-9 pm

WORD 2007 MODULE

Required Manual \$35, for all modules.

Module I

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

Grand Forks Campus \$36
 Judi Thomas
 1 class: Feb. 22, Mon. 6:30-9:30 pm

Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Mar. 22, Mon. 6-9 pm

Module II

Manipulating and editing text, formatting characters and paragraphs.

Grand Forks Campus \$36
 Judi Thomas
 1 class: Feb. 24, Wed. 6:30-9:30 pm

Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Mar. 24, Wed. 6-9 pm

Module III

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

Grand Forks Campus \$36
 Judi Thomas
 1 class: Mar. 1, Mon. 6:30-9:30 pm

Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Mar. 29, Mon. 6-9 pm

Module IV - Headers and Footers

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

DIGITAL

ADOBE PHOTOSHOP - INTERMEDIATE

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

Nakusp Centre \$88
 Lee Orr
 4 classes: Mar. 30-Apr. 8, Tue. & Thur. 6:30-8:30 pm

Nelson: Tenth Street Campus \$88
 Shane Hainsworth
 4 classes: 6:30-8:30 pm

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.

Nakusp Centre \$132
 Lee Orr
 6 classes: Mar. 9-25, Tue & Thur. 6:30-8:30 pm

Nelson: Tenth Street Campus \$132
 Shane Hainsworth
 6 classes: 6:30-8:30 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. This course is the same as Module 3 of Know Your Computer and What It Can Do.

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



DIGITAL CAMERA PART 1: HOW TO USE IT

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

Castlegar Campus Ed Chernoff	\$36
1 class: Mar. 23, Tue. 6-9 pm	
new Grand Forks Campus Ed Chernoff	\$36
1 class: Mar. 27, Sat. 9 am-noon	
Nakusp Centre Lee Orr	\$36
1 class: Mar. 6, Sat. 1-4 pm	
Nelson: Silver King Campus Ed Chernoff	\$36
1 class: Mar. 25, Thur. 6-9 pm	
Trail Campus Ed Chernoff	\$36
1 class: Mar. 24, Wed. 6:30-9:30 pm	

DIGITAL CAMERA PART 2: THE CREATIVE & DESIGN SIDE

Bring 5 of your best photos on disk or flash drive, and 5 poor or problem photos that you would like to know how to make better. Will discuss design, creative camera controls & what makes photos appealing to the eye. It is important to take part one of this course first as you will have a better understanding of how to be creative using your camera by being fully aware of how it works.

new Castlegar Campus Ed Chernoff	\$36
1 class: Mar. 30, Tue. 6-9 pm	
new Grand Forks Campus Ed Chernoff	\$36
1 class: Mar. 27, Sat. 1-4 pm	

DIGITAL CAMERA- ADVANCED

Own a great point and shoot or an SLR camera but want to get more from it? Learn the tricks and techniques to get the most from your camera and take great photos in any situation. We'll go on a short photo shoot to help you get the best results and improve your photography.

Nakusp Centre Lee Orr	\$48
classes: Mar. 7, Sun. 1-5 pm	

DIGITAL CAMERA- PHOTOGRAPHING NATURE - ONLINE

Nature photography can be a fun, relaxing, and exciting hobby! In this course, you'll learn about the many aspects of outdoor photography as well as how to master your digital camera's controls and features. With the knowledge you gain in this course, you'll be taking exceptional nature photos in no time.

ed2go.com/selkirk	\$129
classes: Continuous Intake	

EDIT YOUR OWN VIDEO FOOTAGE

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

Nelson: Tenth Street Campus Amy Bohigian, Watershed Productions	\$240
8 classes: TBA	

GPS: BEYOND THE BASICS

Hands on exploration of recreational GPS and SPS tools. Discover various data sources, loading all types of data to/from GPS, use Google Earth and other online services with GPS, georeference your digital photos to share with others, geocaching and many other tools to maximize your GPS experience. Presented in an interactive format. Prerequisite: basic GPS skills. See Intro to Hand Held GPS, page 66.

Castlegar Campus Chris Gray	\$48
1 class: May 26, Wed. 5:30-9:30 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 Jim Ford	\$36
1 class: Feb. 10, Wed. 6-9 pm	
Nakusp Centre Marilyn Rivers	\$36
1 class: Jan. 18, Mon. 9 am-noon	

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: Feb. 17, 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: Apr. 21, 28, May 5, Wed. 7-9 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: Apr. 16, Fri. 3-5 pm

DESKTOP PUBLISHING

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

Nakusp Centre \$36
Marilyn Rivers
1 class: Mar. 15, Mon. 9 am-noon

EBAY: HOW TO BUY & SELL

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

Grand Forks Campus \$45
Judi Thomas
1 class: Mar. 27, Sat. 9 am-1 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: Mar. 30 & Apr. 1, Tue. & Thur.
6:30-9 pm

INTRODUCTION TO DREAMWEAVER 8

Master the basics of document creation and how to insert and format text, images, hyperlinks, tables, multimedia files, and other types of web page content. Explore different page design concepts—with an emphasis on avoiding common layout errors.

ed2go.com/selkirk \$129
classes: continuous intake

INTRODUCTION TO INDESIGN CS3

You'll get hands-on desktop publishing training and come away knowing how to use this popular page layout software to design and create professional quality letterhead, business cards, brochures, PDF files that play movies, and more. You'll discover that you don't have to be a designer to produce professional quality documents!

ed2go.com/selkirk \$129
classes: continuous intake

LIBRARY ORIENTATION ONLINE

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

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

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

WEB DESIGN FOR BEGINNER'S MODULE 1

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

new Grand Forks: Grand Forks Secondary School \$72
Dave Schneider
2 classes: Feb. 9 & 11, Tue. & Thur. 6-9 pm

WEB DESIGN FOR BEGINNER'S MODULE 2

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

new Grand Forks: Grand Forks Senior Secondary \$72
Dave Schneider
2 classes: Feb. 16 & 18, Tue. & Thur. 6-9 pm

WEB-DO IT YOURSELF

Module 1: Getting Started

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

Nakusp Centre \$36
Marilyn Rivers
1 class: Mar. 29, Mon. 9 am-noon

Module 2: Creating Your Site

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

Nakusp Centre \$36
Marilyn Rivers
1 class: Mar. 29, Mon. 1-4 pm

Craig Andrews Continuing Education Bursary - CACE

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

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

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

first aid & safety training

FIRST AID

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

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

Castlegar Campus \$95
Terry O'Gorman, Orion Farley
1 class: Jan. 23, Sat. 8:30 am-5 pm
1 class: Mar. 19, Fri. 8:30 am-5 pm
1 class: Apr. 17, Sat. 8:30 am-5 pm
1 class: May 21, Fri. 8:30 am-5 pm
1 class: June 26, Sat. 8:30 am-5 pm

Grand Forks Campus \$95
Neil Krog
1 class: Feb. 13, Sat. 8 am-5 pm
1 class: Mar. 15, Mon. 8 am-5 pm
1 class: Apr. 10, Sat. 8 am-5 pm
1 class: May 3, Mon. 8 am-5 pm

Midway Fire Department \$95
661A- 8th Ave, Midway BC
Neil Krog
1 class: May 8, Sat. 8 am-5 pm

Nakusp Centre \$95
Brian Parsons
1 class: Apr. 8, Thur. 8 am-4:30 pm
1 class: Apr. 10, Sat. 8 am-4:30 pm
1 class: May 27, Thur. 8 am-4:30 pm
1 class: May 29, Sat. 8 am-4:30 pm

Nelson: Silver King Campus \$95
Tom Van Alstine, Orion Farley, Terry O'Gorman, Deborah Myers
1 class: Feb. 6, Sat. 8:30 am-5 pm
1 class: Mar. 13, Sat. 8:30 am-5 pm
1 class: Apr. 10, Sat. 8:30 am-5 pm
1 class: May 8, Sat. 8:30 am-5 pm
1 class: June 5, Sat. 8:30 am-5 pm

Trail Campus \$95
Marg Moore, Rob Klit
1 class: Jan. 23, Sat. 8:30 am-5 pm
1 class: Feb. 13, Sat. 8:30 am-5 pm
1 class: Feb. 27, Sat. 8:30 am-5 pm

1 class: Mar. 15, Mon. 8:30 am-5 pm
1 class: Mar. 31, Wed. 8:30 am-5 pm
1 class: Apr. 17, Sat. 8:30 am-5 pm
1 class: May 18, Tue. 8:30 am-5 pm
1 class: May 28, Fri. 8:30 am-5 pm
1 class: June 2, Wed. 8:30 am-5 pm
1 class: June 12, Sat. 8:30 am-5 pm
1 class: June 22, Tue. 8:30 am-5 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL II

Learn assessment and treatment skills that are the responsibility of the OFA attendant who provides first aid care in industry. Recommended if situated within 20 minutes of a hospital. Pick up books prior to class for pre-reading assignments. 2-year certificate

Grand Forks Campus \$595
Neil Krog
5 classes: Mar. 22-26, Mon.-Fri. 8 am-5 pm
5 classes: June 7-11, Mon.-Fri. 8 am-5 pm



OCCUPATIONAL FIRST AID (OFA): LEVEL III

Learn assessment and treatment skills that are the responsibility of the OFA attendant who provides first aid care in industry. Recommended if situated more than 20 minutes from a hospital. Pick up your books prior to class for pre-reading assignments. Please note that Level 3 evaluations are scheduled following the course dates; check when registering for the scheduled evaluation date. Prerequisite: none. Manual and exam fees included. 2-year certificate.

Castlegar: Castlegar Fire Department \$695
 2161 6th Ave., Castlegar, BC
 Terry O'Gorman, Wren McElroy
 10 classes: Feb. 1-12, Mon.-Fri.
 8:30 am-4:30 pm (exam Feb. 14)
 15 classes: Feb. 21-Mar. 25, Sun.,
 8:30 am-4:30 pm, Tue. & Thur. 6-9:30 pm
 (exam Feb. 28)
 10 classes: Apr. 12-23, Mon.-Fri.
 8:30 am-4:30 pm (exam Apr. 25)
 10 classes: May 31-June 11, Mon.-Fri.
 8:30 am-4:30 pm (exam June 13)
 10 classes: Aug. 16-27, Mon.-Fri.
 8:30 am-4:30 pm (exam Aug. 29)

Grand Forks Campus \$695
 Neil Krog
 10 classes: Jan. 11-22, Mon.-Fri. 8 am-5 pm

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

Nelson: Silver King Campus \$695
 Tom Van Alstine, Terry O'Gorman
 10 classes: Jan. 18-29, Mon.-Fri., 8:30 am-4:30 pm
 15 classes: Feb. 15-Mar. 20, Mon. & Wed.
 6-9:30 pm, Sat. 8:30 am-4:30 pm
 10 classes: Feb. 22-Mar. 5, Mon.-Fri.
 8:30 am-4:30 pm
 10 classes: Apr. 12-23, Mon.-Fri. 8:30 am-4:30 pm
 10 classes: May 10-21, Mon.-Fri. 8:30 am-4:30 pm
 10 classes: June 14-25, Mon.-Fri. 8:30 am-4:30 pm
 10 classes: July 12-23, Mon.-Fri. 8:30 am-4:30 pm

Trail Campus \$695
 Marg Moore
 10 classes: Apr. 12-23, Mon.-Fri. 8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL III RECERTIFICATION

Learn the practical portion of OFA Level III. ONLY for those already possessing a current Level III certificate. It is strongly recommended that all pre-reading and homework be completed prior to class start; pick up books at least two weeks before the course. Students must attend an interview with an instructor who will assess their knowledge of first aid concepts. Exam date TBA. Manual and exam fees included. 2-year certificate.

Castlegar: Castlegar Fire Department \$595
 2161 6th Ave., Castlegar, BC
 Wren McElroy
 5 classes: Apr. 26-30, Mon.-Fri.
 8:30 am-4:30 pm (exam May 2)

Nelson: Silver King Campus \$595
 Tom Van Alstine
 5 classes: Mar. 22-26, Mon.-Fri. 8:30 am-4:30 pm
 Trail Campus \$595
 Marg Moore
 5 classes: May 3-7, Mon.-Fri. 8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (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, Orion Farley
 1 class: Apr. 18, Sun. 8:30 am-4:30 pm
 1 class: June 27, Sun. 8:30 am-4:30 pm

Grand Forks Campus \$95
 Neil Krog
 1 class: Feb. 14, Sun. 8 am-5 pm
 1 class: Mar. 16, Tue. 8 am-5 pm
 1 class: Apr. 11, Sun. 8 am-5 pm
 1 class: May 4, Tue. 8 am-5 pm

Midway Fire Department \$95
 661A- 8th Ave, Midway BC
 Neil Krog
 1 class: May 9, Sun. 8 am-5 pm

Nakusp Centre \$95
 Brian Parsons
 1 class: Apr. 9, Fri. 8 am-4 pm
 1 class: Apr. 11, Sun. 8 am-4 pm
 1 class: May 28, Fri. 8 am-4 pm
 1 class: May 30, Sun. 8 am-4 pm

Nelson: Silver King Campus \$95
 Tom Van Alstine, Orion Farley, Terry O'Gorman, Deborah Myers
 1 class: Feb. 7, Sun. 8:30 am-5 pm
 1 class: Mar. 14, Sun. 8:30 am-5 pm
 1 class: Apr. 11, Sun. 8:30 am-5 pm
 1 class: May 9, Sun. 8:30 am-5 pm
 1 class: June 6, Sun. 8:30 am-5 pm

Trail Campus \$95
 Marg Moore
 1 class: Apr. 10, Sat. 8:30 am-4:30 pm

To ensure the course you want
 doesn't get cancelled...
**DON'T WAIT!
 REGISTER EARLY!**

MENTAL HEALTH FIRST AID (MHFA)

Just as a physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems. This course is meant to assist education professionals, health providers, parents and other adults in the identification of mental health problems and appropriate first aid intervention strategies.

new Nakusp Centre \$135
 Amber Cuthill, Julie Lehowy, RT Canadian
 Mental Health Association
 2 classes: Jan. 21 & 22, Thur. & Fri. 9 am-4:30 pm

PET FIRST AID COURSE

Learn skills to deal with cat & dog emergencies including: bleeding, broken bones and other wounds, choking, CPR and artificial respiration. Learn to recognize early signs of illness and ways to help prevent illness and injury. Receive an extensive user friendly manual and a "quick guide" for your first aid kit. Certificate provided upon passing exam. To register call 250-352-9244 or email educate@petstrainingservices.com.

new Nakusp: TBA \$150
 Penny Korethoski, certified Pet First Aid
 Instructor
 2 classes: July 24,25, Sat. 3-7 pm, Sun.
 9 am-4 pm

new Nelson: Nelson Chamber
 of Commerce \$150
 225 Hall Street, Nelson
 Penny Korethoski, certified Pet First Aid
 Instructor
 2 classes: Apr. 24,25, Sat. 3-7 pm, Sun.
 9 am-4 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. 26, Fri. 8 am-5 pm

Kaslo: JVH School \$65
 Candace Begg
 6 classes: Apr. 6-15, Tue.-Thur. 3:30-5:30 pm

Midway: BCSS \$65
 355 5th Ave
 Andrea Krog
 1 class: Feb. 5, Fri. 8 am-5 pm

RED CROSS: CHILD CARE EMERGENCY FIRST AID

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

Castlegar Campus \$95
 or \$150 per couple
 Darcey Lutz
 1 class: Apr. 24, Sat. 8:30 am-4:30 pm

Grand Forks Campus \$95
 or \$150 per couple
 Marg Moore
 classes: Feb. 27, Sat. 8 am-4 pm

Midway: Boundary Central
 Secondary School, 355-5th Ave \$95
 or \$150 per couple
 Marg Moore
 1 class: Feb. 6, Sat. 9 am-5 pm

Nelson: Silver King Campus \$95
 or \$150 per couple
 Deborah Myers
 1 class: Mar. 20, Sat. 8:30 am-5:30 pm

Trail Campus \$95
 or \$150 per couple
 Marg Moore
 1 class: Mar. 27, Sat. 8:30 am-5:30 pm

RED CROSS: CPR LEVEL C

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

Castlegar Campus	\$70
Deb Myers	
1 class: Feb. 27, Sat. 8:30 am-3:30 pm	
1 class: June 16, Wed. 5-10 pm	
Grand Forks Campus	\$70
Marg Moore	
1 class: Jan. 30, Sat. 8:30 am-3:30 pm	
Midway: BCSS	\$70
355 5th Ave	
Marg Moore	
1 class: Feb. 20, Sat. 8:30am -3:30 pm	
Nelson: Silver King Campus	\$70
Ferry O’Gorman	
1 class: Jan. 21, Thur. 5-10 pm	
1 class: Mar. 30, Tue. 5-10 pm	
Nelson: Silver King Campus	\$70
Deborah Myers	
1 class: May 22, Sat. 9:30 am-4:30 pm	
Trail Campus	\$70
Diana Ferguson	
1 class: Feb. 25, Thur. 5-10 pm	
1 class: May 25, Tue. 5-10 pm	

RED CROSS: CPR LEVEL C: RECERTIFICATION

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

Castlegar Campus	\$50
Deb Myers	
1 class: Mar. 24, Wed. 6-10 pm	
Grand Forks Campus	\$50
Marg Moore	
1 class: Jan. 31, Sun. 9 am-1 pm	
Nelson: Silver King Campus	\$50
Ferry O’Gorman	
1 class: Feb. 16, Tue. 6-9 pm	
1 class: May 10, Mon. 6-10 pm	
Trail Campus	\$50
Diana Ferguson	
1 class: Jan. 25, Mon. 6-10 pm	
1 class: Mar. 2, Tue. 6-10 pm	
1 class: Apr. 6, Tue. 6-10 pm	
1 class: May 6, Thur. 6-10 pm	
1 class: June 14, Mon. 6-10 pm	

RED CROSS: STANDARD FIRST AID WITH CPR C

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

Castlegar Campus	\$165
Darcey Lutz	
3 classes: Mar. 11, 13, 14, Thur. 6-9 pm, Sat. & Sun. 8:30 am-4:30 pm	
3 classes: May 27, 29, 30, Thur. 6-9 pm, Sat. & Sun. 4:30 am-8:30 pm	
Grand Forks Campus	\$165
Neil Krog	
2 classes: Feb. 20 & 21, Sat. & Sun. 8 am-6 pm	
2 classes: Apr. 17 & 18, Sat. & Sun. 8 am-6 pm	
Midway: Boundary Central Secondary School	\$165
355 - 5th Ave.	
Marg Moore	
2 classes: Mar. 6 & 7, Sat. & Sun. 8 am-6 pm	
Nakusp Centre	\$165
Debra Myers	
2 classes: Feb. 6 & 7, Sat. & Sun. 8 am-6 pm	
Nelson: Silver King Campus	\$165
Ferry O’Gorman	
3 classes: Jan. 28-30, Thur. & Fri. 6-9 pm, Sat. 8:30 am-5 pm	
Nelson: Silver King Campus	\$165
Deborah Myers	
2 classes: Apr. 10, 11, Sat. & Sun., 8 am-6 pm	
Trail Campus	\$165
Marg Moore or Ferry O’Gorman	
2 classes: Mar. 6 & 7, Sat. & Sun. 8 am-6 pm	
2 classes: May 15 & 16, Sat. & Sun. 8 am-6 pm	

ST. JOHN AMBULANCE FIRST AID: EMERGENCY FIRST AID FOR INDUSTRY

This one-day certification course meets the requirements for WorkSafe BC OFA Level 1. Course content includes: emergency scene

management, artificial respiration/assisted breathing, shock, unconsciousness, and fainting, choking (adult), CPR and introduction to AED, severe bleeding, minor wound care and documentation, medical conditions. Participants must be 16 years of age and must be physically able to perform the required first aid and CPR skills.

Kaslo Centre \$95
 Bob Crosthwaite
 1 class: Mar. 5, Fri. 8 am-5 pm



ST. JOHN AMBULANCE FIRST AID: STANDARD FIRST AID WITH CPR C / AED

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

Kaslo Centre \$165
 \$70 CPR only on Feb. 26, Fri.
 Bob Crosthwaite
 2 classes: Feb. 26 & 27, Fri. & Sat. 8 am-5 pm

WILDERNESS ALERT COURSES

To register for 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. 7-11, Wed.-Sun. 8 am-5:30 pm

WILDERNESS FIRST AID: SKILL BOOSTER

Castlegar Campus \$250
 or \$195 if registered one year in advance
 Helen Clugston, Wilderness Alert
 2 classes: Mar. 27-28, Sat. & Sun. 9 am-6 pm

MOTOR VEHICLE

AIR BRAKES (19+)

A prerequisite for a Class 1 driver's license. The Motor Vehicle Branch requires an eye exam before endorsement of your license. Please pick up the manual in advance.

Grand Forks Campus \$210
 Dave Griffin
 3 classes: Apr. 23-25, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm

Nakusp Centre \$210
 Mountain Transport Institute Ltd
 3 classes: May 14-16, Fri. 6-10 pm, Sat. & Sun. 8 am-4:30 pm

Nelson: Silver King Campus \$210
 Dave Griffin
 3 classes: Feb. 19-21, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm
 3 classes: May 28-30, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm

DRIVER TRAINING

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

Kaslo Centre \$439
 Nakusp Centre \$439

GRADUATED LICENSE PROGRAM

18 hours in-class, 14 hours in-car (3 hours in Kaslo/Nakusp and the balance in Nelson/Castlegar. In-car sessions to be arranged with

instructor. For more information, please contact Wilf Warner, Columbia Driving Solutions at: 1.877.365.6367. Please call your local centre if interested.

Kaslo Centre	\$899
Nakusp Centre	\$899



MOTORCYCLE SAFETY

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

Castlegar Campus	\$529
Berle Jablonsky	
4 classes: Apr. 17-25, Sat. & Sun. 9 am-5 pm	
4 classes: May 22-30, Sat. & Sun. 9 am-5 pm	
Kaslo Centre	\$629
Berle Jablonsky	
4 classes: May 8-16, Sat. & Sun. 9 am-5 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 two weeks prior to course. Manual included.

Castlegar Campus	\$200
Mike Rudolfski	
2 classes: Apr. 10 & 11, Sat. & Sun. 9 am-4 pm	
Grand Forks Campus	\$200
Mike Rudolfski	
2 classes: Mar. 27 & 28, Sat. & Sun. 9 am-4 pm	
Nakusp Centre	\$200
Val Downing	
2 classes: Apr. 9 & 10, Fri. Sat. 9:30 am-4:30 pm	

Nelson: Silver King Campus	\$200
Val Downing	
2 classes: Jan. 24 & 25, Sun. & Mon. 9:30 am-4:30 pm	
Trail Campus	\$200
Val Downing	
2 classes: Apr. 22 & 23, Thur. & Fri. 9:30 am-4:30 pm	

SAFETY

AVALANCHE AWARENESS FOR SLEDDERS

Do you want to enjoy the winter mountains safely? Spend a couple of hours in the classroom covering topics including equipment, 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: Field Location TBA	\$95
Wren McElroy	
1 class: TBA	

AVALANCHE SKILLS TRAINING LEVEL I

Learn avalanche phenomena, safe winter travel techniques, rescue and snow pack assessment. Includes one evening class and two full days in the backcountry. Prerequisite for Canadian Avalanche Level I course. If you have seven or more people requiring this training, we can set a custom course to suit your time schedule and sport. Call 250-365-1261 for more information. Participants must have their own transceiver, shovel and probe or reserve college equipment when registering.

Castlegar: field location TBA	\$195
Monica Nissen, Daniel Leslie, licensed AST instructors	
3 classes: Jan. 28, 30, & 31, Thur. 6-10 pm, Sat. & Sun. 8 am-5 pm	
3 classes: Feb. 4, 6 & 7, Thur. 6-10 pm, Sat. & Sun. 8 am-5 pm	
3 classes: Mar. 4, 6 & 7, Thur. 6-10 pm, Sat. & Sun. 8 am-5 pm	
3 classes: Mar. 11, 13 & 14, Thur. 6-10 pm, Sat. & Sun. 8 am-5 pm	

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

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

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: Feb. 22, Fri. 8:30 am-4:30 pm	
Grand Forks Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: May 20, Thur. 8:30 am-4:30 pm	
Nakusp Centre	\$185
Ron Tomlinson, C.S.O.	
1 class: Apr. 16, 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: May 4, Tue. 8:30 am-4:30 pm	
Trail Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Mar. 17, Wed. 8:30 am-4:30 pm	



GROUND DISTURBANCE: LEVEL 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	\$185
Ron Tomlinson, C.S.O.	
1 class: Mar. 1, Mon. 8:30 am-4:30 pm	

Nakusp Centre	\$185
Ron Tomlinson, C.S.O.	
1 class: Apr. 23, Fri. 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Apr. 1, Thur. 8:30 am-4:30 pm	
Trail Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Feb. 8, Mon. 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	\$225
Ron Tomlinson, C.S.O.	
1 class: Mar. 19, Fri. 8:30 am-4:30 pm	
Grand Forks Campus	\$225
Ron Tomlinson, C.S.O.	
1 class: Feb. 2, Tue. 8:30 am-4:30 pm	
Nakusp Centre	\$225
Ron Tomlinson, C.S.O.	
1 class: Apr. 15, Thur. 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$225
Ron Tomlinson, C.S.O.	
1 class: Mar. 2, Tue. 8:30 am-4:30 pm	
Trail Campus	\$225
Ron Tomlinson, C.S.O.	
1 class: Apr. 1, Thur. 8:30 am-4:30 pm	

INFECTION CONTROL

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

Online: call your local campus to enrol	\$25
classes: Continuous Intake	

TRANSPORTATION OF DANGEROUS GOODS

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

Castlegar Campus	\$65
Ron Tomlinson, CSO	
1 class: May 21, Fri. 1-5 pm	

Grand Forks Campus \$65
 Neil Krog
 1 class: Feb. 1, Mon. 12:30-4:30 pm
 1 class: Mar. 14, Sun. 12:30-4:30 pm
 1 class: May 6, Thur. 6-10 pm

Midway: BCSS \$65
 355 5th Ave.
 Neil Krog
 1 class: Apr. 25, Sun. 12:30-4:30 pm

Nakusp Centre \$65
 Ron Tomlinson, C.S.O.
 1 class: Apr. 22, Thur. 1 pm-5 pm

Nelson: Silver King Campus \$65
 Ron Tomlinson, C.S.O.
 1 class: Feb. 3, Wed. 1-5 pm

Trail Campus \$65
 Neil Krog
 1 class: Apr. 29, Thur. 9 am-1 pm

Trail Campus \$45
 Monashee Safety
 1 class: Feb. 22, Mon. 9 am-12 pm
 1 class: Apr. 26, Mon. 9 am-12 pm
 1 class: May 5, Wed. 9 am-12 pm

WORKSAFE

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

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 OHS regulations, safety inspections, accident investigations, reports, OHS programs and refusal of unsafe work.

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

Grand Forks Campus \$95
 Neil Krog
 1 class: May 26, Wed. 8 am-5 pm

Trail Campus \$95
 Neil Krog
 1 class: Feb. 12, Fri. 8 am-5 pm

SUPERVISOR SAFETY MANAGEMENT

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

Castlegar Campus \$95
 Neil Krog
 1 class: Apr. 16, Fri. 8 am-5 pm

Grand Forks Campus \$95
 Neil Krog
 1 class: May 27, Thur. 8 am-5 pm



WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

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

Online: call your local campus to enrol \$45
 classes: Continuous Intake

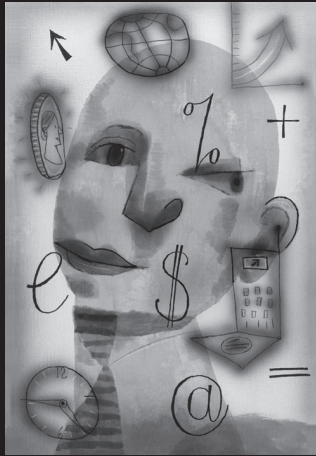
Castlegar Campus \$45
 Tom Van Alstine
 1 class: Apr. 7, Wed. 6:30-9:30 pm

Grand Forks Campus \$45
 Neil Krog
 1 class: Feb. 1, Mon. 8 am-noon
 1 class: Mar. 14, Sun. 8 am-noon
 1 class: May 5, Wed. 6-10 pm

Midway: BCSS \$45
 355 5th Ave
 Neil Krog
 1 class: Apr. 25, Sun. 8 am-noon

Nakusp Centre \$45
 Marilyn Rivers
 1 class: Mar. 6, Sat. 8 am-noon

CO-OP EDUCATION



education at work

HIRE A CO-OP EDUCATION STUDENT TODAY!

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

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

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

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

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

Conference Services

Are you looking to have an event in our region? Enjoy and fully participate in your special day without any concerns!

Your first point of contact at Selkirk College is our Conference Services, a division of our Continuing Education Department.

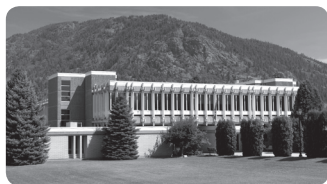
With competitive rates and quality service, we will assist your organization to:

- Create a customized event
- Contract speakers, facilitators or entertainers
- Reserve facilities on campus or within our region
- Book accommodations on campus or with local hospitality industry
- Register participants

Conference Services include:

- Project management
- Marketing assistance
- Food and beverage service
- Pre and onsite registration
- Tech equipment and support

Visit selkirk.ca/services/communityservices/ or contact Conference Services by phone: 1.866.301.6601 or email: conference@selkirk.ca.



Classic Catering

at Selkirk College



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

The company is run by two Red Seal Chefs with a combined 48 years of experience. Whether your function is a luncheon for 10 people or a dinner for 500, we are happy to work with you. We will sit with you and design a menu that meets your needs. We will also try our best to accommodate any special dietary needs that you might have.

Selkirk Classic Catering provides catering on the Castlegar Campus and Mary Hall Campus in Nelson during the summer. We are also available for offsite catering.

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

Learn locally at Selkirk

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

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

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

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

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

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

Programs at a glance

CERTIFICATES/ADVANCED CERTIFICATES

Access to Practical Nursing	9 mo
Advanced Medical Transcription	9.5 mo
BC Electrical Code	sp
Carpentry Apprenticeship (Levels 1-4)	6 wk
Carpentry Entry Level (Foundation)	24 wk
Classroom & Community Support Worker	9 mo
Cook Training - Professional (Level 1/Level 2)	28/14 wk
Early Childhood Care & Education	1 yr
Electrical Apprenticeship (Levels 1-4)	10 wk
Electrical Entry Level (Foundation)	24 wk
English Language Program (ESL)	24 wk
Esthetics	32 wk
Fine Woodworking Entry Level (Foundation)	36 wk
General Mechanics Entry Level (Foundation)	36 wk
Gerontology	1 yr
Golf Club Operations Online (GC00L)	10 mo
Hairdressing (Cosmetology)	36 wk
Health Care Assistant	6 mo
Metal	1 yr
Millwright Apprenticeship (Levels 2-4)	7 wk
Millwright/Machinist Entry Level (Foundation)	36 wk
Nursing Unit Clerk	6 mo
Pharmacy Technician	10 mo
Refrigeration Plant Operator	sp
Renewable Energy	1yr
Skilled Trades Exploratory Program (STEP) for Women	11 wk
Social Service Worker	9 mo
Welding (C Level/B Level/A Level)	28/16/8 wk

DIPLOMAS/ ADVANCED DIPLOMAS

Aviation - Professional Pilot	2 yr
Business Administration	2 yr
Child & Youth Care Specialty	2 yr
Clay	2 yr

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

DEGREES/ASSOCIATE DEGREES/UNIVERSITY TRANSFER

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

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

health & wellness

HEALTH

AIKIDO - DISCOVER THE MARTIAL ART OF PEACE

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

Nelson: Silver King Campus \$90

Anita Werner & Joan Posivy

12 classes: Feb. 13-Mar. 23, Sat. 9:15-10:45 am, Tue. 6-7:30 pm

12 classes: Apr. 3-May 11, Sat. 9:15-10:45 am, Tue. 6-7:30 pm

DEMENTIA CARE & MUSIC

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

new Castlegar Campus \$16

Karen Yamazaki, BA, BMT

1 class: Feb. 22, Mon. 7-9 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, behavior, responsibilities, grief, stress and how to take care of yourself. Bursaries available.

new Castlegar Campus \$35

Linda Hoskin

4 classes: Feb. 23 - Mar. 30, Tue. 6:30-9:00 pm (No class Mar. 9 & 16)

Grand Forks Campus \$26

Bring a bag lunch.

Linda Hoskin

1 class: Mar. 26, Fri. 10 am-4 pm

GETTING A GRIP ON PAIN AND AGING

Chronic pain from health conditions or aches and pains from aging and simply being human involves a host of alliances such as anxiety/stress, sadness, loneliness and low self worth. Eating habits may go out the window and you may worry about whatever happened to "the old self". Learn skills to empower your nervous system, and emotional and cognitive skills to address anxiety/stress. Nutrition education is included.

new Nelson: Tenth Street Campus \$150
Lee Reid

5 classes: Mar. 1-29, Mon. 10 am-12:30 pm

GOODBYE TO SHY! - ONLINE

Want to learn how to overcome shyness? The ability to connect with others affects everything we do, from advancing in our careers to attracting a mate. If your shyness keeps you from having the life you want, here's your chance to learn the secrets to overcoming it.

ed2go.com/selkirk \$129

classes: continuous intake

HEALTHY BRAIN

Be proactive—keep your brain cells in shape. Research is showing ways that people of all ages and abilities, including people with dementia and caregivers, can work on brain health emphasizing mind, body and spirit. Learn about Alzheimer Disease and research-based advice on how to reduce your risk.

Nelson: Silver King Campus \$12

Linda Hoskin

1 class: Mar. 4, Thur. 7-9 pm

Trail Campus \$12

Linda Hoskin

1 class: Feb. 9, Tue. 7-9 pm

IMPROVE YOUR VISION THE FELDENKRAIS WAY

For healing the eyes and improving the quality and clarity of your vision. How you use your eyes and chronic eye strain are primarily responsible for vision degeneration. Recognize and eliminate many of the most common habits that interfere with easy, effortless vision and

learn new skills to help you see more clearly. Side effects include improvements in your flexibility, coordination and balance.

new Nelson: Silver King Campus \$90
Judy Katz, Guild Certified Feldenkrais Practitioner
6 classes: Feb. 2-Mar. 9, Tue. 7-8:30 pm

NATURAL HEALTH AND HEALING - AN INTRODUCTION

This course is designed for anyone who wants to learn how to promote wellness, balance and health in their daily lives. It will give students a basic understanding of the field of natural health.

ed2go.com/selkirk \$129
classes: continuous intake

THE ART OF BALANCE

Learn how to promote the development of large and small motor skills, balance the brain hemispheres and improve coordination. Through precise movement activities and games, improve your memory, vision, reading, sports performance and learning capacity. For ages 7 to 70+; the emphasis is on fun.

new Rock Creek: West Boundary Elementary \$50
Anne Rexin & Faye Hugar
10 classes: Feb. 3-Apr. 21, Wed. 4:30-5:30 pm
(no classes Mar. 10 & 17)

THE JOY OF WALKING

Walking is an integral part of our human history. Join us to explore the various aspects of walking: walking for health; walking & the creative arts; walking & other cultures; and walking & philosophy/religion. This class is a great way to get a "jump start" on your walking season and expand your appreciation of the act of "going for a walk".

new Castlegar Campus \$24
Various presenters
1 class: Mar. 13, Sat. 9:00 am-12:00 pm

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. 31, Sun. 1-4 pm

"FEELS SO GOOD" FOOT MASSAGE

A gentle technique for massaging the feet to provide comfort and relaxation in ten minutes. Originally developed to help participants in the gruelling 64 km Great Walk from Gold River to Tahsis. Good for people of all ages and health conditions.

new Grand Forks Campus \$32
Rosemary Phillips, Certified Reflexologist
1 class: Mar. 6, Sat. noon-4 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
Christine Sutherland
1 class: Jan. 31, Sun. 4-6 pm

FOR COUPLES

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

Nelson: Silver King Campus \$38
per couple
Christine Sutherland
1 class: Jan. 31, Sun. 9 am-noon

MASSAGE AWAY THOSE SUGAR BLUES AND VALENTINES TOO

Help to those holding onto their healthy New Year's Resolution in the face of Valentines day. Learn to make "unchocolate" hearts, sugar free desserts and party food with a divine lunch of low carbs and high nutrition. Learn massage for cravings and detoxification; Lee will teach positive strategies for changing eating behavior.

Nelson: Silver King Campus \$50
Christine Sutherland and Lee Reid
1 class: Feb. 13, Sat. 9 am-4 pm

PREGNANCY, LABOUR, DELIVERY AND BABY

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

new Nelson: Silver King Campus \$25
Christine Sutherland
1 class: Jan. 30, Sat. 8:30-11:30 am

REFLEXOLOGY FOR FUN

A fun, hands-on introduction to reflexology. Learn about anatomy and working points on the feet for relaxation and good health. Guaranteed that participants will leave each session with happy feet.

new Grand Forks Campus \$80
Rosemary Phillips, Certified Reflexologist
5 classes: Mar. 23-Apr. 20, Tue. 7-9 pm

THE POWER OF TOUCH: PALLIATIVE MASSAGE

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

Nelson: Silver King Campus
Christine Sutherland
classes: July 9-18, Fri.-Sun.

NUTRITION

BECOMING VEGETARIAN

Are you interested in a plant based diet? Does someone in your family not eat meat? This class introduces vegetarian and vegan eating, giving you practical strategies to get nutrients you need without animal products. We'll discuss combining protein sources and how to get enough calcium and Vitamin B12.

new Trail Campus \$40
Tara Stark, Registered Dietician
1 class: Jan. 28, Thur. 7-9 pm

EAT WELL, LIVE WELL: CONTROL YOUR BLOOD PRESSURE AND CHOLESTEROL

What you chose to eat has a huge impact on your health. Learn how dietary approaches can affect your blood pressure and cholesterol while exploring Canada's Food Guide, the DASH diet and nutrition fact tables.

new Grand Forks Campus \$20
Lisa Brown, Registered Dietitian
1 class: Mar. 25, Thur. 7-9 pm

FEEDING YOUR BABY

At around six months, your baby is ready for solid foods. Come learn the latest information about introducing solids and how to make and store your own baby food. We'll discuss a variety of topics from allergy prevention to helping your child develop a healthy relationship with food.

new Trail Campus \$40
Tara Stark, Registered Dietician
1 class: Feb. 24, Wed. 1-3 pm

GET COOKING WITH BEANS AND LEGUMES!

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

new Trail Campus \$60
Tara Stark, Registered Dietician
1 class: Mar. 1, Mon. 6-9 pm

HEALING THROUGH NUTRITION

Learn how anxiety/stress, depression, fatigue, digestion, menopause, hormone balance and memory are impacted by the foods we eat and the supplements we choose. Included will be information on Acid/alkaline, Hormone, Green Foods, Raw Foods, Organic/100-Mile and Blood Type diets. Bring your questions and your curiosity!

new Grand Forks Campus \$15
Connie Sorensen-Lawrence, Certified Natural Products Advisor
1 class: Feb. 10, Wed. 7-9 pm

new Midway: Boundary Central Secondary School \$15
Connie Sorensen-Lawrence, Certified Natural Products Advisor
1 class: Apr. 14, Wed. 6:30-8:30 pm

LET'S GO SHOPPING! SUPERMARKET TOUR

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

new Trail Campus \$33
Ferraro Foods
Tara Stark, Registered Dietician
classes: Apr. 20, Tue. 6:30-8 pm

LOSE WEIGHT AND KEEP IT OFF - ONLINE

Do you want to lose weight and keep it off? Now you can! In this course, you'll discover how to establish a healthy approach to successful

weight loss and weight maintenance for a lifetime.

ed2go.com/selkirk \$129
classes: continuous intake

LOWER YOUR BLOOD PRESSURE - EAT THE DASH WAY

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

new Trail Campus \$40
Tara Stark, Registered Dietician
1 class: Apr. 13, Tue. 7-9 pm

PRENATAL

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

Castlegar: Kootenay Family Place \$105
767 - 11th Ave.
Marty Suttmoller
5 classes: Jan. 27 - Feb. 24, Wed. 6:30-9 pm
5 classes: Apr. 7 - May 5, Wed. 6:30-9 pm
5 classes: July 21 - Aug. 18, Wed. 6:30-9 pm

Grand Forks Campus \$84
Andrea Hill, RN and Angela Burch, RN
3 classes: Apr. 24-May 8, Sat. 9 am-noon

Kaslo: VGH Board Room \$84
Sherry Wagner
classes: TBA

Nakusp Centre \$70
Marilyn McKinnon
2 classes: Apr. 11 & 18, Sun. 10 am-3 pm

Nelson: 333 Victoria St., 2nd Floor \$105
M. Suttmoller, M. Morris, S. Whitman,
R. Gregory
6 classes: Jan. 14-Feb. 18, Thur. 6:30-9 pm
6 classes: Feb. 25-Apr. 1, Thur. 6:30-9 pm
6 classes: Apr. 8-May 13, Thur. 6:30-9 pm
6 classes: May 20-June 24, Thur. 6:30-9 pm
6 classes: July 22-Aug. 26, Thur. 6:30-9 pm

Trail Campus \$105
Jacquie Johnson
5 classes: Jan. 5-Feb. 2, Tue. 6:30-9 pm

5 classes: Mar. 2-30, Tue. 6:30-9 pm
5 classes: Apr. 6-May 4, Tue. 6:30-9 pm
5 classes: June 1-29, Tue. 6:30-9 pm

PRENATAL IN A DAY

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

Trail Campus \$75/couple
Jacquie Johnson
1 class: Aug. 7, Sat. 9 am-4 pm

PRENATAL IN A WEEKEND

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

Salmo: Salmo Community Services \$70
M. Suttmoller, M. Morris, S. Whitman,
R. Gregory
2 classes: Jan. 23, 24, Sat. & Sun. 10 am-4 pm
2 classes: Apr. 24, 25, Sat. & Sun., 10 am-4 pm
2 classes: July 24, 25, Sat. & Sun., 10 am-4 pm

PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place \$35
767 - 11th Ave.
Marty Suttmoller
2 classes: Feb. 3 & 10, Wed. 6:30-9 pm
2 classes: Apr. 14 & 21, Wed. 6:30-9 pm
2 classes: July 28 & Aug. 4, Wed. 6:30-9 pm



PRENATAL: EARLY PREGNANCY CLASS

Designed for pregnant women before their sixth month of pregnancy (the earlier, the better!), this class will cover a variety of topics including: nutrition, fetal development, maternal health, prenatal bonding, pre-term labour and planning ahead. We will be exploring what Castlegar has to offer with regards to pregnancy classes and birth options. Please feel free to attend on your

own, bring your partner, or come with a friend or two.

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

Sally Whitman

1 class: Jan. 20, Wed. 6:30-9 pm

1 class: Mar. 31, Wed. 6:30-9 pm

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

Nelson: 333 Victoria St., 2nd Floor \$15

M. Suttmoller, M. Morris, S. Whitman, R. Gregory

1 class: Jan. 26, Tue. 6:30-9 pm

1 class: Apr. 27, Tue. 6:30-9 pm

1 class: July 27, Tue. 6:30-9 pm

Trail Campus \$15

Included in Prenatal Registration

Jacquie Johnson

1 class: Jan. 18, Mon. 6:30-9 pm

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

1 class: July 12, Mon. 6:30-9 pm

THE FOOD AND CHOLESTEROL CONNECTION

Lower your cholesterol with dietary changes. This class presents proven and effective nutrition strategies to lower cholesterol. Learn how foods affect cholesterol levels and how to keep arteries healthy by filling your plate with the right stuff.

new Trail Campus \$40

Tara Stark, Registered Dietician

1 class: Jan. 26, Tue. 7-9 pm

SCHOOL OF HEALTH AND HUMAN SERVICES OUTREACH

CREATING PLACES FOR ALL CHILDREN

An inclusive early learning and care program strives to find ways to include all children and remove barriers that prevent children from actively participating. SpecialLink's Child Care Inclusion Quality Scales have become key tools for measuring inclusion quality in Canadian early learning and care programs. Learn how to use these tools to assess and inspire early childhood inclusion quality in your program and engage in the dialogue about necessary resources and training to support inclusive child care.

new Castlegar Campus Free

Debra Mayer, Director of SpecialLink

1 class: Mar. 27, Sat. 9 am-4 pm

ONLINE GERONTOLOGY CERTIFICATE

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

Online

For more information contact 250-365-1425.

Program package available.

classes: Next intake Sept. 2010

PALLIUM: LEARNING ESSENTIAL APPROACHES TO PALLIATIVE AND END OF LIFE CARE

This federally developed and approved care course for Physicians and Nurses (RN & LPN) covers symptom management of pain, GI problems, dyspnea, delirium and care in the last days. Other topics discussed include grief, depression, communication challenges and ethical dilemmas. Course includes lunch both days, coffee and a Pallium Pocket handbook.

Castlegar Campus \$200 for nurses

\$350 for physicians

Gail Potter, Tammy McCluskey, Tammie Clarke

2 classes: Mar. 27 & 28, Sat. Sun.

8:30 am-4:30 pm

WELLNESS

ABORIGINAL HEALTH & HEALING

How do Aboriginal cultures view health & healing? Marilyn will explore the health practices that are common to the interior Salish peoples and other Aboriginal groups. A discussion of this holistic view, which incorporates physical, emotional, spiritual and mental aspects, will include the use local plants and herbs as food & medicine, smudging to cleanse & balance oneself and the medicine wheel approach in health & healing.

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

ENERGY MEDICINE- NEXT GREAT FRONTIER IN HEALING

Learn how to use energy medicine to tackle different health challenges. Explore the meridians, aura, chakras, the relationships between them, testing and balancing their energetic state for optimum health and vitality, stimulating energy points, the Daily Energy Medicine Routine and energy medicine techniques for hormonal balance.

new Nelson: Silver King Campus \$250
Malonie Gabriel, BA, LMT, Eden Energy Medicine Certified Practitioner
3 classes: June 4-6, Fri. 6-9 pm, Sat. & Sun. 9 am-6 pm

NAKUSP HOSPICE SOCIETY-VOLUNTEER TRAINING 2010

Are you interested in becoming a Hospice Volunteer? Hospice/Palliative care provides the necessary physical, emotional and spiritual support in order to maintain the dignity and self-worth of the individual throughout the dying process and provide support to family and friends. Provincial training course of 30 hours will start in the middle of February providing new volunteers with the skills to work with End-of-Life clients in the home, hospital and care facility environments. Contact Helen Scown Hospice Coordinator at 250-265-4137 or nakhospice@hotmail.com or Selkirk College 250-265-4077 in Nakusp for further information.

LEARNING IN RETIREMENT

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

CURRENT AFFAIRS

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

Nelson: Silver King Campus
TBA

HISTORY OF NELSON & AREA: KOOTENAY LAKE

Nelson: Silver King Campus
Jonathon Taylor
TBA

HOW TO BUY A LAPTOP COMPUTER

Learn the features of current laptops and notebooks – particularly valuable if you are considering replacing a computer or buying a laptop for the first time.

Nelson: Silver King Campus

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Offered in conjunction with the University of Victoria Centre on Aging. Better manage your chronic health condition - arthritis, diabetes, heart disease, asthma, fibromyalgia or others. This is a free program. See coag.uvic.ca.cdsm for more information. To register call Terry at UVic toll free 1-866-902-3767. You do not need to be a Learning In Retirement Member to participate in this course.

Nelson: Silver King Campus Free
Pat Gibson, Susan Flynn
6 classes: Jan. 15-Feb. 19, Fri. 9:30 am-noon
6 classes: May 7-June 11, Fri. 9:30am-noon

NATIVE HISTORY

History and stories of the native first people, the Sinixt, first inhabitants of the Arrow, Slocan and West Kootenay Valleys. Based on the book *The Geography of Memory* by the presenter.

Nelson: Silver King Campus
Eileen Delahanty Pearkes
1 class: Jan. 22, Fri. 10 am-12 noon

WRITING AUTOBIOGRAPHY

The right time to write. Begin or continue writing about your life; record your life events with the support and encouragement of this peer group.

Nelson: Silver King Campus
Gloria Currie, Margaret Hornby
7 classes: TBA

Mir Centre for Peace

Based on the history and the traditions of the Kootenay region, the Mir Centre for Peace explores cultures of peace, human rights and social justice, environmental studies, global politics, conflict resolution and cultural and individual healing. You are invited to experience the unique programs, courses, discussions and lectures offered through the Mir Centre.



Visit selkirk.ca/research/mir-centre-for-peace/ for detailed information.

| mir centre for peace |

UNIVERSITY PROGRAMS IN PEACE STUDIES

The School of University Arts and Sciences and the Mir Centre for Peace offer two interdisciplinary values-based university transferable programs in Peace Studies. Both programs combine coursework in humanities, social sciences and sciences with core courses in peace studies and conflict resolution.

The Associate of Arts Degree in Peace Studies focuses on peace and the environment. The Liberal Arts Diploma in Peace Studies emphasizes peace in a cultural and international context. As part of their program, students may choose to engage in service learning experiences, or in directed peace and conflict studies academic research.

MIR PEACE CAFES

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

Join us in an informal intimate café setting – visit selkirk.ca/events for upcoming dates and topics.

Mir Winter Lecture Series

The Mir Lecture Series seeks to encourage dialogue with the following inspiring speakers:

THE MEANING OF LIFE

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

Dr. Hugh Brody
March TBA | Castlegar Campus: Mir Centre
By Donation

HUMANITARIAN ACTION

A young medical student, James Orbinski, embarked on a research trip to Rwanda investigating the conditions of pediatric AIDS where he confronted widespread pain and suffering. Fueled by this injustice, he helped establish the Canadian chapter of Medicin Sans Frontieres (Doctors Without Borders).

Dr. James Orbinski, Medecins Sans Frontieres
Mar. 19, Fri. 7-9 pm, doors open 6:30
Castlegar: Brilliant Cultural Centre
Tickets \$20 Available at college campuses/
centres, Otter Books in Nelson and the
Castlegar District Public Library.

PEACE BEGINS WITH ME

Ted Kuntz is a psychotherapist in private practice in Vancouver. Much of the wisdom that Ted shares didn't come from his formal training. Rather, it came from his personal journey as the father of a child with disabilities. Ted's journey with his son Joshua taught Ted how to make peace with life.

Ted's best selling book, 'Peace Begins With Me', is a summary of the wisdom he acquired on this journey. This deeply personal story is an inspiration to those who are challenged by life and wish to move beyond pain and anger and experience more peace and joy.

Ted Kuntz, M.Ed
April TBA
Castlegar: TBA

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

Help Us Inspire Others to Live Lives of Peace

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

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

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

Tax-deductible donations can be made to the Mir Centre for Peace Lecture Series via email at mircampaign@selkirk.ca, via phone at 250.505.1324, or online at selkirk.ca/mir.



hospitality & tourism

BARTENDING

Learn frontline bartending, theory and practical. Please purchase Guide to Bartending and Recipe Book from the Selkirk College Bookstore. Note: Includes Serving It Right Certificate.

Nelson: Tenth Street Campus \$275
 Carol Erickson
 12 classes: March 30-April 29, Tue. & Thur.
 6-9 pm, 2 Sat. TBA 9 am-2 pm

FOOD SAFETY FOR FOOD HANDLERS

An internet-based course equivalent to FoodSafe Level 1. On successful completion, students will be issued an officially recognized certificate and will have an understanding of basic food safety principles and how to protect themselves and others from foodborne illness. For more information or to register phone your local Selkirk College campus.

Online: Call your local campus to enrol \$85
 1 class: Available at any Selkirk location online. At your convenience!

FOODSAFE - LEVEL I

Learn the prevention of food-borne illness, including food protection, preparation, receiving, safe storage, germs and types of food-borne illnesses. Required for all foodhandlers. Bring your health card to registration.

Castlegar Campus \$85
 Carol Erickson
 1 class: Feb. 13, Sat. 9 am-5 pm
 1 class: Mar. 27, Sat. 9 am-5 pm
 1 class: May 1, Sat. 9 am-5 pm

Grand Forks Campus \$85
 Andrea Krog
 1 class: Jan. 16, Sat. 8 am-5 pm
 1 class: Mar. 14, Sun. 8 am-5 pm
 1 class: Apr. 18, Sun. 8 am-5 pm
 1 class: May 8, Sat. 8 am-5 pm

Kaslo: JVH School \$85
 Carol Erickson
 1 class: Apr. 23, Fri. 9 am-5 pm

Midway: Boundary Central \$85
 Secondary School
 Andrea Krog
 1 class: Jan. 29, Fri. 8 am-5 pm

Nakusp Centre \$85
 Carol Erickson
 1 class: Apr. 14, Wed. 9 am-5 pm

Nelson: Silver King Campus \$85
 Carol Erickson
 1 class: Jan. 26, Tue. 9 am-5 pm
 1 class: Mar. 9, Tue. 9 am-5 pm
 1 class: Apr. 17, Sat. 9 am-5 pm
 1 class: May 4, Tue. 9 am-5 pm

Trail Campus \$85
 Carol Erickson
 1 class: Feb. 6, Sat. 9 am-5 pm
 1 class: Apr. 10, Sat. 9 am-5 pm
 1 class: May 15, Sat. 9 am-5 pm
 1 class: June 5, Sat. 9 am-5 pm

SECRETS OF THE CATERER

Learn the fundamentals of the catering business; how to cook for large crowds, organize your kitchen, manage your time, and work with clients. The course focuses on cooking skills every caterer needs, with an introduction to the business side of catering.

ed2go.com/selkirk \$129
 classes: continuous intake

SERVING IT RIGHT

Required to serve alcohol to the public.

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

WORLD HOST - FORMERLY SUPERHOST

Learn skills and techniques for excellent customer service. Discover how to communicate with customers more effectively and efficiently. This workshop is interactive, informative, and offers valuable service skills that can be applied to any work environment.

new Kaslo Centre \$90
 Marg Craig
 1 class: Apr. 30, Sat. 9 am-5 pm

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

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

industry & trades

HOME STUDY/ONLINE

BC ELECTRICAL CODE: HOME STUDY

An approved BC Safety Authority course, enabling you to write the Field Safety Representative exam. Learn the proper use of the BC Code book and the correct interpretations of code rules, a working knowledge of the BC Safety Standards Act, the BC General Regulation and the Electrical Safety Regulation (new in 2004), and the BC Authorization Procedures for electrical contractors.

Online: Call your local campus to enrol \$575
classes: Continuous Intake call Silver King
Campus

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.

Online: Call your local campus to enrol \$725
classes: Continuous Intake call Silver King
Campus

BLUEPRINT BASICS

An introduction to blueprint reading and engineering drawing with the principles of orthographic projection (front view, side view top view), reading and interpreting technical drawings and the basics around the symbols and nomenclature found on drawings. The course focuses on mechanical drawings (machines). Civil (buildings), piping, electrical, process and instrument diagrams (PID's) will also be briefly discussed.

Trail Campus \$65
Alan Karges
3 classes: Mar. 30, Apr. 6, Apr. 14, Tue., Wed.,
6-8 pm

COMMERCIAL VEHICLE INSPECTION

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

Nelson: Silver King Campus \$220
Dave Griffin
3 classes: Mar. 5-7, Fri. 6-10 pm, Sat. & Sun.
8:30 am-4:30 pm
3 classes: May 7-9, Fri. 6-10 pm, Sat. & Sun.
8:30 am-4:30 pm

FALL PROTECTION

Examine the components of fall protection systems, review the governing bodies, regulations and standards. A hands on component provides a working familiarity with some of the systems and enables problem solving in the workplace.

Nakusp Centre \$180
Rob Schwarzer
1 class: Mar. 13, Sat. 8:30 am-4:30 pm
Nelson: Silver King Campus \$180
Rob Schwarzer
1 class: Apr. 10, Sat. 8:30 am-4:30 pm
Trail Campus \$180
Rob Schwarzer
1 class: Apr. 24, Sat. 8:30 am-4:30 pm

FORKLIFT OPERATOR CERTIFICATION

Learn safe operation techniques for forklift trucks current regulations, instructions on how to safely operate a lift truck, an overview of the most common types of trucks and their features, pre-shift inspection forms and more. Please pick up the manual in advance. On-site contract rates available for groups. Manual included.

Nelson: Silver King Campus \$220
Dave Griffin
2 classes: Apr. 2 & 3, Fri. 5-9 pm, Sat.
8 am-4 pm
2 classes: June 4 & 5, Fri. 5-9 pm, Sat.
8 am-4 pm

FORKLIFT RECERTIFICATION

Nelson: Silver King Campus
 Dave Griffin
 classes: tba

HRAI ENVIRONMENTAL AWARENESS CERTIFICATION (HEATING, REFRIGERATION, AIR CONDITIONING)

For HVAC/R Appliance and Transportation Technicians. Obtain certification for the purchase and handling of refrigerants.

Nelson: Silver King Campus \$115
 Dave Griffin
 2 classes: Mar. 16 & 17, Tue. & Wed. 6-10 pm
 2 classes: May 11 & 12, Tue. & Wed. 6-10 pm

INTERIOR LOG SCALING AND GRADING

Receive necessary training and learn the skills to perform the jobs and challenge the provincial

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

Nakusp Centre \$1100
 Tom Zeleznik
 15 classes: TBA - Apr. 2010

WELDING

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

Nelson: Silver King Campus \$275
 Dick Schultz
 12 classes: Mar. 2-Apr. 8, Tue. & Thur.
 6:15-9:45 pm

Golf Camp

Golfers of all abilities, from beginner to advanced, are welcome to participate in this camp.

Instructors will provide training on all aspects of the game; short game, long game, specialty shots, mental aspects, rules and etiquette. All campers will benefit from:

- 24+ hours of on/off course training
- Two 9-hole rounds and one 18-hole round
- Virtual computerized swing analysis
- Video analysis
- Mental training, history of the game, strategy, course management
- Specialized swing instruction including tough lies, trouble shots and much more...



Golf Camp 2009

Students may choose from the day or residence camp options. Registration opens February 2010. **Call 250.365.1208 to register or 250.365.1304 for more information.**

languages

GERMAN: LEVEL I

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

Nelson: Silver King Campus \$112
Andrea Bruckner
8 classes: Feb. 22-Mar. 18, Mon. & Thur. 7-9 pm

ITALIAN - LEVEL II

A great continuation to Italian - Level I. Learn more grammar and sentence building, as well as the addition of new vocabulary. A great course if you have completed Italian Level I or if you have a good understanding of basic Italian grammar. Materials extra.

Trail Campus \$84
Samantha Notari
6 classes: Feb. 16-Mar. 23, Tue. 6:30-8:30 pm

ITALIAN - LEVEL III

The third step in the Italian series; perfect if you have completed Level 1 and 2 and have had some practice speaking Italian at an intermediate level. This level focuses on more Italian grammar and essential vocabulary and is a great opportunity to practice speaking the language. Materials extra

Trail Campus \$84
Samantha Notari
6 classes: Mar. 30-May 4, Tue. 6:30-8:30 pm

ITALIAN: CONVERSATIONAL

A challenging Italian class for those who have already completed Level 3 Italian, or for anyone who has a good understanding of Italian grammar and vocabulary. The focus of this level is on lots of conversation as well as a continuation of grammar study. Materials extra.

Trail Campus \$84
Samantha Notari
6 classes: Feb. 17-Mar. 24, Wed. 6:30-8:30 pm

JAPANESE: LEVEL I

Nelson: Silver King Campus \$112
Yukako Krause
8 classes: Feb. 8-Mar. 29, Mon. 6:30-8:30 pm

SPANISH FOR TRAVELERS- LEVEL I

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

Castlegar Campus \$53
Jose Padilla
5 classes: Feb. 16-Mar. 2, Tue. & Thur. 7-8:30 pm
Grand Forks Campus \$84
Felicia Amos
6 classes: Jan. 26-Mar. 2, Tue. 6:30-8:30 pm
Trail Campus \$53
Jose Padilla
5 classes: Feb. 15-Mar. 1, Mon. & Wed. 6-7:30 pm

SPANISH FOR TRAVELERS- LEVEL II

A great continuation to Level I. Study more lessons on grammar and sentence building as well as new vocabulary. Must have an understanding of basic Spanish grammar. Handouts extra.

Castlegar Campus \$53
Jose Padilla
5 classes: Mar. 16 - Mar. 30, Tue. & Thur. 7-9 pm
Trail Campus \$53
Jose Padillo
5 classes: Mar. 15-Mar. 29, Mon. & Wed. 6-7:30 pm

SPANISH: BEGINNER LEVEL I

Nelson: Silver King Campus \$85
Pablo Pastor
8 classes: Mar. 1-31, Mon. & Wed. 6-7:30 pm

SPEED SPANISH - ONLINE

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

ed2go.com/selkirk \$129
classes: continuous intake

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

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

leadership & management

COMMUNICATION

Build a set of techniques in this Series to open communication with difficult people in difficult situations. Learn the difference between passive aggressiveness and assertive behaviours. Discuss assertive bill of rights, W.I.N. Techniques and Broken Record Techniques.

DEALING WITH DIFFICULT PEOPLE

new Kaslo Centre \$25
Phyllis White
1 class: Jan. 26, Tue. 7-9 pm

NAVIGATING AWKWARD SITUATIONS

new Kaslo Centre \$25
Phyllis White
1 class: Jan. 28, Thur. 7-9 pm

STANDING YOUR GROUND

new Kaslo Centre \$25
Phyllis White
1 class: Feb. 2, Tue. 7-9 pm



FITNESS EDUCATORS

FITNESS KNOWLEDGE

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

Castlegar Campus \$245
for class format and \$210 for homestudy
Kirsty Brown
3 classes: Feb. 5-7, Fri. 6-9pm, Sat. & Sun.
8:30 am-4:30 pm

GROUP FITNESS INSTRUCTOR

Foundation skills to design and deliver a safe, effective group-exercise class. Prerequisite: Fitness Knowledge.

Castlegar Campus \$210
Heather Bouchier
3 classes: Apr. 16-18, Fri. 6-9pm, Sat. & Sun.
8:30 am-4:30 pm

PERSONAL TRAINING SPECIALIST PROGRAM

Includes the Weight Training Course, Practicum and Personal Training Course and Practicum. This comprehensive 90-hour program prepares you to work one on one with all types of clients as a BCRPA Weight Trainer & Personal Trainer and be respected in an industry that demands quality. You will gain hands on practical experience; therefore, as a graduate you will be confident to enter the workforce as a registered fitness professional. Weight Training Instructor Level 1 and Practicum to be offered Fall 2010. This program can be completed over 6 months. Prerequisite: Fitness Knowledge

PERSONAL TRAINER COURSE

This 38-hour course is designed to teach advanced program design for healthy and special populations, testing, assessment, consultation, goal setting, advanced anatomy and physiology and the business of personal training. You will feel confident writing the Personal Training provincial exam at the end of the course. Materials and exam provided: Students may choose to order the NSCA Essentials of Personal Training manual from BCRPA at bcrcpa.bc.ca. This manual is NOT required.

Castlegar Campus \$350
Fee will be reduced 10% if you register for the personal Trainer and Personal Training

Practicum
Samantha Reid
6 classes: Feb. 26-Mar. 7, Fri. 6-9pm, Sat. &
Sun. 8:30am-4:30pm



PERSONAL TRAINING PRACTICUM

This course allows students to gain hands on experience and to complete the Personal Training Instructor Competency evaluation. The practicum is designed to complement the personal training course by providing scenarios, labs and "real" clients, completing the 10-hour logbook of experience required to become a registered personal trainer.

Castlegar Campus \$165
Course fee will be reduced 10% if you register for the Personal Trainer and the Personal Training Practicum
Samantha Reid
2 classes: Mar. 27-28, Sat. & Sun.
8:30am-4:30pm

HEALTH AND FITNESS I

This six-week online course provides students with both theoretical and practical knowledge in general principles of exercise for health and fitness. Topics include: health related physical activity and wellness; fitness evaluation techniques; exercise principles for cardio-respiratory endurance, muscular strength and endurance, and flexibility; and nutrition for physical activity. This course is interest for coaches, fitness leaders, students interested in studying Human Kinetics, and sport and fitness enthusiasts.

new Castlegar Campus \$130
Online: call Castlegar Campus to enrol
Bob Gurney
8 classes: Starting Feb. 1

HEALTH AND FITNESS II

This six-week online course provides students with both theoretical and practical knowledge in topics of: stress management, physical activity and the environment, physical activity for special populations, prevention and rehabilitation of exercise related injuries, and exercise as a preventive method of cardiovascular disease, diabetes and cancer. This course is of interest for coaches, fitness leaders, students interested in study human kinetics and sport and fitness enthusiasts.

new Castlegar Campus \$130
Online: call Castlegar Campus to enrol
Bob Gurney
6 classes: Starting Mar. 22

INSTRUCTOR DIPLOMA PROGRAMS

Offered in conjunction with the Vancouver Community College (VCC), the Provincial Instructor Diploma helps educators develop skills in program planning, instructional design and the use of media in instruction and evaluation. Consists of six 30-hour courses and a final assignment. For information, a schedule of all courses, or to apply for admission to the Program, go to instructordiploma.com or phone 1.888.332.3212. Following are courses that will be held at the Silver King Campus of Selkirk College.

ID 3103 INSTRUCTIONAL MEDIA

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

ID 3104 EVALUATION OF LEARNING

new Nelson: Silver King Campus
6 classes: June TBA, Fri. 6-9 pm, Sat. & Sun.
9 am-4 pm

LEADERSHIP

9 KEYS TO TRANSFORMATION

Gain a deeper awareness of nature's laws as they affect everyday life. Learn simple but powerful techniques - including 9 "magic" keys! - for personal transformation. We will look at Relationships, Beliefs, Creativity, Feng Shui & Clutter Busting, The 'World Peace Formula',

Mind-Body Connection, Evolving Spirituality, the New Physics and much more. Are you willing to create a more rewarding life for yourself? ("If you want to change something in your life, change something in your life!") Come expand your horizons with this mind-stretching potpourri!

Grand Forks Campus \$95
 Berti Baker
 1 class: May 2, Sun. 9 am-5 pm

Trail Campus \$95
 Berti Baker
 1 class: Feb. 21, Sun. 8:30 am-4:30 pm

ABORIGINAL EDUCATION SUPPORT

The Selkirk College Aboriginal Service Coordinator provides support to all perspective and current students; working closely with staff, students and communities to enhance aboriginal learners' participation and success rates in college programs. Services include assistance with application processes, band funding, program information, accessing status, and providing advocacy and support during the semester. Call 250.365.1357, mjames@selkirk.ca for appointments.

new Kaslo Centre Free
 Marilyn James, Aboriginal Advisor
 1 class: Feb. 3, Wed. 9:30 am-3:30 pm

new Nakusp Centre Free
 Marilyn James, Aboriginal Advisor
 1 class: Feb. 24, Wed. 9:30 am-3:30 pm

BUILDING TEAMS THAT WORK

Teams are becoming a staple in today's workplace. In this course, you'll learn the components of a successful team and the stages of its development. You'll master the skills you'll need to effectively manage projects, make decisions, and solve problems in a team setting. Plus, you'll have a chance to learn the pitfalls of unhealthy group interaction and minimize any of its effects on your team.

ed2go.com/selkirk \$129
 classes: continuous intake

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

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

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. 14, Wed. 9:30 am-3:15 pm

Nakusp Centre Free
 Laurie Read
 1 class: Mar. 30, Tue. starting at 9:30 am



DISCOVER YOUR STRENGTHS WITH TRUE COLOURS

Need to make some changes in your life? Not sure where to begin? Take the first step and find out what brings you personal happiness and satisfaction. Discover your personality strengths and make peace with your patterns. Through self-knowledge you will see new opportunities for change.

new Kaslo Centre \$25
 Phyllis White
 1 class: Mar. 2, Tue. 7-9 pm

EFFECTIVE CONVERSATIONS

In order to function as part of a fully engaged and committed workforce, employees must be able to carry out effective conversations. Using practical workplace examples, participants will develop their communication skills and abilities while being introduced to the formal, interpersonal and cultural elements of communication that lead to true understanding and exchange of meaning in a learning organization. The module will also consider the fundamentals of interpersonal negotiation and conflict resolution.

new Trail Campus \$275
 Bill Cave, Breakthrough Strategies Consulting
 1 class: Apr. 12, Mon. 8:30 am-4:30 pm

FINDING THE RIGHT JOB

There is a place for you in the world of work – a job that matches your interests and skills, discover the job skills where you naturally excel. Learn the job that employers want.

new Kaslo Centre \$25
Phyllis White
1 class: Feb. 23, Tue. 7-9 pm

FUNDAMENTALS OF SUPERVISION AND MANAGEMENT 1 - ONLINE

If you have recently been promoted to a supervisory or management position or want to learn how to become a more effective manager, this course will help you master the basics of business by learning the language of management.

ed2go.com/selkirk \$129
classes: continuous intake

INDIVIDUAL EXCELLENCE - ONLINE

Develop career-enhancing skills such as goal setting, time management, and personal organization. You'll learn how to improve your creative abilities, gain confidence with financial matters, and how to minimize conflict in your life. Develop a fulfilling career plan and improve relationships with co-workers, friends, and family.

ed2go.com/selkirk \$129
classes: continuous intake

LEAD YOURSELF TO WISDOM

Based on popular demand, this dynamic workshop helps women reconnect with themselves to create inner harmony and outer balance in their overloaded and overbooked lives. Learn the Three Steps to take immediately to calm the internal struggle and live with a sense of JOY.

Grand Forks Campus \$99
Pauline Daniels
1 class: Apr. 10, Sat. 1-4 pm

Nelson: Silver King Campus \$99
Pauline Daniel
1 class: Apr. 24, Sat. 9 am-12 noon

NON-PROFIT MANAGEMENT: INTRO.

Working or volunteering in the non-profit sector? The BC Centre of Non-Profit Development credited course consists of 10 modules to improve your skills in leading and managing,

financial management, marketing and public relations, board governance, strategic planning, evaluation and resource development. Contact conference@selkirk.ca or 866.301.6601 ext 227 for details.

Grand Forks Campus Free
if sponsored by your nonprofit organization.
Phil Kolbus
6 classes: Apr. 30-May 28, Fri. 9 am-4 pm

PERSONAL PLANNING & TIME MANAGEMENT

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

Trail Campus \$125
Bill Cave, Breakthrough Strategies Consulting
1 class: May 10, Mon. 8:30 am-12:30 pm



SURVIVAL TIPS FOR FIRST LINE SUPERVISORS

This interactive workshop focuses on the key skills required by all supervisors to survive and succeed in the role of front line leader in both unionized and non-union environments. Participants will be introduced to and practice effective communication skills, learning how to deal with difficult employees and conflict situations. The workshop will also include tips for conducting effective discipline and managing performance relative to expectations as well as how to guide effective training and development in your workplace. Rules and regulations that can affect the supervisor's role such as WorkSafe BC's Occupational Health and Safety Regulations, BC's Human Rights Code and Employment Standards Act and the key

principles of the collective agreement and the BC Labour Code will also be considered.

new Trail Campus \$275
 Bill Cave, Breakthrough Strategies Consulting
 1 class: Mar. 19, Fri. 8:30 am-4:30 pm



TOASTMASTERS CLUB: ARROW LAKES

Want to become a better speaker? In a fun, supportive environment, the Toastmaster program helps you develop communication skills and open doors in your personal and professional life. For more info visit: toastmasters.bc.ca

Nakusp Centre \$90
 per year
 Linda Kendall, Toastmasters BC
 classes: ongoing

VOLUNTEER SUPPORT WORKER TRAINING PROGRAM

Nelson Community Services Centre (Aimee Beaulieu Transition House). Learn about and explore issues of abuse and it's effect on women and their children, the experiences of residents at Transition House and the role of staff and volunteers. All trainings are interactive, combine theory and practice and provide new volunteers with skill-based learning and tools to become involved in the field of domestic violence work. Each new volunteer is expected to complete readings and assignments and attend all training sessions. Registration is limited. Forward enquiries to coordinator@shawlink.ca.



new Nelson: Silver King Campus Free
 Nelson Community Services Centre
 10 classes: Apr. 2-June 4, Fri. TBA

To ensure the course you want
 doesn't get cancelled...
**DON'T WAIT!
 REGISTER EARLY!**

GO SAINTS GO!

The Selkirk Saints Athletic program is in full swing offering competitive opportunities for student-athletes. The varsity team line-up consists of men's and women's volleyball, men's hockey, golf and XC running. Come out and cheer on the Saints as they take on some of the best teams in the province and nation!!!

Visit selkirk.ca/athletics for full schedule details.

recreation & leisure

RECREATION

BADMINTON: DROP-IN

Midway: Boundary Central
Secondary School Free
Please note there are no sessions on Mar. 11
& 18 due to Spring Break.
10 classes: Feb. 4-Apr. 22, Thur. 6:30-8:30 pm

Rock Creek: West Boundary
Elementary School Free
Please note there are no sessions on
Mar. 9 & 16 due to Spring Break.
10 classes: Feb. 2-Apr. 20, Tue. 6:30-8:30 pm

BALL CORE STRENGTHENING - INTRO

This introduction class gives you the theory and hands-on experience to core stability and strengthening. The fitness ball strengthens your core muscles and shapes your entire body. Wear comfortable clothing for this workout. Bring water and a towel.

new Kaslo: JVH School \$10
Candace Begg, BCRPA
1 class: Jan. 28, Thur. 6:30-7:30 pm

BALL CORE STRENGTHENING

See description above.

new Kaslo: JVH School \$105
Candace Begg, BCRPA
15 classes: Feb. 1-Mar. 4, Mon., Tue. & Thur.
6:30-7:30 pm

BALLROOM DANCING FOR BEGINNERS

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

Castlegar: Kinnaird Hall \$160 per couple
2320 Columbia Ave.
Lui Marinelli
9 classes: Jan. 29, Fri. 6-7:30 pm

Trail: Pythius Hall \$160 per couple
Lui Marinelli
9 classes: Jan. 25, Mon. 6-7:30 pm

BOAT OPERATOR CARD CPS

Obtain your Pleasure Craft Operators card with course emphasis on local waterways and lakes. This license is mandatory for all boaters regardless of age and/or horse power of motorcraft, as of Sept. 2009. Includes manual and exam.

Kaslo Centre \$70, \$60 for subsequent
family members

Wayne Zloty
1 class: Mar. 27, Sat. 9 am-5 pm
1 class: May 9, Sat. 9 am-5 pm

Nakusp Centre \$65
Dorian Boswell
1 class: Apr. 18, Sun. 9 am-4 pm

Nelson: Silver King Campus \$70, \$60 for
subsequent family members
Wayne Zloty
1 class: Mar. 20, Sat. 9 am-4 pm
1 class: May 15, Sat. 9 am-4 pm

Trail Campus \$65
Mike Fairweather
1 class: Mar. 13, Sat. 9 am-5 pm
1 class: Apr. 24, Sat. 9 am-5 pm
1 class: May 29, Sat. 9 am-5 pm

DO IT YOURSELF BIKE MAINTENANCE

For those individuals who are just learning and want to get an understanding of the basic concepts of bike maintenance. Learn how to change tires and tubes, minor repairs and basic maintenance including basic brake and gear adjustments and settings. If you have questions or problems bring them along. This is a demonstration session, so no need to bring your bike.

Trail: Gerick Cycle \$10
Gerald Klassen
1 class: Mar. 24, Wed. 6-7:30 pm

FITNESS FOR ACTIVE LIVING

This is an introduction to program building and maintenance. If you have never been put on an exercise program, this is for you. Sarah will teach you how to build and maintain your own program and then you will continue with 2 group exercise sessions to teach you

the importance of resistance, overload and recovery. March 12 is a follow up class.

new Trail: Campus \$25
 Sarah McAuley
 3 classes: Jan. 22, 29, Fri. 4:30-5:30 pm,
 Mar. 12, Fri. 6-7 pm

FLY FISHING WORKSHOP

Learn fly fishing techniques with Rod Zavaduk in this one day workshop. Course includes fly casting and fly fishing theory; rod, reel, fly lines, knots and entomology. Must bring your own fly rod and reel complete with line. Dress for the outdoors.

new Castlegar: Castlegar Sports Centre \$70
 Rod Zavaduk
 1 class: Mar. 14, Sun. 10 am-4 pm



FLY TYING WITH ROD ZAVADUK

Learn basics to intermediate fly-tying skills. Rod, a master of fly-tying, will lead you through tying techniques, hook preferences, dubbing, tie streamers, nymphs, wet flies and dry flies. All materials supplied.

new Grand Forks Campus \$90
 Rod Zavaduk
 2 classes: Feb. 7 & 8, Sun. & Mon. 10 am-4 pm
 Trail Campus \$90
 Rod Zavaduk
 4 classes: Feb. 9-18, Tue. & Thur. 6-9 pm

GOLF LESSONS - INDOOR FOR AGE 17 AND UNDER

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

Castlegar Campus \$75
 Call 250-365-1208 for exact date and time.
 Denny McArthur
 6 classes: Feb. 17-Mar. 24, Wed.
 6 classes: Feb 18-Mar. 25, Thur.

GOLF LESSONS - ADVANCED

Castlegar Campus \$120
 Call 250-365-1208 for exact date and time.
 Denny McArthur
 6 classes: Feb. 17-Mar. 24, Wed.
 6 classes: Feb 18-Mar. 25, Thur.

GOLF LESSONS - BEGINNER

See description above.
 Castlegar Campus \$75
 Call 250-365-1208 for exact date and time.
 Denny McArthur
 6 classes: Feb. 17-Mar. 24, Wed.
 6 classes: Feb 18-Mar. 25, Thur.

HEALTH AND FITNESS I & II

For course information see page 53.

HOME EXERCISE 101

Learn how to build a home gym – (possible tour of Walmart or Canadian Tire included). Sarah will teach you the basic fundamentals of building strength and how to build and maintain your own program. This program will include both theory and exercise demonstrations, so please be prepared to move around.

new Trail Campus \$25
 Sarah McAuley
 3 classes: Feb. 5, 12, 26, Fri. 4:30-5:30 pm

HULA HOOP CLASSES

Strawberry Swirls and Hoops-A-Daisy offer exercise and a new skill. Join in the fun. First class free with purchase of \$30 hula hoop.

new Nelson: Silver King Campus \$35, or \$10 drop in per evening
 Angela Cavicchi
 4 classes: Jan. 27-Feb. 17, Wed. 5-6 pm



STRENGTH TRAINING -INTRO

new Kaslo: JVH School \$10
 Candace Begg, BCRPA
 1 class: Jan. 25, Mon. 6:30-7:30 pm

TAI CHI CHUAN

Tai Chi Chuan is a martial art that is usually practiced to promote health and vitality to give you increased flexibility, better balance, coordination, stronger mental focus and a sense of rejuvenation. Emphasis will be placed on fluid motion, balance, and on generating movement from relaxation.

new Trail: Eco Building, 2nd floor \$40
625 Victoria St., Trail
Oscar Bot
6 classes: Jan. 19-Feb. 23, Tue. 4:30-5:30 pm

VOLLEYBALL: DROP-IN

Midway: Boundary Central
Secondary School Free
Please note there will be no sessions on
Mar. 9 & 16.
10 classes: Feb. 2-Apr. 20, Tue. 6:30-8:30 pm

Rock Creek Free
Please note there will be no sessions on
Mar. 11 & 18.
10 classes: Feb. 4-Apr. 22, Thur. 6:30-8:30 pm

WAIST WATCHING

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. Learn new ideas on how to ramp up your existing training program, whether it is weights, cardio, core conditioning, or whether your just getting started.

new Kaslo Centre \$30
Candace Begg, BCRPA
1 class: Jan. 30, Sat. 9 am-Noon

WALK INTO FITNESS

This introduction is a straight forward, walking style workout. The four basic moves - marches, kicks, knee-ups and step touches - are easy to follow. Dress for walking and bring water and a towel.

new Kaslo: JVH School \$10
Candace Begg, BCRPA
1 class: Jan. 26, Tue. 6:30-7:30 pm

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

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

LEISURE

AQUATIC / WATER GARDENS

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

Nakusp Centre \$24
Chris Holt
1 class: Mar. 20, Sat. 6-8 pm

ARRANGING FLOWERS FROM YOUR GARDEN

Show off your garden indoors by making a stunning bouquet and a special arrangement from flowers from your own garden. Bring flowers and greenery for two arrangements, a special container (for oasis), and a knife/scissors/clippers. A materials fee of \$10 includes vase, oasis and extra greenery.

new Grand Forks Campus \$26
Deborah Baker, Hannah Bees Flower & Gifts
1 class: May 12, Wed. 7-9 pm

ASTRONOMY CAN BE FUN

Have you ever gazed at the stars and wanted to identify them? Learn about buying and using a telescope and/or binoculars to view the stars, plus learn some night sky fun that doesn't even need any equipment. Explore some astronomical software, and visit great web sites and other resources. The second night will be for dark sky observation and we will look for many sights available for viewing in the spring sky.

Trail Campus \$15
Jack Larocque
2 classes: Mar. 11, Thur. 7-9 pm, Mar. 13, Sat. 8-10 pm

BEGINNER WRITER'S WORKSHOP

This exciting, hands-on course for the creative writing novice is filled with challenging exercises, expert advice, and plenty of direct support and encouragement. As you work your way through the lessons, you'll develop your own short, creative fiction or nonfiction piece.

ed2go.com/selkirk \$129
classes: continuous intake

BUTTERFLY GARDENING I

Learn how to attract butterflies to your urban garden. Learn what, where and how to plant, how to design a butterfly garden, garden management and which butterflies may visit your garden and your neighborhood.

new Castlegar Campus \$24
 \$58 for the series
 Mary Kate Woodward
 1 class: Apr. 20, Tue. 6:30-8:30 pm

BUTTERFLY GARDENING II

Enjoy photographs of butterflies of the Kootenays and an opportunity to design your own butterfly garden. Supply list available at registration.

new Castlegar Campus \$24
 \$58 for the series
 Mary Kate Woodward
 1 class: Apr. 27, Tue. 6:30-8:30 pm

BUTTERFLY GARDENING III

Butterfly walk. An opportunity to photograph butterflies locally. Designated location TBA at time of registration.

new Castlegar: \$24
 \$58 for the series
 Field Location TBA at registration
 Mary Kate Woodward
 1 class: May 1, Sat. 9-11 am

CLUTTER BUSTING

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

new Castlegar Campus \$25
 Janet Mayfield, Certified Feng Shui Practitioner
 1 class: Mar. 27, Sat. 9:30 am-noon

 Kaslo Centre \$20
 Janet Mayfield, Certified Feng Shui Practitioner
 1 class: Mar. 30, Tue. 7-9 pm

COMPOSTING WORKSHOP

Learn how to compost safely and effectively in an urban environment. Learn what composting is, why compost, what and how to compost, how to build your own compost container and how to manage your compost.

new Castlegar Campus \$18
 Mary Kate Woodward
 1 class: Mar. 23, Tue. 6:30-8:30 pm

DELICIOUS AND NUTRITIOUS 30-MINUTE MEALS

Take the grind out of daily meal planning; join talented chef, Dawna Vandrick of the Maples Custom Catering, and learn how to prepare healthy and delicious family-friendly meals, from soup to nuts (literally!) in 30 minutes.

new Grand Forks: Grand Forks Senior Secondary \$99
 Cost includes food.
 Dawna Vandick, Maples Custom Catering
 4 classes: Mar. 24-Apr.14, Wed. 6:30-9 pm

DEVELOPING YOUR SIXTH SENSE

Develop your sixth sense using visualization, meditation and tools such as psychometry, cards, sand readings, drawings, direct linking, and writing. Participants will be surprised with what they can already do! Rosemary Phillips is a psychic clairvoyant medium with 25 years experience.

new Grand Forks Campus \$80
 Rosemary Phillips
 5 classes: Feb. 3-Mar. 3, Wed. 7-9 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: Mar. 23, Tue. 7-9 pm

GARDEN PLANNING FOR CONTINUOUS COLOUR

This workshop will look at ways to enjoy colour in your garden all year long; a little careful planning and selection will provide four seasons of interest.

Castlegar Campus \$30
 Chris Holt
 1 class: Apr. 7, Wed. 6:30-9 pm

 Nakusp Centre \$30
 Chris Holt
 1 class: Mar. 20, Sat. 1:30-4 pm

 Trail Campus \$30
 Chris Holt
 1 class: Apr. 17, Sat. 12:230 pm

GARDEN PLANTS WORTHY OF ATTENTION

This workshop looks at trees, shrubs & herbaceous perennials that possess characteristics that elevate them above the ordinary & offer something extra special to the garden.

new Castlegar Campus \$36
Chris Holt

1 class: Apr. 14, Wed. 6-9 pm

new Nakusp Centre \$36
Chris Holt

1 class: Mar. 20, Sat. 10 am-1 pm

new Nelson: Silver King Campus \$36
Chris Holt

1 class: Apr. 3, Sat. 1-4 pm

new Trail Campus \$36
Chris Holt

1 class: Apr. 17, Sat. 8:30 -11:30 am

GARDENING WITH LESS WATER

Creating a garden with water conservation in mind is the focus of this workshop. Trail in Bloom's garden chair Cheryl Baerg will provide ideas and examples of xeriscape gardens.

Trail Campus \$20
Cheryl Baerg

1 class: Apr. 22, Thur. 7-9 pm

INTERIOR DESIGN: NEST BUILDING

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

Nelson: KSA Campus \$120
Kate Bridger

6 classes: Feb. 8-Mar. 14, Mon. 6-9 pm

INTRO. TO GARDEN DESIGN

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

new Grand Forks Campus \$72
Dave Durand, Durand's Greenhouses

2 classes: Feb. 6 & 13, Sat. 9 am-1 pm

INTRO. TO GENEALOGY

Do you ever wonder where you came from? Are you becoming curious about your family history? Are you online? This course will equip you with the tools to begin tracing your ancestors and provide you with some simple, accessible, online, local resources and templates to get you started.

new Grand Forks Campus \$25
Sarah Benson

1 class: Apr. 17, Sat. 10 am-noon

Trail Campus \$25
Sarah Benson

1 class: Apr. 20, Tue. 6:30-8:30 pm



MAKE MATH YOUR FRIEND

Does the thought of doing math make you faint, cringe, or run? Did you battle math anxiety in the past, or is it currently holding you back? Come to this interactive class and discover the fun side of math (yes, there is one). We solemnly promise you won't have to stand up and recite the multiplication table or do any other nerve-racking, embarrassing activity. This is not a class for learning math or for upgrading your math level – it is for those of you that want to come to terms with your math anxiety so you can move forward with your education or career plans.

new Castlegar Campus \$16
Mike Vissers, BA, BEd

1 class: Feb. 24, Wed. 7-9 pm

MANAGING YOUR SEWING MACHINE

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

Kaslo Centre Gerald Kirkland 1 class: May 7, Fri. 9 am-noon 1 class: May 14, Fri. 9 am-noon	\$30
Nakusp Centre Gerald Kirkland 1 class: May 29, Sat. 9 am-noon	\$30

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. Gregoire Lamoureux, Permaculture Designer. Kootenay Permaculture Institute, Slocan Valley.

Slocan Valley	\$900
13 classes: May 30-June 12, Sun.-Sat. 9 am-5 pm (no class May 5) Early registration by Apr. 23, \$975 after Apr. 23. 13 classes: Aug. 15-28, Sun.-Sat. 9 am-5 pm (no class Aug. 21) Early registration by July 8, \$975 after July 8.	

PEST AND DISEASE CONTROL NATURALLY

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

Castlegar Campus Chris Holt 1 class: Apr. 10, Sat. 1-4 pm	\$27
Nelson: Silver King Campus Chris Holt 1 class: Apr. 3, Sat. 9 am-noon	\$27
Trail Campus Chris Holt 1 class: Apr. 17, Sat. 3:00-5:30 pm	\$27

PRESERVING YOUR FAMILY PHOTOGRAPHS

Are you coming across shoe boxes of old photographs or albums? Are you worried about losing them forever? Are you concerned about your digital photography files? This course will help you develop a system of stabilizing your photograph collections in a relatively inexpensive way.

Trail Campus Sarah Benson 1 class: Mar. 30, Tue. 6:30-8:30 pm	\$25
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PRUNING AND TREE CARE

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

Castlegar Campus Chris Holt 1 class: Mar. 13, Sat. 9 am-3:30 pm	\$54
new Grand Forks Campus Chris Holt 1 class: Mar. 27, Sat. 9 am-3:30 pm	\$54
Nakusp Centre Chris Holt 1 class: Mar. 21, Sun. 9 am-3:30 pm	\$54
Nelson: Silver King Campus Chris Holt 1 class: Mar. 6, Sat. 9 am-3:30 pm	\$54
Trail Campus Chris Holt 1 class: Feb. 27, Sat. 9 am-3:30 pm	\$54



ROOM DOCTORING FOR WELL-BEING

Wealth has little to do with the art of self-expression. Learn basic principles of design and decorating; discuss how decor affects our well-being; re-do a room in your own home with what you already have, add something new, or do a complete make-over. Tour other participants' rooms.

new Grand Forks Campus Rosemary Phillips, Graduate of Interior Design, Ryerson College 5 classes: Apr. 1-29, Thur. 7-9 pm	\$80
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SEWING

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

Nelson: Silver King Campus	\$115
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Linda Chan Afford
6 classes: Feb. 6-Apr. 3, Sat. 1-5 pm (no class
Mar. 6, 13, 20)

SEWING TECHNIQUES

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

Kaslo Centre \$30
Gerald Kirkland
1 class: May 7, Fri. 1-4 pm
1 class: May 14, Fri. 1-4 pm

Nakusp Centre \$30
Gerald Kirkland
1 class: May 29, Sat. 1:30-4:30 pm

STACK-N-WHACK QUILT

Easy technique based on the book Magic Stack-n-Whack Quilts by Bethany Reynolds. Creates a kaleidoscope effect quilt in which pinwheel blocks have a symmetrical, repeating design. Materials list available upon registration.

new Midway: Boundary Central
Secondary School \$96
355 5th Ave
Alexa Lucente
6 classes: Jan. 25-Mar. 1, Mon. 6:45-8:45 pm

STALKING THE EDIBLE WILD

The West Kootenay region offers up a wide array of useful culinary and medicinal wild plants (fruits, nuts and roots.) Learn where and how to identify them. Dress for the weather, wear walking shoes and bring a small pressing book and lunch.

Nelson: Silver King Campus \$38
Libby Rujancich
1 class: May 22, Sat. 9:30 am-3:30 pm

Trail Campus \$38
Diane Luchtan
1 class: May 1, Sat. 9:30 am-3:30 pm

TAROT: INSIGHTFUL BEGINNINGS

Learn how to begin to read less complicated tarot spreads. The day will progress from each participant pulling a card that answers a question concerning some aspect of importance in your life to doing the Celtic Cross spread with the Ryder-Waite deck. Learn the four suits associated with water, earth, air and fire astrological signs that make up the Minor Arcana as well as the Major Arcana. Using your intuition and meditation will be demonstrated and

encouraged. Bring two to four questions you would like answered at the workshop.

new Castlegar Campus \$65
Tanya Lester
1 class: May 1, Sat. 10 am-4 pm

TRAVEL WRITING - ONLINE

Learn how to translate what is seen, heard, tasted, touched, smelled and felt into publishable articles and books. Understand the writing styles and methods needed to sell material in today's competitive market. By the end of the course, you'll have the ability to write for the travel market.

ed2go.com/selkirk \$129
classes: continuous intake

WEST KOOTENAY GEOLOGY TOUR

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

new Kaslo Centre \$35
Lesley Anderton
1 class: May 8, Sat. 9 am-5 pm

TRAIL'S COMMUNITY IN BLOOM GARDEN SERIES

Trail's five-bloom status in the national Communities in Bloom (CiB) organization doesn't just happen because we have great floral beds downtown. Area gardeners, the Trail in Bloom garden contest, along with neat and tidy neighbourhoods, add to our marks. CiB is offering a series providing more time with experts in their given field. Come to one or all of the sessions - \$20 each or 7/\$120.

BEST AND BETTER BASKETS

Learn how to make your own hanging basket at this hands-on workshop with Columbia Valley Greenhouse's expert gardener Bill Garnett. Come prepared to get your hands dirty and take home your own masterpiece.

Trail: Columbia Valley Greenhouse \$20
8195 Old Waneta Hwy., Trail
Bill Garnett
1 class: Apr. 14, Wed. 6:30-8:30 pm

GROWING GREAT GRAPES

Even when not much else would grow in Trail, grapes popped up in yards and along some of the hillsides in the Gulch. Today, the area has its first full-run commercial winery. If you want to grow grapes to make wine, or just grow grapes for the fun of it, Lawrence Wallace of Columbia Gardens Vineyard and Winery will provide tips and answer questions about growing and pruning grape plants for the best results.

Trail: Columbia Gardens
 Vineyard & Winery \$20
 9340 Station Rd., Trail
 Lawrence Wallace
 1 class: Apr. 10, Sat. 1-3 pm

LUSCIOUS LAWNS

Don't we all want that emerald lush look for our lawns? Trail Rossland Country Club's golf pro Greg Kennedy provides knowledge and inspiration to get area gardeners growing during this one-night session. Bring your questions/concerns.

Trail Campus \$20
 Greg Kennedy, Trail Rossland Country Club
 1 class: May 6, Thur. 7-9 pm

RAISING ROSES

Bill Garnett of Columbia Valley Greenhouse shares his secrets on planting, pruning, feeding and getting the most out of your roses.

Trail: Columbia Valley Greenhouse \$20
 8195 Old Waneta Hwy., Trail
 Bill Garnett
 1 class: Apr. 7, Wed. 6:30-8:30 pm



THE CONSUMMATE COMPOSTER

Questions about composting? Tim Dueck, the solid waste program coordinator for the Regional District of Kootenay Boundary has all the answers. Come to this informative and fun evening in which Tim will walk participants through all the steps to happy, healthy composting.

Trail Campus \$20
 Tim Dueck, Regional District of Kootenay
 Boundary
 1 class: Apr. 29, Thur. 7-9 pm

THE VASTNESS OF VEGETABLES

In a casual question-answer workshop Fruitvale gardener June Bell provides tips on growing and storing fruits and vegetables for the winter. With a bit of prodding, she may even reveal secrets on where to pick the best wild berries.

Trail Campus \$20
 June Bell
 1 class: May 12, Wed. 7-9 pm

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

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

LOOKING FOR EMPLOYMENT?

Funded by the Canada-BC Labour Market Agreement, the Employment Skills Access (ESA) Program provides unemployed individuals with training opportunities and tuition support. Participants must be unemployed and non-EI eligible.

Contact: 250.364.5760 | esa@selkirk.ca

wilderness & the environment

CANADIAN FIREARMS SAFETY: NON-RESTRICTED FIREARMS

Learn safe handling of all common types of firearms. Collecting, history and shooting techniques will be discussed. Ages 12 to 17 can apply for a Junior License, but must be 18 to obtain the Possession and Acquisition License. (There is an additional fee to apply for the PAL.) Pick up the manual before the course. Manual and exam fee included. Photo ID or equivalent is required at class.

Castlegar Campus	\$105
Ron Ready, Ivan Hawley	
2 classes: Mar. 13 & 14, Sat. 9 am-5 pm, Sun. 9 am-1 pm	
Grand Forks Campus	\$105
Ron Ready & Ivan Hawley	
2 classes: May 8 & 9, Sat. 9 am-5 pm, Sun. 9 am-1 pm	
Kaslo Centre	\$105
Dennis Millan	
2 classes: Apr. 10 & 11, Sat. 9 am-5 pm, Sun. 9 am-1 pm	
Nakusp Centre	\$105
Exam date TBA	
Dorian Boswell	
1 class: Mar. 28, Sun. 9 am-5 pm	
Nelson: Silver King Campus	\$105
Dennis Millan	
2 classes: Apr. 24 & 25, Sat. & Sun. 9 am-5 pm	
Trail Campus	\$105
Colin Kenning, Bruce Donaldson, West Kootenay Marksman	
2 classes: Jan. 30-31, Sat. & Sun. 9 am-5 pm	
5 classes: Feb. 23-Mar 4, Tue. & Thur. 7-9:30 pm, Mar 6, Sat. 8:30 am-3:30 pm	
2 classes: Apr. 10-11, Sat. & Sun. 9 am-5 pm	



CANADIAN FIREARMS SAFETY: RESTRICTED FIREARMS

Prerequisite: Non-Restricted Firearms. Manual included.

Castlegar Campus	\$55
Ron Ready, Ivan Hawley	
2 classes: Mar. 13 & 14, Sat. 1-5 pm, Sun. 9 am-1 pm	
Grand Forks Campus	\$55
Ron Ready, Ivan Hawley	
2 classes: May 8 & 9, Sat. 1-5 pm, Sun. 9 am-1 pm	
Trail Campus	\$55
Colin Kenning, Bruce Donaldson, West Kootenay Marksman	
1 class: Feb. 6, Sat. 9 am-5 pm	
3 classes: Mar. 9, 11 & 16, Tue. & Thur. 7-9:30 pm	
1 class: Apr. 18, Sun. 9 am-5 pm	

GEOCACHING

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

Trail Campus	\$48
Stu Deverney	
1 class: Sun. May 16, 1-4 pm	

GPS: INTRO TO HANDHELD

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

Castlegar Campus	\$48
Stu Deverney	
1 class: May. 15, Sat. 9 am-1 pm	
Grand Forks Campus	\$48
Stu Deverney	
1 class: Apr. 17, Sat. noon-4 pm	
Trail Campus	\$48
Stu Deverney	
1 class: Apr. 10, Sat. 12-4 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).

Castlegar Campus	\$125
Ron Ready, Ivan Hawley	
2 classes: Mar. 20 & 21, Sat. & Sun. 9 am-5 pm	
Grand Forks Campus	\$125
Ron Ready & Ivan Hawley	
2 classes: May 15 & 16, Sat. & Sun. 9 am-5 pm	
Kaslo Centre	\$125
Dennis Millan	
2 classes: Apr. 17 & 18, Sat. & Sun. 9 am-5 pm	
Nakusp Centre	\$125
Dorian Boswell	
2 classes: Mar. 27 & 28, Sat. & Sun. 9 am-5 pm	
Nelson: Silver King Campus	\$125
Dennis Millan	
2 classes: Mar. 27 & 28, Sat. & Sun., 9 am-4 pm	
2 classes: June 19 & 20, Sat. & Sun. 9 am-4 pm	
Trail Campus	\$125
Jim Smee	
2 classes: Feb. 20-21, Sat. & Sun. 9 am-5 pm	
9 classes: Mar. 23-Apr. 20, 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.



Trail Campus	\$85
Stu Deverney	
2 classes: May 27, Thur. 6-9 pm, May 29, Sat. 9 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: May 8 & 9, Sat. & Sun. 9 am-5 pm	
Grand Forks Campus	\$175
Doug Harrison, Apex Forest and Wildlife Services Ltd.	
2 classes: May 15 & 16, Sat. & Sun. 9 am-5 pm	

WHAT ABOUT US? CAN RURAL BC BE OPTIMISTIC ABOUT THE FUTURE?

Rural BC has been hard hit with the economic downturn, the pine beetle epidemic, the ongoing softwood lumber issue with the U.S. and the ongoing erosion of manufacturing jobs. Is there something more optimistic on the horizon, and what would it take to get us there? This event is sponsored by Selkirk College and Columbia Basin Alliance for Literacy.

new Kaslo Centre	Free
Please Pre-register	
George Penfold, Regional Innovation Chair in Rural Economic Development	
1 class: Feb. 18, Thur. 7-9 pm	

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

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

KOOTENAY SCHOOL OF THE ARTS Summer 2010

The summer months are a great time to try new artistic adventures. Take part in two-day to three-week sessions throughout July and August. From Drama to Jewellery, we have something for all ages and skill levels.



ADULT CLASSES

- Basic and Advanced Blacksmithing
- Champleve Enamel Jewellery
- Damascene Inlay- Gold and Silver Inlay on Steel Jewellery
- Drawing
- Fibre
- Low Tech Jewellery Casting
- Painting
- Pottery
- Printing on Clay
- Weaving

CHILDREN & YOUTH CAMPS

- Art Camps in: Drawing, Painting, Sewing, Clay and more
- Digital Film
- Drama and Performance

Visit selkirk.ca/ksa for updated listings and session details.

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registration information

BOUNDARY CAMPUS | GRAND FORKS

boundaryce@selkirk.ca
486 72 Avenue, Box 968
Grand Forks BC V0H 1H0
Tel 250.442.2704
Fax 250.442.2877

CASTLEGAR CAMPUS

castlegarce@selkirk.ca
301 Frank Beinder Way
Castlegar BC V1N 4L3
Tel 250.365.1208 toll-free 1.888.953.1133
Fax 250.365.3929

KASLO LEARNING CENTRE

kasloce@selkirk.ca
421 Front Street, Box 1149
Kaslo BC V0G 1M0
Tel 250.353.2618
Fax 250.353.7121

KSA: KOOTENAY SCHOOL OF THE ARTS

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 toll-free 1.877.552.2821
Fax 250.352.1625

NAKUSP LEARNING CENTRE

nakuspce@selkirk.ca
311 Broadway, Box 720
Nakusp BC V0G 1R0
Tel 250.265.4077
Fax 250.265.3195

NELSON/SLOCAN VALLEY: SILVER KING CAMPUS

nelsonce@selkirk.ca
2001 Silver King Road
Nelson BC V1L 1C8
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.3180

NELSON/SLOCAN VALLEY: TENTH STREET CAMPUS

nelsonce@selkirk.ca
820 Tenth Street
Nelson BC V1L 3C7
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.5716

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

READY TO REGISTER? | my course wish list

TITLE	PAGE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, go to page 79 to complete the registration form!

registration form

name _____

address _____

_____ date of birth _____

tel _____ email _____

course title course location course start date fee

card# _____ expiry _____

signature _____

HOW TO REGISTER

OPTIONS

- Email, fax, call, or visit the campus offering your course—see page 78 for campus details.
- Complete this registration form.
- Choose payment method (cheque, Visa or MasterCard).

PAYMENT

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

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

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

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

POLICIES

CLASS CANCELLATIONS: If there are not enough registratons to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are on Statutory Holidays.

WITHDRAWALS: Full refund will be given for withdrawals made 4 days prior to course start. 50% of the course cost will be refunded for withdrawals 1-3 days prior to course start.

INCOME TAX: Course fees totalling more than \$100 are income tax deductible. Keep your receipt as no duplicates will be issued.

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FIRST AID & SAFETY TRAINING CENTRE

TRAINING COURSES

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



CONTRACT TRAINING

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

See page 28 for a preview of upcoming courses in First Aid & Safety or contact your local campus to customize your own first aid training package.

ed2go

You've always wanted to learn how to edit your digital photos, but your life is so hectic. How can you possibly find the time to attend evening Continuing Education courses? It's easy. It's called ed2go.

Selkirk College is proud to partner with ed2go, an online Continuing Education network that offers a wide range of highly interactive general interest courses that you can take entirely over the internet. Through ed2go, adult learners have access to a catalogue of more than 300 instructor-facilitated online courses from reading music and understanding adolescents to discovering digital photography.

"Ed2go is a terrific complement to our Continuing Education program," says Vi Kalesnikoff, Dean of Community, Corporate, and International Development.

"The delivery of material via the internet makes Continuing Education even more accessible to individuals in our communities. It eliminates the barriers of scheduling and location; this is learning at its most convenient."

Most ed2go courses are offered over a six-week period, with two lessons released each week. All courses are delivered by expert instructors, including many internationally renowned authors who deliver high-quality instruction and exceptional insight into their respective areas of knowledge. Each course is only \$129.⁰⁰.

All instructor bios, course listings, lesson overviews, and fees are available online: ed2go.com/selkirk.

ED2GO SAMPLE COURSES

- Achieving Success with Difficult People
- Intro to Microsoft Word 2007
- Build Teams that Work
- Creating Your Own Non-Profit
- Discover Digital Photography
- Effective Business Writing
- Effective Selling
- Write Your Life Story
- Fundamentals of Supervision and Management
- Fundamentals of Technical Writing
- Intro to Business Analysis
- Intro to Dreamweaver CS4
- Intro to InDesign CS3
- Intro to Natural Health and Healing
- Intro to PC Security
- Making Movies with Windows XP
- Merrill Ream Speed Reading
- Mystery Writing
- Project Management Fundamentals
- Resume Writing Workshop
- Secrets of the Caterer
- Six Sigma: Total Quality Applications
- Speed Spanish
- Understanding the Human Resources Function

For more courses go to ed2go.com/selkirk.

Continuing Education courses can get cancelled if too many people wait until the last minute to register.

TO ENSURE THE COURSE YOU WANT DOESN'T GET CANCELLED
DON'T WAIT! REGISTER EARLY!

Courses must be cost-recoverable and a minimum number of students are required to enrol before a class can run.

CONTINUING EDUCATION CALENDAR

january - june 2010 | selkirk.ca

ARTS | CULTURE | BUSINESS | FINANCE | COMPUTERS | CONTRACT SER
DIGITAL TECHNOLOGY | DISTANCE EDUCATION | FIRST AID | OCCUPATIONAL H
SAFETY | HEALTH & WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TR
LEADERSHIP | MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE
INESS | FINANCE | COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNO
DISTANCE EDUCATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HE
WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP
MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FIN
| COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE
CATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HEALTH & WELL
HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP | MANAGEMEN
RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FINANCE | COMPUTE
TRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE EDUCATION | FIRST AI
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INDUSTRY & TRADES | LEADERSHIP | MANAGEMENT | RECREATION & LEISU
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SAFETY | HEALTH & WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TR
LEADERSHIP | MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE
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HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP | MANAGEMEN
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S | C | FINANCE | COMPUTERS | CONTRACT SERVICE
TAL TE | EDUCATION | FIRST AID | OCCUPATIONAL H