

CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



september - december 2009 | selkirk.ca

recreation & leisure

RECREATION

BADMINTON: DROP-IN

Sponsored by the RDKB

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

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

BALLROOM DANCING FOR BEGINNERS

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

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

BOAT OPERATOR CARD CPS

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

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

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

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

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

CARDIO & WEIGHTS

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

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

DO IT YOURSELF BIKE MAINTENANCE

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

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



DIVING: DISCOVER SCUBA

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

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

FLY TYING WITH ROD ZAVADUK

Learn basics to intermediate fly-tying skills. Rod, a master of fly-tying, will lead you through tying techniques, hook preferences, dubbing, tie

streamers, nymphs, wet flies and dry flies. All materials supplied.

Trail Campus \$90
 Rod Zavaduk
 4 classes: Oct. 13, 15, 20, 22, Tues. & Thur. 6-9 pm

VOLLEYBALL: DROP-IN

Sponsored by RDKB.

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

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

YOGA - INTRO.

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

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

YOGA

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

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

LEISURE

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

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

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

AQUATIC / WATER GARDENS

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

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



ASTRONOMY CAN BE FUN

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

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

CLUTTER BUSTING

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

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

COOKING ITALIAN

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

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

COOKING MULTI-COURSE MEALS IN MINUTES

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

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

EDIBLE WILD MUSHROOMS PART 1

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

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

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

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

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



EDIBLE WILD MUSHROOMS: PART 2

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

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

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

FENG SHUI 101: THE BASICS

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

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

FENG SHUI FOR BEGINNERS

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

GARDEN PLANNING FOR CONTINUOUS COLOUR

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

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

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

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

HONEY: A SWEET HISTORY LESSON

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

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

HORSE MANURE COMPOSTING

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

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

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

INTRO. TO GARDEN DESIGN

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

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

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

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

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

INTRO. TO GENEALOGY

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

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

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

LANDSCAPING: XERISCAPING

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

Castlegar Campus \$35
Chris Holt
TBA

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

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

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

MANAGING YOUR SEWING MACHINE

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

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

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



MIND YOUR BEESWAX!

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

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

PRESERVING YOUR FAMILY PHOTOGRAPHS

Are you coming across shoe boxes of old photographs or albums? Are you worried about losing them forever? Are you concerned about your digital photography files? This course will help you develop a system of stabilizing your photograph collections in a relatively inexpensive way.

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

PROCRASTINATOR'S WORKSHOP FOR SEWERS AND QUILTERS

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

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

QUILTING FOR BEGINNERS

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

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

SEWING

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

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



SEWING TECHNIQUES

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

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

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

STALKING THE EDIBLE WILD

The West Kootenay region offers up a wide array of useful culinary and medicinal wild plants (fruits, nuts and roots.) Learn where and how to identify them. Dress for the weather, wear walking shoes and bring a small pressing book and lunch.

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

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

SUSHI MAKING

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

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

WEST KOOTENAY GEOLOGY TOUR

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

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

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

WINE TASTING

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

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



Annual KSA Christmas Sale

Kootenay School of the Arts at Selkirk College

| recreation & leisure |



Shawna Walker



Dani Ortman



Charlene Stallard



Robert Dudley

Photo credit: Jeremy Addington

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

OPENING RECEPTION

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

606 Victoria Street
Nelson, BC

SALE CONTINUES

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

1.877.552.2821 | selkirk.ca/ksa

Selkirk  College

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

NAKUSP LEARNING CENTRE

nakuspc@selkirk.ca
311 Broadway, Box 720
Nakusp BC V0G 1R0
Tel 250.265.4077
Fax 250.265.3195

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

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

KASLO LEARNING CENTRE

kasloce@selkirk.ca
421 Front Street, Box 1149
Kaslo BC V0G 1M0
Tel 250.353.2618
Fax 250.353.7121

NELSON/SLOCAN VALLEY:

TENTH STREET CAMPUS

nelsonce@selkirk.ca
820 Tenth Street
Nelson BC V1L 3C7
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.5716

KSA: KOOTENAY SCHOOL OF THE ARTS

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 toll-free 1.877.552.2821
Fax 250.352.1625

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

READY TO REGISTER? | my course wish list

TITLE	PAGE
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, go to page 79 to complete the registration form!

registration form

name _____

address _____

_____ date of birth _____

tel _____ email _____

course title course location course start date fee

card# _____ expiry _____

signature _____

HOW TO REGISTER

OPTIONS

- Email, fax, call, or visit the campus offering your course—see page 78 for campus details.
- Complete this registration form.
- Choose payment method (cheque, Visa or MasterCard).

PAYMENT

PHONE/FAX: If you are paying by Visa or MasterCard, we can process your registration over the phone.

MAIL: Please send a completed registration form along with your cheque or money order.

IN PERSON: Feel free to drop by, but please call first to confirm your campus is open that day. Debit is available at most locations.

Please note that fees are payable upon registration. We cannot hold a space for you until fees have been paid.

POLICIES

CLASS CANCELLATIONS: If there are not enough registratons to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are on Statutory Holidays.

WITHDRAWALS: Full refund will be given for withdrawals made 4 days prior to course start. 50% of the course cost will be refunded for withdrawals 1-3 days prior to course start.

INCOME TAX: Course fees totalling more than \$100 are income tax deductible. Keep your receipt as no duplicates will be issued.

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