

WHAT'S HAPPENING in winter 2012

CONTRACT TRAINING

Selkirk College's Continuing Education department brings a deep understanding of community, commitment to educational excellence and access to the best resources in our province to work with local organizations and agencies on the development and delivery of customized contract training. Our team of CE Coordinators employs a wide range and depth of skills, education and experience including graduate degrees in Education and Leadership and successful careers in Community Development and Entrepreneurship. Contact us at the campus nearest you to discuss how we can help.

SFU CERTIFICATE PROGRAM IN COMMUNITY ECONOMIC DEVELOPMENT

Creating effective champions for green, inclusive economies. Explore with peers the models and methods for building sustainable, local, robust economies throughout this eight two-day courses.

See page 62 for details.

BECOME A CERTIFIED PROJECT MANAGER

Selkirk College and Collaborators in Knowledge Inc. (CIKI) are partnering to provide the Accelerated PMP Exam Certification Preparation Seminar. Based on the PMBOK 4th Edition with 2011 Exam Updates CIKI brings a 100% Participant Pass rate to this exciting offering for managers seeking Project Management certification. Register early, limit 12. **See page 56 for details.**

APPLIED LEADERSHIP CITATION PROGRAM

Developed in full consultation with approximately twenty of the largest employers in the West Kootenay/ Boundary Region. Manager, supervisors and individuals seeking leadership roles have identified the skills and theory desired for new or existing leaders to become successful. **See page 59 for details.**

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

UPGRADING?
Check out ABE courses on page 15!

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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 (cash, debit, 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)**

1.877.552.2821
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 76 for full contact details.

arts & culture

KOOTENAY SCHOOL OF THE ARTS (KSA)

Kootenay School of the Arts is dedicated to graduating students who can make a living through their professions in art, craft and design. The school has four working studios; clay, fibre, jewellery and 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.

BLACKSMITHING INTENSIVE

For all those looking to work in a fully equipped blacksmithing workshop. Have the opportunity to work under a professional blacksmith learning new tricks and perfecting old techniques. Material Cost is project dependent. Steel-toed boots required.

Nelson: KSA campus \$350 +HST

5 classes: July 9-13, Mon-Fri

9:30 am-3:30 pm

5 classes: August 6-10, Mon-Fri

9:30 am-3:30 pm

BLUES SINGING

Life is the only experience required to growl, groan, wail, and moan! Each week we'll learn a blues song and explore the rich swamp of the human voice in a supportive environment. For our last class, we'll sing with a live band for invited guests. Minimum age 16 years.

Nelson: KSA campus \$220 +HST

Bessie Wapp

8 classes: Jan 5-Feb 23, Thu 7-9 pm

8 classes: Apr 5-May 31, Thu 7-9 pm

SINGING BEYOND THE BLUES

Brand new by request! Picking up where Blues Singing left off, we'll stretch further into improvisation, spontaneous composition and jazz. Don't be scared by the big words - it's all about play! If you love singing and making up melodies, then this is for you. Various instrumentalists will join us throughout. Minimum age 16 years.

Nelson: KSA campus

\$220 +HST

Bessie Wapp

8 classes: Jan 4-Feb 22, Wed 7-9 pm

8 classes: Apr 4-May 30, Wed 7-9 pm



FIGURE DRAWING

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

Nelson: KSA campus

\$75 +HST

6 classes: Jan 17-Feb 21, Tue 7-9 pm

INTRODUCTION TO CASTING

Spend a weekend learning direct-pour silver casting methods such as water, cuttle-fish, and broom casting. Explore safe and proper handling of fuel gases, torches, molten metal and finishing. Prerequisite: Intro to Jewellery

Nelson: KSA Campus

\$140 +HST

Catherine Gehman

2 classes: Mar 17-18, Sat & Sun 10 am- 5 pm

INTRODUCTION TO JEWELLERY

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

Nelson: KSA campus

\$175 +HST

Bradley Poole

6 classes: Jan 24-Feb 28, Tue 6-9 pm

5 Day Intensives

\$350 +HST

5 classes: July 9-13, Mon-Fri

9:30 am-3:30 pm

5 classes: Aug 6-10, Mon-Fri

9:30 am-3:30 pm

JEWELLERY ADVANCED TECHNIQUES

Enhance your knowledge and abilities by learning different stone setting techniques, roller embossing, melting and reusing scrap silver, polishing and advanced construction methods. Material cost extra.

Nelson: KSA campus \$175 +HST
Bradley Poole
6 classes: Mar 6-Apr 10, Tue 6-9 pm
5 Day Intensives \$350 +HST
5 classes: July 16-20, Mon-Fri
9:30 am-3:30 pm

LITTLE POTTER (AGES 7+)

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

Nelson: KSA campus \$99
6 classes: Jan 19-Feb 23, Thu 3:30-4:45 pm
6 classes: Feb 28-Mar 3, Tue 3:30-4:45 pm
5 classes: July 9-13, Mon-Fri 9 am-12 pm
5 classes: July 16-20, Mon-Fri 1-4 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 \$80
Kevin Kratz
1 class: Feb 12, Sun 12-5 pm
1 class: Mar 11, Sun 12-5 pm



POTTER'S WHEEL

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

Nelson: KSA campus \$279 +HST
Christine Dell or Lisa Martin
8 classes: Jan 16-Mar 5, Mon 6-9 pm
8 classes: Jan 25-Mar 14, Wed 6-9 pm

POTTERY: ADVANCED WHEEL TECHNIQUES

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

Nelson: KSA campus \$200 +HST
Christine Dell or Lisa Martin
6 classes: Mar 21-Apr 25, Wed 6-9 pm

PURE WATERCOLOUR

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

Nelson: KSA campus \$110 +HST
Teri Ward
8 classes: Mar 10-Apr 28, Sat 10 am-1 pm

SHINE AND SPARKLE

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

Nelson: KSA campus \$175 +HST
Bradley Poole
6 classes: Apr 21-May 26, Sat 1-4 pm

MIRJA VAHALA

ACRYLICS FOR TRUE BEGINNERS

Acrylics are versatile and easy to use. Discover the techniques and tricks of using this medium; make various brush strokes and mix clean and effective colours and shades. Paint simple shapes and a landscape, step-by-step, using the old masters' thick over thin method. Drawings and images provided. This class

prepares you for Acrylics Plus. For a supplies list, please go to www.inspiringminds.ca

Castlegar: Windborne B&B 3905 Broadwater Rd., Robson \$149 +HST

Mirja Vahala

3 classes: Feb 12, 18 & 19, Sat & Sun
9:30 am-3:30 pm



ACRYLICS PLUS: BRIGHT PAINTINGS THAT SING WITH COLOUR

Learn how grays and shading make bright colours better. Also learn which colours work together for high intensity paintings.

new Castlegar: Windborne B&B 3905
Broadwater Rd., Robson \$149 +HST
Mirja Vahala
3 classes: Mar 10-24, Sat 9:30 am-3:30 pm

ART MENTORING: GAIN GREATER IMPACT WITH YOUR ART

Looking for ways to begin, finish and to create greater impact with your artwork? Mirja has guided many artists with informative ideas, while encouraging personal style. Be mentored, learn ideas from other artists while working on individual projects.

new Nelson: KSA campus \$125 +HST
Mirja Vahala
2 classes: Feb 4-5, Sat & Sun 10 am-4 pm

BECOME AN ARTIST IN 5 DAYS

This workshop is for true beginners. Discover how an artist sees by learning how to draw (2 days). Learn how to paint using acrylics (3 days). Make marks with various brush types, paint simple images, like a box, that looks 3-D. Learn the secrets to painting techniques such as painting thick over thin, scumbling and glazing. Acrylics are easy to use and to correct. Create a landscape painting alongside

Mirja, step-by-step. An image and drawing is provided. Mirja simplifies the complex task of creating art, one step at a time.

Nelson: KSA campus \$300 +HST
Mirja Vahala
5 classes: Aug 13-17, Mon-Fri
9:30 am-3:30 pm

CREATIVE SURFACES AND PAINTING METHODS: ABSTRACT AND REAL (ACRYLICS)

Create textured surfaces using acrylic mediums and grounds, plus objects such as eggshells, fabrics, rocks and more. Mirja will demonstrate for both representational and abstract. Your choice! Learn how to use a limited palette, such as Tri-hues for powerful colour combos. Visit www.inspiringminds.ca for supply list

Nelson: KSA campus \$300 +HST
Mirja Vahala
5 classes: July 6-11, Fri-Tue 9:30-3:30 pm

DRAWING FOR FUN

Drawing has the same benefits as meditating and it's fun! Learn to draw using gesture, contour drawing, varied marks and shading methods. Play with charcoal, conte, paint brushes and pencils.

new Castlegar: Windborne B&B 3905
Broadwater Rd., Robson \$75 +HST
Mirja Vahala
3 classes: Apr 21, 22 & 28, Sat & Sun 9:30 am-12:30 pm

FILL YOUR PAINTINGS WITH LIGHT AND COLOUR

Learn how to have your paintings sparkle with light and glow. An image will be provided for the first painting, which Mirja will demonstrate. Then you apply your own creativity and ideas or choose from supplied images.

Nelson: KSA campus \$300 +HST
Mirja Vahala
5 classes: Jun 8-12, Fri-Tue 9:30 am-3:30 pm

LEARN TO DRAW IN 18 HOURS

If you think you can't draw but want to learn, this class is for you. Learn to access the visual side of your brain and improve your creative thinking. 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". Mirja will provide specialty items for \$15. Contact Mirja before the class as there is a preliminary project.

Contact mirja@inspiringminds.ca or phone 250.365.7679.

Castlegar: Windborne B&B 3905 Broadwater Rd., Robson \$149 +HST
Mirja Vahala
6 classes: Feb 26-Apr 1, Sun
9:30 am-12:30 pm

PAINTING FOR PLEASURE: ALL MEDIUMS AND LEVELS

Get going with your painting projects. Mirja can help you move forward and provide painting projects, whatever your level or stage of your paintings. The painting process is simplified one step at a time. The sessions are fun and info-filled.

new Castlegar: Windborne B&B 3905 Broadwater Rd., Robson \$99 +HST
Mirja Vahala
4 classes: Feb 17- Mar 30, Fri
9:30 am-12:30 pm
No classes Feb 24, Mar 9, 23

OPEN ART

BEGINNING WRITER'S WORKSHOP

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Online
Ed2Go - to register go to www.ed2go.com/selkirk \$134 +HST
continuous intake

CHEF'S SCHOOL (11-14 YEAR OLDS)

Become a master in the kitchen and make dishes that are delicious, using recipes you can savour all year long. Create edible delights to WOW your family and friends. On the last day invite a friend or family member for lunch to eat a three course meal you and your team created.

Nelson: Tenth Street campus \$140
5 classes: Jul 9-13, Mon-Fri 1-4 pm
5 classes: Jul 16-20, Mon-Fri 9 am-12 pm

CRAFT CREATIONS (AGES 8+)

For those emerging young artists that want space and coaching to get creative.

Nelson: Tenth Street Campus \$99
5 classes: July 9-13, Mon-Fri 1-4 pm
5 classes: July 16-20, Mon-Fri 9 am- 12 pm
5 classes: July 9-13, Mon-Fri 9 am-12 pm
5 classes: July 16-20, Mon-Fri 1-4 pm

INTRODUCTION TO WATERCOLOURS

Introduction to Watercolours - 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. Additional \$30.00 for supplies.

new Grand Forks campus \$80 +HST
Pat McKnish
3 classes: Feb 25 & Mar 3, Sat 1-4 pm; Mar 10, Sat 9 am-4 pm



KIDS IN THE KITCHEN (AGES 7-10)

Have fun playing games and get familiar with kitchen basics, kitchen safety and how to make healthier snacks. Eat and share your creations every day! ***Note: Any food allergies must be identified at the time of registration.

Nelson: Tenth Street campus \$130
 5 classes: July 9-13, Mon-Fri 9 am-12 pm
 5 classes: July 16-20, Mon-Fri 1-4 pm



KNITTING FOR BEGINNERS

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

Trail campus \$40 +HST
 Suzanne Belanger
 4 classes: May 28-Jun 18, Mon 6:30-8:30 pm

KNITTING FOR EVERYONE

Learn to knit or improve your skills using a project of your choice. Learn basics (casting, increasing, decreasing) and more advanced skills (patterns, circular needles, finishing). Bring your own needles and yarn.

Trail campus \$45 +HST
 Suzanne Belanger
 6 classes: Jan 24-Feb 28, 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 +HST
 Various instructors from across Canada
 5 classes: Jul 16-20, Mon-Fri 9 am-4 pm

PLAYWRITING: AN INTRODUCTION

A practical workshop for beginners. Will discuss play structure, engage in writing exercises, and will be expected to create and write a short scene. Will also highlight the role of the playwright in the process from conceiving and writing a play through to its production on stage. Lunch included. For additional info and instructor bio, go to www.selkirk.ca/ce. Registration deadline: May 25, 2012.

new Nelson: Tenth Street campus \$299 +HST

Lawrence Aronovitch
 3 classes: Jun 8-10, Fri-Sun 9 am-4:30 pm

PRO TOOLS- DIGITAL MUSIC PRODUCTION

Intensive hands-on exploration of contemporary music production techniques, cover all aspects of Pro Tools LE 8.0.3. MIDI and a comprehensive range of virtual instruments.

Nelson: Tenth Street campus \$400 +HST
 John Tucker
 TBA

UKRAINIAN EGG PAINTING

Learn how to paint a dozen Ukrainian eggs. Ukrainian eggs or pysanky are made with a process much like batik. The word pysanky comes from the Ukrainian word for 'write' and that is what you will do to make these wonderful objects.

Nakusp centre \$45 +HST
 Carol Thorp
 4 classes: Jan 27-Feb 3, Fri 1-3 pm



WIRE/TWINE BEADED JEWELLERY (AGES 8+)

There is nothing like the feeling you get when you create your own perfect wire wrap or complete a knotted item all on your own. But even better is the feeling that you get when

a friend admires your jewellery and asks you "Where did you get your bracelet?" and you simply beam and say " I made it myself." Learn the basic technique of Bead Stringing and Jewellery making in this workshop.

Nelson: Tenth Street Campus \$99 +HST
 5 classes: July 9-13, Mon-Fri 9 am-12 pm
 5 classes: July 16-20, Mon-Fri 1-4 pm

WOODCARVING FOR BEGINNERS

Learn relief and incised carving, wood selection, type and care of tools. Held in our fine woodworking shop. Pick up supply list when registering.

Nelson: Silver King campus \$249 +HST
 plus \$12 +HST for carving tool
 Peter Bockner
 5 classes: Jun 11-15, Mon-Fri 9 am-4 pm



OXYGEN ART CENTRE

320 Vernon St., Alley Entrance

D.I.Y. FILM MAKING FOR AMATEURS

Got an idea for a video you want to make? Want to join the millions broadcasting on Youtube? Learn to see, learn to shoot, learn to edit, and find the story you want to tell. Students must bring a recording device - a digital camera or cell phone if no video camera is available. Minimum age 16 years.

Nelson: Oxygen Art Centre
 Miriam Needoba \$180 +HST
 5 classes: Mar 24-Apr 28, Sat 10 am-1 pm

D.I.Y. FILM MAKING: PROJECTS AND WORKSHOPS

Develop your video and film making skills in a mentored group environment. Workshops on shooting, editing, lighting, and film language will be integrated with critiques and studio production time. Students must

bring a recording device - a digital camera or cell phone, if no video camera is available. Minimum age 16 years.

Oxygen Art Centre \$180 +HST
 Miriam Needoba
 5 classes: Mar 24-Apr 28, Sat 2:30-5:30 pm

EDITING FOR YOURSELF AND OTHERS

Editing and revising are essential skills for writers. Learn to edit your own work and others. The course will cover structural editing, editing, setting up an editing business and other basics. Minimum age 16 years.

new Nelson: Oxygen Art Centre \$140 +HST
 3 classes: Feb 17-19, Fri 7-9 pm, Sat 10 am-4 pm, Sun 10 am-1 pm

HAND-MADE COSTUME MAKING WORKSHOP

Join us for a fun afternoon of creativity and "costumery". Make heads turn at Shambhala and eyebrows raise at Halloween! Learn great yet simple techniques for turning your rags into riches and transforming your favourite scraps into wearable artworks! No sewing machine necessary! You will leave this workshop with costumes.

new Nelson: Oxygen Art Centre \$75 +HST
 Miriam Needoba and special guests
 1 class: May 19, Sat 1-5 pm

LOW-TECH PRINTMAKING

Explore the basics of low-tech printmaking and investigate processes that do not require a press. Simple plate-making and image transfer methods will be demonstrated. Learn a variety of printmaking techniques including: basic relief printing, collagraph, and monoprinting. . This is a very popular course appropriate for artists of all levels.

new Nelson: Oxygen Art Centre \$290 +HST
 Natasha Smith
 8 classes: Mar 28-May 16, Wed 6:30-9:30 pm

WRITING NONFICTION

Nonfiction is one of the highest paying and most popular writing genres. This course will cover the basics of writing and publishing nonfiction, including memoir, literary journalism and autobiography.

new Nelson: Oxygen Art Centre \$140 +HST
 Luanne Armstrong
 3 classes: Mar 2-4, Fri. 7-9 pm, Sat 10 am-4 pm, Sun 10 am-1 pm

VISAC GALLERY

INTRODUCTION TO PAINTING

An introduction to painting that is designed to provide students with a working knowledge of the materials and methods involved in different types of painting.

new Trail: VISAC Gallery \$189 +HST, material list provided

Barb Pistak

9 classes: Mar 26-May 7, Mon 6:30-8:30pm

no class Apr 9

INTRODUCTION TO SCRATCH ANIMATION AND FILM MANIPULATION

Scratch Animation, or Direct Animation, is the process of drawing and scratching designs directly onto film. Images are hand painted on clear and black film leader using paints, markers and ink. Techniques include stenciling, etching and splicing found footage directly into film.

Trail: VISAC Gallery \$45 +HST, materials provided

Nyla Raney

1 class: Apr 14, Sat 10 am-2 pm

INTRODUCTION TO THE SKETCHBOOK

Be introduced to the joys and versatility of a working sketchbook. Work on your solitary book and enjoy the energy of others for motivation and feedback. Bring an easy to handle hard bound sketchbook, pen/pencil, scissors and glue stick/tape. Possible walks require comfortable shoes and a jacket.

Trail: VISAC Gallery \$65 +HST

Nyla Raney

3 classes: Apr 21-May 5, Sat 10 am-2 pm

LINO CUTTING AND BLOCK PRINTING

Carve your design into linoleum and then print it - it's that easy! Many tools and techniques to learn, all tools come in a kit available from instructor.

new Trail: VISAC Gallery \$45 +HST plus \$30 toolkit

Wilma Hughes

1 class: Jan 28, Sat 1-4 pm

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

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

stay connected

If you are a Selkirk College graduate, join the **Alumni Association**. THE BENEFITS ARE BIG! Also, if you are interested in coordinating an alumni event for your program, contact the Alumni Association.

Join our facebook page - Selkirk College Alumni Association!

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

Selkirk  College

Selkirk Gymnasiums

ARE OPEN TO THE COMMUNITY

Nelson - Mary Hall



DROP-IN FEES

One time: \$3.50
Monthly: \$23
Punch Pass (10): \$28
Semester: \$56

FITNESS CLASSES: (Fees vary)
Yoga, Bellyfit, Capoeira and more

DROP-IN SPORTS SCHEDULE
www.selkirk.ca/athletics

FACILITY INCLUDES: Gymnasium
and weight room

HOURS OF OPERATION
Mon - Thur: 12:00- 9:00 pm
Fri: 3:00 pm - 7:00 pm

CONTACT
Kim Barker
kbarker@selkirk.ca
Tel: 250.505.1325

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

Castlegar Gym



DROP-IN EVENINGS

Badminton - Tue/Thur
Basketball - Monday
Co-Ed Indoor Soccer - Wed

FITNESS CLASSES: Noon hours
Circuit, Step, Yoga and more

FACILITIES: 2 large gymnasiums,
weight room, bouldering, squash,
racquetball, shower facilities

FEES: \$5 drop in, annual, monthly and
punch passes available with youth
and senior rates.

HOURS OF OPERATION
Mon - Thur: 7:30 am – 9:15 pm
Fri: 7:30 am – 7:45 pm

CONTACT
Call Rod or Milane at 250.365.1292
or email: recreation@selkirk.ca

Selkirk College, Castlegar campus
301 Frank Beinder Way, Castlegar, BC
250.365.7292

Recreation Office and Bookings
250.365.1292

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

selkirk.ca/athletics/campusrecreation

business & finance

BED & BREAKFAST: DEVELOPING A BUSINESS PLAN

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

Kaslo centre \$59 +HST

Maureen Pritchard

1 class: Mar 3, Sat 10 am-4 pm

BED & BREAKFAST: HOW TO START

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

Kaslo centre \$39 +HST

Maureen Pritchard

1 class: Feb 25, Sat 10 am-2 pm



BOOKKEEPING FOR SMALL BUSINESS

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

Castlegar campus \$160

Bev Horst

4 classes: Mar 27-Apr 5, Tue & Thu 6-9 pm

Grand Forks campus \$160

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

Midway: BCSS \$160

2 classes: Jan 28-29, Sat & Sun, 9 am-4 pm

Nakusp centre \$160

Rhonda Bouillet

2 classes: Feb 11 & 12, Sat & Sun 9 am-4 pm

Nelson: Silver King campus \$160

Brenda Wiest

4 classes: Feb 27-Mar 7, Mon & Wed 6-9 pm

Trail campus \$160

Bev Horst

4 classes: Feb 7-16, Tue & Thu 6-9 pm

CAREER & JOB FAIR

Join us at JV Humphries School for a chance to meet potential employers and discover exciting career opportunities. Speakers will talk about their chosen field of work and answer questions. Employment services will be on hand to explain what resources they can provide.

Employers: Call Selkirk College at 250.353.2618 to book a spot for your 2012 recruitment. Job seekers: bring copies of your resume.

Kaslo: JVH School Free

1 class: Apr 26, Thu 1-3 pm

CREATING A SUCCESSFUL BUSINESS PLAN

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

Online

Ed2Go - to register go to

www.ed2go.com/selkirk \$134

continuous intake

CREDIT: HOW TO BUILD IT, MAINTAIN IT AND RECOVER WHEN YOU LOSE IT

This workshop will help you understand how you build a credit rating and ways to maintain it throughout your life - even when things get tough financially. Free, but pre-registration is required please call 250.442.2704.

new Grand Forks District Savings

Credit Union Free

Mark Grimm CFP

1 class: Mar 1, Thu 6:30-8 pm

CONVERT YOUR PENSION INTO AN RRSP

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

Trail campus \$20 +HST
Debbie Bayoff
1 class: Feb 13, Mon 6:30-8:30 pm

EARN MORE WITH LITTLE TO NO RISK

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

Trail campus \$20 +HST
Debbie Bayoff
1 class: Feb 23, Thu 6-8 pm

ETHICAL INVESTING

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

Trail campus \$20 +HST
Debbie Bayoff
1 class Feb 28, Tue 6-8 pm

FINANCIAL PLANNING: TAKE CONTROL

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

Castlegar campus \$20 +HST
Debbie Bayoff
1 class: Feb 7, Tue 7-9 pm

new Trail campus \$20 +HST
Debbie Bayoff
1 class: Apr 24, Tue 6-8 pm

FIVE YEARS TO RETIREMENT

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

Trail campus \$20 +HST
1 class: Feb 13, Mon 6:30-8:30 pm

GETTING OVER THE FEAR OF FUNDRAISING

Are you an accidental fundraiser for a charity or community organization? This interactive workshop is for you to learn how to raise more.

Nelson: Silver King campus \$99 +HST
Lorna Visser, Carmanah Strategies
1 class: Feb 17, Fri 9 am-4:30 pm

Are you a Non-Profit Community Social Service provider interested in professional development for yourself, your staff or your volunteers?

The Kootenay Boundary Community Services Co-operative (the koop), with funding support from the Columbia Basin Trust, is working with Selkirk College to provide training to meet your needs.

For further details about the subsidy program and application process please call 250.352.6786 interested or visit www.thekoop.ca.

HIGH PERFORMANCE TIME MANAGEMENT

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

new Kaslo centre \$75 +HST
 Rob McLennan
 1 class: Jan 14, Sat 9 am-4 pm

INTERIOR DESIGN: AN INTRODUCTION

Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

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

THE LIFE STAGES OF MONEY: HOW YOU GROW IT, WHEN TO SPEND IT, WHERE TO SAVE IT

The financial planning life cycle parallels the cycle of life. As each of us chooses our path - education, work/career, marriage, children, retirement - our financial objectives change. Take this workshop to gain insight into developing financial plans and goals. Pre-registration is required. Call 250 442 2704.

new Grand Forks District Free
 Savings Credit Union
 Mark Grimm CFP
 1 class: May 10, Thu 6:30-8:30 pm

PROJECT PLANNING FOR NON-PROJECT MANAGERS

If you have responsibility for a project, event or initiative, this course is for you. Learn essential PM concepts and methods to effectively plan, implement, monitor and close projects and initiatives. This course is recommended before taking MS Project 2007 - see page 19.

new Trail campus \$149 +HST
 Jeanne Kim PMP
 1 class: Mar 3, Sat 8:30 am-4:30 pm
 3 classes: May 1-3, Tue-Thu 5-7:30 pm

PROTECTING YOUR INVESTMENTS IN A VOLATILE MARKET

It's not too late to protect your investments from severe market losses. Learn to simplify your portfolio and reduce the risk without losing all potential gain.

new Castlegar campus \$20 +HST
 Debbie Bayoff
 1 class: Mar 27, Tue 7-9 pm



STRATEGIC CUSTOMER CARE: BUSINESS TACTICS FOR FRONTLINE EMPLOYEES

Do you have the skills and confidence to recognize a business opportunity, or the questioning and qualifying skills to get to the heart of the prospect's needs? Topics include: what do customers really want, developing professional communication, building relationships, up-selling and cross-selling, dealing with difficult people, and more!

Castlegar campus \$195 +HST
 John Glennon
 1 class: Apr 20, Fri 8:30 am-4:30 pm

TAX FREE SAVINGS ACCOUNTS (TFSA)

Pay absolutely no tax on any investment you purchase. Learn the ins and outs of the Tax Free Savings Account, new in 2009. Keep all of your earnings and make the most of your money.

Castlegar campus \$20 +HST
 Debbie Bayoff
 1 class: Feb 14, Tue 7-9 pm
 Trail campus \$20 +HST
 Debbie Bayoff
 1 class: Mar 8, Thu 6:30-8:30 pm

UNDERSTANDING AND MANAGING A MORTGAGE

Are you thinking of buying land or a house, renegotiating an existing mortgage or simply interested in knowing how your monthly payment is calculated? This talk may be for you. Equipped with a little knowledge in advance of meeting with a loans officer, you may be able to save hundreds, thousands or even tens of thousands of dollars.

new Nakusp centre \$16 +HST
Rob Macrae
1 class: Mar 16, Fri 10 am-12 pm

UNDERSTANDING YOUR PROPERTY ASSESSMENT

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

Gina Ironmonger Free
Castlegar campus
1 class: Jan 17, Tue 6-8 pm

Grand Forks campus
1 class: Jan 15, Sun 12-2 pm

Nelson: Silver King campus
1 class: Jan 18, Wed 6-8pm

Trail campus
1 class: Jan 16, Mon 6-8 pm



WOW, WHAT A GREAT EVENT!

Looking for a fun new career coordinating special events? Learn proven techniques from a master event planner.

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

WRITING ESSENTIALS

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

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

SOCIAL MARKETING: JOIN THE SOCIAL REVOLUTION

Are you social savvy? This course will provide you with the skills to brand yourself and/or your business through the power of social networking. Don't miss out on this critical marketing tool. Social media offers a portal into a market of over 500 million people.

Kaslo centre \$49 +HST
Steve Hoffart
1 class: Feb 11, Sat 10-2 pm

WANT TO INSTRUCT A COURSE?

Dedicated to life-long learning, Selkirk College is accepting course proposals and applications from instructors for all program categories.

For details on submitting a course proposal or application to teach a course, call your local campus. See page 70.

selkirk college distance education

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



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

The following certificate programs are offered by distance:

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

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

Academic Upgrading & Development

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

IF YOU WANT TO...

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

...THEN ABE IS FOR YOU!

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



HOW DO YOU START ABE?

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

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

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

Castlegar	Jen Cliff-Marks	250.365.1345
Grand Forks	Christy Luke	250.442.2704
Kaslo	Marilyn Roberts	250.353.2618
Nakusp	Andrea Kosling	250.265.3640
Nelson	ask for ABE	250.352.6601
Trail	Ian McAlpine	250.368.5236



Adult Special Education (ASE) Transitional Training

WE OFFER...

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

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

Castlegar	Jen Cliff-Marks	250.365.1345
Grand Forks	Christy Luke	250.442.2704
Nelson	Ray Brock	250.352.6601
Trail	Ian McAlpine	250.368.5236

COLUMBIA BASIN ALLIANCE FOR LITERACY



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

To find out more, contact your community literacy coordinator:

Castlegar	Alana Murdoch	250-304-6862
Grand Forks	Sheila Dobie	250-584-4109
Kaslo	Barb Szuta	250-353-2289
Nakusp	Rhonda Palmer	250-265-3779
Nelson	Joan Exley	250-352-3218
Salmo	Laurie Macdonald	250-357-2874
Slocan Valley	Chris Nichol	250-355-0032
Trail	Desneiges Profili	250-364-1275, #247

Or visit our website at www.cbal.org.



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.

To apply for CACE Bursary funds, contact the Continuing Education Department in your community (see page 76).

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

computer & digital technology

COMPUTERS

ADOBE PHOTOSHOP

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

Nelson: Tenth Street campus \$135 +HST
Lee Orr
2 classes: Mar 11 & 18, Sun 10 am-4 pm

ARCGIS 10.0: AN INTRODUCTION

ArcGIS 10 is a cutting edge software application used in a variety of research such as land management, health and human services, and marketing. Join GIS expert, Ian Parfitt and learn how to use this software in your business or work setting. Students should have strong computer and file management skills.

new Castlegar campus \$350 +HST
Ian Parfitt
3 classes: May 9-11, Wed-Fri 9 am-3 pm

COMPUTER MAINTENANCE FOR BEST PERFORMANCE

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

Nakusp centre \$36 +HST
Marilyn Rivers
1 class: Feb 18, Sat 9 am-12 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 +HST and is used for all four modules.



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.

Manual extra.

Grand Forks campus \$30
Jay Alblas
1 class: Jan 31, Tue 6:30-9 pm

Nakusp centre \$30
Marilyn Rivers
1 class: Jan 27, Fri 9-11:30 am

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. Manual extra.

Grand Forks campus \$30
Jay Alblas
1 class: Feb 2, Thu 6:30-9 pm

Nakusp centre \$30
Marilyn Rivers
1 class: Feb 3, Fri 9-11:30 am

Module III: Working with Windows Programs

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

Grand Forks campus	\$30
Jay Alblas	
1 class: Feb 7, Tue 6:30-9 pm	
Nakusp centre	\$30
Marilyn Rivers	
1 class: Feb 10, Fri 9-11:30 am	

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.

Grand Forks campus	\$36
Jay Alblas	
1 class: Feb 9, Thu 6:30-9:30 pm	
Nakusp centre	\$36
Marilyn Rivers	
1 class: Feb. 17, Fri 9 am-noon	

MICROSOFT EXCEL 2010: AN INTRODUCTION

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

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

MICROSOFT EXCEL 2007, LEVEL I: ESSENTIAL SKILLS

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

Castlegar campus	\$198
Bev Horst	
3 classes: Feb 22-Mar 7, Wed 8:30 am-3:30 pm	
Grand Forks campus	\$198
Jay Alblas	
6 classes: Feb 14-Mar 1, Tue & Thu 6:30-9:30 pm	
Trail campus	\$198
Bev Horst	
6 classes: May 1-17, Tue & Thu 6-9 pm	

MICROSOFT 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
Jay Alblas	
6 classes: Mar 20-Apr 6, Tue & Thu 6:30-9:30 pm	
Trail campus	\$198
Bev Horst	
6 classes: May 23-Jun 11, Mon & Wed 6-9 pm	



MICROSOFT OFFICE 2007

Whether you use the program in Microsoft Office for work, school, personal correspondence, or some of each, the following modules take you step by step through the basics to some of the more complex tasks. Manual extra (includes all six modules).

Module 1: WORD

Covers the basics of the Office window and ribbon; how to create, edit and save documents; apply formatting options and set tabs/indents; manipulate text using copy and paste; preview and print documents.

Nakusp centre	\$36
Marilyn Rivers	
1 class: Jan 28, Sat 9 am-12 pm	

Module 2: EXCEL

Learn about the column/row/cell composition of the worksheets and workbooks; enter, edit and replace data; format numbers and cells; add and delete columns and rows; format and organize your worksheets; set up and print your worksheets.

Nakusp centre	\$36
Marilyn Rivers	
1 class: Jan 28, Sat 1-4 pm	

Module 3: ACCESS

For those who need to understand and work with a database program. This module introduces the basics of databases, tables, and forms; and explores how to design and manage a database using pre-built templates, application parts and Office themes.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 4, Sat 9 am-12 pm

Module 4: POWER POINT

Introduces the basics of Microsoft's presentation program including views, tabs, buttons and working area; create presentations and work with themes/layouts, tables, graphics, multimedia, speaker notes and handouts; run the show from a projector or from dual monitors.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 4, Sat 1-4 pm

Module 5: WORD Advanced

Building on Module 1, learn about more advanced features of Word, including formatting with styles and themes, page headers and footers, merging documents/databases.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 11, Sat 9 am-12 pm

Module 6: EXCEL Advanced

Building on Module 1, this class covers more advanced Excel formatting and formulas, page headers and footers, repeating columns and rows, charts and themes.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 11, Sat 1-4 pm

MICROSOFT PROJECT 2007

Become familiar with how to: plan, build and manage schedules; track progress, update plans and monitor variances of deliverable targets versus actuals; create dynamic reports and custom views for project communications. Project Planning for Non-Project Managers recommended or familiarity with WBS and Critical Path.

new Trail campus \$149 +HST plus manual
Jeanne Kim, PMP
1 class: Mar 8, Thu 8:30 am-4:30 pm
1 class: May 10, Thu 8:30 am-4:30 pm

POWERPOINT PRESENTATIONS

Cover the major aspects of Levels I and II. Work with text, illustrations, smart art, shapes and tables. Incorporate slide master and add animations. Keyboarding skills, MS Office familiarity required, intro. knowledge of Powerpoint. Level I & II Manuals extra.

Trail campus \$90
Marg Poohachoff
3 classes: May 16-23, Mon & Wed
6-8:30 pm

QUICKBOOKS LEVEL 1

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

Nelson: Silver King campus \$198
Anne Cavicchi
6 classes: Mar 2-Apr 13 (no class Apr 6), Fri
1:30-4:30 pm

REVIT ARCHITECTURE: INTRODUCTION

Revit Architecture is a leading-edge architectural software package designed for architects, designers and builders. It combines 3D building modeling and documentation drawings and supports the design process from initial idea to finished construction drawings. In this course, you will learn the fundamentals of this sophisticated program that will allow you to design and document your own residential building project.

Nelson: Silver King campus \$400
Kai Korinth
10 classes: Feb 7-Apr 10, Tue 6:30-9:30 pm

SIMPLY ACCOUNTING: LEVEL I

Learn the basic setup for charting accounts, initial journal entries, payroll, invoices, inventory and job costing. Prerequisite: Windows experience and bookkeeping knowledge. Bring a memory stick for data storage. Manual extra.

Castlegar campus \$198
Bev Horst
6 classes: Feb 21-Mar 8, Tue & Thu 6-9 pm
Grand Forks campus \$198
Lia Azure
3 classes: Feb 17-19, Fri-Sun, 9 am-4 pm
Trail campus \$198
Bev Horst
6 classes: Apr 10-26, Tue & Thu 6-9 pm



SIMPLY ACCOUNTING LEVEL II

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

Trail campus \$198
 Bev Horst
 6 classes: Apr 10-26, Tue & Thu 6-9 pm

WINDOWS 7: AN INTRODUCTION

Get up to speed quickly on Microsoft Windows 7 with this fun and easy hands-on course for beginners.

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

MICROSOFT WORD 2007, LEVEL I: ESSENTIAL SKILLS

Trail campus \$132
 Marg Poohachoff
 4 classes: Mar 26-Apr 4, Mon & Wed
 6:8:30 pm

MICROSOFT WORD 2007, LEVEL II: IN DEPTH

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

Trail campus \$198
 Marg Poohachoff
 6 classes: Apr 11-30, Mon & Wed
 6:30-9:30 pm

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

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

MICROSOFT WORD 2007, LEVEL III: ADVANCED SKILLS

Merge documents/databases; organize information - sort paragraphs, tables, files & create outlines; share documents - review, track options/changes with comments; work with references - captions, bibliographies, bookmarks, cross references, create an index and a table of contents. Level II or equivalent. Manual extra.

Trail campus \$109
 Marg Poohachoff
 3 classes: May 7-14, Mon & Wed
 6-8:30 pm

DIGITAL

IPAD: HOW TO USE IT

Learn to read books, check the weather, use news feeds, watch videos, play games and communicate with family and friends. Users will be taught how to use the App store to search for and download apps. Find out how to send text messages to other iOS users, and set up Skype or Facetime if you have an iPad 2. You must know your username and password for your iTunes account. Before you come to the class try to update your iPad to iOS 5 through iTunes on your computer.

new Castlegar campus \$36 +HST
 Charla Beaulieu
 1 class: Apr 1, Sun 1-4 pm

new Nelson: Silver King campus \$36 +HST
 Charla Beaulieu
 1 class: Mar 4, Sun 1-4 pm

PHOTO ALBUMS

Learn to create your own beautiful photo books, calendars, and cards. Using simple online software we'll take your digital photos and create custom albums ready to order in all shapes and sizes. Turn your digital photos into prints you can easily share with friends and family.

new Nakusp centre \$48 +HST
 Lee Orr Photography
 1 class: Jan 29, Sun 12-4 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 its manual.

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

Nakusp centre \$45 +HST
Lee Orr Photography
1 class: Mar 24, Sat 1-4 pm

Nelson: Silver King campus \$45 +HST
Ed Chernoff
1 class: Mar 3, Sat 9 am-12 pm

Trail campus \$45 +HST
Ed Chernoff
1 class: Feb 29, Wed 6:30-9:30 pm

DIGITAL CAMERA PART 2: THE CREATIVE & DESIGN SIDE

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

Castlegar campus \$45 +HST
Ed Chernoff
1 class: Mar 13, Tue 6-9 pm

Trail campus \$45 +HST
Ed Chernoff
1 class: Mar 7, Wed 6:30-9:30 pm

Nelson: Silver King campus \$45 +HST
Ed Chernoff
1 class: Mar 3, Sat 1-4 pm

DIGITAL CAMERA: TRAVEL PHOTOGRAPHY AND VIDEO

An overview of the equipment techniques, software and distribution methods available to learn how to create and present your travel stories. Explore low and high-end equipment options with an emphasis on the best and most cost effective equipment/software.

new Castlegar campus \$45 +HST
Ed Chernoff
1 class: Mar 20, Tue 6-9 pm

Nelson: Silver King campus \$45 +HST
Ed Chernoff
1 class: Mar 27, Tue 6:30-9:30 pm

new Trail campus \$45 +HST
Ed Chernoff
1 class: Mar 8, Thu 6:30-9:30pm

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 \$60 +HST
Lee Orr Photography
1 class: Mar 25, Sun 1-5 pm

GOOGLE EARTH & GOOGLE MAPS

Introduction to explore a variety of techniques in Google Earth and Google Maps through demonstrations, hands-on exercises and discussion. Navigate, search, create content and much more!

new Kaslo centre
John Addison \$75 +HST
1 class: Apr 21, Sat, 9 am-3 pm

PRO TOOLS: DIGITAL MUSIC PRODUCTION

Intensive hands-on exploration of contemporary music production techniques, cover all aspects of Pro Tools LE 8.0.3. MIDI and a comprehensive range of virtual instruments.

Nelson: Tenth Street campus \$400 +HST
John Tucker
TBA



WORKING WITH DIGITAL PICTURES

Explore Photoshop Elements version 6, including hardware requirements, resizing/cropping images for print, web or email use, file formats, basic retouching, colour-correcting/optimizing, collages, layers and slide shows, combining black and white and colour, web galleries for photo-sharing. Must be familiar with Windows XP and be able to create and move files and folders. If not please

register for Know Your Computer and What it Can Do Module 3.

Nakusp centre \$96 +HST
 Lee Orr Photography
 2 classes: Mar 31-Apr 1, Sat & Sun 1-5 pm

WEB BASED TRAINING

CREATING WEB PAGES

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

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

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 +HST
 Marilyn Rivers
 1 class: Mar 2, Fri 9 am-noon

Module 2: Creating Your Site

Learn how to create and link multiple documents for a basic website using a word processor, and how to publish to a web server. Bring electronic copies of photos or files you'd like to include on your website and you will leave the course with a personal website ready to publish. Prerequisites: Website Module 1 and Microsoft Word 2007 Level 1.

Nakusp centre \$36 +HST
 Marilyn Rivers
 1 class: Mar 9, Fri 9 am-noon

Module 3: HTML Basics

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

Nakusp centre \$36 +HST
 Marilyn Rivers
 1 class: Mar 16, Fri 9 am-noon

Module 4: BLOG Basics

Create and publish a blog that can be used as a personal or business webpage, or self-publishing newsletter. Learn about using and customizing templates, and integrating your blog into an existing website. Prerequisite: Web Do-it-Yourself, Module 3 HTML Basics.

Nakusp centre \$36 +HST
 Marilyn Rivers
 1 class: Mar 23, Fri 9 am-noon

WORDPRESS FOR BEGINNERS

Learn to build your own rich and dynamic website and blog using open source platform WordPress. Bring your text, images, etc. in digital format to get the most out of this workshop. Upon successful completion you will have four basic pages, contact form and Google maps, complete with stats and optimized for the internet. No software purchase necessary. Basic computer and internet skills required.

Nakusp centre \$230 +HST
 Maverick Designs, Nikta Boroumand
 2 classes: Mar 7-14, Wed 9 am-4 pm

WORDPRESS ADVANCED

Extend your WordPress skills and learn about harnessing the full power of your wordpress.com site. Learn to create and manage users, extend Widgets and Settings, customize with Appearances and Upgrades and mobile and iPad integration. Participants must have administrative access to a wordpress.com site with basic knowledge of WordPress or have attended WordPress for beginners.

Nakusp centre \$115 +HST
 Maverick Designs, Nikta Boroumand
 1 class: Mar 27, Tue 9 am-4 pm



IBDE WEB ESSENTIALS PROGRAM

IBDE Web Essentials is a six-month, online program in web design. During the program, students build a fully functional e-commerce ready website for an organization in their community, for their own web design business, or to sell their own products or services online. Students gain marketable skills in a structured e-learning environment under the guidance of qualified instructors.

Graduates receive a Selkirk College certificate in Web Design and Optimization. Advanced courses are also available in web marketing and dynamic database design.

Visit **www.ibde.ca** for further details and to submit an online application.

For assistance, please contact Mary Alton at mary@ibde.ca or 1.888.9.ASPIRE (1.888.927.7473), ext. 2.



environment & sustainability

ARCGIS 10.0: AN INTRODUCTION

ArcGIS 10 is a cutting edge software application used in a variety of research such as land management, health and human services, and marketing. Join GIS expert, Ian Parfitt and learn how to use this software in your business or work setting. Students should have strong computer and file management skills.

new Castlegar campus \$350 +HST
Ian Parfitt
3 classes: May 9-11, Wed-Fri, 9 am-3 pm

ECOSYSTEMS OF THE WEST KOOTENAY

Join biologist, Derek Marcoux to learn about plants, landforms, geology and how everything interacts to form ecosystems. Will look at Interior Cedar Hemlock, Interior Douglas Fir, Engelmann Spruce-Subalpine Fir, and Bunchgrass ecosystems. Forest management concepts discussed. Kids welcome! Come prepared with good hiking gear, rainwear and a lunch. Limited transportation provided.

new Castlegar campus \$20 + HST
Derek Marcoux
1 class: Jun 23, Sat 9 am-3 pm

RENEWABLE ENERGY: IT PAYS TO BE GREEN

Join Rob for an illustrated and entertaining presentation. Examine cost-effective opportunities in energy conservation, wind power, solar photo-voltaics, solar thermal systems, ground-source heat pumps, true geothermal energy, tidal power and biomass both as a fuel and a feedstock for the synthesis of more energy dense products.

new Nakusp centre \$16 +HST
Robert Macrae
1 class: Mar 16, Fri 1-3 pm

Nelson: Silver King campus \$16 +HST
Robert Macrae
1 class: Feb 28, Tue 7-9 pm



TREES AND PLANTS OF THE WEST KOOTENAY

See the world through the eagle eye of a biologist! Learn the important trees and plants that occur in the West Kootenay ecosystems. Participants should come prepared with good hiking boots and rainwear. Kids are welcome! Hike will occur on campus trails and beyond.

new Castlegar campus \$5 +HST
Derek Marcoux
1 class: May 26, Sat 9 am-noon

GPS: BEYOND THE BASICS

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

new Nakusp centre \$48 +HST
Chris Gray
1 class: Apr 15, Sun 9 am-1 pm

Trail campus \$48 +HST
Stu Deverney
1 class: May 31, Thu 5-9 pm

GPS: INTRO TO HANDHELD

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

Castlegar campus \$48 +HST

Stu Deverney

1 class: Apr 21, Sat 9 am-1 pm

new Nakusp centre \$48 +HST

Stu Deverney

1 class: Apr 14, Sat 9 am-1 pm

Trail campus \$48 +HST

Stu Deverney

1 class: May 10, Thu 5-9 pm

GEOCACHING FOR FAMILIES

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

new Grand Forks campus \$36 +HST

Stu Deverney

1 class: May 26, Sat 1-4 pm

new Nakusp centre \$36 +HST

Stu Deverney

1 class: Apr 14, Sat 2-5 pm

new Trail campus \$36 +HST

Stu Deverney

1 class: Apr 26, Thu 5-8 pm

PERMACULTURE DESIGN

This 72-hour intensive course combines theory with practical hands-on learning. Topics include: permaculture design techniques and principles, site analysis, soil fertility, organic gardening techniques, herbs, medicinal plants, tree identification, water uses and ecological buildings.

Slocan Valley: Kootenay Permaculture Institute

Course 1: \$950 early registration by May 4, \$1050 after May 4

Course 2: \$950 early registration by Jul 20, \$1050 after Jul 20

Gregoire Lamoureux

13 classes: Jun 3-16, Sun-Sat 9 am-5 pm (no class Sat, Jun 9)

13 classes: Aug 19-Sep 1, Sun-Sat 9 am-5 pm (no class Sat, Aug 25)



PERMACULTURE: INTRO. TO METHODS AND DESIGN

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

Nelson: Silver King campus

\$125 both days, \$65 for first day

Gregoire Lamoureux

2 classes: Mar 31-Apr 1, Sat & Sun

9 am-4 pm

PERMACULTURE TRAINING PROGRAM

Learn the basic design principles and techniques, plus develop practical skills to implement sustainable designs for ecological landscapes. This 6-week intensive program combines theory with practical hands-on experiences. Course graduates receive the Permaculture Design Course Certificate. Visit selkirk.ca/ce for details. Tuition support may be available for eligible students.

Nelson: Silver King campus & Slocan

Valley: Kootenay Permaculture Institute

Registration deadline: Apr 1

Early Registration by Mar 5

\$1600

\$1800 after Mar 5

Gregoire Lamoureux

20 classes: Apr 16-May 11, Mon-Fri, 9 am-4 pm

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

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

first aid & safety training

First Aid courses require physical activity to complete practical components.

MENTAL HEALTH FIRST AID (MHFA)

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

Castlegar campus \$99
 Janet MacNeil
 2 classes: Feb 16-17, Thu & Fri,
 9 am-4:30 pm

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

Our most popular workplace course. Learn A level CPR/AED, and how to deal with minor wounds, airway breathing and circulatory emergencies until medical aid arrives.

Materials included. Three-year certificate.

Please bring photo I.D. to class.

Castlegar campus \$99
 Orion Farley, Wren McElroy, Deborah Myers, Terry O'Gorman, James Newman, Billy Padavell
 1 class: Jan 21, Sat 8:30 am-5 pm
 1 class: Mar 10, Sat 8:30 am-5 pm
 1 class: Apr 7, Sat 8:30 am-5 pm
 1 class: May 12, Sat 8:30 am-5 pm
 1 class: May 26, Sat 8:30 am-5 pm
 1 class: July 14, Sat 8:30 am-5 pm

Grand Forks campus \$99
 Neil Krog
 1 class: Feb 11, Sat 8 am-5 pm
 1 class: Mar 13, Tue 8 am-5 pm
 1 class: Apr 14, Sat 8 am-5 pm

Midway: BCSS \$99
 Marg Moore
 1 class: May 5, Sat 8 am-5 pm

Nakusp centre \$99
 Brian Parsons
 1 class: Jan 20, Fri 8:30 am-5 pm
 1 class: Feb 16, Thu 8:30 am-5 pm
 1 class: Apr 26, Thu 8:30 am-5 pm



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

Nelson: Silver King campus \$99
 Orion Farley, Wren McElroy, Deborah Myers, Terry O'Gorman, Billie Padavell
 1 class: Jan 28, Sat 8:30 am-5 pm
 1 class: Feb 13 & 14, Mon & Tue 6-10 pm
 1 class: Mar 3, Sat 8:30 am-5 pm
 1 class: Apr 14, Sat 8:30 am-5 pm
 1 class: May 5, Sat 8:30 am-5 pm
 1 class: May 7 & 8, Mon & Tue 6-10 pm
 1 class: Jun 2, Sat 8:30 am-5 pm

Trail campus \$99
 Billie Padavell
 1 class: Jan 25, Wed 8:30 am-5 pm
 1 class: Feb 11, Sat 8:30 am-5 pm
 1 class: Feb 21, Tue 8:30 am-5 pm
 1 class: Mar 8, Thu 8:30 am-5 pm
 1 class: Mar 24, Sat 8:30 am-5 pm
 1 class: Apr 10, Tue 8:30 am-5 pm
 1 class: May 9, Wed 8:30 am-5 pm
 1 class: May 26, Sat 8:30 am-5 pm
 1 class: Jun 5, Tue 8:30 am-5 pm
 1 class: Jun 16, Sat 8:30 am-5 pm
 1 class: Jun 23, Sat 8:30 am-5 pm
 1 class: Jun 24, Sun 8:30 am-5 pm
 1 class: Jul 21, Sat 8:30 am-5 pm

**OCCUPATIONAL FIRST AID (OFA):
LEVEL II**

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

Grand Forks campus \$625
Neil Krog
5 classes: Jun 18-22, Mon-Fri 8 am-5 pm

Trail campus \$625
Marg Moore
5 classes: Mar 26-30, Mon-Fri
8:30 am-4:30 pm

**OCCUPATIONAL FIRST AID (OFA):
LEVEL III**

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

Castlegar: Castlegar Fire Hall,
2161-6th Ave \$725
Terry O’Gorman
10 classes: Jan 30-Feb 10 Mon-Fri
8:30 am-5 pm exam Feb 12
15 classes: Feb 19-Mar 22 Sun
8:30 am-4:30 pm, Tue & Thur 6-9:30 pm exam
Mar 25
10 classes: Apr 23-May 4, Mon-Fri
8:30 am-5 pm exam May 6
10 classes: Jun 11-22, Mon-Fri
8:30 am-5 pm exam Jun 24
10 classes: Aug 20-31, Mon-Fri
8:30 am-5 pm exam Sep 4

Grand Forks campus \$725
Neil Krog
10 classes: May 7-18, Mon-Fri 8 am-5 pm

Nelson: Silver King campus \$725
Orion Farley, Terry O’Gorman, Tom Van Alstine
10 classes: Jan 9-20, Mon-Fri
8:30 am-5 pm
10 classes: Jan 30-Feb 10, Mon-Fri

8:30 am-5 pm
10 classes: Feb 20-Mar 2, Mon-Fri

8:30 am-5 pm
10 classes: Feb. 20-Mar 24, Mon & Wed
6-9:30 pm, Sat 8:30 am-4:30 pm
10 classes: Apr 16-27, Mon-Fri
8:30 am-5 pm
10 classes: Jun 4-15, Mon-Fri
8:30 am-5 pm
10 classes: Jul 16-27, Mon-Fr,
8:30 am-5 pm

Trail campus \$725
Marg Moore
Brenda Neil
10 classes: Apr 16-27, Mon-Fri
8:30am-4:30 pm
15 classes: Apr 17-May 20, Tue & Thu 6:30-10
pm, Sun 8:30 am-4:30 pm



| first aid & safety training |

**OCCUPATIONAL FIRST AID (OFA):
LEVEL III REFRESHER COURSE**

Learn the practical portion of OFA Level III. ONLY for those already possessing a current Level III certificate. It is strongly recommended that all pre-reading and homework be completed prior to class start; pick up books at least two weeks before the course. Students must attend an interview with an instructor who will assess their knowledge of first aid concepts. Exam date TBA. Manual and exam fees included. 3-year certificate. Bring photo ID to class.

Castlegar campus \$625
Wren McElroy

Nelson: Silver King campus \$625
Terry O’Gorman
Tom Van Alstine

OCCUPATIONAL FIRST AID (OFA): TRANSPORTATION ENDORSEMENT

OFA I attendants learn more advanced patient assessment and critical intervention procedures while safely moving workers with spinal injuries to medical aid. Prerequisite: Valid OFA Level I Certificate. Recommended for small operators situated more than 20 minutes from hospital. 3-year certificate. Bring current OFA 1 certificate to class and picture ID.

Castlegar campus \$99

Billie Padavell

11 class: Mar 11, Sun 8:30 am-5 pm

1 class: May 13, Sun 8:30 am-5 pm

Grand Forks campus \$99

Neil Krog

1 class: Feb 12, Sun 8 am-5 pm

1 class: Mar 14, Wed 8 am-5 pm

1 class: Apr 15, Sun 8 am-5 pm

Midway: BCSS \$99

Marg Moore

1 class: May 6, Sun 8 am-5 pm

Nakusp centre \$99

Brian Parsons

1 class: Apr 27, Fri 8 am-5 pm

1 class: May 14, Mon 8 am-5 pm

Nelson: Silver King campus \$99

Orion Farley, Wren McElroy, Terry O'Gorman

Billie Padavell, Tom Van Alstine

1 class: Jan 29, Sun 8:30 am-5 pm

1 class: Apr 15, Sun 8:30 am-5 pm

1 class: Jun 3, Sun 8:30 am-5 pm

Trail campus \$99

Billie Padavell

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

new OUTDOOR EMERGENCY CARE

OEC Bridging and Challenge courses are designed to convert and augment your previous first aid skills and knowledge to manage the emergency care problems encountered in the non-urban setting in accordance with the OEC training standards. Call Silver King Campus for information.

Nelson: Silver King campus

PEAK Emergency Training

PARAMEDIC IN INDUSTRY (PII)

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

Nelson: Silver King campus \$125

Orion Farley

1 class: Mar 9, Fri 8:30 am-12:30 pm



FIRST AID - RED CROSS

BABYSITTER CERTIFICATE

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

Grand Forks campus \$65

Kristy Kuromi

1 class: May 4, Fri 8 am-5 pm

Midway: BCSS \$65

Kristy Kuromi

1 class: Apr 27, Fri 8 am-5 pm

Kaslo centre \$65

Candace Begg

2 classes: Please call 250.353.2618 if interested.

CHILD CARE EMERGENCY FIRST AID

Get an overview of First Aid and CPR techniques taught in an interactive environment. This course is for individuals who care for babies or children at home. Learn skills needed to recognize, prevent and

respond to cardiovascular emergencies for adults, children and babies. CPR Level B. Other topics include choking, airway and breathing emergencies and prevention of disease transmission. Manual included.

Castlegar campus \$99 or \$154 per couple
Billie Padavell

1 class: Apr 28, Sat 8:30 am-4:30 pm

Grand Forks campus \$99
or \$154 per couple

Marg Moore

1 class: Feb 25, Sat 8:30 am-4:30 pm

Rock Creek: Rock Creek Medical Society,
100 Rock Ck Cutoff \$99 or \$154 per couple

Marg Moore

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

Kaslo centre \$99 or \$154 per couple
Deborah Myers

1 class: April 7, Sat 8:30 am-4:30 pm

Nakusp, Fauquier Community Centre \$99
or \$154 per couple

Brian Parsons

1 class: Mar 11, Sun 8:30 am-4:30 pm

Nelson: Silver King campus
\$99 or \$154 per couple

Orion Farley, Deborah Myers, Terry O'Gorman

1 class: Feb 18, Sat 9 am-5 pm

Trail campus \$99 or \$154 per couple
Billie Padavell

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

CPR C FOR HEALTH CARE PROVIDERS, NURSES, RESPIRATORY TECHNICIANS

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

Trail campus \$70

Diana Ferguson

1 class: May 14, Mon 5-10 pm

CPR C RECERTIFICATION FOR HEALTH CARE PROVIDERS, NURSES, RESPIRATORY TECHNICIANS

For those already holding a valid HCP CPR C certification. Bring current certification to class. Manual extra if required.

Trail campus \$70

Diana Ferguson

1 class: Mar 6, Tue 5-10 pm

CPR LEVEL C

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

Castlegar campus \$70

Deborah Myers

1 class: Apr 14, Sat 8:30 am-3:30 pm

Grand Forks campus \$70

Marg Moore

1 class: Feb 3, Fri 8:30 am-3:30 pm

Nakusp centre \$70

Deborah Myers

1 class: Mar 25, Sun 8 am-3 pm

Nelson: Silver King campus \$70

Orion Farley, Deborah Myers, Terry O'Gorman

1 class: Feb 11, Sat 8:30 am-3:30 pm

1 class: May 26, Sat 8 :30 am-3:30 pm

Trail campus \$70

Diana Ferguson

1 class: Feb 7, Tue 5-10 pm



CPR LEVEL C RECERTIFICATION

For those already holding a valid CPR C Certificate. Bring current CPR C certificate to class. Manual extra if required.

Castlegar campus \$50

Billie Padavell

1 class: Mar 21, Wed 6-10 pm

Nelson: Silver King campus \$50

Orion Farley, Deborah Myers, Terry O'Gorman

1 class: Feb 13, Mon 6-10 pm

1 class: May 16, Wed 6-10 pm



YOUR

FIRST AID & SAFETY TRAINING CENTRE

TRAINING COURSES

- Avalanche Awareness
- Avalanche Rescue
- Avalanche Skills: Level 1 & 2
- Boat Safety
- Childcare Emergency First Aid and Recertification
- Confined Spaces
- CPR - All Levels
- H2S Alive (3-Year Certificate)
- Motorcycle Safety
- Occupational First Aid: Level I, II, III
- Paramedic in Industry (PII)
- 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 22 for a preview of upcoming courses in First Aid & Safety or contact your local campus to customize your own first aid training package.

Trail campus \$50
 Diana Ferguson
 1 class: Feb 21, Tue 6-10 pm
 1 class: Mar 27, Tue 6-10 pm
 1 class: Apr 30, Mon 6-10 pm
 1 class: May 29, Tue 6-10 pm
 1 class: Jun 19, Tue 6-10pm

EMERGENCY FIRST AID WITH CPR C

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

Castlegar campus \$99
 James Newman
 1 class: May 5, Sat 8:30 am-5 pm

Trail campus \$99
 Billie Padavell
 1 class: Mar 3, Sat 8:30 am-5:30 pm

STANDARD FIRST AID WITH CPR C

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

Castlegar campus \$170
 Deborah Myers
 2 classes: Feb 4 & 5, Sat & Sun
 8:30 am-5:30 pm

Grand Forks campus \$170
 Marg Moore
 2 classes: Mar 17-18, Sat & Sun
 8 am-6 pm
 2 classes: May 26-27, Sat & Sun
 8 am-6 pm

Midway: BCSS \$170
 Marg Moore
 2 classes: Apr 7-8, Sat & Sun
 8 am-6 pm

Nakusp centre \$170
 Debra Myers
 2 classes: Jan 28-29, Sat & Sun 8 am-6 pm

2 classes: Mar 25-26, Sun & Mon
 8 am-6 pm

Nelson: Silver King campus \$170
 Orion Farley
 Deborah Myers
 Terry O'Gorman
 2 classes: Apr 21-22, Sat & Sun
 8:30 am-5 pm

Trail campus \$170
 Billie Padavell
 2 classes: Feb 25-26, Sat & Sun
 8:30 am-5:30 pm

WORKPLACE STANDARD FIRST AID WITH CPR C

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

Nelson: Silver King campus \$170
 Orion Farley, Deborah Myers, Terry O'Gorman
 2 classes: Jun 9-10, Sat & Sun 8 am-5 pm

FIRST AID - ST. JOHN AMBULANCE

EMERGENCY FIRST AID FOR INDUSTRY

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

Kaslo centre \$99
 Robert Crosthwaite
 1 class: Mar 30, Fri 8 am-5 pm

STANDARD FIRST AID WITH CPR C/AED

This is a 2-day certification course. Course content includes: (Day 1) emergency scene management, shock, unconsciousness and fainting, artificial respiration (adult), choking (adult), CPR and introduction to AED, severe bleeding, minor wound care and documentation, medical conditions.

(Day 2) AED secondary survey, bone and joint injuries, head, spinal and pelvic injuries, chest injuries, rescue carries, eye injuries, burns, poisons, bites and stings, heat and cold injuries. Participants must be 16 years of age and must be physically able to perform the required first aid and CPR skills.

Kaslo centre \$170
 Robert Crosthwaite
 2 classes: Apr 13-14, Fri & Sat 8 am-5 pm

MOTOR VEHICLE

AIR BRAKES

To operate vehicles equipped with air brakes on a highway (other than a vehicle defined as construction vehicle), you must have a BC driver's license with an air brake endorsement (Code 15). Prerequisite for a Class 1 driver's license, must be 19 years of age. Please pick up the manual in advance. Note: ICBC may require an eye examination prior to endorsement of license.

Nakusp centre \$210
 Mountain Transport Institute
 3 classes: Apr 20-22, Fri 6-10 pm, Sat & Sun 8 am-4:30 pm

Nelson: Silver King campus \$210
 Dave Griffin
 3 classes: Feb 24-26, Fri 6-10 pm, Sat & Sun 8 am-4:30 pm
 3 classes: May 4-6, Fri 6-10 pm, Sat & Sun 8 am-4:30 pm

DRIVER TRAINING

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

Kaslo centre \$439 +HST
 Wilf Warner

 Nakusp centre \$439 +HST
 Wilf Warner

GRADUATED LICENSE PROGRAM

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

Nakusp centre \$899
 Wilf Warner

 Kaslo centre \$899
 Wilf Warner

SAFETY

AMMUNITION RELOADING: INTRO

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

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



AVALANCHE AWARENESS FOR THE BACK COUNTRY USER

Fun and interactive information session for all skill-sets teaches that knowing the risk is the only way to manage risks. Riders will learn communication techniques, riding techniques, terrain usage, snow science, good habits, rescue situations and utilizing the Avalanche Bulletin. Pre-registration required.

new Nakusp centre Free
 Sponsored by the Harlow Creek Touring Group Society of Nakusp
 Jeremy Hawke
 1 class: Jan 12, Thu 6-9 pm

**CANADIAN FIREARMS SAFETY:
NON-RESTRICTED FIREARMS**

Learn safe handling of all common types of firearms. Collecting, history and shooting techniques will be discussed. Required to obtain or renew a Firearms Acquisition Certificate. Ages 12 and up, 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
2 classes: Feb 25-26, Sat 9 am-5 pm,
Sun 9 am-1 pm

Grand Forks campus \$105
Ron Ready
2 classes: May 5-6, Sat 9 am-5 pm,
Sun 9 am-1 pm

Kaslo centre \$105
Dennis Millan
2 classes: May 19-20, Sat 9 am-5 pm,
Sun 9 am-1 pm

Nakusp centre \$105
Dorian Boswell
1 class: Mar 4, Sun 9 am-5 pm

Nelson: Silver King campus \$105
Dennis Millan
2 classes: Apr 14-15, Sat & Sun 9 am-5 pm
2 classes: Jun 9-10, Sat & Sun 9 am-5 pm
2 classes: Aug 18-19, Sat & Sun 9 am-5 pm

Trail campus \$105
Colin Kenning
Bruce Donaldson
2 classes: Jan 28-29, Sat & Sun 9 am-5 pm
2 classes: Feb 25-26, Sat & Sun 9 am-5 pm
2 classes: Apr 14-15, Sat & Sun 9 am-5 pm
2 classes: Jun 2-3, Sat & Sun 9 am-5 pm

**CANADIAN FIREARMS SAFETY:
RESTRICTED FIREARMS**

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

Castlegar campus \$70
Ron Ready
2 classes: Feb 25-26, Sat 1-5 pm,
Sun 9 am-1 pm

Grand Forks campus \$70
Ron Ready
2 classes: May 5-6, Sat 1-5 pm,
Sun 9 am-1 pm

Nelson: Silver King campus \$70
Dennis Millan
2 classes: Apr 16-18, Mon & Wed
5:30-9:30 pm
2 classes: Aug 20-22, Mon & Wed
5:30-9:30 pm

Trail campus \$70
Colin Kenning, Bruce Donaldson
1 class: Feb 4, Sat 9 am-5 pm
1 class: Mar 3, Sat 9 am-5 pm
1 class: Apr 28, Sat 9 am-5 pm
1 class: Jun 9, Sat 9 am-5 pm

CONFINED SPACE L1-PRE-ENTRY

Learn the numerous types of Confined Spaces and the regulations. Hazard recognition and safety protocols are also covered. Required for people working in the oil and gas industry, municipal workers, equipment operators, those involved in excavations and trenching as well as specific areas of agriculture. Course material reflects legislation and common industrial-regulated practices within Western Canada. Valid for three years.

Castlegar campus \$215
Ron Tomlinson, C.S.O.
1 class: Jan 25, Wed 8:30 am-4:30 pm

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

Perform wildland fire suppression tasks safely and effectively. S-100 training is required by WCB for all forest workers whose duties may include fire fighting. Both courses are mandatory for all workers that want to work as a forest fire fighter. Wear appropriate outdoor gear and bring a lunch.

Castlegar campus \$240
Doug Harrison
2 classes: Apr 28-29, Sat & Sun
8 am-5 pm

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

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

GROUND DISTURBANCE: LEVEL I & II

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

Castlegar campus \$215
Ron Tomlinson, C.S.O.
1 class: Mar 9, Fri 8:30 am-4:30 pm

H2S ALIVE

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

Castlegar campus \$255
Ron Tomlinson, C.S.O.
1 class: Feb 11, Sat 8:30 am-4:30 pm

Grand Forks campus \$255
Ron Tomlinson, C.S.O.
1 class: Feb 12, Sun 8:30 am-4:30 pm

Nakusp centre \$255
Ron Tomlinson, C.S.O.
1 class: Mar 1, Thu, 8:30 am-4:30 pm

Nelson: Silver King campus \$255
Ron Tomlinson, C.S.O.
1 class: Mar 10, Sat 8:30 am-4:30 pm

Trail campus \$255
Ron Tomlinson, C.S.O.
1 class: May 11, Fri 8:30 am-4:30 pm

HUNTER TRAINING

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

Castlegar campus \$125
Ron Ready
2 classes: Mar 3-4, Sat & Sun,
9 am-5 pm

Grand Forks campus \$125
Ron Ready
2 classes: May 12-13, Sat & Sun
9 am-5 pm

Kaslo centre \$125
Dennis Millan
2 classes: May 26-27, Sat & Sun
9 am-5 pm

Nakusp centre \$125
Dorian Boswell
2 classes: Mar 3-4, Sat & Sun,
9 am-5 pm

Nelson: Silver King campus \$125
Dennis Millan
2 classes: Apr 21-22, Sat & Sun
9 am-5 pm
2 classes: Jun 16-17, Sat & Sun
9 am-5 pm
2 classes: Aug 25-26, Sat & Sun
9 am-5 pm

Trail campus \$125
Jim Smee
2 classes: Feb 18-19, Sat & Sun
9 am-5 pm
2 classes: Mar 31-Apr 1, Sat & Sun
9 am-5 pm

ROPE RESCUE TECHNICIAN LEVEL 3: EMERGENCY SERVICES

For fire/rescue, industrial rescue teams and aspiring or employed emergency service personnel who are working in environments that require embankment and vertical evacuation of subjects. No experience necessary but definitely an asset. Must be physically fit.

new Nelson: Silver King campus \$995
Chris Armstrong, Rescue Canada
6 classes: Apr 23-28, Mon-Sun,
8:30 am-5:30 pm

INFECTION CONTROL

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

Call your local campus/centre to register.
Continuous Intake \$25

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

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



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. NOTE: Students must bring 2 legal passport photos, stamped and signed, and are required to wear steel-toed boots with ankle support. Dress for the weather and bring a lunch. Registration needs to be completed two weeks prior to course. Manual included.

Castlegar campus	\$200
Lynn Bublitz	
2 classes: Apr 21-22, Sat & Sun 8 am-5 pm	
2 classes: Jun 9-10, Sat & Sun 8 am-5 pm	
Grand Forks campus	\$200
Lynn Bublitz	
2 classes: Mar 31-Apr 1, Sat & Sun 8 am-5 pm	
Nakusp centre	\$200
Lynn Bublitz	
2 classes: Apr 14-15, Sat & Sun 8 am-4 pm	
Nelson: Silver King campus	\$200
Lynn Bublitz	
2 classes: May 12-13, Sat & Sun 8 am-5 pm	
2 classes: Jun 16-17, Sat & Sun 8 am-5 pm	
Trail campus	\$200
Lynn Bublitz	
2 classes: Mar 3-4, Sat & Sun 8 am-5 pm	
2 classes: Jun 2-3, Sat & Sun 8 am-5 pm	

TRANSPORTATION OF DANGEROUS GOODS

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

Grand Forks campus	\$65
Neil Krog	
1 class: Mar 7, Wed 6-10 pm	
Trail campus	\$65
Ron Tomlinson, C.S.O.	

ORIENTATION TO WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM

Learn about the hazardous products, how to read and make labels and where to find treatment. Take this online course at your convenience! Note: not Mac compatible. Call your local campus/centre to register. \$45

WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

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

Grand Forks campus	\$45
Neil Krog	
1 class: Mar 6, Tue 6-10 pm	
Nakusp centre	\$45
Marilyn Rivers	
1 class: Jan 14, Sat 8 am-noon	
Nelson: Silver King campus	\$45
Tom Van Alstine	
1 class: Mar 7, Wed 6:30-9:30 pm	
Trail campus	\$45
Larry Ceconci	
1 class: Feb 25, Sat 9 am-1 pm	
1 class: Mar 31, Sat 9 am-1 pm	
1 class: Apr 21, Sat 9 am-1 pm	



WORKSAFE

RESPONSIBILITY OF JOINT HEALTH & SAFETY COMMITTEES

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

Castlegar campus \$95
Neil Krog
1 class: Apr 5, Thu 8 am-5 pm

Grand Forks campus \$95
Neil Krog
1 class: Mar 8, Thu 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 12, Thu 8 am-5 pm

Grand Forks campus \$95
Neil Krog
1 class: Mar 15, Thu 8 am-5 pm

Saints Golf Camp

July 9-13, 2012: golfers ages 7 to 17, 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 January 2012. **Call 250.365.1208 to register or call 250.365.1304 for more information. www.selkirk.ca/athletics**

health & 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 of local plants and herbs as food and medicine; smudging to cleanse and balance oneself, and the medicine wheel approach in health and healing.

Kaslo centre \$16 + HST
Marilyn James
1 class: Mar. 8, Thu 6:30-8:30 pm



ALIVE: AN ENERGY PLAN FOR LIFE

If your goals include ways to find sources of boundless energy, sculpt your body with food, leave harmful patterns in the dust, balance your body and your mind, then this is a plan for you! Rae uses food combining breath, meditation, teas, movement, and coaching to create a transformational shift. Manual extra.

new Nelson: Silver King campus \$149 + HST
Rae Hatherton, NCTMB, CMI, C.Ht.
3 classes: Apr 23, 25, Mon & Wed 6-9 pm, &
May 1, Tue 6-9 pm

BRAIN GYM 101

The workshop will be hands on and interactive. There are three dimensions of the brain that correspond to movements, which facilitate easier learning and brain/cognitive developments. The Brain Gym activities help to strengthen our existing abilities and skills, helping us to understand how to utilize the whole brain. This introduction to BG is useful for teachers, parents, children, aging persons, counsellors and aides in hospitals/schools.

new Nakusp centre \$65 +HST
Gayle Buchner
1 class: Feb 17, Fri 9 am-4 pm

INTRODUCTION TO BIOGRAPHY WORK

In this world of being constantly on the go, we rarely have time to take stock of our lives. We are born into this world and live a life, whatever that life is, it is ours; our creation. This course is an introduction to biography work, looking at our own story and seeing the threads and echoes that weave in and through it... seeing the past in a new light and moving forward with a greater consciousness of who we are. Jane Kieran is a graduate of the Biography Program from Arscura, School for Exploration and Development of Art in the Healing and Social Fields.

new Nakusp centre \$120 +HST
Jane Kieran
2 classes: Apr 17-18, Tue & Wed,
10 am-4 pm

DEMENTIA/ALZHEIMER CAREGIVERS

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

Nelson: Silver King campus \$40 +HST
Linda Hoskin
5 classes: Feb 16-Mar 29, Thu 7-9 pm No
classes Mar 15 & 22

Trail campus \$40 + HST
 Linda Hoskin
 2 classes: Apr 13 & 27, Fri 9:30 am-3:30 pm

EMBRACING IMPERFECTION

A psychoeducational course based on the work of Brene Brown, Ph.D., LMSW. Through a facilitated group setting, you will be guided through a process to help you understand the value of accepting your imperfections, become more loving and authentic towards yourself and others, and ultimately access more courage and compassion in your life.

new Nelson: Silver King campus \$325 +HST
 Deb Burnett
 Jesse Evans
 8 classes: Jan 17-Mar 13, Tue 7-9 pm
 (no class Feb 14)

ENGLISH WILDFLOWER REMEDIES: BASED ON THE WORK OF DR. EDWARD BACH

Introduction to Dr. Bach, his life and his philosophy. Explanation of the 38 flower remedies, and when and how to use them. These remedies can be used for plants and animals as well as people. Includes The 12 Healers & Other Remedies by Dr. Edward Bach.

new Nakusp centre \$120 +HST
 Jane Kieran
 2 classes: Apr 14-15, Sat & Sun
 10 am-4:30 pm

new Nelson: Silver King campus \$120 +HST
 Jane Kieran
 2 classes: Apr 21-22, Sat & Sun
 10 am-4:30 pm

HEALTHY BRAIN

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

Castlegar campus \$15 +HST
 Linda Hoskin
 1 class: Apr 16, Mon 7-9 pm

Nelson: Silver King campus \$15 +HST
 Linda Hoskin
 1 class: Mar 5, Mon 7-9 pm

HERBS FOR BABIES AND CHILDREN

new Nelson: Silver King campus \$59 +HST
 Sarah Orłowski
 1 class: May 5, Sat 9 am-12 pm

HERBS FOR WOMEN

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

Nelson: Silver King campus \$59 +HST
 Sarah Orłowski
 1 class: May 5, Sat 1-4 pm

HOLISTIC TECHNIQUES & TOOLS FOR WELL-BEING

Well-being and empowerment techniques from present and ancient teachings: conscious breathing with movement, Sedona Method, Hawaiian practices, guided visualizations and yoga. Manage stress and difficult emotions, help solve problems and trust your inner truth. Simple practices that harmonize the mind, body, senses and spirit connection.

Nelson: Silver King campus \$25 +HST
 Brenda Wiseman
 1 class: Mar 31, Sat 10:30 am-1 pm

Trail campus \$25 +HST
 Brenda Wiseman
 1 class: Mar 31, Sat 10:30 am-1 pm
 1 class: May 19, Sat 10:30 am-1 pm



FAMILY YOGA

Discover fun ways to play yoga! We move our bodies into animal and nature postures for inspiration. Making sounds of the natural world using our imagination. This is a playful and creative way to interact with others deriving enormous benefits: physically, flexibility, strength, coordination, and body awareness.

Our sense of calmness and relaxation improves.

new Nakusp centre \$8 +HST per person/
family of 3 or more \$18

Brenda Wiseman

1 class: May 5, Sat 12:30-1:30 pm

GENTLE HATHA YOGA

Relax with a gentle Hatha Yoga flow. It's about listening to the wisdom and sensations of your own body. Moving in a way that feels good, encouraging mindfulness. Integrated into the class is Yin Yoga, freeing tight connective tissues, joints and ligaments; Tibetan Rites yoga with its variations; ancient Egyptian Yoga; other types of restorative movements; breath work, and guided meditation.

new Nakusp centre \$10 +HST
Brenda Wiseman

1 class: May 5, Sat 10-11:30 am

INTRODUCTION TO HOMEOPATHY

HOMEOPATHY- it's simple, it's gentle and it works! Learn about this inexpensive system of health care which can reduce your dependence on pharmaceuticals and doctors. Homeopathy is used for all ages for general health as well as chronic disease. You will leave knowing how to use 6 common first-aid remedies.

new Kaslo centre
Carole Summer

1 class: Feb 7, Tue 6:30-8:30 pm

LAUGHING YOGA

Yoga-based deep breathing with gentle stretching and playful movement designed to stimulate laughter. Laughter Yoga enhances wellbeing and inner peace; improves blood circulation, boosts immune system, tones abdominals, opens breathing capacity, reduces mental stress and more.

Nakusp centre \$7 +HST
Brenda Wiseman
1 class: May 5, Sat 2-2:45 pm

Trail campus \$7 +HST
Brenda Wiseman
1 class: Mar 31, Sat 2-2:45 pm
1 class: Apr 21, Sat 2:30-3:15 pm
1 class: May 19, Sat 2-2:45 pm
1 class: Jun 23, Sat 2:30-3:15 pm

WISE YOGA

To be right here right now. Breathe, Relax, Feel, Watch, Allow (BRFWA) is a tool that helps the body, mind and spirit connect in present time. Gentle yoga stretches and asanas (postures) will open the body-mind to calm and nurture our spirits.

new Nakusp centre \$55 +HST
Terri McLeod

1 class: Apr 28, Sat 1-4 pm

TAKING CARE OF YOU

No matter what age you are, your body is constantly undergoing changes. It is important to understand them and your reactions to them! It is also important to remember this is the only body you are ever going to have so you need to take care of it, starting now! Join us on our road to wellness and making informed decisions.

new Kaslo centre \$24 +HST
Georgie Humphries, RN
1 class: May 12, Sat 10 am-12 pm

TIBETAN ACUPRESSURE SYSTEM: CERTIFICATION COURSE

Learn an ancient system of reflexive pressure-points to access the body's natural corrective energies to bring it to balance. It is delivered sitting up in a chair with client fully clothed and can be adapted to bed or wheelchair. Excellent for massage therapists, TCM practitioners, caregivers, palliative care, and the public. No previous experience required. Includes a follow-up class in the Fall. Visit www.tibetan-acupressure.com.

new Nelson: Silver King campus \$595 +HST
Rae Hatherton NCTMB, CMT, C.Ht.
3 classes: Apr 27-29, Fri-Sun 9 am-4 pm

UNDERSTANDING THE LAWS OF ATTRACTION

When we live in conscious alignment with the universal laws of energy, we come to know the infinite abundance of our true nature - which is love, joy, peace, ease, health and prosperity. Learn about the intricacies that compose the laws of attraction and how to consciously utilize them to live your best life now.

new Castlegar campus \$159 +HST
Tina Baudon, enlightenupcoaching.com
2 classes: Mar 31 & Apr 1, Sat & Sun,
9:30 am-4:30 pm

mental health & addictions

- Associate Certificate

10 months online (2 courses plus a 2-day in-class workshop)

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

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

ADD 184: INTRODUCTION TO ADDICTION (3 CREDITS)

Fall: online Winter: in-class

Transfer credit to Thompson Rivers University and University of Victoria

This introductory course studies substance and behavioural addictions, current research in the physiological, social and spiritual causes of addiction, and models for understanding dependence, recovery and relapse.

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

Winter: online

Transfer credit to Thompson Rivers University, University of the Fraser Valley, Vancouver Island University and University of Victoria

This course provides instruction in a variety of rehabilitative and treatment modalities used in work with marginalized populations. Attitudes toward mental health and substance use problems and how they impact helper effectiveness are explored in a supportive milieu.

MOTIVATIONAL INTERVIEWING WORKSHOP: BRIEF INTERVENTIONS AND SUPPORT STRATEGIES

Spring TBA: lecture and practice format in two 6-hour modules over 2 days.

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

1.888.953.1133, ext 233 | Selkirk College | selkirk.ca/hhs



PRENATAL

PRENATAL CLASSES

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,
767 11th Ave. \$105 +HST
Marty Suttmoller

6 classes: Jan 18-Feb 15, Wed 6:30-9 pm
6 classes: Mar 28-Apr 25, Wed 6:30-9 pm
6 classes: May 16-Jun 13, Wed 6:30-9 pm
6 classes: Jul 18-Aug 15, Wed 6:30-9 pm

Grand Forks:
Glanville centre, 1200 Central \$105 +HST
Kristy Kuromi

6 classes: Feb 20-Mar 26, 6 pm-8:30 pm
6 classes: May 14-Jun 25, 6 pm-8:30 pm

Kaslo centre \$105 +HST
Sherry Wagner
Please 250.353.2618 call if interested.

Nakusp centre \$50 +HST
Linda Nero
2 classes: Mar 16 & 18, Fri 6 pm-8:30 pm,
Sun 9 am-4 pm

Nelson: Health Unit, 333 Victoria St.,
2nd Floor \$105 +HST
Mary Ann Morris, Marty Suttmoller
6 classes: Jan 19-Feb 23, Thu 6:30-9 pm
6 classes: Mar 29-May 3, Thu 6:30-9 pm
6 classes: May 17-Jun 21, Thu 6:30-9 pm
6 classes: Jul 19-Aug 23, Thu 6:30-9 pm

Trail campus \$105 +HST
Hanne Smith, Julia Stockhausen
6 classes: Jan 4-Feb 8, Wed 6:30-9 pm
6 classes: Feb 22-Mar 28, Wed 6:30-9 pm

6 classes: Apr 4-May 9, Wed 6:30-9 pm
6 classes: May 30-July 4, Wed 6:30-9 pm
6 classes: Sep 5-Oct 10, Wed 6:30-9 pm
6 classes: Oct 31-Dec 5, Wed 6:30-9 pm

PRENATAL BREASTFEEDING

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

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

1 class: Feb 8, Wed 6:30-9 pm
1 class: Apr 18, Wed 6:30-9 pm
1 class: Jun 6, Wed 6:30-9 pm
1 class: Aug 8, Wed 6:30-9 pm

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

1 class: Feb 16, Thu 6:30-9 pm
1 class: Apr 26, Thu 6:30-9 pm
1 class: Jun 14, Thu 6:30-9 pm
1 class: Aug 16, Thu 6:30-9 pm

PRENATAL: FEEDING YOUR BABY

Join us for information and support on all aspects of nutrition for your baby.

Trail campus \$15 +HST
Hanne Smith,
Julia Stockhausen

1 class: Feb 1, Wed 6:30-9 pm
1 class: Mar 21, Wed 6:30-9 pm
1 class: May 2, Wed 6:30-9 pm
1 class: Jun 27, Wed 6:30-9 pm
1 class: Oct 3, Wed 6:30-9 pm
1 class: Nov 28, Wed 6:30-9 pm

PRENATAL BREASTFEEDING SUPPORT GROUP

Come join our FREE drop-in breastfeeding support group. Get your breastfeeding questions answered, and receive support from other moms who have similar concerns. This group is facilitated by breastfeeding counsellors. Childminding for older siblings is available on site. Contact Maart@shaw.ca for inquiries.

Castlegar: Kootenay Family Place, Free
767 11th Ave.
Katina D'Onofrio, Marty Suttmoller
Tuesdays 1:30-3 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 Centre \$70 +HST
Sally Whitman

2 classes: Mar 10-11, Sat & Sun, 10 am-4 pm
2 classes: June 9-10, Sat & Sun, 10 am-4 pm

Trail campus \$70 +HST
Hanne Smith, Julia Stockhausen
2 classes: Aug 18-19, Sat & Sun, 9:00 am-3 pm

PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place,
767 11th Ave. \$35 +HST
Marty Suttmoller

2 classes: Jan 25-Feb 1, Wed 6:30-9 pm
2 classes: Apr 4-11, Wed 6:30-9 pm
2 classes: May 23-30, Wed 6:30-9 pm
2 classes: Jul 25-Aug 1, Wed 6:30-9 pm

Trail campus \$35 +HST
Hanne Smith, Julia Stockhausen
2 classes: Jan 11-18, Wed 6:30-9 pm
2 classes: Feb 29-Mar 7, Wed 6:30-9 pm
2 classes: Apr 11-18, Wed 6:30-9 pm
2 classes: Jun 6-13, Wed 6:30-9 pm
2 classes: Sep 12-19, Wed 6:30-9 pm
2 classes: Nov 7-14, Wed 6:30-9 pm

PRENATAL: EARLY PREGNANCY CLASS

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

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

Marty Suttmoller, Sally Whitman
1 class: Mar 7, Wed 6:30-9 pm
1 class: May 9, Wed 6:30-9 pm
1 class: Jun 27, Wed 6:30-9 pm

Nelson: Health Unit, 333 Victoria St.,
2nd Floor \$15 +HST
Marty Suttmoller, Sally Whitman
1 class: Mar 8, Thu 6:30-9 pm

1 class: May 10, Thu 6:30-9 pm
1 class: Jun 28, Thu 6:30-9 pm

Trail campus
included in prenatal registration
Hanne Smith, Julia Stockhausen
1 class: Jan 16, Mon 6:30-9 pm
1 class: Apr 2, Mon 6:30-9 pm
1 class: Jul 2, Mon 6:30-9 pm
1 class: Oct 15, Mon 6:30-9 pm



MASSAGE

BASIC FULL BODY MASSAGE

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

Nelson: Silver King campus \$27 +HST
Christine Sutherland
1 class: Jun 17, Sun 9 am-12 pm

FOOT MASSAGE & REFLEXOLOGY

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

Nelson: Silver King campus
\$27 +HST/person & \$18 +HST for partner
Christine Sutherland
1 class: Jun 16, Sat 1-4 pm

MASSAGE FOR COUPLES

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

Nelson: Silver King campus \$27
+HST/person \$18 +HST for partner
Christine Sutherland
1 class: Jun 16, Sat 9 am-12 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, RMT
8 classes: Jul 6-13, Fri-Fri

THE POWER OF TOUCH: PALLIATIVE MASSAGE FOR REGISTERED MASSAGE THERAPISTS (CEU CREDITS)

RMT's gain CEU credits with this offering and can continue with instructor training. Register with Christine Sutherland at 1-800-661-5788 or online at

sutherlandproductions.com

Nelson: Silver King campus
Christine Sutherland, RMT
4 classes: Jul 3-6, Tue-Fri

NUTRITION

COOKING ITALIAN

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

new Grand Forks Secondary School \$99
Willy Triveri
4 classes: Feb 6-27, Mon 6:30-9 pm

LOSE WEIGHT AND KEEP IT OFF

Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

Online
Ed2Go - to register go to www.ed2go.com/selkirk \$134 +HST
continuous intake

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

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

VEGAN LIVING AND RAW FOODS

Prepare delicious vegan living-raw meals and snacks that are affordable and environmentally conscious. Add foods with nutritional value to your diet with easy gourmet and casual recipes. Learn about enzymes, superfoods, the ancient history of living raw foods.

Nelson: Silver King campus \$45 +HST
Brenda Wiseman
1 class: May 12, Sat 10:30 am-1 pm

Trail campus \$45 +HST
Brenda Wiseman
1 class: Apr 21, Sat 10:30 am-1pm
1 class: Jun 23, Sat 10:30 am-1 pm



WHAT'S COOKING WITH DEB!

Learn how to make different ethnic foods, sauces, soups & appetizers.

Nakusp Secondary School \$125 +HST/series
or \$30 +HST/individual classes
Deb Guest
6 classes: Jan 12-Feb 16, Thu 6:30-8:30 pm

Appetizers

Assortment of hot and cold, meat, cheese and vegetarian appetizers - all fit for a party.

Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Jan 12, Thu 6:30-8:30 pm

Thai

Rice paper Thai wraps, fresh Thai noodle salad, Thai chili cilantro prawns and of course Pad Thai.

Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Jan 19, Thu 6:30-8:30 pm

Sauces

For pasta, meats and eggs: Alfredo, cheese, pesto, bechamel, mushroom bacon, lemon, hollandaise and bearnaise.

Nakusp Secondary School \$30 +HST
 Deb Guest
 1 class: Jan 26, Thu 6:30-8:30 pm

Mexican

Loads of fresh cilantro, limes and fresh veggies. Create a fresh shrimp cerviche, tortilla soupa, ensalada, blackbean and corn salade, frijoles, guacamole and salsa. Chicken enchilada and quesadillas.

Nakusp Secondary School \$30 +HST
 Deb Guest
 1 class: Feb 2, Thu 6:30-8:30 pm

Soups hot and cold

Lets talk about stocks and how to make them to create borscht, potato pesto, beef stick noodle, wor won ton and miso soups.

Nakusp Secondary School \$30 +HST
 Deb Guest
 1 class: Feb 9, Thu 6:30-8:30 pm

Japanese

Learn to make California rolls, chicken karaage, sunomono salade, don buri and katsu.

Nakusp Secondary School \$30 +HST
 Deb Guest
 1 class: Feb 16, Thu 6:30-8:30 pm

SCHOOL OF HEALTH & HUMAN SERVICES at Selkirk College

Community Support Worker Citation

An exciting professional development opportunity for experienced support workers!

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

ENTRANCE REQUIREMENTS

Potential candidates must be currently employed with a local community living organization and have a minimum of three years of full-time equivalent employment in the field.

PROGRAM DESCRIPTION

Choose 6 of the 7 courses listed here:

CCSW 156	Support Strategies for Adults
CCSW 155	Inclusion
CCSW 161	Planning
FAM 180	Family Dynamics
CCSW 170	Augmentative Communication
CCSW 165	Health and Wellness
HSER 174	Interpersonal Communication

1.888.953.1133, ext 233 | Selkirk College | selkirk.ca/hhs

SCHOOL OF HEALTH AND HUMAN SERVICES OUTREACH

GERONTOLOGY CERTIFICATE: ONLINE

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. For more info call 250.365.1425.

Online
Intake Sep

MENTAL HEALTH & ADDICTIONS ASSOCIATE CITATION

This Associate Citation is for health and human service practitioners who would like to focus their practice in the area of mental health and addictions and upgrade their skills in working with people. The next intake for this citation will be Fall 2012. For more information contact Kay Armstrong at 250-365-7292.

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 last days. Other topics discussed include grief, depression, communication challenges and ethical dilemmas. Course includes lunch both days, coffee and Pallium Pocket handbook.

Castlegar campus \$250 for nurses, \$350 for physicians. Student rate available.
Selkirk Nursing Faculty
2 classes: Mar 31, Sat & Apr 1, Sun
8:30 am-4:30 pm

SHELTERGUIDES HOMESHARE AND RESPITE CARE TRAINING

This exciting 14-week program is designed to equip you with a solid foundation that will prepare you for employment as a home share or respite care provider. ShelterGuides' innovative training approach provides learning through storytelling about real life scenarios and includes current information on respectful, person-centered support for individuals with disabilities (and others with special care needs) in home and community settings. Shelterguides is a community organization that values safe and respectful care and exists to offer accessible training and support for new and current care providers. Phone 250-365-1208 to register.

Castlegar: Genelle Community Hall
1205 2nd St \$750 plus \$75 +HST for text
Jane Green

14 weeks total: 11 weeks online instruction, including 3 face-to-face days.

Face-to-face classes: Mar 26, May 7, Jun 25,
Mon 9 am-4 pm



Learning in Retirement

Become a member!

You might wonder if the ability to learn changes with age. It most certainly does!

Contrary to popular opinion the changes are often for the better. The wisdom of elders is not the stuff of folklore but rather a measurable fact.

Become inspired to actively and continuously learn. If you are 55 or over and have an interest in learning consider becoming a member of Learning in Retirement (LIR).

Take advantage of our many learning opportunities. Annual membership fee is \$15. Individual course tuitions are nominal. Courses are offered in the spring and in the fall and there are some summer field trips. Learning in Retirement offers courses for Nelson and Area seniors through Continuing Education, at the Silver King Campus.

Why join?

- Participatory learning experiences are invigorating.
- Peer group learning stimulates social interaction.
- There are no quizzes or grades, no pressure!
- Activities are lively, fun and discussions are informative.

How can you participate?

- Take a course
- Plan curriculum
- Recruit new members
- Volunteer on the Board or Committees
- Facilitate a course
- Identify speakers

Find out more...

Email Susanne Raschdorf, Board Chair
raschdorfk@shaw.ca

**Selkirk
College**



Get the training you need to step into a promising new job!

**Free Job
Training**

If you are unemployed or employed with no recognized certification or university degree-level education, we are here to help!



The Employment Skills Access (ESA) Program offers you a more secure future. You can choose from three training programs offered at Selkirk College that prepare you for jobs that are in demand right now!

- Administrative Skills Training (AST) - certificate
- Early Childhood Care and Education (ECCE) Training - associate certificate
- Wine and Service Industry (WSI) Training – industry certification

Contact Selkirk College at **250.364.5760** or email esa@selkirk.ca.

REGISTER TODAY: Courses begin early January or February, depending on your program choice.

Canada



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

Selkirk  College

Learn locally at Selkirk

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

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

With a wide array of academic, career, vocational and technical programs to choose from, you can start your educational path with programs available through Selkirk's Schools of Academic Upgrading & Development, Business & Aviation, Digital Media & Music, Environment & Geomatics, Health & Human Services, Hospitality & Tourism, Industry & Trades Training, University Arts & Sciences, 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 or visit selkirk.ca/programs.

Programs at a glance

CERTIFICATES/ADVANCED/ASSOCIATE CERTIFICATES

Administrative Skills Training	24 wk
BC Electrical Code	sp
Carpentry Apprenticeship	6 wk
Carpentry Foundation	24 wk
Classroom & Community Support Worker	9 mo
Professional Cook Training (Level 1/Level 2)	28/14 wk
Early Childhood Care & Education	20 wk
Early Childhood Care & Education	
Infant Toddler	9 mo
Early Childhood Care & Education	9 mo
Electrical Apprenticeship	10 wk
Electrical Foundation	24 wk
English Language program (ESL)	24 wk
Esthetics	31 wk
Fine Woodworking	36 wk
General Mechanics Foundation	36 wk
Gerontology Online (post RN and LPN)	9 mo
Golf Club Operations Online (GCOOL)	10 mo
Hairdressing (Cosmetology)	36 wk
Health Care Assistant	6 mo
Medical Transcription (Advanced) Online	10 mo
Mental Health & Addictions	10 mo
Metal	1 yr
Metal Fabricator Foundation	23 wk
Millwright/Machinist Foundation	36 wk
Nursing Unit Clerk	6 mo
Pharmacy Technician Bridging Online	4 modules
Pharmacy Technician	11 mo
Plant Operator	24 wk
Refrigeration Plant Operator	sp
Renewable Energy	6 wk
Social Service Worker	9 mo
Teaching English to Speakers of Other Languages (TESOL)	4 mo
Transformative Justice	4 courses
Welding (C Level/B Level/A Level)	28/16/8 wk
Wine and Service Industry Training	7 wk

DIPLOMAS/ADVANCED DIPLOMAS

Aviation - Professional Pilot	2 yr
Business Administration	
- Accounting & Finance	2 yr
- Professional Management	2 yr
Clay	2 yr
Culinary Management	2 yr
Digital Arts & New Media	2 yr
Fibre	2 yr
Forest Technology	2 yr

Geographic Info Systems (Advanced Diploma)	2 yr
Human Services Diploma	
- Classroom & Community Support Worker Specialty	2 yr
- Early Childhood Care & Education Specialty	2 yr
- Social Service Worker Specialty	2 yr
Integrated Environmental Planning Technology	2 yr
Jewelry & Small Object Design	2 yr
Liberal Arts	2 yr
Music & Technology	
- Composition	2 yr
- Directed Studies	2 yr
- Engineering	2 yr
- General	2 yr
- Performance	2 yr
- Song Writing	2 yr
Office Management	2 yr
Recreation, Fish & Wildlife	2 yr
Resort & Hotel Management	2 yr
Ski Resort Operations & Management	2 yr
Teaching English to Speakers of Other Languages (TESOL)	4 mo
Writing Studies	2 yr

DEGREES/ASSOCIATE DEGREES/UNIVERSITY TRANSFER

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

OTHER PROGRAMS

University Preparatory Courses	Varied
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ADULT BASIC EDUCATION

Upgrading (grades 9, 10, 11 & 12)	Varied
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yr = year mo = month wk = week

sp = self paced

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	
14 classes: Mar 6-Apr 12, Tue & Thu 6-9 pm, 2 Sat TBA, 9 am-2 pm	
14 classes: May 8-Jun 14, Tue & Thu 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, you will be issued an officially recognized certificate and will have an understanding of basic food safety principles and how to protect yourself and others from foodborne illness. To register, phone your local Selkirk College campus. Note: not Mac compatible.

All locations	\$85
continuous intake	

FOODSAFE: LEVEL 1

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

Castlegar campus	\$85
Carol Erickson	
1 class: Feb 11, Sat 9 am-5 pm	
1 class: May 25, Fri 9 am-5 pm	
Grand Forks campus	\$85
Andrea Krog	
1 class: Feb 11, Sat 8 am-5 pm	
1 class: Apr 14, Sat 8 am-5 pm	
Midway: BCSS	\$85
Andrea Krog	
1 class: Mar 10, Sat 8 am-5 pm	
Nakusp centre	\$85
Carol Erickson	
1 class: Apr 16, Mon 9 am-5 pm	

Nelson: Silver King campus	\$85
Carol Erickson	
1 class: Feb 7, Tue 9 am-5 pm	
1 class: Mar 10, Sat 9 am-5 pm	
1 class: Apr 24, Tue 9 am-5 pm	
1 class: May 28, Mon 9 am-5 pm	
1 class: Jun 26, Tue 9 am-5 pm	

Trail campus	\$85
Carol Erickson	
1 class: Feb 4, Sat 9 am-5 pm	
1 class: Mar 31, Sat 9 am-5 pm	
1 class: Apr 28, Sat 9 am-5 pm	
1 class: Jun 23, 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.

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

SERVING IT RIGHT

Required to serve alcohol to the public.

Nelson: Tenth Street campus	\$45
Carol Erickson	
1 class: Mar 8, Thu 6-9 pm	
1 class: May 10, Thu 6-9 pm	

WORLD HOST

Formerly Super Host; 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.

Grand Forks campus	\$95
James Wilson	
1 class: Apr 17, Tue 10 am-5 pm	

CO-OP EDUCATION



education at work

HIRE A CO-OP EDUCATION STUDENT TODAY!

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

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

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

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

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

industry & trades

BC ELECTRICAL CODE: HOME STUDY

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

Online Continuous Intake - \$575
call Silver King campus

BUILDING SERVICE WORKER CERTIFICATION

Learn to apply current methods and procedures for the economical use of time, the elimination of waste and the conservation of energy. Classroom theory on each subject is followed by a hands-on training, practical components, written exam on theory as well as an instructor's evaluation on practices and procedures. Includes OFA1 and WHMIS.

Nelson: Tenth Street Campus \$1449
June TBA

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
plus \$60 manual +HST
Dave Griffin
3 classes: Mar 9-11, Fri. 6-10, Sat & Sun 8:30
am-4:30 pm
3 classes: Jun 8-10, Fri. 6-10, 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 working familiarity with some of the systems and enables problem solving in the workplace.

Nelson: Silver King campus \$180
Rob Schwarzer
1 class: Apr 14, Sat 8:30 am-4:30 pm
Trail campus \$180
Rob Schwarzer
1 class: Mar 31, Sat 8:30am-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: Mar 30-31, Fri 6-10 pm, Sat
8 am-4 pm
2 classes: Apr 13-14, Fri 6-10 pm, Sat
8 am-4 pm
2 classes: May 25-26, Fri 6-10 pm, Sat
8 am-4 pm

REFRIGERATION PLANT OPERATOR: HOME STUDY

This online nine-unit Refrigeration Plant Operator Program is approved by the BC Safety Authority. The course is one of the requirements needed to challenge the Refrigeration Operator's Certificate of Qualification. Phone tutorials for 6 months and all materials included.

Nelson: Silver King campus \$725
Bruce McMaster

WELDING

Learn basic welding skills for the handyman/hobbyist, or work toward C, B, or A Level Welding certification and upgrade for Provincial testing. Students need steel-toed boots, leather gauntlet gloves, 10 vice grips and hat/hair covering.

Nelson: Silver King campus \$325 +HST
Dick Schultz
12 classes: Feb 21-Mar 29, Tue & Thu 6:15-9:45 pm



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 Conference Services, a division of the Continuing Education Department.

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

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

Conference Services include:

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

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

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



languages

FRENCH: LEVEL I

Learn to speak French including alphabet, numbers, greetings, time, days, months, seasons and vocabulary. Handouts extra.

Trail campus \$49 +HST

Jose Padilla

5 classes: Feb 1-15, Mon & Wed, 7-8 pm

FRENCH: LEVEL II

For those with some previous level of French training. We will reinforce Level I learnings and include French sounds, sentences and dialogues. Handouts extra.

Trail campus \$49 +HST

Jose Padilla

5 classes: Feb 20-Mar 5, Mon & Wed, 7-8 pm



GERMAN FOR LOCAL TOURISM BUSINESSES

Join us for an informal but informative class to provide basic German words and phrases to help you better communicate with your German customers this summer! No previous knowledge of German is required. Know what to say and what not to say!

new Kaslo centre \$29 +HST

Gudrun Riegler

2 classes: Mar 10 & 17, Sat 2-4 pm

ITALIAN: LEVEL I

A beginner course taught in a fun and relaxed atmosphere. Basic grammar is the focus with emphasis on building simple key sentences. Verb conjugation, numbers, colours, vocabulary and much more. Materials extra.

Trail Campus \$84 +HST

Samantha Notari

6 classes: Feb 23-Apr 12, Thu 6:30-8:30 pm

ITALIAN: LEVEL III

Third in the Italian series, with a focus on increasing grammar and essential vocabulary. This course is a great opportunity to practice speaking the language for those who have some ability at an intermediate level. Materials extra

Trail campus \$84 +HST

Samantha Notari

6 classes: Feb 21-Apr 10, Tue 6:30-8:30 pm

JAPANESE LEVEL II

The next level in our Japanese series. Continued studies with Shoko to improve your understanding and abilities.

Trail campus \$112 +HST

Shoko Kurizaki

6 classes: Apr 26-May 31, Thu 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 \$49 +HST

Jose Padilla

5 classes: Jan 31-Feb 14, Tue & Thu, 7-8 pm

Nakusp centre \$90 +HST

Moraia Grau

6 classes: Jan 25-Feb 29, Wed 1-3 pm

Trail campus \$49 +HST

Jose Padilla

5 classes: Mar 7-21, Mon & Wed, 7-8 pm

SPANISH FOR TRAVELERS: LEVEL II

A great continuation of 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 \$49 +HST

Jose Padilla

5 classes: Feb 21-Mar 6, Tue & Thu, 7-8 pm

Trail campus \$49 +HST

Jose Padilla

5 classes: Mar 7-21, Mon & Wed, 7-8 pm

SPANISH FOR TRAVELERS: CONVERSATION CLASS

Have you taken some Spanish lessons before and need to practice and learn more? Come join this conversational Spanish group for relative beginners. A great continuation for those who have taken Beginners Levels I & II.

Nelson: Silver King campus \$112 +HST

Romany Watt Osecki

8 classes: Apr 4-May 23, Wed. 5-6:30 pm

SPEED SPANISH

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

Online

Ed2Go - to register go to

www.ed2go.com/selkirk

continuous intake

\$134 +HST

KOOTENAY SCHOOL OF THE ARTS Summer 2012

The summer months are a great time to try new artistic adventures. Take part in two-day to three-week sessions in July and August. From drama to jewellery, we have something for all ages and skill levels.



ADULT CLASSES

- Basic and Advanced Blacksmithing
- Drawing
- Painting
- Pottery

CHILDREN & YOUTH CAMPS

- Digital Film
- Drama and Performance
- Looking Camps
- Science
- Crafty Creations
- Clay
- Blacksmithing

**Visit selkirk.ca/ksa for updated listings
and session details.**

leadership & management

ABORIGINAL EDUCATION SUPPORT

Selkirk College's Aboriginal Service Coordinator provides support to all prospective 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, or email mjames@selkirk.ca for appointments

ACCELERATED PMP EXAM PREP

A 4 day workshop based on the 4th Edition of PMBOK. This exam prep is facilitated by Collaborators in Knowledge Inc (CIKI) who bring a 100% student success rate. Includes theory, discussion and a variety of exercises that cover all 9 PMI Knowledge Areas and 5 PM Process Groups.

new Trail campus \$1995
Denise Holleran-Boswell
4 classes: Apr 16-19, Mon-FThu,
8:00 am-5 pm

CAREER COUNSELLING

Selkirk College counsellors are here to assist you with career and educational decisions. We can suggest activities and resources to help you consider your options. Forty-five-minute appointments available, both in person and by phone. Please call to make your appointment 250-353-2618 for Kalso and 250.265.4077 for Nakusp.

Kaslo centre Free
Laurie Read
1 class: Mar 21, Wed 9:30 am-3:30 pm
Nakusp centre Free
Laurie Read
1 class: Mar 28, Wed 9:30 am-3:30 pm



FITNESS EDUCATORS

FITNESS KNOWLEDGE

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

Castlegar campus \$240
Kirsty Holt
4 classes: Feb 3-5, Fri 6-9 pm, Sat & Sun,
8:30 am-5 pm. Completion: Feb 25, Sat
9 am-2 pm

PERSONAL TRAINING SPECIALIST PROGRAM

Register for both Weight Training Course and Weight Training Practicum and receive a 10% discount. Note: Students will have the option to register as certified instructors with BCRPA or CFES. Check out www.bcrpa.bc.ca and www.canadianfitness.net for more information.

PERSONAL TRAINER COURSE

This course is designed to teach advanced program design for healthy and special populations, testing, assessment, consultation, advanced anatomy and physiology, and the

training business. You will feel confident writing the Personal Training Provincial Exam at the end of the course. CFES Personal Trainer Resource Manual and On the Floor Resources Manual included in the fee.

Castlegar campus \$420
Samantha Reid

6 classes: Feb 17-26, Fri 6-9 pm,
Sat & Sun, 8:30 am-5 pm

PERSONAL TRAINING PRACTICUM

This course allows students to gain hands-on experience and to complete the Personal Training Instructor Competency Evaluation. The practicum is designed to complement the personal training course by providing scenarios, labs and real clients.

Castlegar campus \$195
Samantha Reid

3 classes: Mar 16-18, Fri 6-9 pm,
Sat & Sun, 8:30 am-5 pm

LEADERSHIP

FUNDAMENTALS OF SUPERVISION AND MANAGEMENT

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

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

GET ASSERTIVE!

Find out how you can stop others from intimidating you or treating you poorly.

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

INDIVIDUAL EXCELLENCE

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.

Online
Ed2Go - to register go to

www.ed2go.com/selkirk
continuous intake

\$134

INSTRUCTOR DIPLOMA PROGRAM: PIDP 3230 - EVALUATION OF LEARNING

Offered in conjunction with the Vancouver Community College, 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 schedule of courses or to apply for admission to the program, contact instructordiploma.com or 1.888.332.3212.

Nelson: Silver King campus
6 classes: tba Fri 6-9 pm, Sat & Sun,
8 am-4 pm

MYERS BRIGGS: IT'S ALL ABOUT YOU!

This tool will assist you in improving communication, understanding your gifts, choosing a career, and help you to understand your family and friends. Learn why different people are interested in different things and why we sometimes find it hard to understand others around us. Receive a personalized report. Must have basic internet skills and an email address.

new Grand Forks campus \$125 +HST
Holly Hume
1 class: Apr 16, Mon 6-9 pm





OWN THE PODIUM - PUBLIC SPEAKING

Like any Olympic athlete, successful public speakers need training and practice. A fun-filled and energizing series that is facilitated by an experienced toastmaster, educator and HR professional. Climb the corporate ladder, emcee a family event or increase your self-confidence. This is an investment into yourself.

new Trail Campus \$275
Cathy Heyland
8 classes: Apr 11-May 30, Wed 6-8 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/year
Linda Kendal, Toastmasters BC
ongoing

STRATEGIC CUSTOMER CARE: BUSINESS TACTICS FOR FRONTLINE EMPLOYEES

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

Castlegar campus \$195 +HST
John Glennon, Sandler Training
1 class: Apr 20, Fri 8:30 am-4:30 pm

STRENGTHENING NON-PROFIT BOARDS

A full day of learning on topics critical for board success. Learn about non-profit finances; board roles, responsibilities and liabilities; running effective board meetings, a primer on Robert's Rules, and tips for recruiting new board members. New and experienced non-profit members are encouraged to attend. The Kootenay Boundary Community Services Co-operative has \$500 training subsidies available to eligible non-profits in the Columbia Basin. Please phone 250-352-6786 for details.

new Castlegar campus \$80 for Co-op members \$100 for non-members
Lunch included
Kootenay Boundary Community Services Co-op. Please email info@thekoop.ca to register
1 class: Nov 19, Sat 9:30 am-3:30 pm

WANT TO INSTRUCT A COURSE?

Dedicated to life-long learning, Selkirk College is accepting course proposals and applications from instructors for all program categories.

For details on submitting a course proposal or application to teach a course, call your local campus. See page 70.

APPLIED LEADERSHIP CITATION PROGRAM

Developed in full consultation with approximately twenty of the largest employers in the West Kootenay/ Boundary Region. Manager, supervisors and individuals seeking leadership roles have identified the skills and theory desired for new or existing leaders to become successful. The result is a six-course program that will provide individuals with leadership skills and knowledge they can immediately employ in the workplace.

The modules are sequential and cumulative, with each module building on the previous one. However, each module is also designed as a complete and separate learning experience. There are 4 – 5 weeks between each session for back-at-work application, coaching and mentoring. Save \$150 and the HST when registering.

Location: Castlegar campus: Mir Centre, Instructor: Phil Kolbuc, Cost of entire program: \$2395

MODULE 1: Applied Leadership – Feb 14-16, 2012, Tue-Thu, 9 am-4 pm

Explore the concept of leadership, supervision and management and what characteristics, qualities and attributes they have in relation to these respective roles. Learn to utilize one's strengths to be most effective as a leader. Includes Emotional Intelligence Assessment and DISC personality assessment, a \$300 value. Cost: \$750

MODULE 2: Building Relationships - Mar 13-15, Tue-Thu, 9 am-4 pm

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

MODULE 3: Developing Teams - Apr 17-19, Tue-Thu, 9 am-4 pm

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

MODULE 4: Human Resources, Financial Management and Labour Relations - May 15 & 16, Tue & Wed, 9 am-4 pm

Gain a greater understanding and appreciation for the role and functions of human

resources and the law and how labour relations legislation helps protect everyone from workplace abuses. Apply workplace practices that comply with the latest of labour law and legislation. Gain a better understanding of sound financial management practices.

Cost: \$300 +HST

MODULE 5: Coaching for Performance - Jun 6 & 7, Wed & Thu, 9 am- 4pm

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

MODULE 6: Personal Development - Jun 27 & 28, Wed & Thu, 9 am-4 pm

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

Upon conclusion of all modules participants will be granted the Applied Leadership Citation Program Certificate of Completion from Selkirk College.



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. Visit selkirk.ca/mir for detailed information.

UNIVERSITY PROGRAMS IN PEACE STUDIES

The School of University Arts and Sciences and the Mir Centre for Peace offer two interdisciplinary values-based university transferable programs. The Associate of Arts Degree in Peace Studies focuses on peace and the environment. The Liberal Arts Diploma in Peace Studies emphasizes peace in a cultural and international context. Students may choose to engage in service learning experiences, or in directed peace and conflict studies academic research.

MIR CENTRE FOR PEACE CONTINUING EDUCATION

MEDIATION TRAINING PROGRAM

Learn skills and techniques to mediate disputes quickly and effectively. Using a peer community mediation model, participants will learn how to help people find solutions to their immediate problems and resolve conflicts in the future

Castlegar: Mir Centre for Peace \$750 +HST

Lyn Adamson and Beryl Clayton

6 classes: Apr 27-29 & May 4-6

Fri 6:30-9:30 pm, Sat & Sun, 9 am-5 pm

NONVIOLENT CONFLICT INTERVENTION WORKSHOP

Explore how nonviolent methods can lessen or prevent violence – in your life, in your community, and around the world. Join us for a one-day workshop filled with hands-on exercises and role plays that will introduce you to useful conflict resolution skills.

Castlegar: Mir Centre for Peace \$30 +HST/ adults, \$20 +HST/students

Madelyn Mackay and Randy Janzen

1 class: Jan 28, Sat, 9 am-4 pm

SAFE SCHOOLS AND COMMUNITIES: RESTORING THE RELATIONAL BASE OF HEALTH AND WELLBEING

Dr. Brenda Morrison is an internationally renowned expert on restorative justice – in schools, communities and the criminal justice system. Through the lens of restorative justice this workshop will build a framework and set of practical tools for re-affirming, repairing and re-building the social fabric that underpins safe schools and communities.

Castlegar: Mir Centre for Peace \$80 +HST

Dr. Brenda Morrison

1 class: Jul 9, Mon 10 am-4 pm

SUMMER INSTITUTE: RESTORATIVE JUSTICE AND EDUCATION

This fully accredited UBC course (EDCP 496) will deepen your understanding of restorative justice and how its theory and practice relates to education and socialization of our children. Will provide a framework for not only responding to conflict but also to building cultures of peace in our education system.

Castlegar: Mir Centre for Peace

Approx. \$523 +HST

Dr. Brenda Morrison

5 classes: Jul 9-13, Mon-Fri, 9 am-5 pm

MIR CENTRE FOR PEACE LECTURE SERIES



| mir centre for peace |

IDEALISM IN EXILE: THE MAKING OF THE WEST KOOTENAY COUNTERCULTURE

Dr. Kathleen Rodgers has been conducting research in the West Kootenay since 2007, focusing on the dynamics of the countercultural influx to the region in the 1960s and 1970s. Her research relies on interviews conducted with the generation of Americans and non-Americans who arrived between 1965 and 1975, and has involved documenting their life histories, their ideas and their contributions to local life.

Castlegar: Mir Centre for Peace
\$12 +HST/adults, \$10 +HST/students & seniors. Tickets at the door.

Kathleen Rodgers
Apr 12, Thu 7 pm

IMAGINING THE "BELOVED COMMUNITY": TRANSFORMATIVE JUSTICE AND THE MIR CENTRE FOR PEACE

Dr. Myler Wilkinson will look at how specific instances of transformative justice have already changed our community, and how the Mir Centre for Peace may play a role which leads into the future standing for community transformation, cultural justice, and personal

healing. Narratives of peace will be at the heart of this lecture--a talk which will focus on politics, belief, and the individual.

Castlegar: Mir Centre for Peace
\$12 +HST/adults, \$10 +HST/students & seniors. Tickets at the door.

Myler Wilkinson
Jan 25, Wed 7 pm

TWELVE STEPS TO A COMPASSIONATE LIFE

Karen Armstrong is an internationally renowned author. This interactive webinar will feature Karen Armstrong who will be in Vancouver. Participants will see Karen on a large screen and will be able to ask questions and interact. Karen will speak about her international best seller: Twelve Steps to a Compassionate Life

Castlegar: Mir Centre for Peace
\$12 +HST/adults, \$10 +HST students & seniors. Tickets at the door.

Karen Armstrong
TBA

COMMUNITY ECONOMIC DEVELOPMENT CERTIFICATE PROGRAM

Explore the models for building sustainable, robust economies. Tackle local problems with experienced practitioners through eight courses between July 2012 - July 2013. Combines social and economic development to increase community control, build self-reliance, restore ecological integrity and create meaningful employment.

To apply for admission to the program contact: SFU Centre for Sustainable Community Development Program Director, Nicole Chaland at 250.686.1167 or certced@sfu.ca. Location: Nelson: Tenth Street Campus. \$450/course.

Course 1: CED Foundations –

Jul 9, Mon 1-5 pm, Jul 9, Tue 8 am-5 pm, Jul 10, Wed 8 am-12 pm
Nicole Chaland & Melanie Conn

Course 2: Community Organizing –

Jul 12 & 13, Thu & Fri, 8 am-5 pm
Melanie sondergaard & Anne Docherty

Course 3: Community-Based Venture Development –

Sep 14 & 15, Fri & Sat, 8 am-5 pm
Victor Cumming

Course 4: Social Finance –

Oct 12 & 13 Fri & Sat, 8 am-5 pm
Rebecca Pearson

Course 5: Co-operative Frameworks –

Apr 26 & 27, 2013, Fri & Sat, 8 am-5 pm
Melanie Conn

Course 6: Social Enterprise –

May 24 & 25, Fri & Sat, 8 am-5 pm
Brian Smith

Course 7: Sustainable Community Development –

Jul 8 & 9, Mon-Tue, 8 am-5 pm
Sean Markey

Course 8: Special Topics Studio –

Jul 10-12, Wed & Fri, 8 am-5 pm

Upon conclusion of all courses, participants will be granted the SFU and Selkirk College joint certificate: Community Economic Development.

For more information contact
Anni Holtby, 250.354.3206 or
nelsonce@selkirk.ca

In partnership with SFU Centre for Sustainable Community Development and Upper Columbia Co-op Council.



recreation & leisure

AKIDO

Aikido is a dynamic martial art emphasizing harmony and nonviolence. Classes are non-competitive, mutually supportive and fun! The weekly practice teaches balance, coordination, respect for self and others, centering, falling, rolling, and a cooperative attitude.

Nelson: Akido Center, \$97 +HST
213C Baker St.

Joan Poisvey
10 classes: Jan 28-Feb 28, Sat
9:15-10:45 am, Tue 6-7:30 pm

ATHLETIC TRAINING BOOT CAMP

Countdown to summer weather! Want to look good in that bathing suit? Yes, we're talking to you! Join us for an athletic based cardio and strength workout. Using simple and basic drills, you will get your heart pounding and muscles working!

Kaslo centre \$75 +HST
Asia Hoffart

10 classes: May 7-Jun 6, Mon & Wed 5:30-6:30 pm

BADMINTON: DROP-IN

Free but pre-registration is required. Sponsored by the RDKB Area E. Contact Grand Forks Campus, 250 442 2704 for details.

Midway: BCSS Free

10 classes: Jan 12-Mar 8, Thu
6:30 pm-8:30 pm

Rock Creek: West Boundary Free
Elementary

Jan 10-Mar 6th, Tue 6:30-8:30 pm

BALLROOM DANCING FOR BEGINNERS

Tired of sitting and watching others cut a rug? Learn basic position, movements, and steps for the Foxtrot, Waltz, East Coast Swing, Rhumba, and Cha Cha. In no time at all you'll wow your friends and family. To register call: 250.365.2896

Castlegar: Kinnaird Hall,
2320 Columbia Ave. \$160/couple
Lui Marinelli

9 classes: Jan 27-Apr 13, Fri 6-7:30 pm
No classes March 2, 16, April 3

BASIC MANNERS AND ETIQUETTE

Learn to become better poised to respond to everyday life situations and challenges in this fun interactive class. Bring a notebook to class.

new Nelson: Silver King campus \$60 +HST
Burl Collins, Image School of Manners
5 classes: Jan 26-Feb 23, Thu 7-8 pm

BASIC SEWING CONTINUED

Improve your basic skills and techniques with this hands-on course. Materials are extra. Please bring your own machine. Supply list provided upon registration.

Trail campus \$120 +HST
Wilma Hughes

4 classes: Apr 14-May 5, Sat 1-4 pm

BOATSMART!

BOATsmart! is Canada's Boating Educator and the largest Pleasure Craft Operator Card provider in the country. Obtaining your Operator Card is easy with BOATsmart! Canada's online study guide and exam. Official Transport Canada approved study material is available for free at Boatsmart Canada including practice tests to help you prepare for the exam. Once you're ready, you can take the official online exam and get your card. The BOATsmart! exam consists of 36 multiple choice questions and a score of 75% is required to pass. Free retries are included and boaters are able to print a temporary card immediately upon passing the exam. The exam covers safe boating topics including: navigation, right-of-way, marker buoys and boating terminology. Go to <http://selkirk.ca/ce/courses/recreationleisure/recreation/boatsmart> and click on the 'Get the Card!' button.

Online \$52.45 +HST
continuous intake

BRIDGE FOR BEGINNERS

Designed for people with no prior experience in playing the card game Bridge. Learn set up, rules, bidding, and playing contracts. Each lesson combines theory and skill development with lots of time to play the game.

Nelson: Silver King campus \$120 +HST
Harry Quesnel
6 classes: Jan 11-Feb 15, Wed 7-10 pm

CARDIO & WEIGHTS

No more running in the cold this winter! Try out our elliptical trainer and weights. Contact Grand Forks Campus, 250 442 2704 for more details.

Midway: BCSS \$30 +HST
40 classes: Jan 9-Mar 15, Mon-Thu 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.

Nakusp centre \$35 +HST
Chris Holt
1 class: Mar 17, Sat 9am-12 pm

Kaslo centre \$35 +HST
TBA
1 class: Mar 31, Sat 9 am-12 pm

GROW ME INSTEAD!

Learn how to select non-invasive alternatives for your garden. A representative from the Central Kootenay Invasive Plant Committee (CKIPC) will be on-hand to share information and answer your questions.

new Trail campus Free
Crystal Klym
1 class: Apr 28, Sat 9:30-11:30 am

LEARN TO CURL

Learn how to safely slide and deliver a curling rock. A great opportunity for novice and intermediate curlers to develop and improve overall skills. Please bring a CLEAN pair of runners - no street shoes on the ice.

Trail: Curling Centre \$40 +HST
Flo Woodhouse
4 sessions: Jan 25-Feb 15, Wed 7-9 pm

PEST AND DISEASE CONTROL NATURALLY

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

Castlegar campus \$35 +HST
Chris Holt
1 class: Apr 11, Wed 6-9 pm

Nakusp centre \$35 +HST
Chris Holt
1 class: Mar 17, Sat 1:30-4:30 pm

PRUNING AND TREE CARE

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

Castlegar campus \$54 +HST
Chris Holt
1 class: Mar 3, Sat 9 am-3:30 pm

Nakusp centre \$54 +HST
Chris Holt
1 class: Mar 18, Sun 9 am-3:30 pm

STALKING THE EDIBLE WILD

The West Kootenay 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 \$39 +HST
Libby Ruljancich
1 class: May 26, Sat 9:30 am-3:30 pm

Trail campus \$39 +HST
Dianne Luchtan
1 class: May 19, Sat 9:30 am-3:30 pm

TAI CHI CHUAN & SILK REELING CHI GONG

Tai Chi Chuan & Silk Reeling (Spine Stretching) Chi Gong use slow, graceful movements to promote health, vitality and the circulation of energy in the body. Increase flexibility, improve balance, coordination and mental focus. An essential foundation and great way to build core strength.

Trail campus or Warfield Hall \$45 +HST
Oscar Bot
6 classes: Jan 24-Feb 28, Tue 4:30-5:30 pm
6 classes: Mar 6-Apr 10, Tue 4:30-5:30 pm
6 classes: Apr 17-May 22, Tue 4:30-5:30 pm
6 classes: May 29-Jul 3, Tue 4:30-5:30 pm

VOLLEYBALL: DROP-IN

Free but pre-registration is required. Sponsored by the RDKB Area E. Contact Grand Forks Campus, 250 442 2704 for more details.

Midway: BCSS Free
Jan 10-Mar 6, Tue 6:30-8:30 pm

Rock Creek: West Boundary Free
Elementary
Jan 12-Mar 8, Thu 6:30-8:30 pm

CYCLING & MAINTENANCE

BASIC BIKE MAINTENANCE

Don't get stranded again! Learn basic bike maintenance to protect your bike and keep it performing well. Learn simple repairs like changing a flat, gear and brake adjustments.

new Nakusp centre \$32 +HST

Brad Gibson

1 class: Mar 24, Sat 12:30-4:30 pm

Kaslo: Kootenay Mountain Sports

441 Front Street \$32 + HST

Shon Neufeld

2 classes: Feb 22 & 23, Wed & Thu

6:30-8:30 pm

BIKE SUSPENSION

Learn the proper techniques for suspension maintenance and repairs.

Kaslo: Kootenay Mountain Sports

441 Front Street \$16 + HST

Shon Neufeld

1 class: Mar 28, Wed 6:30-8:30 pm

DISC BRAKES

Learn how to bleed and service your disc brakes.

new Nakusp centre \$16 +HST

Brad Gibson

1 class: Apr 4, Wed 6:30-9:30 pm

Kaslo: Kootenay Mountain Sports

441 Front Street \$16 + HST

Shon Neufeld

Mar 7, Wed 6:30-8:30 pm

LADIES ONLY ROAD BIKE II

Build on the road bike handling skills learned in LORB I. Improve riding in a group, time trialing/triathlon, training methods and bike repairs in a fun, social ladies-only class. Make it a weekend getaway in Kaslo! Lots of riding to kick start your spring training. Bike, helmet and accessories available for sale or rent at KMS.

new Kaslo: Kootenay Mountain Sports

441 Front Street \$129 + HST

Janis Neufeld

3 classes: May 4-6, Fri-Sun, 6-8 pm /

9 am-4 pm / 8 am-noon

LEARN TO TRI!

Learn to triathlon! Open water swimming techniques, triathlon-specific bike skills, bike fit and positioning, changing a flat tire, running

technique, transitions and how to train. Must have a wetsuit, bike helmet, and running shoes. All equipment available for purchase or rent at KMS.

Kaslo: Kootenay Mountain Sports

441 Front Street \$129 + HST

Janis Neufeld

3 classes: June 1-3, Fri 6-8 pm, Sat

1 class: 9 am-4 pm, Sun 8 am-12 pm

WHEEL BUILDING & TRUING:

LEVEL 2

Learn the skills needed for wheel building and truing. No prerequisite.

Kaslo: Kootenay Mountain Sports

441 Front Street \$16 + HST

Shon Neufeld

1 class: Mar 14, Wed 6:30-8:30 pm

TRAIL'S COMMUNITY IN BLOOM GARDEN SERIES

BUILDING 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 +HST

Bill Garnett

1 class: Apr 18, Wed 6:30-8:30 pm

INTRODUCTION TO LANDSCAPE DESIGN

Create and draft a landscape plan. Topics include: identifying, analysing and managing site characteristics; outdoor rooms; aesthetic principles and defining plant design qualities. The use of woody and herbaceous plants in the landscape will be discussed. Slide show included.

new Trail campus \$54 +HST

Chris Holt

1 class: Feb 25, Sat 9 am-4 pm

KEEPING PLANTS HEALTHY

Keep your plants healthy and happy with this beginners course focused on how to amend soils and use fertilizers.

new Trail campus \$20 +HST

Margaret Devantier

1 class: Apr 11, Wed 6:30-8:30 pm

LUSCIOUS LAWNS

Don't we all want that emerald lush look for our lawns? Trail Rosland Country Club's golf pro Greg Kennedy provides knowledge and inspiration to get area gardeners growing during this one-night session. Bring your questions/concerns.

Trail campus \$20 +HST
 Greg Kennedy
 1 class: May 10, Thu 7-9 pm

PEST & DISEASE CONTROL NATURALLY

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

Trail campus \$35 +HST
 Chris Holt
 1 class: Apr 28, Sat 12-3 pm

PONDS & WATER FEATURES

A how-to class in creating a pond for your garden with Suzanne Noad (Kootenay Critters Pet Supplies). Learn great ideas on how to use your own pottery for water features, as well as how to make a pondless waterfall.

Trail campus \$20 +HST
 Suzanne Noad
 1 class: May 2, Wed 6:30-8:30 pm

PRUNING & TREE CARE

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

Trail campus \$54 +HST
 Chris Holt
 1 class: Mar 31, Sat 9am-3:30 pm

WINE MAKING: IN THE BEGINNING

An informal session for those interested in or beginning wine making. Discuss the use of kits, juice or grapes along with an overview of the wine-making process.

new Trail campus \$20 +HST
 Bill Burkholder
 1 class: Mar 31, Sat 10-11 am

XERISCAPING: GARDENING WITH LESS WATER

Learn tips and techniques on how to have a gorgeous garden that requires less water.

new Trail campus \$20 +HST
 Cheryl Baerg
 1 class: Apr 25, Wed 6:30-8:30 pm

Saints Golf Lessons

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. All classes will be offered Wednesdays starting February 15th.

Junior (17 & under) \$75

4:45-5:45pm
 6 classes: Feb. 15-Mar. 21,
 Wednesdays

Adult Beginner \$75

5:45-6:45pm
 6 classes: Feb. 15-Mar. 21,
 Wednesdays

Adult Beginner \$75

6:45-7:45pm
 6 classes: Feb. 15-Mar. 21,
 Wednesdays

Advanced \$120

7:45-9:15pm
 6 classes: Feb. 15-Mar. 21,
 Wednesdays

Selkirk  College

www.selkirk.ca/athletics

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Pruning and Tree Care	64	■			■			
Stalking The Edible Wild	64					■	■	
Tai Chi Chuan & Silk Reeling Chi Gong	64						■	
Volleyball: Drop-in	64		■					

CYCLING & MAINTENANCE

Basic Bike Maintenance	65			■	■			
Bike Suspension	65			■		■		
Disc Brakes	65			■	■			
Ladies Only Road Bike II	65			■				
Learn to Tri!	65			■				
Wheel Building & Truing - Level 2	65			■				

TRAIL'S COMMUNITY IN BLOOM GARDEN SERIES

Building Better Baskets	65						■	
Introduction to Landscape Design	65						■	
Keeping Plants Healthy	65						■	
Luscious Lawns	66						■	
Pest & Disease Control Naturally	66						■	
Ponds & Water Features	66						■	
Pruning & Tree Care	66						■	
Wine Making: in the Beginning	66						■	
Xeriscaping: Gardening with Less Water	66						■	

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

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 toll-free 1.877.552.2821
Fax 250.352.1625

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

Continuing Education classes can also be viewed online at selkirk.ca/ce.

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

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

how to register

OPTIONS:

- Email, fax, call or visit the campus offering your course.
- Complete the registration form - page 79.
- Choose payment method (cash, debit, cheque, Visa or MasterCard).

Boundary (Grand Forks)

250.442.2704
boundaryce@selkirk.ca

Kootenay School of the Arts (KSA)

1.877.552.2821
artsce@selkirk.ca

Nelson/Slocan Valley

1.866.301.6601
nelsonce@selkirk.ca

Castlegar

1.888.953.1133
castlegarce@selkirk.ca

Nakusp

250.265.4077
nakuspce@selkirk.ca

Trail/Salmo

250.364.5770
trailce@selkirk.ca

Kaslo

250.353.2618
kasloce@selkirk.ca

See page 76 for full contact details.

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. Please note that refunds may take up to a month to process.

INCOME TAX: A course with a fee exceeding \$100 is income tax deductible. Keep your receipts as no duplicates will be issued. T2202A Forms are available to download as of January 31, 2011 at selkirk.ca/downloads.

HST

Some continuing education courses may have HST applied.

notes



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| registration |

registration form

name _____

address _____

date of birth _____

tel _____

email _____

course title	course location	course start date	fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

card# _____

expiry _____

signature _____

| registration |

See page 77 for registration payment and policies.

Selkirk College Student Awards

CREATING AN ENDOWMENT

Endowments are sources of student support that keep giving for a lifetime. The interest earned on your gifts is made available to students, through scholarships and bursaries, who are carefully selected to receive these awards.

SCHOLARSHIPS: AWARDING ACADEMIC EXCELLENCE

Scholarships are available to students entering Selkirk College from high school. Additionally, students may become eligible for scholarships based on their academic achievements while completing their program.

BURSARIES: MEETING THE GREATEST NEEDS

Bursaries provide support to students who demonstrate a need for financial assistance while taking their program.

WAYS TO GIVE

- An annual gift of cash
- A monthly gift of cash
- A gift of property
- Securities
- Planned Giving – wills and bequests, life insurance policies, annuities and trusts

Visit selkirk.ca/about/ways-to-give for a list of existing awards and ways to give.

Contact Selkirk College Development at campaigns@selkirk.ca or call **1.866.301.6601, ext. 324** for more information.

Your gift may be tax deductible.

“THIS FINANCIAL GIFT IS COMING TO ME AT A TIME OF CRITICAL NEED AND I AM FOREVER GRATEFUL. IT IS GIFTS LIKE THESE THAT HAVE ENABLED ME TO FOCUS ON SCHOOL. THANK YOU AGAIN FOR YOUR HELP.”

JESSICA VANDECAR,
SECOND YEAR NURSING STUDENT

Selkirk  College

ed2go

www.ed2go.com/selkirk

You've always wanted to learn how to edit your digital photos, but your life is so hectic. How can you possibly find the time to attend evening Continuing Education courses? It's easy. It's called ed2go.

Selkirk College is proud to partner with ed2go, an online Continuing Education network that offers a wide range of highly interactive general interest courses that you can take entirely over the internet. Through ed2go, adult learners have access to a catalogue of more than 300 instructor-facilitated online courses; from reading music and understanding adolescents to discovering digital photography.

"Ed2go is a terrific complement to our Continuing Education program," says Vi Kalesnikoff, Dean of Community, Corporate, and International Development.

"The delivery of material via the internet makes Continuing Education even more accessible to individuals in our communities. It eliminates the barriers of scheduling and location; this is learning at its most convenient."

Most ed2go courses are offered over a six-week period, with two lessons released each week. All courses are delivered by expert instructors, including many internationally renowned authors who deliver high-quality instruction and exceptional insight into their respective areas of knowledge. Each course is only \$134.00 (HST may apply to some courses).

All instructor bios, course listings, lesson overviews, and fees are available online: ed2go.com/selkirk.

ED2GO SAMPLE COURSES

- Achieving Success with Difficult People
- Intro. to Microsoft Word 2007
- Build Teams that Work
- Creating Web Pages
- Discover Digital Photography
- Effective Business Writing
- Effective Selling
- Write Your Life Story
- Fundamentals of Supervision and Management
- Fundamentals of Technical Writing
- Intro. to Business Analysis
- Intro. to Dreamweaver CS4
- Intro. to InDesign CS3
- Intro. to Natural Health and Healing
- Intro. to PC Security
- Making Movies with Windows XP
- Merrill Ream Speed Reading
- Mystery Writing
- Project Management Fundamentals
- Resume Writing Workshop
- Secrets of the Caterer
- Six Sigma: Total Quality Applications
- 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.

