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Introduction

TO OUR READERS

Continuing Education services are provided by Selkirk College Box 720 Centres Division in Trail and in some cases, in cooperation with school districts within the Selkirk College region. Eight centres operate throughout the college region in communities such as Castlegar, Trail, Midway, Grand Forks, Nelson, Salmo, Nakusp, New Denver, Kaslo and the Slocan Valley. Each centre offers workshops, courses and seminars geared to community interest and need. Offerings range in scope from general interest and skill improvement to credit and vocational courses.

Details about courses in Continuing Education centres in the area are outlined in this publication. Just look for the centre nearest you for a list of the Fall '82 Continuing Education offerings in your community. You'll find a good selection of evening, day, part-time, full-time and short-term programs to choose from.

David Thompson University Centre 820 10th Street Nelson, B.C......352-2241

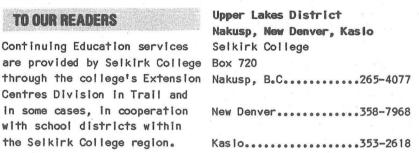
Selkirk College Rosemont Campus 2001 Silver King Road Nelson, B.C.....352-6601

School District No. 7 (Nelson) Selkirk College Rosemont Campus 2001 Silver King Road Nelson, B.C.....352-7957352-6601

Adult Learning Centre Selkirk College Rosemont Campus 2001 Silver King Road Nelson, B.C.....352-6601

Castlegar

Selkirk College Castlegar Campus Box 1200 Castlegar, B.C.....365-7292 Toll Free.....352-3010



Grand Forks Selkirk College 340 S.E. 2nd Avenue Grand Forks, B.C.....442-2704

Kettle Valley Selkirk College Boundary Central Secondary Midway, B.C.....449-2224

Salmo

Adult Learning Centre Box 999 301 - 4 Street (office) Salmo, B.C.....357-2017

Slocan Valley Selkirk College Site 12, C-2, R.R. #1 Crescent Valley, B.C...359-7564

Selkirk College Trail Campus 845 Victoria Street Trail, B.C.....368-5236

School District #11 Continuing Education Services 207 Columbia Avenue Trail, B.C.....368-6434

ABBREVIATIONS

Listed below are terms used throughout this Continuing Education publication:

ABE	Adult Basic Education
CES	Community Education
	Service/Continuing
	Education Service
DTUC	David Thompson
	University Centre
ECD	Extension Centres
N F 42	Division
ESL	English as a Second
	Language
GED	General Educational
-	Development
TBA	To Be Announced
UVIC	University of Victoria

GENERAL INFORMATION

Specific information is outlined in detail by centre location. Consult the appropriate section of this publication for more information about the centre in your community.

ADMISSION

Unless otherwise stated in specific descriptions, credit and non-credit courses are open to all adults. All Continuing Education courses are available free of charge to persons 65 years and over. However, any additional supplies or materials costs must be paid for by the individual. Classes are filled on a first-come, first-served basis and registration is not complete until fees are paid. Specific admission inquiries should be directed to the Continuing Education office nearest you.

AUDIT

Students who audit (no exams, no credit) courses are expected to participate in regular classes and field work, but are not expected to complete assignments. All credit courses are available for audit for a reduced fee of \$20.

WAIT LIST

If the course of your choice is full, your name may be placed on a waiting list. If a vacancy occurs, or if an additional class is scheduled you will be contacted.

COURSE CANCELLATION

Selkirk College and participating school districts reserve the right to cancel any course, workshop or seminar with insufficient enrolment. Classes are cancelled on all statutory and school holidays.

REGISTRATION

Registration procedures differ from centre-to-centre. For specific details on how to register, please refer to the section where you plan to enrol as a student or contact the centre nearest you.

FEES

Tuition fees appear with each course description. Unless otherwise noted, materials and text costs are included in the fee. Fees are payable in full at the time of registration.

REFUNDS

Refunds are granted when a course is cancelled, or at the discretion of the coordinator of Continuing Education if contacted prior to the second class. An administrative charge of \$10 or 50 per cent of the fee, whichever is less, may be levied and any non-refundable charges will be deducted. You must return the original copy of your official receipt when making a refund request.

INCOME TAX

Course fees totalling more than \$25 are income tax deductible. Keep your receipts. No duplicates will be issued.

FINANCIAL AID

Adult Basic Education Student Assistance Program (ABESAP) The Adult Basic Education Student Assistance Program provides direct educational costs to students enrolled in programs such as: Basic Literacy, Academic Upgrading, Pre-Vocational and English Language Skills. The purpose o ABESAP is to ensure that residents of British Columbia are not prevented from embarking on an educational/career path or realizing basic employment skills due to financial limitations.

What is ABESAP? ABESAP is a provincially sponsored program established to give financial aid to Adult Basic Education students enrolled at secondary or post-secondary institutions. This program will help needy students with direct educational costs such as tuition, books, supplies, and related expenses.

Who May Apply? Any person who is: a British Columbia resident, and enrolle at a secondary or post-secondary institution in recognized Adult Basic Education program.



"Why should society feel

education of children, and not

for the education of all adults of

responsible only for the

every age?"

Erich Fromm

Where to Apply? Applications will be accepted on the recommendation of the school you are attending. Any person who is not receiving financial assistance for educational expenses from other document collections, plus a sources may apply for the program by contacting the Financial Aid officer or counsellor or instructor and filling out an application

Completed application forms should be returned to your school. Applicants are encouraged to discuss their form with the school official.

For more information call the Selkirk College Financial Aid officer, 368-5333 (Trail), 365-7292 (Castlegar), 352-2241 (Nelson).

NO SMOKING

The Public School Act does not permit smoking in public schools.

STUDENT SERVICES

Counselling

A counsellor is available on the following Selkirk College campuses--Castlegar, Rosemont, David Thompson University Centre (Nelson) and Trail (one day per week by appointment only). Counsellors may provide the following services: academic advising, career/vocational counselling educational and personal counselling. Counsellors are also willing to discuss Selkirk College programs as well as other post-secondary opportunities.

Women's Access Program

The Women's Access Program provides women with assistance in career planning, re-entry into education and the labor market, non-traditional training choices, personal and professional growth. For resources and information, contact the Women's Access coordinator on the Castlegar campus, DTUC or the Rosemont campus.

Library

Selkirk College operates library facilities on the Castlegar campus, Rosemont campus and at DTUC.

Facilities at the Castlegar campus include a library with a collection of more than 60,000 volumes, subscriptions of about 500 periodicals, Canadian federal and B.C. government variety of audiovisual material. Audiovisual services houses a 16 mm film collection of more than 500 titles, a videotape collection and a wide variety of audiovisual equipment for student and faculty use.

The library at DTUC has a collection of about 65,000 volumes. In addition, the library offers 115 periodical titles and a varied selection of government documents. pamphlets, microfilm, audio cassettes and other audiovisual materials.

All residents of the West Kootenay may borrow books from the college libraries free of charge. Books may be ordered through Selkirk College Continuing Education offices in Grand Forks, Nakusp, Kaslo, Crescent Valley, Midway and Trail. Each centre is equipped with a catalogue of all books in the college libraries.

Hours are:

Castlegar Campus Winter Hours: Mon. to Thurs., 8 a.m.-8 p.m.; Fri., 8 a.m.-5 p.m.; Sat., 9:30 a.m.-5 p.m.; Sun. closed Summer Hours: Mon., Tues., Wed., and Fri.,8 a.m.-4 p.m.,

Thurs., 8 a.m.-9 p.m.

DTUC--Nel son

365-7292.

Winter Hours: Mon. to Thurs., 8:30 a.m.-10 p.m.; Fri., 8:30 a.m.-4:30 p.m.; Sat. closed; Sun., 1-5 p.m. Summer Hours: Mon. to Frl., 8:30 a.m.-4:30 p.m.

Selkirk College Speakers' Bureau

topics is available upon request.

Looking for a speaker to address your club, association,

business organization? Selkirk College's Speakers' Bureau

lists members of the college community, faculty and staff,

community public service. If you, or your group would like

Services, Box 1200, Castlegar, B.C. VIN 3J1, or telephone

Copies of the booklet listing Selkirk College speakers and

who are willing to accept speaking engagements as a free,

to book a speaker, write Selkirk College Information

OTHER SERVICES

Adult Basic Education (ABE) ABE classes are held throughout the college region. The classes are designed for adults who wish to improve their basic skills in reading, writing, mathematics, science and spelling. For details about offerings in your community consult the appropriate section of this publication, or contact the centre nearest you.

English As A Second Language (ESL)

ESL is a course for adults who want to learn to speak English, or who want to improve their oral English. For more information contact the centre nearest you.

Basic Job Readiness Training Courses are available to assist adults with job getting and helping skills. Programs include Employment Orientation for Women, Basic Employment Skills Training (BEST) and Career Opportunity and Preparation for Employment (COPE). Contact the Selkirk College office in your community for details.

Transitional Training

This program will help adults learn the skills needed to live independently. The three major areas of focus; life-skill problem solving, academic upgrading and vocational skill and work attitude development are designed to meet the needs of the mentally handicapped but the program is available to anyone who would benefit from this type of training. Part-time or full-time programming is available. For more information contact the centre nearest you.

Selkirk College offers a modular self-paced program in Office Administration on the Trail and Rosemont campuses and in some Continuing Education

Office Administration

centres in the region. Details about the program are outlined by centre where the program is available. For more information contact the centre nearest you, the Trail campus at 368-5236 or the Rosemont campus at 352-6601。

Management and Employee Training Services

A wide variety of programs are available ranging from one day workshops to a full certificate program in Management Skills for Supervisors. Management and Employee Training is primarily involved in teaching of work related skills to adults in the work force. The training is practical, relevant to the needs of the participants, and is designed to have a measurable impact on performance.

Management and Employee Training Services runs a full slate of workshops open to the public and conducts specific training sessions on an "in-house" basis for numerous single industries, businesses or agencies.

MANAGEMENT SKILLS FOR SUPERVISORS

Certificate Program

This is a tested, certified and fully integrated program designed to give the practicing or potential supervisor/manager useful supervisory skills. The program is divided into three phases, any one of which can be taken independently.

The topic areas listed are modularized and any topic area can be expanded into a single unit workshop for clients who wish to develop the skills in a specific area. For example, time management, performance appraisal or assertiveness training may each be expanded into a one or two day workshop.



INTRÓDUCTION - Cont'd from previous page.

Phase |--Interpersonal Skills Topics covered: communications for the supervisor; interviewing: interviewing for information; problem solving, interviews, persuasive Interviews; the supervisor as counsellor, problem solving and decision making; re-enforcing, module (One Day).

Phase II--Group Skills

Topics covered: leadership: determining suitable management styles, effective leadership, systems and styles of leadership; motivation: motivating the under-achiever, motivating the average performer, techniques of motivation, "Who is motivated how", running effective meetings: barriers to effective meetings, analyzing group performance, conducting effective meetings; re-enforcing module.

Phase III-Administrative

Skills

Topics covered: performance analysis: a cycle of performance analysis, conducting the performance interview, follow-up and follow-through; training techniques; time management; written communications for the supervisor; re-enforcing module.

Management Employee Training Services conducts several other workshops. Below is a list of some of the available courses.

Effective Written Communications

style.

A hands-on approach to effective writing in business, industry and government. Topics include developing precision in writing; design and layout; writing effective letters; constructing the formal report; and developing a readable

Professional Salesmanship Professional Salesmanship is a nine day intensive training program of interest to sales personnel engaged in most selling situations. The program is designed to be skill oriented and numerous practice sessions are included. Topics

include finding the prospect; determining buyer needs; effective sales openers; building the presentation; handling objections; closing the sale.

Presentation Skills

A workshop designed to give the participants poise, confidence, and skill in presenting ideas and information to large and small groups. The format of the course allows each participant to engage in practice sessions with videotape feedback in a non-threatening atmosphere. Special skills in using audiovisual material will be included.

Conducting Effective Meetings A workshop approach to handling groups efficiently in formal and semi-formal meeting situations. Special emphasis is placed on the group problem solving process in a practical format, using video, role-playing and feedback.

OTHER PROGRAMS AVAILABLE ON REQUEST

- Group Dynamics
- Teaching and Learning Seminars (for the full or part-time teacher)
- Educational Management
- Time Management
- Interviewing and Counselling
- Speed Reading
- Volunteerism
- Group Development and Problem Solving
- Intergroup Labs
- Nominal Group Technique
- Force Field Analysis
- Transactional Analysis
- Assertiveness Training
- Performance Appraisal
- Job Search and Interviews - Leadership and Motivation

NOTE: Except for Management Skills for Supervisors which is a certified program, most workshops and course offerings are flexible and can be adjusted to suit the needs of the group in terms of spacing and length.

GENERAL INFORMATION

STUDENT SERVICES

The following services are available to you in Nelson: At DTUC and Selkirk College Rosemont campus--academic and career counselling. At DTUC, the Rosemont campus and the Adult Learning Centre--personal counselling, testing services and educational information.

AUDIT (NO EXAMS, NO CREDIT) Audit students are expected to

participate in regular classes and field work but are not expected to complete assignments. All credit courses are available for audition for a reduced fee of \$20. Studio courses at DTUC are NOT available for audit enrolment.

WHEELCHAIR ACCESS

The above symbol will be used to indicate which courses are

located in a facility which is wheelchair accessible. However, In some cases access to suitable washroom facilities is a problem.

Please call us to discuss details concerning individual courses you are interested in, and related access to the building and facilities so we can assist with access.

REGISTRATION

All registrations are to be made in advance including payment of fees.

By Mail

Mail registrations, using the located on registration form the back page to:

Community Education Services to make educational Selkirk College Rosemont Campus

2001 Silver King Road Nelson, B.C.

V11 1C8 Include your cheque or money order for all fees. Do not send cash in the mail. Make cheques payable to School District No. 7 or to Selkirk College, depending on who is offering the course.

In Person

Registrations will be accepted at Community Education Services, Selkirk College Rosemont campus, 2001 Silver King Road, Nelson, weekdays between 8:30 a.m. and 4 p.m.

Classes will be filled on a strict first-come, first-served basis. Registration is not complete until fees are paid. Late registrations, after classes have begun, may be accepted in certain cases. For information, call Community Education Services, 352-7957 or 352-6601.

NO REGISTRATIONS WILL BE ACCEPTED IN THE CLASSROOM.

what is **COMMUNITY EDUCATION?**

Community Education is like an umbrella, providing a system to deliver courses, workshops, classes and special learning events within the framework of your daily life. There are general interest courses, human learning events designed to raise and improve the quality of human life, all kinds of technical trades, literacy, degree and diploma programs and many more offerings.

In Nelson, Community Education operates on a cooperative basis, in which School District No. 7 (Nelson) and Selkirk College work together for community needs. This means that programming is designed around the identified needs evident within the community. Important also is a commitment opportunities readily accessible to everyone. To do this, much cooperation exists between the school board, the college, local churches, the recreation commission, social and human service agencies, and many associations, all of whom cooperate in making available facilities and help.

NO SMOKING IN SCHOOLS

A fire marshall's office regulation and strictly enforced. We will be forced to terminate classes if this regulation is not respected.



an exciting source for new experiences as it is continually changing: by responding, by listening, by depending on you. Do join in.

COMMUNITY EDUCATION SERVICES Selkirk College Rosemont Campus 2001 Silver King Road Nelson, B.C. V1L 1C8

DIRECTOR: Rodney J. Maenniing ASSISTANTS: Carol Joyce and Dale Boucher

Hours of operation: 8:30 a.m.-4 p.m. weekdays. Call us at 352-7957 or 352-6601.

PREREGISTRATION IS REQUIRED FOR ALL COURSES

COURSES FILL QUICKLY--PREREGISTER TO ENSURE YOU'RE IN!

SCHOOL DISTRICT NO. 7 (NELSON)

Community Education has been an important services of the Nelson School Board since 1965. Programs offered focus mainly on improving the quality of life for local people; human growth, environmental, cultural and social issues, and fine arts. School District No. 7 operates Community Education Services as a cooperative service with Selkirk College.

LIFESTYLE AND **WELLNESS PROGRAMS**

Lifestyle is "the total you"--what you eat and drink, the air you breathe, the exercise you get (or don't get!) your attitudes, spiritual beliefs, relationships and coping skills.

The following programs. prepared jointly by Community Education and Kootenay Lake District Hospital, focus on nutrition, physical activity, stress management, social/spiritual Issues. They are designed to encourage you to evaluate your present lifestyle and make changes towards a more healthy way of living.

Community education learning is It is well recognized that we, as individuals, cause most of our own ill health. As we accept greater responsibility for our minds and bodies, we not only decrease the risks of heart disease, cancer, etc. but experience renewed energy for life's activities. Through the following programs, you are invited to reduced your risks of illness and enjoy a more positive approach to life. Lifestyle--now is the time for

WELLNESS LIFESTYLING

An introduction to the concepts of wellness. This experimental course will involve a personal evaluation of your daily living pattern with particular emphasis on nutrition, physical fitness, self-responsibility and stress management. The participants will leave the course with an increased awareness of how they can achieve a higher degree of wellness and a personal action plan for lifestyle change.

Instructor: Joan Hibbard, Health Educator, K.L.D.H. Location: K.L.D.H. Boardroom Date: Oct. 6, 7:30-9:30 p.m. (Wed.), 4 sessions Fee: \$12

ANATOMY AND PHYSIOLOGY

A six-week basic program for anyone desiring to know more about the body, how it works, hurts and heals. The course will include an overview of the Date: Sept. 27, 7-9 p.m. body's systems (circulation, digestive, etc.) with particular emphasis on the brain, heart and lungs; abdomen and related organs, bones and muscles. Attention will be directed to: what your doctor is looking for when doing a physical examination and how your doctor interprets and diagnoses symptoms.

Instructor: Brian Moulson, Location: L.V. Rogers, Room 202 Date: Oct. 14, 7:30-9:30 p.m. (Thurs.), 6 sessions Fee: \$15

THE SPIRITUAL LIFE

An examination of humankind as a spiritual being with practical implications for everyday living and an introduction to the classical Christian disciplines needed to foster a deeper spiritual life. The course will use films, literature, lectures and sharing exercises.

Instructor: Rev. Calvin Brown Location: L.V. Rogers Art Room Date: Sept. 14, 7:30-9:30 p.m. (Tues.), 4 sessions Fee: \$10

SEX ROLES IN A CHANGING WORLD Have women been liberated by technology? Is it okay for men to cry? Our objectives in this course are to increase awareness of how sex roles operate in our daily lives, and to explore possibilities for change. Through discussion, exercises, sharing, play, cooperative games and fair fighting, we will explore the following: 1) relating to each other as people; 2) sharing and family living in the '80's--sex roles in the family; 3) power: aggression, manipulation, inequalities, oppression; 4) making change happen -- all of us pay for the status quo.

Facilitators: Joy Green and Bill Moore Location: Community Services Centre, 601B Front Street, Nelson (Mon.), 8 sessions Fee: \$25

COMMUNICATING WITH MYSELF AND

This course will focus on personal skill development-learning to recognize our strengths and to be more effective with others. Participants will have the opportunity to learn techniques for: communicating assertively, fighting fairly, identifying and living with stress, relaxing, setting goals, presenting myself to others. We will also look at ways of nurturing and feeling good about ourselves.

Learning methods will include: group discussion and relating, exercises, role-playing, relaxation and assertiveness training, and homework (record keeping, practising skills). Participating in the exercises will be voluntary and participants will not be expected to share personal

Instructor: Joy Green--a psychologist with experience in giving workshops in assertiveness training, as well as teaching and working with people in groups. Location: Community Services Centre, 601B Front Street, Nelson

Date: Sept. 29, 7-9 p.m. (Wed.), 6 sessions Fee: \$20

A BREADMAKING COURSE

Here's an exciting opportunity to learn a great deal from an experienced baker. Basic breadmaking skills will be explored, then progress into different aspects and varieties of breads, e.g. sweet rolls, cinnamon buns, danish pastry, croissants, bagles, quick and steamed breads, biscuits and muffins and a variety of yeasted breads. Think for a second of the aroma of newly baked bread. Mmmmm Do join in. Note: The Natural Foods course runs right after this one.

Instructor: Diane Goldsmith Location: Trafalgar School, Foods Room Date: Sept. 22, 6:30-10 p.m. (Wed.), 6 sessions Fee: \$50

A NATURAL FOODS COOKERY COURSE This course will teach the basic skills of meatless food preparation using unrefined and unprocessed whole ingredients. The evenings will involve participants preparing soups, main dishes, sauces and salads. The participants will also learn the basics of wok cookery.

Instructor: Diane Goldsmith Location: Trafalgar School, Foods Room Date: Nov. 3, 7-10 p.m. (Wed.), 6 sessions Fee: \$45

The general diffusion of knowledge and learning through the community is essential to the preservation of free government."

Carl Becker



(A COURSE IN WEIGHT MANAGEMENT)

Do you sometimes feel out-of-

BODYSENSE FOR ADULTS

control when you're eating? Have you tried to lose weight only to regain it and diet again? Are you often preoccupied with thoughts of food, eating, dieting or your body. shape? Bodysense offers you: up to date information on nutrition, exercise and behaviour modification; exercises for relaxation and fitness; techniques for achieving and maintaining weight loss with foods that meet personal and family needs; personal journals with food and exercise records and prepared

class notes; nutritous,

participation.

Fee: \$40

you to sample; individual

low-calorie refreshments for

attention combined with group

Instructor: Judy Toews,
Nutrition Consultant
Location: L.V. Rogers, Room 108
Date: Sept. 21, 7-9 p.m.
(Tues.), 8 sessions

BODYSENSE FOR TEENS (A WEIGHT MANAGEMENT PROGRAM FOR 15-18 YEAR OLDS)

Bodysense for teens is designed to help you feel better about yourself as you learn eating and exercising skills for achieving long-term weight loss. This course addresses issues particularly relevant to teens: binges, inactivity, low self-esteem, social snacking, outside pressures, and your life at home. Each session will provide: techniques for changing habits, exercises for relaxation and fitness, and nutritous snack foods to sample. Individual attention will be combined with group participation.

Registration limited to 20 participants.

Instructor: Judy Toews,
Nutrition Consultant
Location: L.V. Rogers, Room 108
Date: Sept. 21, 3:30-5:30 p.m.
(Tues.), 8 sessions
Fee: \$40

LIGHT EXERCISE AND
SELF-DEFENSE (TAI-CHI)
Get into shape the easy, gentle
Tai Chi way. Regardless of age
or physical disability, this
class is for you. We will
explore the peace and calm
generated through this unique
exercise system. Also,
confidence will be developed
through learning basic
self-defense techniques.

Instructor: Rex Eastman
Location: South Nelson School
Basement Room
Date: Oct. 4, 7-8:30 p.m.
(Mon.), 10 sessions
Fee: \$30
REGISTER DIRECT WITH REX
EASTMAN 352-3714 or 352-2468.

REGIONAL RECREATION COMMISSION NO. 5 (NELSON & AREA)
As part of the Lifestyle Wellness Program offers the following active recreation programs in the Fall of 1982 (providing interest is shown): Jazzercise, Fall into Fitness, Men's Floor Hockey, Men's Basketball, Women's Basketball, Competitive Volleyball, Recreational Volleyball, Women's Morning Badminton, and Recreational Badminton.

For further details of these and other interesting programs, watch for the Fall Recreation Flyer in the Nelson area mail the week of Sept. 13.

Contact the REGIONAL RECREATION Informed and supportive. This OFFICE in the Civic Centre, 719 day long workshop, to include Vernon Street, Nelson, or phone 352-7257 for information.

NELSON COMMUNITY SERVICES CENTRE

For ten years Nelson Community Services Centre has been working for the community providing crisis intervention, counselling, self-help assistance, senior support services and a variety of other programs. Through a firm belief in the rights of the individual, the centre is committed not only to crisis intervention but to prevention, and to improving the quality of living. With this in mind, the centre offers workshops as a forum for learning and sharing information on personal and social issues relevant to our community.

These programs are presented in cooperation with School District #7 (Nelson) and assistance from the Ministry of Education.

WORKING AS A VOLUNTEER This six-evening series is directed to people interested in becoming volunteers at Nelson Community Services Centre. Through presentations, discussions and group participation, volunteers will learn communication techniques, crisis intervention, and helping skills pertinent to problems such as depression, loneliness, family violence. Upon completion the workshops, and a period of orientation, volunteers will be able to choose from a variety of work, from crisis line coverage to

Location: Conference Room,
Nelson Community Services
Centre 601 B Front St.,
Nelson
Date: Sept. 21, 7:30-9:30 p.m.,
(Tues. and Thurs.), 6
sessions

Fee: Free

senior support services.

THE SILENT SCREAM Statistics state that one of every ten Canadian women are physically assaulted by the men with whom they live. This serious and often hidden crime can only be dealt with if we, as a community, are concerned, informed and supportive. This presentations, film and discussion, will attempt to increase awareness and effectiveness of those agencies and individuals who may have contact with battered women in our community. Both professionals and non-professionals are encouraged to attend, with special emphasis on doctors, lawyers, judges, nurses, law enforcement agencies, teachers, social workers, public health workers, ministers, hospital employees, crisis line workers and any concerned citizens who wish to enhance their own self-awareness. The workshop will deal with the questions: Who is battered? How common is battering? How serious is battering? Why does she stay? We will look at the legal

systems currently in place as well as existing support systems for women and their families.

Facilitator: Daphne Armstrong Location: Hume Room, Heritage Inn, Nelson, B.C. Date: Sept. 30, 9 a.m.-5 p.m. (Thurs.)

Pre-register by: Sept. 27.

FORUM ON HUMAN RIGHTS This workshop will provide an overview of the rights of citizens in British Columbia through discussion of the cause and effects of discrimination and a look at relevant legislation. Resource people will give information on topics such as the Human Rights Code and the role of the Ombudsman as well as on the process of appeal. Opportunity will be made for discussion of particular problem areas, including landlord/tenant rights, employer/employee rights, welfare rights.

Location: Hume Room, Heritage
Inn, Nelson, B.C.
Date: Nov. 26, 9 a.m.-4 p.m.
(Fri.)
Fee: Free
Registration: This workshop
will proceed only if
pre-registration is
sufficient--deadline to
register Nov. 22.

Facilitator: Lisa Aubrey

PARENTING SKILLS EDUCATION This course will help parents to examine the role of parenting, to improve their communication skills, to develop empathy and to understand behaviour and misbehaviour. Throughout the sessions, parents will be encouraged to look at their current responses to their children and to explore flexible responses in terms of daily family life. The content of the course will be developed from those needs the parents themselves have expressed. Parents who take the course need to be committed to participating in group discussions and exercises and applying the ideas and methods of the course within their families.



In the long run of history, the

censor and the inquisitor have

The source of better ideas is

wisdom. The surest path to

A. Whitney Griswold

wisdom is a liberal education."

always lost. The only sure weapon against bad ideas is better ideas.

Facilitator: Bob Caron Location: Conference Room, Nelson Community Services Centre 601 B Front St., Nelson, B.C. Date: Sept. 28, 7-9:30 p.m. (Tues.), 10 sessions

Fee: Free

PLANNING YOUR RETIREMENT Two evenings to help prepare individuals for retirement by providing information regarding: pensions and other senior citizen benefits, activity planning, marital and family relationships, psychological reactions, financial planning, and wills.

Facilitator: Lucy Methuen Location: Community Services Centre 601 B Front St., Nelson, B.C. Date: Oct. 19 and 20, 7-9 p.m. (Tues. and Wed.) Fee: Free

OF INTEREST TO SINGLES The Nelson Unattached Social Group provides excellent opportunities for single people to meet and participate in social activities. In addition to regular meetings, single people may be interested in the following Community Education programs: Women and the Law, Mom and Me, Time Out, Human Communication courses, Wellness Lifestyling, as well as arts and dance courses.

The Nelson Community Services Centre not only provides direct help with their Crisis Line, but also sponsors programs of self-help including the following through Community Education: Parenting Skills, The Silent Scream (family abuse), Working as a Volunteer, Forum on Human Rights, Planning Retirement. The "Separation-Divorce Experience" may be repeated this winter, as well as "Building Blocks to Divorce Recovery", "School and the Single Parent" and "Legal Rights of the Single Parent".

For further information phor Pat at 352-9676 or Berle at 352-3948.

PERSONAL DEVELOPMENT SKILLS

COMPUTER LITERACY

This course offers the student opportunities to study and use a wide range of pre-written programs (software) for microcomputers in small business, education and home. The course aims to demonstrate several makes of micro-computers, and acquaint the student with a wide range of software, as well as information on sources of supply, and accessing national and international computer

Practice work-time on computers cleared to produce programs on can be arranged with the instructor at the beginning of the course.

Note: This course does not deal with learning to write programs.

Registered participants will receive resource materials and manuals, and at least four makes of micro-computers will be demonstrated and used in the course.

Instructor: Tim Spencer (Computer Science Teacher) Location: L.V. Rogers, Room 307 (Computer Room) Date: Sept. 22, 6:30-7:30 p.m. (practice work-time), 7:30-9:30 p.m. (instruction) Fee: \$55

COMPUTERS: "BASIC" PROGRAMMING A beginner's introductory course aimed to introduce students to writing computer programs, using the "Basic" language. The length of the course has been extended to 20 hours. (from 16 hours) plus 10 hours of practice time on the computers. The course is fairly complex and requires an understanding of elementary mathematics concepts. Registered participants will receive a handbook, diskette and flow chart template; additional supplies can be purchased during the course.

Instructor: Ed DeVries, (Computer Science Teacher) Location: L.V. Rogers School, **Room 307** Date: Sept. 20, 7-10 p.m. (Mon.), 10 sessions Fee: \$55

important part of the communications and sharing network operating in most small communities. These stations depend on volunteer involvement; for camera

Community television is now an

TELEVISION PRODUCTION

operators, technicians, and programmers. Presented by Channel 10 TV in Nelson, this is a thoroughly exciting opportunity to learn all aspects of TV production work, in black and white and color. Students completing the course will be qualified Channel 10 operators who, following six supervised productions, will be

Instructor: Mike McMann Location: Cable West TV, 613 Ward Street, Nelson Date: Sept. 22, 7-10 p.m., (Wed.), 9 sessions Fee: \$35

their own.

DRIVER EDUCATION TRAINING (Now a revised program with a rebate)

Aimed at the learner driver, this course prepares you for your license test and consists of eight--2 1/2 hour classroom sessions and five--1-hour in-car driving lessons. The course covers: driver attitudes and habits; the laws of nature and the highway code; drinking and driving; driving in traffice--freeway driving; bad weather and night driving; car mechanics and safety and buying/insuring and financing vehicles. Guest resource people and many films and handouts are included. A handbook "How to Drive" is provided. Students must be 16 years of age and have obtained a learners license before commencing the in-car driving lessons. A rebate of \$60 is available to students upon completion of this course. The subsidy is provided from Ministry of Education support.

Instructor: Lorne Westnedge

NELSON Location: L.V. Rogers, Room 202 Date: Oct. 12, 7-9:30 p.m. (Tues. and Wed.), 8 sessions Fee: \$155 REGISTER WITH C.E.S., Nelson, 352-6601 or 352-7957.

Location: Winlaw Elementary Date: Sept. 15, 6:30-9 p.m. (Tues. and Wed.), 8 sessions REGISTER AT BEGINNING OF CLASS WITH FEES PLEASE.

SLOCAN

Location: Salmo Legion Hall Date: Sept. 13, 3:30-6 p.m. (Mon.), 8 sessions REGISTER AT BEGINNING OF CLASS WITH FEES PLEASE.

DEFENSIVE DRIVING This is a Canada Safety Council course aimed at the experienced driver. It focuses on improving driver attitude, concentration patterns, awareness of other drivers' habits and anticipating hazards and potential accidents. PRE-REGISTRATION WITH PAYMENT MUST BE RECEIVED BY SEPT. 24.

Instructor: Patty Johnson Location: L.V. Rogers, Room 207 Date: Oct. 7, 7-9 p.m. (Thurs.), 4 sessions Fee: \$20

SMALL MOTOR REPAIRS Learn how to repair your two and four stroke motors in this practical course which will help you fix your lawn mower, roto-tiller, power saw, water pump and other small motors. The course will include demonstrations of various motor makes and types, theory and problem solving. Bring your engine unit, and tools.

Instructor: Sid Edwards Location: L.V. Rogers Power Mechanics Shop Date: Oct. 6, 7-10 p.m. (Wed.), 8 sessions Fee: \$40

KICK THE HABIT This is a five-week course to help you quit smoking permanently. It features group support. Advice is given on how to cope with, or avoid, withdrawal symptoms. Stress management will be discussed and weight control techniques will be learned. You will be shown how to maintain your new non-smoking lifestyle. Avoidance drills will be learned and practised. Follow-up continues for one year from date of quitting. Bring you cigarettes to the first meeting.



Instructor: Dan Wack
(Ex-Smoker Association)
Location: Trafalgar Jr.
Secondary School, Room 113
Date: Sept. 21, 7-9 p.m.
(Tues.), 5 sessions
Fee: \$22

GETTING TO KNOW CANADA: A CITIZENSHIP PREPARATION CLASS If you are going to be eligible for Canadian Citizenship, this course offers you the chance to learn the necessary information for citizenship procedure. Those with spoken languages other than English will have the chance to practice written and spoken English language skills. We will look at the history of Canada and the current economical, sociological, and political structure of the country and familiarize ourselves with the court system. Guest speakers, field trips, and in-class discussion will be included. If you, or someone you know could benefit from this class, contact Community Education at

Instructor: Joan Silvey
Location: Trafalgar Jr.
Secondary School, Room 113
Date: Sept. 22, 7-9:30 p.m.
(Wed.), 12 sessions
Fee: \$20

352-7957 or 352-6601.

IMPROVING HUMAN COMMUNICATIONS
Have you ever had the
experience while speaking to
someone of knowing that you
were seeing eye-to-eye, but
then at other times feeling
that you are on different
wavelengths?

In these seminars you will be able to learn the process involved in these interactions and learn how to attain the rapport necessary to know your communication is fully understood. Techniques to be presented will include observing "accessing cues" to discover how people are thinking; in role-playing participants will be able to pace and lead the interactions between each other; observing and using unconscious responses and communication and change techniques basic to N.L.P. (Neuro-Linguistic Programming). The techniques covered will be useful to anyone in their everyday life and professional development.

Presenter: Russ Pedley Location: South Nelson School, Library

Date: Sept. 30, 7:30-9:30 p.m. (Thurs.), 5 sessions Fee: \$18

FRENCH CONVERSATION

The concept of this program is based on the association of a situation to words or phrases. The goal is to provide an understanding of common basic conversational ability, with emphasis on confidence in communicating verbally in the new language. The course is aimed at elementary school teachers interested in improving verbal communication. The program is based on linking audio and visual subjects. The course will include time for supper and opportunities for informal social French. Participants are expected to have supper as a group in the

Instructor: Anne Burton
Location: DTUC Maryhall Room
104
Date: Oct. 5, 4:30-7:30 p.m.

(Tues.), 10 sessions

David Thompson University

classroom for at least the

first session (alternative

supper arrangements will be

incorporated throughout the

planned with the group).

Activity themes will be

falle

Fee: \$35

Centre cafeteria adjoining the

THE SILVER SCREEN FILM CLUB
Another fine series presented
by the dedicated members of
this club. The club's main
purpose is to bring quality
films to Nelson that have
emphasis on viewing, critique,
and study of cinematography.

Sept. 14 The Getting of Wisdom Sept. 28 East of Eden Oct. 12 Medea Oct. 26 Cocktail Malotov

genus styles and technique.

Nov. 9 Tixote Nov. 23 Dark Star Dec. 7 Lucky Man

Location: Trafalgar School,
Fine Arts Centre
Date: 7:30 p.m., Tuesdays
Fees: Membership fees: \$5 per
year; Per showing:
\$1.50/members,
\$2.50/non-members

SAFE BOATING (CANADIAN POWER SQUADRON

The waterways are getting busier every year. Learn the essentials of safe boating by taking this excellent course. It covers such items as power boat and sailboat handling, anchoring, the weather, piloting, aids to navigation and government regulations.

Location: L.V. Rogers, Room
200T
Date: Sept. 9, 7-10 p.m.
(Thurs.), 14 sessions
Fee: \$50 (includes books,
navigational instruments and
final exam)
Register: Pre-register by

Register: Pre-register by calling Norm Watts, 352-7493, or register at L.V.R., Rm. 200T, Sept. 9.

C.O.R.E.—CONSERVATION AND
OUTDOOR RECREATION EDUCATION
Presented by the Fish and
Wildlife Department, this
colorful course is a
requirement for a hunting
license as well as a look at
hunting skills and wilderness
survival. Firearms, ethics,
survival, bird and animal
identification, hunting
regulations and other topics of
Interest will be explored.
Minimum age is 12 years old.

Instructors: Fish and Wildlife
Department personnel
Location: L.V. Rogers Secondary
School, Room 203
Date: Sept. 14, 7-9 p.m. (Tues.
and Thurs.), 10 sessions
Fee: Adults \$25, Under 16 \$20

FOOD

Here's a chance to explore more about making the most of your food dollar. Kristine Witt presents her first hand experience in the art of pressure and water canning, freezing, drying, juicing and drying. Root cellars, bulk buying, getting more from your garden and how to stock up in hard times will be highlighted.

Instructor: Kristine Witt
Location: Foods Room, Trafalgar
 Jr. Secondary School
Date: Sept. 23, 7:30-9:30 p.m.
 (Thurs.), 10 sessions
Fee: \$20

MEXICAN COOKING

With Lolita Rocheleau, you will have a fine time preparing authentic Mexican foods. You'll bring sunshine to your table preparing a rich variety of tastes including tacos, pozole and shrimps, enchiladas de mole and Mexican rice and sangria, and many other foods, as well as popular Mexican drinks, soups, and tasty desserts.

Instructor: Lolita Rocheleau Location: Trafalgar Foods Room Date: Sept. 20, 7-9:30 p.m. (Mon.), 6 sessions Fee: \$40

ITALIAN COOKING

We are pleased to offer an Italian cooking course. You will have an opportunity to suggest your favourite recipe and plan parts of the course. Instructor Eleanor Hogan will demonstrate then involve you in preparation of foods such as pizzas, spaghetti carbanaro, lasagne, antipasto, pasta making, minestrone alla milanese, and some exciting desserts including cassata alla Siciliana (a Sicilian cake with chocolate frosting).

Instructor: Eleanor Hogan
Location: L.V. Rogers, Foods
Room 200F
Date: Oct. 7, 7-9:30 p.m.
(Thurs.), 8 sessions
Fee: \$45

ITALIAN COOKING (PHASE II)
This program offers a different variety from phase one.
Students who wish to continue from the spring program, and also new students are welcome to attend. Prepare such dishes as Bragiole, Veal and Chicken Cannelloni, Polenta, Fettuccine with Clam Sauce. Interesting desserts include Cenci Rosettes and Zuppa Inglese.

Instructor: Eleanor Hogan Location: L.V. Rogers Foods Room 200F Date: Oct. 5, 7-9:30 p.m. (Tues.), 6 sessions Fee: \$40



FOR YOU AND YOUR FAMILY

STAINED GLASS

An expanded program of study of

interest to both the beginner and continuing student. This program is offered by Moss Glass Works Ltd. in cooperation tree ornaments and costume with C.E.S.

Beginners

The basic introduction course to stained glass work. This course involves the student in glass cutting and the leading of a panel, soldering, and working with patterns. A glass cutter is provided and firstevening practice glass. Projects are many and a choice BASIC SEWING could be a simple lampshade. Project materials and tools cost between \$75 and \$100 depending on project size.

Location: Moss Glass Works Ltd., 534 Josephine Street, Nelson Date: Sept. 21, 7:30-10 p.m. (Tues.), 6 sessions Fee: \$45

Pre-requisite for attendance is the beginner course or a previous course in glass leading and/or foil work. This course will involve the student in producing a copper foil window, lampshade, or terrarium. Material costs between \$50 and \$75 depending on project size.

Location: Moss Glass Works Ltd., 534 Josephine Street, Nelson Date: Sept. 20, 7:30-10 p.m.

(Mon.), 6 sessions

Fee: \$45 ORIGAMI

The art of Japanese paper folding, while originally a child's pastime, has evolved into a pleasing and engrossing art form. In this class we will explore the history and origins of this craft and fold many distinctive and beautiful figures out of paper. While this class is aimed towards beginners of all ages, advanced practitioners are also encouraged to attend to share folds and techniques.

Instructor: Maggie Kernaghan Location: Trafalgar School Room difference between fir and 115

Date: Sept. 28, 7:30-9:30 p.m.

AN INTRODUCTION TO BREAD SCULPTURE

Using bread, not dough, as the main ingredient, students will learn a craft in a fun, informal atmosphere. We will make fridge magnets, Christmas jewelry. There is a \$2 material fee per student which will enable each student to keep 8 to 10 personal items made during the course.

Location: L.V. Rogers, Art Room Date: Sept. 29, 7-10 p.m. (Wed.), 4 sessions Fee: \$20

This course will provide basic concepts and principles of clothing construction. It will be beneficial as a refresher course, or as a first course to someone new to sewing. The class will entrail demonstrations, samplers and one garment. Supplies required.

Instructor: Kathleen Fairbank Location: L.V. Rogers, Textiles Room 200T Date: Oct. 5, 7-9:30 p.m. (Tues.), 10 sessions

ADVANCED SEWING

Fee: \$35

Beyond the basics in sewing will be a course to enhance your basic knowledge of fabrics, sewing construction techniques and fit of a garment. The course will provide the home sewer with good management procedures, of making compatible choices of techniques, fabrics and styles, and of understanding basic principles related to the manipulation of fabrics. The course will require samplers and one garment to be made. Supplies required.

Instructor: Kathleen Fairbank Location: L.V. Rogers, Textiles Room 200T Date: Oct. 6, 7-9:30 p.m. (Wed.), 10 sessions ee: \$35

BOTANICAL BEGINNINGS

Ever wondered. . . . Why roses smell nice? Why berries are full of water? What's the spruce? Why nettles sting? If so, take this course on basic (Tues.), 6 sessions Fee: \$24 plant life. You will learn uses year. Workshops for existing

of plants and how to identify the major families in the West Kootenay. Try making ginger tea, elderberry pie, and making rope from nettles. There's lots and Me experience. Those who to do!!

Instructor: Daphne Van Alstine, the program are welcomed to District Interpreter, B.C. Parks and Outdoor Recreation Division

Date, Location, Time: Five Tues. evenings, Sept. 14, 21, 28, Oct. 5, 12 plus Three Sun. field trips, Sept. 19, 26, Oct. 3,

10 a.m.-noon The Nature House, Kokanee Glacier Park, North Shore, Nelson, B.C.

Fee: Free--this course is provided courtesty of the B.C. Parks Branch.

MAKING YOUR HOME MORE ENERGY **EFFICIENT**

This presentation is designed to show the home occupant numerous ways a home can be made more energy efficient. Subjects to be discussed include insulation, vapour barriers, humidity controls, ventilation, windows and doors, lighting, water heating, fireplaces, heating systems, and appliances. In addition, explanations on electrical rates and electrical energy use, i.e. off-peak use, seasonal use. Resource materials include pamphlets, flip charts and slides, or the use of an overhead projector.

Instructor: Gilbert L. Laycock, Conservation Officer and Rate TIME OUT (NELSON) Engineer, West Kootenay Power and Light Co. Ltd., Trail Location: Trafalgar School, Room 113 Date: Sept. 30 and Oct. 7,

7-9 p.m. (Thurs.) Fee: Free

THE MOM AND ME PROGRAM

After six years of steady growth and development, "Mom and Me" is ready to launch a

major expansion to include the offering of courses at Balfour, 6-Mile, possibly South Slocan, and a new French language "Mom and Me" in Nelson.

A full re-evaluation and ongoing assessment of the program will take place this

leaders and interested new leaders will be held to share program ideas and philosophy and ensure a "best ever" Mom have attended previous "Mom and Me" classes and newcomers to provide input to the evaluation and to attend workshops.

Telephone 352-7957 to pre-register for any of the programs and to indicate your interest in participating in a September workshop.

MOM AND ME

A special time for you and your child to share together. The process of creative play and learning with your child will cover singing, literature, toys, rainy day activities and doing things together. These things enrich both mother and child and assist in developing the lines of communication between you. One adult is able to accompany the child: dad, mom, guardian, grandmother or grandfather. Now open to all pre-schoolers.

REGISTRATION AND AN ORGANIZATIONAL MEETING will be held at St. Paul's United Church Hall on MONDAY, SEPT. 27 at 9:30 a.m. The Mom and Me Programs will then commence the week of Oct. 4 in Nelson and Rosemont, with programs in planning stages for Willow Point, Balfour, South Slocan and a French language Mom and Me in Nelson.

Time Out provides you a chance to pursue your choice of activities and time for informal discussion and coffee. Babysitting is provided for your children. Guest lecturers and demonstrations all add to the interest and fun of this program.

Coordinators: Marie Nunn and Nellie Shukin Location: St. Pauls United Church, 602 Silica Street, Nelson

Date: Oct. 7, 9:30-11:30 a.m. (Thurs.), 10 sessions Fee: \$12



"Now I really make the little idea from clay, and I hold it in my hand. I can turn it, look at it from underneath, see it from one view, hold it against the sky, imagine it any size I like, and really be in control almost like

God creating something."

strathspey a Fall and Win Beginners and are all welcomers can newcomers can newcomers can after the ending the incontrol almost like Stewart (352-1).

Under the direction of Ken
Milner and John Stewart: dance,
dance, dance. Do the jig,
strathspey and reel through the
Fall and Winter to May '83.
Beginners and advanced students
are all welcome. If you are a
beginner, you must join now as
newcomers cannot be accepted
after the end of October. For
more information phone John
Stewart (352-3273) or Ken
Milner (825-9482).

Location: Central Elementary
School Gym
Date: Every Mon. starting Sept.
13 through to May '83,
8-10 p.m.
Fee: \$5

STORY HOUR

A fun way to introduce your child to the informative world of books. This service is provided by the Nelson Municipal Library. A member of the library staff will read stories for 3-5 year-olds. Give your child this opportunity and pre-register directly with the library, 352-6333. Enrolment is limited.

Location: Nelson Municipal Library Date: Sept. 22, 10:30-11:15 a.m. (Wed.), 6 sessions Fee: Free

YOGA

This program will offer a very special time for participants to relax, exercise, and enjoy time for personal revitalization. Vera's classes are very popular and everyone is welcome.

Location: Blewett School Gym Date: Oct. 12, 7-9 p.m. (Tues.), 5 sessions Fee: \$15

WEST ARM

TIME OUT (WILLOW POINT)

An established program with an array of educational and relaxing activities. This morning program offers you a chance to visit, have coffee or tea and meet resource people from the community who will share with you their talents, skills, and information.

Babysitting is provided.

Coordinator: Cherle Paulson Location: Willow Point Church Hall Date: Oct. 5, 9:30-11:30 a.m. (Tues.), 10 sessions

TIME OUT (BALFOUR)

Fee: \$12

This established program continues with a variety of activities: lectures, demonstrations, and time for chit chat and coffee.

Babysitting is provided so it's adult time. Join in and meet people in the community and interesting resource people.

Coordinator: Cherle Paulson
Location: Balfour Recreation
Hall
Date: Oct. 7, 9:30-11:30 a.m.
(Thurs.), 10 sessions
Fee: \$12

TIME OUT (PROCTER)

We are pleased that Time Out will resume at Procter. This program provides people an opportunity to meet, share education and learning activities, and time for chit chat. Babysitting is provided.

Coordinator: Cherie Paulson Location: Procter Hall Date: Oct. 6, 9:30-11:30 a.m. (Wed.), 10 sessions Fee: \$12

YOGA (BALFOUR)

A dynamic form of Yoga will be taught to increase awareness and vitality of body, mind and spirit. Each student will explore and extend his or her individual capacities, release tensions and gain a sense of well being. Please bring a blanket or mat.

Instructor: Carol Erickson Location: Balfour Elementary School Date: Oct. 14, 6:30-8 p.m. (Thurs.), 8 sessions Fee: \$25

For more information about Continuing Education offerings in Nelson, visit the office at Selkirk College's Rosemont campus, 2001 Silver King Road, or call 352-6601 or 352-7957.

DAVID THOMPSON UNIVERSITY CENTRE

The goal of the David Thompson University Centre is to provide an educational and cultural focus for the Nelson and area community. The centre's operation is a joint venture of Selkirk College and the University of Victoria and is unique in British Columbia. Together university, college, and a school board collaborate to meet educational needs of the area.

CREDIT COURSES

Courses offered for university transfer credit, during day or evening.

Credit Transfer—Except where noted, transfer credit has been arranged for British Columbia universities.

Timetabling/Courses—Most credit courses for the Fall season commence the first week in September. Complete details from the Admissions Office, DTUC, 352-2241.

These and all courses are open to the general public--for general interest or credit, where there is space. Why not check out the offerings by stopping in at the centre.

(SC)--Courses offered by Selkirk College.

(UVIC)--Courses offered by the

ANTHROPOLOGY 100 (SC)
Introduction to Anthropology 1
Major areas within the
discipline: physical, cultural,
and social anthropology;
linguistics; archaeology;
ethnography and ethnology may

University of Victoria.

ASTRONOMY 100 (SC) The Solar System

be studied. "From Caves to

Condominimums".

A general survey of astronomy including historical astronomy, elementary mechanics and the physics of light, astronomical instruments, timekeeping and calendars, the solar system. The college telescope will be available for observational work.

Prerequisites: Math 11 or equivalent.

BIOLOGY 106 (SC) Principles of Biology 1

A study of the unifying principles of biology. Topics include the nature of science, cellular structure and metabolism, structural and functional adaptations of plants and animals, feeding and nutrition, internal transport, homeostasis, hormonal and nervous control systems, muscles and skeletons, reproduction, genetics, evolution and ecology. Laboratory work will parallel these topics and include dissections, use of microscopes and related experimental exercises.

Introduction to Economics 1
Introduction to the study of economics by looking at major economic issues in Canada such as inflation, unemployment, poverty, regional disparities, economic growth versus the environment, labour and labour unions.

ENGLISH 110 (SC) College Composition

A one-semester composition course covering sentence structure, paragraph construction, theme development, and research paper preparation. Each student is assessed and paced according to his/her ability and growth. Some literature will be assigned as source material.

ENGLISH 100 (SC) A Survey of English Literature 1 Studies from Chaucer to Milton.

ENGLISH 202 (SC) Canadian Literature 1

One hundred years of Canadian prose and poetry: 1850-1950.

ENGLISH 230 (SC) Introduction to the Study of Languages 1
An introduction to linguistics.
Language will be studied in terms of sounds, grammar, and writing systems. The history, development and structure of English will be the substance of the course.

ENGLISH 301 (UVIC) Children's Literature

A survey of children's literature, including sources and development, with emphasis on the study of selected 19th and 20th century works. The course is designed to develop critical awareness and to extend knowledge of what books are presently available for children and adolescents. NOTE: This course and Education Pre-requisite: None 341 (not offered at DTUC) offer interchangeable credit in the intermediate Language Arts area Civilization 1 of the Faculty of Education. English 301 offers credit in the Faculty of Arts and Science introduces the student to the only as a free elective.

ENGLISH 413 (UVIC) Shakespeare Survey

Lectures on the development of Shakespeare's art in the histories, comedies and tragedies.

ENGLISH 424 (UVIC) The British Novel in the 19th Century Authors to be studied may Include Mary Shelley, Austen, Scott, Bronte, Disreali, Collins, Dickens, Thackeray, Elliot, Trollope, Merideth,

Hardy, Butler, and Stevenson.

FRENCH 102 (SC) Beginners French 1

This course is intended for beginners with little or no knowledge of French. It is a dialogue based course, accompanied by drills and exercises which combine the spoken language with the basics of French grammar. Two hours conversation practice are Included.

FRENCH 112 (SC) First Year French 1

This is a thorough grammar course including a review of elements previously studied, and new material at the intermediate level. Contemporary literature is studied, and regular conversational classes are held.

GEOGRAPHY 130 (SC) Introduction to Physical Geography Weather and climate, soils and vegetation, development of slopes and fluvial landforms with particular reference to western North America. Prerequisite: None

HISTORY 104 (SC) Canada 1534-1840

A survey of Canadian history with emphasis on broad economic Century trends and growth in knowledge which led to the discovery and development of North America. European settlements are studied in their interplay with the frontier thus shaping the beginning of a distinctive Canadian community.

HISTORY 106 (SC) Western

A survey of man and his world from 1500 to 1815. This course main political, religions, social and cultural developments of Western society, it concentrates upon major themes such as the late Renaissance, the Reformation, the Age of Religious Conflict, the Scientific and Intellectual revolutions, the Enlightenment, and the French Revolution and the Napoleonic Era. Pre-requisite: None

HISTORY 204 (SC) A History of B.C. 1

A history of the Pacific Northwest from the time of first European interest to the time of joining with Canada. The effect of European commerce in relation to a unique frontier are woven into a picture of an emerging B.C. identity.

HISTORY 344 (UVIC) Canada Since Confederation

A study of recurring themes and problems in Canadian history including national policies, French-English tensions, federal-provincial conflicts, and external relations. Attention will be given to the social and economic background of these problems as well as their political manifestations.

HISTORY 360 (UVIC) The Renaissance

A study of the conditions. ideas, and men involved in the intellectual quickening that ushered in the early modern period of European history.

HISTORY 382 (UVIC) The Scientific and Intellectual Revolution of the Seventeenth

A survey of the rise of modern science and the new world view which resulted from its success. Among the thinkers to be considered will be Galileo, Francis Bacon, Descartes, Hobbes, Newton and Locke. These men and their ideas will be examined in the social and political context of their times. The course is historical in emphasis and does not undertake literary criticism or philosophical analysis. Not open to students who have credit for HIST 268.

PHILOSOPHY 100 (SC) Introduction to Philosophy: Ethics

In this course we explore such perennial questions as: How and what can I know? How can I be happy? What makes something good? Beginning with classical sources we will study refutations of ethical relativism and prescriptions for the good life. Students will have an opportunity for exploring personal beliefs and synthesizing the emotional and rational aspects of discourse by means of seminars, short lectures, and selected readings from the writings of Plato, Descartes, Berkeley, Hume, Neitzsche, Freud, Wittgenstein and others.

PHILOSOPHY 202 (SC) Philosophy of Art 1

This course provides an introduction to such aethetic problems as: What is a work of Art? How are different art forms related? How can contemporary art be interpreted? What role does imitation play in art? What role can a consideration of emotions and intentions play in the evaluation of a work of art? How does art interact with society? With religion? Both empirical and rational approaches will be employed by studying the writings of both artists and philosophers from Plato to the present day. The work of student artists in all forms will provide some of the material to be analyzed in class. A basic "language" of aesthetics will be acquired for use in Philosophy 203.

PSYCHOLOGY 100 (SC) Introductory Psychology 1 An introduction to the methods,

theory and practice of psychology as a science. Among others, topics will include motivation and emotion, learning theory and practice, theories, of personality, behaviour disorders and therapy. Other topics are added at the discretion of the individual instructor. Class demonstrations and activities are used to illustrate concepts. Teaching methods and resources in the course vary with the instructor.

SOCIOLOGY 120 (SC)

Introductory Sociology 1 This course is an introduction to the discipline. The sociologist perspective is examined, along with the associated concepts and methods. Attention is directed to major areas such as culture, socialization, stratification and deviance. Students have an opportunity to research topics of interest.

U.B.C.

EDUCATION 426 (UBC) The Role of the Teacher in Guidance-3 units

An overview of remedial and developmental guidance approaches for the classroom will be presented. Students will be expected to participate as the course will have an experiential/skill development component.

Instructor: Sharon Farinha Timetabling information available upon registration Fee: \$210 (payable to the University of British Columbia on receipt of registration) Prerequisites: Teacher's Certificate

For further information contact Sharon Farinha at the School Board office 352-6681, local



MUSIC

Many of the career and university transfer courses at DTUC are open to the part-time student. If you are interested in participating please contact the DTUC School of Music at 352-2241. Permission of the school is required, as prerequisites apply for participation. We are pleased to announce general interest non-credit courses in:

ENSEMBLES

An invitation for you to participate in our large ensembles. We invite community singers and instrumentalists to join us in keeping these ensembles an attractive part of our university centre.

REGISTRATION

Each ensemble listed below can be taken for credit (1 Selkirk College credit). Registration must take place in person at the School of Music, DTUC. Fee for each ensemble non-credit is \$5.

DTUC STAGE BAND

Rehearses and performs swing, jazz, and jazz-rock arrangements. Reading and improvisation are emphasized. Rehearsals are 3:30-5:30 p.m., Wednesday at the DTUC Music Building. Admission by audition. Further information is available from Andrew Inglis, phone 352-2241.

ORCHESTRA

Comprised of students, members of the DTUC faculty, the Kokanee String Quartet, and the public. Rehearsals will be held Tuesday evenings, 7-9 p.m. in the Music Building. Interested players of orchestral instruments should contact Andrew Inglis, 352-2241, local 55 or Don Mitchell, 352-2241, local 36 for further information.

DTUC CHAMBER CHOIR

is comprised of students, DTUC faculty, and the public. Rehearsals are 3:30-5:30 p.m., Mondays, in the DTUC Music Building. For further information contact Andrew Inglis, 352-2241, local 55.

FINE ARTS

POTTERY-BEGINNERS

This is an introductory course in clayworking and the ceramic process. Emphasis is placed upon developing personal explorations with clay. Understanding and direction of expression will be developed through: working with clay on and off the potters' wheel; loading and firing kilns; and designing, developing and using student's choice of media, glazes. Fee includes 50 lb. of clay per person, glaze materials and firing costs. Additional clay to be purchased.

Location: DTUC Ceramics Studio Date: Sept. 15, 7-10 p.m. (Wed.), 12 sessions Fee: \$80

POTTERY-CONTINUING

This class is offered to students who have taken beginning pottery and would like to continue their ceramics involvement. Emphasis is placed on: developing specific skills on and off the wheel; glaze design; development and application; and some firing instruction. Fee includes 50 1b. of clay per person, glaze materials and firing costs. Additional clay to be purchased.

Location: DTUC Ceramics Studio Date: Sept. 14, 7-10 p.m. (Tues.). 12 sessions Fee: \$80

LANDSCAPE PAINTING IN OILS AND ACRYLIC

Students will work in oil or acrylic or a combination. Work will be carried out both in the studio and in the field. Design, colour, and medic techniques will be discussed as paintings are brought from sketches and photo sketches to completion during the course. Please bring your own painting equipment and supplies. Easels are provided.

Instructor: Joseph Cash Location: DTUC Patenaude Hall, Room 205

Date: Sept. 22, 7:30-10 p.m. (Wed.), 8 sessions Fee: \$50

PAINTING--WORKING WITH THE **PORTRAIT**

Students will first work with the proportion of the head and shoulders, using graphite, conte or charcoal. Attention will be payed to gesture, structure and general form. The harassment in the street, in focus will then turn to the structure of the features, ears, eyes, nose, and mouth. From here the likeness first in verbal, physical and sexual graphite conte, and then in the assault. The emphasis is on acrylic, oil, or guache. Please conditioning and needs. bring your own painting equipment and supplies. Easels are provided.

Instructor: Joseph Cash Location: DTUC Patenaude Hall, Room 205 Date: Sept. 21, 7:30-10 p.m. (Tues.), 8 sessions Fee: \$50

CREATIVE WRITING GROUP

A non-credit prose and poetry writing workshop with an emphasis on group interaction and feedback. Open to all ages and to writers at varying degrees of development.

Instructor: Judi Smith Location: DTUC Maryhall, Room Date: Sept. 22, 7-9 p.m.

(Wed.), 8 sessions Fee: \$29

ADVANCES IN SCIENCE (FALL LECTURE--DISCUSSION SERIES) Four stimuating Wednesday evenings focusing on the advances in medicine,

THE IMPACT ON OUR LIVES OF THE

astronomy, computers and our environment, and the impact of change on our lives in the

Each evening's presentation will be followed by an audience discussion, led by a panel which includes a theologian, philosopher, and an anthropologist/sociologist.

Location: DTUC, Room 309 Dates: Oct. 6, 13, 20, 27, 7:30-9:30 p.m. (Wed.), 4 sessions Fee: Free

WOMEN'S PROGRAMS

WEN-DO

Wen-Do is an effective system of self-defense developed specifically for women. Wen-Do offers ways to deal with public places, at social gatherings, at work and in the home; to cope with all types of women, their socialization, Participants gain self-confidence, self-determination, the belief and knowledge in one's abilities and desire to defend oneself. FOR WOMEN OF ALL AGES. Maximum 14 students.

Instructor: Sandra Laine Class #1 Location: Hume School Basement Date: Sept. 20, 7-9:30 p.m. (Mon. and Wed.), 6 sessions Fee: \$35 Class #2 Location: DTUC Gym

EXPLORING THE FEMALE CYCLE

Date: Sept. 18 and 25, 9 a.m.-

4 p.m. (Sat.)

Fee: \$35

This workshop is being offered to women of all ages to further knowledge of bodily cycles. The female fertility pattern and reproductive anatomy and physiology is presented. The Billing's Ovulation Method can be used for detecting physiological changes, learning to read your body, birth control and to determine whether you are ovulating and how often. The workshop topics will cover the menstrual cycle, hormonal effects, body changes, external influences on a woman's cycle, and how to chart your fetility pattern. (A follow up session will be held for those women who wish to chart.) Your partners are welcome.

Instructor: Els Wagemaker Location: L.V. Rogers, Room 107 Date: Oct. 12, 7-10 p.m. (Tues.)

Fee: \$3

CONCERNING WOMEN This four-week series is intended to provide information and stimulus through presentations by resource

"I have my own particular sorrows, loves, delights; and you have yours. But sorrow, gladness, yearning, hope, love, belong to all of us, in all times and in all places, Music is the only means whereby we feel these emotions in their universality." H. A. Overstreet

people followed by informal group discussions. You are encouraged to enroll for the entire series.

Assertiveness for Women

Techniques and skills to increase your own feelings of self-worth and confidence. Resource person: Mary Murray

Women and the Law

A look at family law as it relates to women. Resource person: Susan Wallach

It's Just Your Nerves

Women and Alcohol, Women and Pills; What is the Issue? The chemical or how we handle our lives. Share with other women who are looking for answers.

Back To School, Back to Work

For women considering returning to school with employment and career opportunities in mind. Information about training opportunities and pathways, local education programs available, and a look at the needs of the labour market.

Date: Sept. 29, 7:30-9:30 p.m. (Wed.) 4 sessions Fee: \$8 for the series; \$2 per session

For further information: re location and other data contact Vita Storey, Women's Access Coordinator, Selkirk College, Rosemont campus, 352-6601.

OTHER WOMEN'S EVENTS THIS FALL

Networking for Women

An evening with Eileen Hendry, founder of the Vancouver Women's Network. Eileen will speak on what networking can do for you. Networking is sharing exchanging ideas, obtaining feedback, referrals, information, guidance and support on any job related concern you may have. In Eileen's present capacity as the Vice-President of the Federal Advisory Council on the Status of Women she is also interested in receiving input on issues of concern to women in our area.

Date: Sept. 16 Time: 7:30 p.m. Place: Castlegar Campus, Faculty Lounge

A 1 1/2 day workshop to be held Location: Valley Learning

in Castlegar.

For further information please contact Vita Storey, Women's Access Coordinator, 352-2241 (DTUC). 352-6601 (Rosemont campus), or 352-3010 (Castlegar campus).

HORSEMANSHIP COURSES

Offered by: Selkirk College, Slocan Valley Learning Centre, \$12, C2, R.R. #1, Crescent Valley, B.C., telephone 359-7564.

Please register with the Valley Centre for these courses.

FORM RELATED TO FUNCTION

An indepth study of conformation and how it relates to the English and Western Riding horse. Topics will include the Olympic Sport Horse, Dressage, Combined training and Jumper. In addition to classroom lectures this course will consist of an in the field conformation clinic.

Location: Valley Learning Centre Date: Oct. 30, 9 a.m.-4 p.m. (Sat.) Fee: \$30 (one or both

workshops) Register by: Oct. 14

LUNGEING SEMINAR

This workshop will include a description and fitting a lungeing equipment plus a demonstration of the application of the lunge. Students will be given the opportunity to test their lungeing skills with Jacqueline's critique.

Location: Valley Learning Centre

Date: Oct. 31, 9 a.m.-noon (Suna) Fee: \$30 (one or both

workshops) Register by: Oct. 14

HORSESHOW MANAGEMENT WORKSHOP

This workshop will cover all aspects of planning and running a successful horse-show. Topics will include setting up the program, time allocation and course design. It will prove informative for both exhibitors and members of horse show committees.

Financial Management for Women Instructor: Pamela Arthur

Date: Dec. 4, 9 a.m.-4 p.m. (Sat.)

Fee: \$30 Register by: Nov. 18

EMILY CARR COLLEGE OF ART

WORKSHOPS IN NELSON David Thompson University Centre will be hosting a series of visiting B.C. teaching

artists to Nelson. Workshops will be presented for DTUC students and for the community on Fridays and Saturdays this

Subjects include: ceramics, painting, printmaking, sculpture, and photography.

For further information on these five programs, contact Ric Gomez, Chairman, Visual Arts department, DTUC, 352-2241.



Regional First Aid Training, a new independent training agency in the Kootenays is offering the following courses:

Industrial First Aid

50 hours. Basic introduction to body structures and functions. It covers Cardiac Pulmonary Resuscitation (CPR), the obstructed airway, a broad scope of other industrial accidents, and is oriented to the industrial setting and to ambulance work. Workers' Compensation Board certification. Courses are offered in Trail, Nelson and other areas as day courses and evening courses.

Survival First Aid

8 hours. Dealing with life threatening situations, such as bleeding, unconsciousness and the non-breathing patient. Required by various industries. Certification by the Workers' Compensation Board.

Cardiac Pulmonary Resuscitation (CPR)

A three level course.

Heart-Savers--4 hours. An introduction to the signs and symptoms of Heart Attack. Motor-skills of the one man cardiac pulmonary resuscitation, and the choking victim.

Basic 1--6 hours. Deals with the 2-man rescue in CPR, the choking victim child and adult.

Basic 2--8 hours. The recording doll is used and the student perfects his skills in CPR.

All three courses are held to the Standards of the Canadian Heart Foundation with certification by them.

The	fee structure is:			: Industrial First Aid		
				Survival First Aid	20	
				Heart-Savers	15	
				Basic 1	20	
				Basic 2	25	

All advertising, registrations and facilities to conduct training will be organized by Regional Training Services in Nelson. All enquiries for Industrial First Aid in Nelson should be referred to:

REGIONAL FIRST AID TRAINING Coordinators: Jay Berkosha #2 - 1300 Cedar Avenue Karen Schultz

Trail, B.C. V1R 4C2

Telephone: 364-0424 (Trail) 352-7721 (Nelson)



OPEN LEARNING INSTITUTE

STUDY AT HOME WITH THE OPEN LEARNING INSTITUTE

Now you can get your high school diploma, study for a university degree, or start on a whole new career program. You can get started on yours right now. Just call collect to your nearest OLI advisor for details, or get in touch with any Selkirk College office.

Your OLI advisor in Nelson will help you decide on courses that will meet your needs and interests, and he can show you how to combine OLI courses with Selkirk College courses to round you your study program.

The Open Learning Institute sends complete course packages to its students, and tutors provide help by toll-free telephone. Find out how you can continue your education without disrupting your lifestyle.

CALL COLLECT TO NELSON (112) 352-2310 A PROVINCIAL POST-SECONDARY INSTITUTION

SELKIRK COLLEGE (ROSEMONT CAMPUS)

UPGRADING AND REFRESHER **PROGRAMS**

Selkirk College (Rosemont campus), in cooperation with the Ministry of Labour, Apprenticeship Branch, offer many courses for tradesmen and apprentices who wish to upgrade their present skills or prepare themselves for certification examinations. Enrolment in these courses is limited to those who are presently working Fee: \$60 in a specific trade.

Applicants wishing to enrol in these courses are advised to see the Apprenticeship counsellor for eligibility requirements.

For further details on any of the following courses, please contact Community Education Services, Selkirk College (Rosemont campus), 2001 Silver King Road, Nelson, B.C. VIL 1C8 or telephone 352-6601, 352-5797。

AIR BRAKES

This course is designed in preparation for air brakes endorsement and includes a practical examination. The final test is to be conducted by the Motor-Vehicle Examiner.

Location: Selkirk College (Rosemont campus), 2001 Silver King Road Date: The first course will commence Sept. 20, 7-10 p.m. (Mon. and Wed.), 8 sessions (Courses will be held each month as required -- with the exception of Mon., Oct. 11.) Fee: \$50 plus \$1.35 for manual

BASIC TUNE-UP

Program designed for both men and women wishing to perform minor tune-up service to their vehicle.

Prerequisite: Completion of car owners' course or the equivalent

Location: Selkirk College Rosemont Campus, 2001 Silver King Road Date: Sept. 20-Oct. 18,

7-9 p.m. (Mon. and Wed.) -- with the exception of Mon., Oct. 11), plus one 8-hour shop session. Course Length: 24 hours Fee: \$60

CANADIAN ELECTRICAL CODE

This is a course for tradesmen to update them to the additions to the 14th edition of the Canadian Electrical Code Book.

Instructor: Robin Bower Location: Selkirk College Rosemont Campus, 2001 Silver King Road Date: Sept. 22-Nov. 10, 7-10 p.m. (Wed.)

CAREER PLANNING/AWARENESS

An eight-week course designed to explore your options in the world of work. Participants will have the opportunity to complete a number of self-assessment instruments useful in looking at the complex subject of career and occupational exploration and decision making. This course will be of particular interest to those contemplating a career change, re-entering the workforce, or entering the work force for the first time.

Instructor: Dennis Anderson Location: Selkirk College Rosemont Campus, 2001 Silver King Road Date: Oct. 18-Dec. 6, 7-9 p.m. (Mon.), 8 sessions Course Length: 16 hours Fee: \$30

ELECTRONIC COMPONENTS COURSE

This course is designed for people with some electrical background. It is intended to aid in understanding the operation of semiconductor devices. It will also provide experience in their applications.

Course content will include the following components: unijunction transistor, p.m. junction diode, transistor, zener diode, S.C.R. (silicon controlled rectifier), triac and doac.

Lab practice will be provided for electronic circuits involving semiconductors.

Prerequisites: A good understanding of principles involved in basic D.C. and A.C. electrical circuits.

Location: Room 206, Selkirk College Rosemont campus, 2001 Silver King Road Date: Oct. 5-Nov. 4, 7-10 p.m.

(Tues. & Thurs.), 10 sessions Course length: 30 hours Fee: \$60 plus textbook

HEAVY DUTY ELECTRICAL UPGRADING COURSE

This is a course designed for journeyman heavy duty mechanics. The course will cover the following topics: basic electrical, test equipment, chassis circuits, starting systems (including series-parallel switches), ignition systems (including newer solid-state irnition systems), charging system and trouble shooting for each of the above topics.

Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Nov. 8, 7-10 p.m. (Mon. & Wed.) -- with the exception of Mon., Oct. 11, 14 sessions Course length: 42 hours Fee: \$75

SELKIRK COLLEGE ADULT BASIC EDUCATION

Selkirk College Adult Learning Centre offers a variety of upgrading courses, both full- and part-time, with individualized and/or small group instruction.

COURSES

Course offerings include math, reading, spelling and writing for grades 1-12. Vocational completion programs are offered for grades ten and twelve which include science courses as well. College preparatory courses and academic completion courses are also available.

TRANSITIONAL TRAINING PROGRAM

This course provides practical instruction in three basic areas--academic upgrading: math, reading writing; life-skills development: money management, meal planning, problem solving; and vocational skill and work attitude development.

The development of personal and social skills underlies all components. This course is designed to meet the needs of mentally handicapped adults, but is also open to adults with other handicaps who have a need for this type of training.

FOR MORE INFORMATION, CONTACT the centre in our new location at the Rosemont Campus of Selkirk College, 2001 Silver King Road, Nelson, B.C. V1L 1C8 or telephone 352-7231.



HILTI POWER ACTUATED TOOLS This course consists of theory and practical. The successful recipient will receive a valid Hilti operators ticket for the DX450 and the DX600N.

Location: Room 206, Selkirk College Rosemont campus, 2001 Silver King Road

Date: Sept. 20 and Sept. 22, 7-10 p.m. (Mon. and Wed.), 2 sessions

Course length: 6 hours Fee: \$20

FINANCIAL MANAGEMENT FOR THE SMALL BUSINESS

Designed as a primer for small business owners, potential owners, and employees. This course will treat a wide range of subjects including: types and characteristics of business ownership, financial statements, budgeting, funding internal control, record keeping, and related topics of interest.

Instructor: Mark McPhail Location: Selkirk College Rosemont campus, 2001 Silver King Road

Date: Sept. 21-Nov. 24, 7-10 p.m. (Tues.), 10 sessions

Course length: 30 hours Fee: \$60

MARKETING TO THE SUMMER AND WINTER TOURIST

increasingly important segement of the B.C. provincial economy and the Kootenay is no exception. This course will provide valuable marketing Information and insights to operators and employees of tourist businesses and service businesses that rely partially on the tourist trade. Product analysis, market trends, promotions, publicity, use of media advertising, budgeting, packaging and other topics will be covered.

Instructors: Peter Adam, Whitewater Ski Area; Denny Edgar, Kootenay Boundary Visitors Assoc.; Peter Wood, Selkirk College Location: Selkirk College Rosemont campus, 2001 Silver King Road

Date: Sept. 20-Nov. 29, 7-10 p.m. (Mon.), 10 sessions Course length: 30 hours Fee: \$60

RETAIL SHOP MANAGEMENT

Geared to the small retail shop owner or anyone considering retail shop ownership or employment. This course will discuss a number of topics including: personal business assessment, objectives, business plans, stock purchasing and financing, advertising, staffing, sales, service and topics of concern to participants.

Instructor: Ian McAdam Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 22-Nov. 24, 7-10 p.m. (Wed.), 10 sessions Course length: 30 hours Fee: \$60

INTRODUCTION TO THE MILLWRIGHT

This course is designed for men and women who are interested in applying for a millwright apprenticeship but are a little unsure of what millwrighting involves. Subjects which are covered in this course are as follows: what is involved in apprenticeship, the math which is required, theory which is necessary--i.e. safety, gearing, bearings, hydraulics, belting, pumps, hand tools, compressors, conveyors, couplings, and seals; and drafting and blueprint reading, Summer and winter tourism is an a field trip into industry to actually see where a Millwright works and to see some of the equipment that he works with. There will also be an evaluation exam on the final evening.

> Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Dec. 13, 7-10 p.m. (Mon. and Wed.) -with the exception of Mon., Oct. 11), 24 sessions Course length: 72 hours Fee: \$100

MILLWRIGHT INDUSTRIAL HYDRAULICS AND PNEUMATIC COURSE

This course consists of trade mathematics and sciences, symbols, reading, drawing and designing circuitry. As well, there will be several lab sessions included in this course.

Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Dec. 13, 7-10 p.m. (Mon. and Wed.) -with the exception of Mon., Oct. 11), 24 sessions Course length: 72 hours Fee: \$100

MILLWRIGHT T.Q. AND INTER-PROVINCIAL UPGRADING

This course is designed to upgrade persons who intend to write the B.C. tradesman's qualification or the inter-provincial examination. Applicants must have at least 8,000 hours in the millwright trade.

Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Dec. 13, 7-10 p.m. (Mon. and Wed.) -with the exception of Mon., Oct. 11), 24 sessions Course length: 72 hours Fee: \$100

SHORTHAND---UPGRADING

An opportunity for those who already have a mastery of theory to increase speed and vocabulary skills in Pitman Classic, Pitman Shorterhand or Forkner systems.

Location: Room 119, Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Dec. 13, 7-10 p.m. (Mon. and Wed.) -with the exception of Mon., Oct. 11), 24 sessions Course length: 72 hours Fee: \$100 plus \$20 for supplies

BASIC TYPING COURSE

Here is an employment oriented course for the novice typist. Upon completion of this course you should be able to: operate the keyboard by the touch method, operate machine parts, proofread typed material against a key, centre material both vertically and horizontally on a page, type a blocked business letter, correct all typographical errors, and type a minimum of 30 net w.p.m.

Location: Room 118, Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 20-Dec. 13, 7-10 p.m. (Mon.), 12 sessions

Course length: 36 hours Fee: \$50

INTERMEDIATE TYPING COURSE

This is an employment oriented course for typist who can already type 30 w.p.m. Topics covered in this course will be: skill building in both speed and accuracy, business letters, tables, manuscripts, and word division.

Location: Room 118, Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 22-Dec. 8, 7-10 p.m. (Wed.), 12 sessions Course length: 36 hours Fee: \$50

BASIC WELDING

This is a course for tradesmen covering welding of mild steel? plate, in flat and vertical positions, and hand burning. Emphasis will be placed on safety and electrode classification.

Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 27-Dec. 20, 7-10 p.m. (Mon. and Wed.)-with the exception of Mon., Oct. 11, 24 sessions Course length: 72 hours Fee: \$175

WELDING FOR AUTO TRADES

This is a course designed specifically for men and women engaged in the automotive repair field. It will cover the welding of light guage material, proper use of oxy-acetylene and safety.

Location: Selkirk College Rosemont campus, 2001 Silver King Road Date: Sept. 21-Dec. 13, 7-10 p.m. (Tues. and Thurs.) -- with the exception of Thurs., Nov. 11, 24 sessions Course length: 72 hours Fee: \$175

For more information about Continuing Education offerings in Nelson, visit the office at Selkirk College's Rosemont campus, 2001 Silver King Road, or call 352-6601 or 352-7957.

'The more ignorant the authority, the more dogmatic it is. In the fields where no real knowledge is even possible, the authorities are the fiercest and most assured and punish non-belief with the severest of penalties." Abraham Myerson

salmo

GENERAL INFORMATION

REGISTRATION INFORMATION

All registration and payment of fees to be made in advance.

By Mail

Mail registrations to the Community Education office, P.O. Box 999, Salmo, B.C. VOG 1ZO using the registration form on page 55. . Include your cheque or money order.

In Person

Registrations will be accepted at the Community Education office located at 301 - 4th St. (back basement at the Royal Canadian Legion), between 9:30 a.m. and 12:30 p.m., Monday to Friday.

SERVICES FOR DISABLED ADULTS

It is the goal of Community adults in regular Community Education programs. We have encouraged all our instructors to make any necessary adaptations required to involve an adult with a disability. If, prior to entering a course, you would like to discuss your involvement with the course instructor we encourage you to call us and get the name and phone number of the course instructor.

We will also offer specialized programs designated to meet needs unique to adults with a disability. Examples of these types of programs are: The Disabled and the Law, Basic Cooking for the Mentally Handicapped and Sign Language. If you have any suggestions regarding programs you would like to have offered please call Selkirk College Continuing Education at 357-2017.

KNOWLEDGE NETWORK

Selkirk College Continuing Education in Salmo is sponsoring the following courses this fall: Designing Home Interiors, Freehand Sketching, Mind Your Own Business, and Introduction to Computers.

Broadcast schedules and detailed program guides are available on request. Call 357-2017, or write to Community adult classroom. Education, Box 999, Salmo,

B.C. To register, or for further information call the Salmo office. Assistance on programs not listed above is available from Marg Mahan, Knowledge Network Liaison Officer, 845 Victoria Street, Trail, B.C., 368-5236.

ADULT BASIC EDUCATION

This program includes: communications (reading, writing and spelling) from grade levels 1 to 12, mathematics from levels 5 to 12 and science, grade 8 to 12.

Instructors: Barb Coombs and Larry Sedlack Location: Adult Learning Centre Date: Mon., Tues., Wed., and Thurs., 9 a.m.-noon and 12:30-3:30 p.m. Fee: Approx. \$10/month

Education to integrate disabled Evening classes will be held if a need is shown. Biology 11/12 will be offered depending on demand.

GED PREPARATORY

The Ministry of Education in Victoria makes available a battery of exams (GED tests) to adults who were unable to complete high school graduation.

Adults can challenge these exams and, if successful, will be awarded the grade 12 equivalency diploma by the Ministry of Education. Tutorial help with preparation for the exams is available through the Adult Learning Centre.

GED applicants must be 19 years of age or over, with at least six months residency in British Columbia.

HIGH SCHOOL COMPLETION

Did you leave school at an early age? Now you can take upgrading courses in our Adult Learning Centre in Salmo. We are very flexibile with timetabling to meet your needs as closely as possible. There is no "enrolment" date as students can start the program any time. You work at your own speed at your own level. Many people are surprised to find out how easy and pleasant it is to learn in a friendly, relaxed

The program includes basic reading, writing and arithmetic Location: Salmo Secondary as well as high school subjects like English, mathematics and science. The only requirement for taking these courses is a minimum age of 18 years and out of the public school at least one year.

For more information drop by the Selkirk College Adult Learning Centre at 301 - 4th Street, Salmo, or call us at 357-2017。

COMMUNITY ARTS PROGRAM

BEGINNERS' FRAME-LOOM WEAVING AND SPINNING

Students will work on a simple frame loom. Designed for the beginner who wants to learn the basic weaving and spinning techniques. Projects such as wall hangings or placemats could be completed. Students supply their own materials.

Instructor: Pat Rorick Location: Adult Learning Centre Date: Sept. 27, 7-9 p.m., 8 sessions (Mon.)

Fee: \$15

FREEHAND SKETCHING (KNOWLEDGE NETWORK)

This course promises that virtually anyone who can master a few simple basic principles and techniques can learn to draw regardless of talent or experience. To take this course a student need only have an interest in learning to draw. As the course progresses, the student is guided step-by-step through graduated levels of skill.

Location: Adult Learning Centre Date: Sept. 6, 6-6:30 p.m., (Mon. and Wed.), 2:30-3 p.m., (Tues. and Thurs.), 30 sessions Fee: TBA

PAINTING CLASS

This class for beginners or intermediate students will offer instruction in basic and advanced watercolor painting, drawing techniques, working with oils and acrylics and mixing colors. The instructor is a member of the Trail Art Club and has had exhibitions of Location: Salmo Elementary his work all over the West Kootenay.

Instructor: Sandor Tandory School, Art Room 103 Date: Sept. 30, 6:30-9:30 p.m. (Thurs.), 10 sessions Fee: TBA

GENERAL INTEREST COURSES

AGE OF UNCERTAINTY (KNOWLEDGE NETWORK)

This series is an

interdisciplinary study with major elements of economics, philosophy, history, sociology, anthropology and political science. It begins in the agricultural landscape of the 1700's and brings the student forward into the age of the corporate glant and nuclear warfare of modern industrial society. The basic intent of the series is to provide the student with an interdisciplinary approach to understanding current economic, social and political problems and to explore their potential for solution through the framework of modern economic history.

Instructor: Regional tutor provided by Knowledge Network Location: Adult Learning Centre Date: Sept. 6, 1-2 p.m. (Mon.) Fee: TBA

BABYSITTER TRAINING

Become a certified babysitter. A course to upgrade your talents and teach those who have not yet started babysitting. This course will include basic child and baby care, demonstrations of some children's games and skills to entertain children and first aid. The handling of possible emergency situations will be dealt with by guest speakers (R.C.M.P., fire department and a doctor). The course is open to both boys and girls 12 years of age and up. Enrolment is limited to 14 students. Qualified students will receive certificates. A list will be kept at Selkirk College Salmo, and parents needing a sitter may phone 357-2017 for names of graduates.

Instructors: April Hearne, Jean Lund, Bev Sawatsky School Library Date: Sept. 27, 7-9 p.m. (Mon.) Fee: \$20 (includes a handbook)



salmo

BASIC SEWING

This course will provide the basic principles of clothing construction. It will be beneficial as a refresher course for the current home sewer or as a first course for a new sewer. Techniques and garments will be demonstrated.

Instructor: Joyce MacNeill Location: Salmo Secondary School Sewing Room Date: Sept. 29, 7-9:30 p.m. (Wed.), 10 sessions Fee: \$25

CARDIO-PULMONARY RESUSCITATION Heart Saver

This is a four-hour course for people with no background in first aid or health care. It includes one-person rescue during cardiac arrest (CPR), helping a conscious choking victim, tips on good heart living and signals and actions of heart attack. Groups of six (Industries, businesses, community groups) can schedule a course to suit that particular time and location by contacting Selkirk College Continuing Education coordinator, Donna Bishop, 357-2017.

Basic Level

This is a six-hour course for persons with previous CPR training or health professionals. It includes one and two person CPR; conscious and unconscious victim choking procedures; Infant CPR and written exam. Pre-reading is required.

This course will be scheduled if enough interest is shown.

Basic Level II—Recertification Course

This is an eight-hour course for persons who wish to go on to instructor level or who need Level II for employment purposes. The course content is the same as Basic Level and in addition requires an acceptable tape record of one and two person CPR. Pre-reading is required.

If you are interested in this course or Basic Level, contact Selkirk College Continuing Education coordinator Donna Bishop, 357-2017.

DRIVER EDUCATION TRAINING

Aimed at the learner driver. this course prepares you for your licence test and consists of eight--2 1/2 hour classroom sessions and five 1-hour in-car driving lessons. The course covers: driver attitudes and habits; the laws of nature and the highway code; drinking and driving; driving in traffic--freeway driving; bad weather and night driving; car mechanics and safety and buying/insuring and financing vehicles. Guest resource people and many films and handouts are included. A handbook "how to drive" is provided. Students must be 16 years of age and have obtained a learners licence before commencing the in-car driving lessons. A rebate of \$60 is available to students upon completion of this course. The subsidy is provided from Ministry of Education support.

Instructor: Lorne Westnedge
NELSON: Tues. and Wed. starting
Oct. 12, 7-9:30 p.m., 8
sessions, L.V. Rogers, Room
202

Fee: \$155

Register: Continuing Education Services, Nelson, 352-6601 or 352-7957

SLOCAN: Tues. and Wed. starting Sept. 15, 6:30-9 p.m., 8 sessions, Winlaw Elementary School

Fee: \$155

Register: First class
SALMO: Mon. starting Sept. 13,
3:30-6 p.m., 8 sessions Salmo
Adult Learning Centre
Fee: \$155

Register: First class

DESIGNING HOME INTERIORS (KNOWLEDGE NETWORK)

An introductory study of the basic principles of interior design applied to planning residential interiors that satisfy individual and family needs, values and lifestyles. Emphasis is on the application of consumer education pertinent to the selection of home furnishing materials. The course appeals to those planning their own home environments.

Instructor: Regional tutor
provided by Knowledge Network
Location: Adult Learning Centre

*Date: Sept. 6, 2-2:30 p.m.
(Mon. and Wed.)
Fee: TBA
*Program is repeated 6:30-

THE FIVE-DAY PLAN TO STOP SMOKING

7 p.m. Mon. and Wed.

Developed by medical authorities and professional personnel as a result of recent scientific research into the destructive effects of tobacco on the human body. The "FIVE-DAY PLAN" is a proven method of helping smokers "kick" the habit.

The program consists of five consecutive evenings of films, instruction by doctors and professional personnel, discussion periods, and a simple daily controlled plan. It is a series of sessions aiding the person by showing how to beat the smoking habit without the use of drugs or other narcotics.

Instructor: Ed Sharpe
Location: Adult Learning Centre
Date: Sept. 19, 7-9 p.m.
(Sun.-Thurs.), 5 sessions
Fee: \$15

ST. JOHN AMBULANCE MULTI-MEDIA STANDARD FIRST AID

Covers all standard first aid procedures. Qualifying students receive a St. John's First Aid certificate. A 15-hour course, it is a stepping stone for anyone without previous training who is thinking of taking industrial First Aid, a pre-requisite for entering nurses training (L.P.N. and R.N.); a <u>must</u> for anyone interested in ski patrolling for the Salmo Ski Hill.

Instructor: Bev Sawatsky
Location: Adult Learning Centre
Date: Oct. 12, 7-10 p.m. and
Sunday 11 a.m.-2 p.m.
Fee: \$50

WOMEN'S LECTURE SERIES

This series of four lectures is aimed primarily at women and will include the following topics:

Assertiveness For Women:
Techniques and skills to
increase your own feelings of
self-worth and confidence.

It's Just Your Nerves: Women and Alcohol, Women and Pills, what is the issue? The chemical, or how we handle our lives. Share in an evening of discussion and information with other women who are also looking for answers.

Back to School, Back to Work:
Information about re-entry into education and the labor market, about opportunities available for retraining and career development.

Instructor: A difference resource person each week. Location: Adult Learning Centre Date: Sept. 29, 7-9 p.m. (Wed.) Fee: \$10/series or \$5/session

RECREATIONAL COURSES

ADULT BADMINTON

Keep fit and have fun playing badminton every Wednesday evening. Novice players are welcome and benefit from helpful hints from experienced players.

Location: Salmo Secondary School Gym Date: Oct., 8-10 p.m. (Wed.) Fee: \$10/year

SKI CONDITIONING

Don't try the slopes or the trails without getting your body ready for it. Our program will stretch and condition those summer muscles and get you ready for the snow this winter. Make this winter a great one by planning for it now.

Instructor: Glen Dorey and Sharon Taylor Location: Salmo Elementary School Gym Date: Sept. 28, 8-9 p.m. (Tues.), 10 sessions Fee: \$10

SKI PATROL

Anyone with good skiing ability and an interest in patrolling MUST register for the Multi-Media St. John Standard First Aid course scheduled to start in October. Also contact head ski patroller John Bishop. Phone 357-9964 (evenings).

In a very real sense, people who

true that we have only one life to

many more lives and as many

kinds of lives as we wish.

S.I. Hayakawa

live; if we can read, we can live as

have read good literature have

lived more than people who cannot or will not read...It is not

RECREATIONAL ACTIVITIES

(starting at various times this fall).

Mens! Basketball - Mon. 8-10 p.m.

Ladies' Basketball - Tues., 8-10 p.m.

Mens' Weightlifting - Nightly, 5-10 p.m.

Ladies weight training -Nightly, 5-10 p.m. Floor Hockey - Thurs. 8-10 p.m. conversion of retail food Mixed Adult Volleyball -

Thurs., 8-10 p.m.

VOCATIONAL AND BUSINESS COURSES

ENGLISH 100

This is a course from the Open Learning Institute which is a first-year university course. In Salmo the composition part of the course will be offered. It includes a thorough review of basic grammar, punctuation, diction, and writing mechanics; Location: TBA instruction in the composing of Date: Dec. 7, 7:30-10 p.m. critical essays; and an introduction to modern short stories and novels. The course does not attempt to provide an historical or chronological overview of fiction, but instead presents stories and novels written during the past hundred years to demonstrate the characteristics of fiction in general.

Instructor: Debbie Metzler Location: Adult Learning Centre Date: Sept. 28-Nov. 9, and Oct. 7, 21 and Nov. 4, 7-10 p.m., 10 sessions Fee: TBA

INTRODUCTION TO COMPUTERS AND THEIR APPLICATIONS (KNOWLEDGE NETWORK)

In virtually all business today the computer has become an indispensible tool. As with any tool, the more familiar you are with it, the more you understand its capabilities and limitations, the more you will get out of it. The purpose of this course is to provide a thorough understanding of the principles of computing and to enable computer users to work more effectively with data processing personnel. It will also provide an excellent foundation for more advanced computer courses.

Instructor: Regional tutor provided by Knowledge Network Location: Adult Learning Centre *Date: Sept. 7, 8:30-9 a.m.

(Tues. and Thurs.), 23 sessions

Fee: TBA

*Program is repeated Sat. and Sun. 4:30-5 p.m.

METRIC CONVERSION

Starting January 1, 1983 the scales starts. All advertising of store weighed foods must be per 100 g or per kilogram. Dual advertising, i.e. the showing of equivalent pound prices next to the metric prices, is permitted until the end of 1983, provided the pound prices are less prominent. If you are interested in being more informed, attend this evening workshop.

Instructor: TBA Fee: TBA

MIND YOUR OWN BUSINESS (KNOWLEDGE NETWORK)

This series is intended to cover topics of interest to those who own or operate a small business. The owner/manager of a small business in Canada must be a master of all management skills for they are usually directly responsible for all aspects of the business. This course points out that the owner has to be a general manager, personnel manager and controller. Other essentials

highlighted include marketing, quality control, finance, banking, commercial law and human relations.

Instructor: Regional tutor provided by Knowledge Network Basic Electrical Code, Location: Adult Learning Centre Industrial Electricians T.Q., *Date: Sept. 7, noon (Tues.), 15 sessions Fee: TBA

*The program is repeated on Sun. at noon.

OFFICE ADMINISTRATION

Selkirk College offers a modular self-paced program in Office Administration on the Trail and Rosemont campuses. Several extension centres offer some of the same courses to assist the part-time student. Full credit is given for these courses if you transfer to either campus. The Office Administration program has five certificate options:

| Clerk-typist Basic*

II Secretarial

III Bookkeeping

IV Bookkeeping--Clerk

V Legal

* Business Math can be taken when ABE classes are scheduled.

* Business Communications can be taken when ABE classes are scheduled. It involves spelling and grammar.

TRADESMEN'S UPGRADING AND T.Q. COURSE

If there are enough people (at least eight who are interested in courses, we are prepared to offer any of the following: Plumbing T.Q., and Carpenter

The Ministry of Labour is responsible for evaluations and testing of the individuals.

WAITER-WAITRESS TRAINING

A two-week, full-time program in the serving of food and beverages according to the high standards desired by the hospitality industry. Course content includes: basic table setting, advanced dining room service, wine and alcohol knowledge and services, menu terminology and effective menu selling, host duties, sanitation and hygiene, safety and accident prevention, customer relations and management relations, applications and job descriptions.

Instructor: TBA Location: Dragon Inn Date: Sept. 20-Oct. 1, 9 a.m.-4 p.m. (first session); Oct. 18-Oct. 29, 9 a.m.- 4 p.m. (second session) Fee: \$20

For more information about Continuing Education offerings in Salmo visit the office at 301-4th Street (back basement at the Royal Canadian Legion) or call 357-2017.

SALMO SKI SCHOOL

Lessons start: Dec. 20, Jan. 3, and Jan. 17.

	Class	Class	Tow	Total
Type of Class	Lesson Fee	Duration	Fee	Fee
Adult (19 & over)	\$25	5-1 1/2 hr.	\$25	\$50
Jrs. (13-18 yrs.)	\$20	5-1 1/2 hr.	\$20	\$40
Child (7-12 yrs.)	\$15	5-1 1/2 hr.	\$15	\$30
Tiny Tot (3-6 yrs.	\$10	5-1 hr.	Free	\$10

- 1) Tow ticket is good during lesson and for that day or
- 2) People with season passes do not pay the tow ticket fee.
- 3) Start dates are subject to snow conditions and maybe changed.
- 4) Ski School Director is Steve Miller.

Gastlegar

GENERAL INFORMATION

REGISTRATION

All registrations are to be made in advance including payment of fees.

Mail registrations using the registration form provided at the back of this calendar, to:

Department of Continuing Education Selkirk College Box 1200 Castlegar, B.C. V1N 3J1

Include your cheque or money order for all fees. Do not send economically feasible; to cash in the mail. Make cheques payable to Selkirk College.

In Person

Registrations will be accepted at the Continuing Education office, Castlegar campus, daily home environment that expresses between 8:30 a.m. and 4 p.m.

Classes will be filled on a first-come, first-served basis. Support materials: text--Registration is not complete until fees are paid. Late registrations, after classes have begun, may be accepted in certain cases. For information call 365-7292, local 232. NO REGISTRATIONS WILL BE ACCEPTED IN THE CLASSROOM.

ROOM NUMBERS

If not listed, room numbers for starting date, time or classes will be posted in a conspicuous location on the first night of class. At the Castlegar campus, this will be on a blackboard in the Main Lounge area.

A NOTE TO DISABLED PERSONS

The Castlegar campus has an elevator serving all three levels of the main building. Easiest access is from the parking lot on the west side of the main building. Enter the main hallway and travel about half-way along to find the elevator.

GENERAL INTEREST

DESIGNING HOME INTERIORS (KNOWLEDGE NETWORK)

An introductory study of the basic principles of interior design applied to planning residential interiors that satisfy individual and family needs, values, and lifestyles. Emphasis is on the application of consumer education pertinent to the selection of home furnishing materials. The course appeals to those planning their own home environments (mobile homes, apartments, houses, condominiums) and will fulfill the requirements of an introductory interior design course.

Course goals: to provide fundamental skills necessary for planning home interiors that are functional, aesthetically attractive, and present consumer information essential to the selection of quality furnishings and materials appropriate for various design plans; and to identify methods to create a the personalities of people within.

"Beginning of Interior Environment" by Phyllis S. Allen; study guide--"Designing Home Interiors--A Study Guide" by Winnifred Yablonski and Carolyn Breedon.

Note: This is a Selkirk College/Knowledge Network telecourse. For details on broadcast, fees and registration information, please see the Knowledge Network section page .

HERBOLOGY

A course on the growing, identification, use and preparation of herbs. In addition to three classroom sessions, the course will include a field walk to be arranged to suit all participants.

Instructor: David Popp Date: Mon., Sept. 20, 7-9 p.m., 3 class sessions, 1 field walk Fee: \$18

INTRODUCTION TO COMPUTERS AND THEIR APPLICATIONS (KNOWLEDGE NETWORK)

In virtually all business today, the computer has become an indispensible tool. As with any tool, the more familiar you are with it--the more you understand its capabilities and limitations, the more you will get out of it. The purpose of this course is to provide a thorough understanding of the principles of computing and to enable computer users to work more effectively with data processing personnel. It will also provide an excellent foundation for more advanced computer courses.

Course goals: to impart a sound basic knowledge of computers and how they are used in typical applications and to equip individuals completing the course to work with computer specialists in

defining the status of given problem areas and determining whether computer processing offers a reasonable solution. (It is not designed to produce qualified programmers or computer experts.)

Support materials: Making It Count: An Introduction to Computers and Their Applications, published by Boeing Computer Services.

Note: This is a Selkirk Registration Deadline: Sept. 13 College/Knowledge Network telecourse. For details on starting date, time of broadcast, fees and registration information, please see the Knowledge Network section, page .

MICRO COMPUTERS --- A BEGINNING COURSE

Get your hands on a micro computer in this beginner course. Learn by doing: how they work, what they can do, how to program them. Meet the TRS 80, the COMMODORE PET and the Apple II Plus.

Instructor: Grant DeWolf Location: Kinnaird Junior Secondary School Date: Sept. 27, 7-9 (Mon. and Wed.), 12 sessions Fee: \$75 (plus supplies, approx. \$5-\$10) Registration Deadline: Sept. 30

MICRO COMPUTERS--AN INTERMEDIATE COURSE

Learn advanced programming techniques. Prerequisite: Considerable experience programming the Apple II Computer.

Instructor: Rik Hall Location: Kinnaird Junior Secondary School Date: Sept. 28, 7-9 p.m. (Tues. and Thurs.), 12 sessions Fee: \$75 (plus supplies, approx. \$5-\$10) Registration Deadline: Sept. 21

NETWORKING FOR WOMEN

An evening with Eileen Hendry, founder of the Vancouver Women's Network. Eileen will speak on what networking can do for you. Networking is sharing and exchanging ideas, obtaining feedback, referrals, information, guidance, and support on any job-related concern you may have. It's your



FILMS, FILMS, FILMS

Co-sponsored by Pacific Cinematheque, NOTE: Admission only to those who purchase the complete package of films. Seven films for \$20. Wednesdays, 7:30-10 p.m. Advance registration closes on Sept. 15. All screenings at Castlegar Campus, Room K-10. First film will be shown on Sept. 22.

THE FILMS: MONTENEGRO (1981): September 22 STEVIE (1978); October 5 P4W: PRISON FOR WOMEN (1981); October 19 SHE DONE HIM WRONG (1933); November 2 BICYCLE THIEVES (1952); November 16 BEING THERE (1980); November 30

alternative to the old boy's network. In Eileen's capacity as Vice-President of the Canadian Advisory Council on the Status of Women she is also parenting. interested in sharing your concerns as a woman in this area. Co-sponsored by the Women's Access Program. Date: Sept. 16 Time: 7:30 p.m. Place: Castlegar Campus, Faculty Lounge

OPTIONS FOR WOMEN

This five-week course will provide a chance for you to set new directions for yourself. An overview of available educational, training, career and employment opportunities will be presented as well as discussins around re-entering the workforce. You will have a chance to look at yourself -your abilities, interests and goals with the idea of developing an action plan for yourself. Concepts that will be stressed in the group sessions are self-awareness and expression, assertiveness and working on a positive self-image. Co-sponsored by the Women's Access Program.

Instructors: Sandy Reilly and Vita Storey Date: Sept. 21, 9:30-11:30 a.m., 5 sessions Fee: \$5 Registration Deadline: Sept. 14

PREPARING A WILL

This course will include the following: how a will is made; what's in a will; how to revoke change a will; restrictions; what happens if there is no will. Note: Probating an Estate will be offered next term. Co-sponsored by the People's Law School. Date: Oct. 19, 7-10 p.m.

(Tues.) Fee: Free

RRSP, RHOSP, RRIF The course will include the following: Registered Retirement Savings Plans; Registered Home Ownership Savings Plans; Registered Retirement Income Fund--types of plans available; benefits and risks; contributions and withdrawals; eligibility. Co-sponsored by the People's Law School . Date: Dec. 7, 7-10 p.m. (Tues.)

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (S.T.E.P.) A course that looks at alternatives in approaches to

By working together in a small group with a course instructore and the S.T.E.P. materials, parents in the course will: share experiences of common concern; identify typical responses to family problem situations and practice some alternative approaches; discuss Clemans. weekly readings from the parent's handbook; learn and practice specific child-training principles and techniques. Co-sponsored by the starting date, time of Castlegar Volunteer Exchange.

Instructor: TBA Date: Oct. 6, 7-9:30 p.m. (Wed.), 9 sessions Fee: \$30 (includes course materials and handbook)

WOMEN AND PENSIONS

A one-evening discussion concerning pensions for women, what is currently available and what changes need to be implemented to provide adequate pensions for women. Leader: Lucy Methuen from the Nelson Community Services Centre. Co-sponsored by the Women's Access Program.

Date: TBA Fee: TBA Registration Deadline: TBA

COURSES FOR ARTISTS

FREEHAND SKETCHING (KNOWLEDGE NETWORK)

This course promises that virtually anyone who can master a few simple basic principles and techniques can learn to draw regardless of talent or experience. To take the course a student need only have an interest in learning to draw. As the course progresses, the student is guided step-by-step through graduated levels of skill. The telecourse is equated to an undergraduate introductory drawing course.

Course goals: to develop skills in drawing three-dimensional objects on a flat surface; to develop a better understanding of and an appreciation for the skills and techniques of

drawing; to learn to communicate ideas visually by making drawings that show how objects function; to be able to help other people learn to use drawing for visual communication; and to learn to draw along with the instructor as demonstrated in the television programs; use drawings as a leisure activity.

Support materials: "Freehand Sketching", by McIntyre and

Note: This is a Selkirk College/Knowledge Network telecourse. For details on broadcast, fees and registration information, please see the Knowledge Network section, page 22.

GEM CUTTING

Plan ahead for Christmas. Sawing, grinding and polishing gemstones. Each participant will start with rough material and produce a finished gemstone.

Instructor: Bob Shepherd Date: Sept. 21, 7-10 p.m. (Tues.), 5 sessions Fee: \$25 (includes materials) Registration Deadline: Sept. 17

JEWELRY MAKING

Make some jewelry for your loved ones for Christmas. Bob Shepherd will once again teach the "lost wax-casting technique" of jewelry-making.

Date: Oct. 26, 7-9 p.m. (Tues.), 5 sessions Fee: \$20 plus \$25 for materials Registration Deadline: Oct. 21

Open House '82-Selkirk College Castlegar Campus

On November 5 and 6, the Castlegar campus will open its doors and welcome the community inside Selkirk College. Displays, films, tours and demonstrations are planned in program areas such as: Forestry, Business Administration, Nursing, Electronics, Wildland Recreation, Arts and Sciences, Aviation and Human Services. Visitors will also be able to visit the Library, Computer Centre, Audiovisual and Student Services. Plan to join us for a few hours or two days.

Students will have the opportunity of developing color negatives and producing color

PRINTING COLOR NEGATIVES

prints. Previous experience developing black and white prints is an asset. Students successfully completing this program will receive a participation certificate.

Instructor: Jim Ford Date: Oct. 13, 7-10 p.m., (Wed.), 10 sessions Fee: \$60 (plus supplies, \$35-Registration Deadline: Oct. 6

TAKING BETTER PICTURES

A beginning camera course. In three evenings, Jim Ford will cover the following topics: Camera operation: films to use, focus, depth of field, and lenses; Composition: the components of a good photograph; Evaluation: a look at your photos.

Instructor: Jim Ford Date: Sept. 22, 7-10 p.m. (Wed.), 3 sessions Fee: \$18

Registration Deadline: Sept. 15

WEEKEND WORKSHOP IN DESCRIPTIVE DRAWING

For beginners; enrolment limited to 20 participants. The workshop will emphasize drawing as a descriptive tool and is meant to help non-artists use graphic means of communication. It will be valuable for botanists, naturalists, illustrators, topographers, graphic designers, planners, buildings, and inventors. There will be an emphasis on basic visual mechanics used in drawing: line, tone, form, proportion, spatial relations, scale, composition. Co-sponsored by the Emily Carr College of Art and Design.

Opening Evening: Illustrated lecture on the artist-teacher's own work: sculpture, design, Illustration, drawing. This lecture is open to the public. All other sessions are for registered students only. Date: Oct. 22, 7-10 p.m. First Day: Practical drawing workshop. Date: Oct. 23, 9 a.m.-5 p.m. approx.

"Since a democratic society repudiates the principle of external authority, it must find a substitute in voluntary disposition and interest: these can be created only by education." John Dewey

Second Day: Continuation of practical work, with final discussion and evaluation. Date: Oct. 24, 9 a.m.-5 p.m. approx.

Supplies: Please bring your own drawing board, drawing paper, 2B or carbon pencils, thumbtacks or masking tape.

Instructor: George Norris Date: Oct. 22, 7 p.m., 3 sessions. Fee: \$30 (plus supplies, please

WEEKEND WORKSHOP IN PAINTING

bring your own)

For artists with some experience; enrolment limited to 20 participants. The workshop will exploit the fortuitous image in personal directions--order out of chaos. Co-sponsored by the Emily Carr College of Art and Design.

Opening Evening: Introduction to concept of association, selection, parlaying possibilities, etc. Slides illustrating artist-teacher's own work, with emphasis on works produced by process to be used; discussion of contemporary trends in visual arts; sources of imagery from nature, and sources of inspiration and association to realistic approach. This lecture is open to the public. All other sessions are for registered students only. Date: Sept. 24, 7-10 p.m.

First Day: Review of previous evening's introduction to process, with questions/answers, if necessary; demonstration of toning a ground, agitating and disturbing this to produce embryonic and biomorphic forms of imagery (use of rags). Limited colour. Demonstration of selective and eliminative

PROGRAMS FOR THE TIMES

BUYING A NEW/USED CAR Determining your needs; financing; best times to buy; shopping around; trade-ins; warrantees; contracts, dealerships, liens; title search. Co-sponsored by the People's Law School.

Date: Nov. 16, 7-10 p.m. (Tues.) Fee: Free

process (brushes). Discussion. Late morning and afternoon--studio work. Students will be asked to create an unpremeditated source An eight-week course designed of imagery and association and then to develop this into a painting. Group discussion and critique at end of day.

studio work on previous day's painting and/or commence a assistance. Final group critique and discussion. Supplies: Please bring paints in medium of your own choice (oils preferred): basic set must include primary colours canvas or canvas board not turpentine; large plate or saucer, palette; bristle brushes, one fine sable hair brush (if possible); pairs of protective plastic or rubber gloves.

Instructor: Ted Kingam Date: Sept. 24, 7 p.m., 3 sessions Fee: \$30 (plus supplies, please

WRITING WORKSHOPS

A workshop course introducing you to several writing genres: journalism; short story; adventure story; poetry; romance. Hone your skills. Learn how to get started and how to stay with it. Learn how to get your pieces published. Meet other writers.

Instructors: Members of the Castlegar Writers Guild Date: Oct. 5, 7-9:30 p.m. (Tues.), 10 sessions Fee: \$10

Date: Sept. 25, 9 a.m.-5 p.m.

Second Day: Continuation of second painting. Individualized Date: Sept. 26, 9 a.m.- 5 p.m. Instructor: Don Parks plus black and white; stretched smaller than 18" x 24"; several clean lintfree rags of cloths;

bring your own)

FINANCIAL MANAGEMENT FOR WOMEN

This one-and-a-half day seminar ventilation, windows and doors, is designed to help women take control of their financial matters. Topics will include: planning for today and tomorrow, where are you now financially and where are you going?, putting yourself and/or consumer uses electrical your family on a firmer financial footing, coping with inflation, credit and debt, savings and investments. Co-sponsored by the Women's Access Program.

Instructor: TBA Date: TBA Fee: TBA Registration Deadline: TBA

CAREER PLANNING

to help individuals in career-occupational exploration Fee: \$5 and decision making. For individuals who are undecided about an occupation or are looking for another occupation. The emphasis in the fine grape wine. course is on self-assessment and relating one's major attributes to appropriate vocations.

Date: Sept. 21, 7-9 p.m. (Tues.), 8 sessions Fee: \$20 Registration Deadline: Sept. 14

FEDERAL BENEFIT PROGRAMS FOR SENIORS

Explanations of the following: Old Age Pension; Guaranteed Income Supplement; Canada Pension Plan; War Veteran's Allowances; Unemployment Insurance. Co-sponsored by the People's Law School.

Date: Sept. 28, 7-10 p.m. (Tues.) Fee: Free

HOW TO MAKE YOUR HOME MORE ENERGY EFFICIENT

This two-part presentation is designed to show the home occupant numerous ways a home can be made more energy efficient. Most of the energy saving ideas to be discussed can be carried out by the handyman or lady of the house.

Some of the subjects to be discussed include the correct use of insulation, vapour

barriers, humidity controls, lighting, water heating, fireplaces, heating systems, and appliances. In addition, the instructor can explain how electrical rates can be affected by the way the energy, i.e. off-peak use, seasonal use, and method of operating appliances and heating systems. The instructor will support the above with numerous pamphiets, flip charts, and other illustrative materials.

Instructor: Gilbert L. Laycock, Conservation Officer and Engineer, West Kootenay Power and Light Date: Oct. 14, 7-9 p.m. (Thurs.), 2 sessions Registration Deadline: Oct. 7

WINEMAKING

A one-day class in crafting a

Instruction will include demonstrations of all techniques and equipment used and discussions of the science and art involved in the creation of a wine.

Instructor: The Worshipful Company of Selkirk Vintners Location: Castlegar Campus Date: Oct. 23, 10 a.m.-4 p.m. (Sat.)

Fee: \$10 (includes coffee) Bring your own lunch. Registration Deadline: Oct. 16



For more information about Continuing Education offerings in Castlegar, visit the Castlegar campus of Selkirk College,

SURVIVAL WITHOUT A PAYCHECK

What do we do about it? It has happened. We didn't create it. We are not alone. Where do we go from here? Course participants will take a force field analysis approach to the situation of unemployment or reduced income. Learn about the driving forces (income/assets) and how they may be increased. Learn about the restraining forces (costs/ liabilities) and how they may be decreased.

Instructor: Marg Mahan

Date: Oct. 16, 9:30 a.m.-4 p.m. (Sat.)

Fee: \$8 (includes coffee) Registration Deadline: Oct. 8

TRADES, TECHNICAL AND **VOCATIONAL COURSES**

ADDING MACHINES & CALCULATORS

The course has three components. Students will be expected to do a math review on minimum of 30 net w.p.m. their own, using a self-paced learning package. Also, the course will include instruction Date: Sept. 23, 7-10 p.m. in the ten-key method of using business machines. And finally, the course includes a section on calculators and calculations.

The course is transferable to the Selkirk College Office Administration Program.

Instructor: Vi Kalesnikoff Date: Sept. 29, 7-9:30 p.m. (Mon.), 12 sessions Fee: \$37.50 Registration Deadline: Sept. 22

BASIC BOOKKEEPING FOR A SMALL BUSINESS

This course is designed for the campus Room L-13 to determine small business operator, for bookkeepers, or for people wishing to enter the bookkeeping occupation. Topics include financial records, accounting systems for controlling cash, and accounting systems and procedures for the merchandising firm.

Instructor: Bill Bennett Date: Sept. 20, 7-10 p.m.

(Mon. and Wed.), 24 sessions Registration Deadline: Sept. 13

BASIC TYPING

Here is an employment-oriented course for the novice typist. Upon completion of the course you should be able to: operate the keyboard by the touch method; operate machine parts;

proofread typed material against a key; centre material both vertically and horizontally on a page; type a business letter; correct typographical errors; type a

Instructor: Velma Martin

(Thurs.), 12 sessions Fee: \$45 Registration Deadline: Sept. 16

ELECTRONICS

The following courses may be taught, depending on the numbers of people interested: Industrial Electronics, Basic Electric Circuits, Electronic Circuits, Digital Electronics and Microprocessors, Introduction to Radio, Communications and Digital and Computer Systems.

A meeting will be held at 7 p.m., Monday, Sept. 20 at Selkirk College Castlegar the selection and scheduling of electronics courses. If you are interested, be sure to attend this meeting or phone your preference to Bill Susut, Chairman, Electronics Dept., 365-7292, local 334.

GAS FITTER-GRADE 1

The course includes the following topics: gas, piping, burners, combustion, flame safety, venting, regulators, valves, electricity, appliances. The purpose of the course is to prepare you to take the B.C. examination.

Date: Sept. 21, 7-10 p.m. (Tues. and Thurs.), 24 sessions Fee: \$90

Registration Deadline: Sept. 14

CONTINUING EDUCATION AND THE KNOWLEDGE NETWORK

The Knowledge Network will broadcast 31 telecourses this fall. In the Castlegar area you may register and take, for Selkirk College credit, the following courses which will be broadcast over the Knowledge Network, Channel Designing Home Interiors, Freehand Sketching, Introduction to Computers, and Guten Tag (Introduction to German).

When you register for a course, in addition to the television lecture, you will also receive a student information package, a learning kit (books, study guides, etc.) and you will be assigned a tutor. The registration fee will cover the costs of these packages, tutorials and seminars.

The tutor will initiate a contact with you early in the course and will maintain contacts, by phone, as required. In some courses, seminars or group sessions at a learning center, will also be arranged.

To register for a course advertised in this section contact Continuing Education on the Castlegar campus. Registration for courses in other centers will take place at those centers.

The schedule for the courses sponsored by the Selkirk College Castlegar campus, and their fees, follows:

COURSE	SCHEDULE	FEE SEMINAR	TUTOR
Designing Home	Mon. & Wed.,	TBA CTBA	TBA
Interiors	2-2:30 p.m.		
Freehand Sketching	Tues. & Thurs.,	TBA TBA	TBA
	2:30-3 p.m.		
Introduction to Computers	Tues. & Thurs., 8:30-9 p.m.	ТВА ТВА	TBA
Guten Tag (Intro.	Mon. & Tues.,	TBA TBA	TBA
to German)	11-11:30 a.m.		

The Knowledge Network liaison officer, Marg Mahan will be interested in your comments and your questions. Contact Ms. Mahan at Selkirk College, Trail campus, 845 Victoria St. (368-5236).

Following are detailed course descriptions:

DESIGNING HOME INTERIORS

An introductory study of the basic principles of interior design applied to planning residential interiors that satisfy individual and family needs, values, and lifestyles.

Emphasis is on the application of consumer education pertinent to the selection of home furnishing materials. The course appeals to those planning their own home environments (mobile homes, apartments, houses, condominiums) and will fulfill the requirements of an introductory interior design course.

Course goals: to provide fundamental skills necessary for planning home interiors that are functional, aesthetically attractive, and economically feasible; to present consumer information essential to the selection of quality furnishings and materials appropriate for various design plans; and to identify methods to create a home environment that expresses the personalities of people within.



Support materials: text--

"Beginning of Interior Environment" by Phyllis S. Allen; study guide--"Designing Home Interiors--A Study Guide" by Winnifred Yablonski and Carolyn Breedon.

FREEHAND SKETCHING

This course promises that virtually anyone who can master a few simple basic principles and techniques can learn to draw regardless of talent or experience. To take the course a student need only have an interest in learning to draw. As the course progresses, the student is guided stdep by step through graduated levels of skill. The telecourse is equated to an undergraduate introductory drawing course.

Course goals: to develop skills in drawing three-dimensional objects on a flat surface; to develop a better understanding of and an appreciation for the skills and techniques of drawing; to learn to communicate ideas visually by making drawings that show how objects function; to be able to help other people learn to use drawing for visual communication; and to learn to draw along with the instructor as demonstrated in the television programs; use drawings as a leisure activity.

Support materials: "Freehand Sketching", by McIntyre and Clemans.

GUTEN TAG (INTRODUCTION TO GERMAN)

This series was produced in Germany and is designed to be utilized as a basic course in conversation German. The format of each lesson enhances understanding by illustrating situations which fit 10 new sentences, and then provides "brain twisters" to test student comprehension.

Course goals: to provide students with an introduction to the German language and contemporary German culture; to enable students to gain skills in comprehension and utilization; and to enable them to respond to phrases of everyday life.

Support materials: German by television.

INTRODUCTION TO COMPUTERS AND THEIR APPLICATIONS

In virtually all business today, the computer has become an indispensible tool. As with any tool, the more familiar you are with it--the more you understand its capabilities and limitations, the more you will get out of it. The purpose of this course is to provide a thorough understanding of the principles of computing and to enable computer users to work more effectively with data processing personnel. It will also provide an excellent foundation for more advanced computer courses.

Course goals: to impart a sound basic knowledge of computers and how they are used in typical applications and to equip individuals completing the course to work with computer specialists in defining the status of given problem areas and determining whether computer processing offers a reasonable solution. (It is not designed to produce qualified programmers or computer experts.)

Support materials: Making It Count: An Introduction to Computers and Their Applications, published by Boeing Computer Services.

LIGHT RIGGING FOR MAINTENACE

If you are interested in this program please contact the office of Continuing Education. We plan to arrange a two-day course for mid-fall.

Length: 16 hours, 2 sessions Fee: Approx. \$40

SAW HAMMERING

If you are interested in this program please contact the office of Continuing Education. We plan to arrange a two-day course for mid-fall.

Length: 16 hours, 2 sessions Fee: Approx. \$40

STEEL STUD AND SUSPENDED CEILING UPGRADE

If you are interested in this program please contact the office of Continuing Education. We plan to arrange a two-day course for mid-fall.

Length: 16 hours, 2 sessions Fee: Approx. \$40

TRANSIT AND LEVEL

Learn the use and maintenance of transit and level, including the laser unit.

Instructor: Bob Bowen Date: Sept. 22, 7-10 p.m. and three Saturdays, 11 sessions

Fee: \$55

Registration Deadline: Sept. 15

COURSES FOR THE HANDICAPPED

COALITION OF THE DISABLED

A group is forming, with representation from many communities in the West Kootenay, whose main objective is to work for the improvement of the lot of persons with physical disabilities.

Watch for events in the fall. If you want more information, contact Continuing Education at 365-7292.

FITNESS AND MOVEMENT

This course is designed to increase flexibility, strength and endurance. In addition to a basic exercise program the course will include pre- and post-testing and some guidance on nutrition. For mentally handicapped adults and teens.

Instructor: Tim Frick Location: Selkirk College Gymnasium Date: Sept. 20, 4:30-5 p.m. (Mon. and Wed.), 24 sessions

PROGRAMMABLE CONTROLLERS

This is a technical hands-on familiarization course for electricians. Topics covered in the twelve hours will include installation, maintenance of the system and design of control programs. The equipment to be used will be the Modicon Micro 84 programmable controller.

Instructor: Clyde Moore Date: Oct. 4, 5 and 6, 6-10 p.m. Fee: TBA (includes handbook, equipment, tuition)

SUCCESSFUL SMALL BUSINESS MANAGEMENT

About 98% of businesses fail because of management problems. This course is designed to help owners/managers better manage their businesses and turn their plans into reality . . . and profits. How do modern managers maximize efficiency? How do they make better business decisions? How do they develop good business plans and controls? How do they organize and manage people? These, and other practical topics, are covered. Emphasis is on a learn-by-doing approach. Participants actually "experience" problems, find solutions and gain useful information that they can quickly apply to their own situations. Co-sponsored by the Federal Business Development Bank.

Date: Oct. 7, 7-9 p.m. (Thurs.), 10 sessions

Fee: \$40

Registration Deadline: Sept. 30

TRANSITIONAL TRAINING

This program is designed to teach those skills needed to live independently. There are four areas of major focus: academic upgrading, life-skills training, vocational attitude and skill development, and on-the-job training.

Transitional Training is designed to meet the needs of adults with a generalized learning disability, but is open to anyone who would benefit from this kind of training.

Intake testing and counselling will begin Sept. 8 at Selkirk College Castlegar campus Room BB-16. Please note: enrolment will be limited to 8 students.

Instructor: TBA

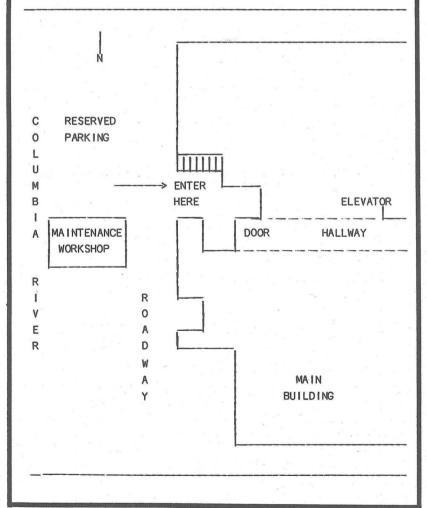
Location: Room BB-16 Castlegar campus

Date: Sept. 8/1982-Mar. 31/83, 12:30-4:30 p.m. (Mon. and Wed.)

Fee: \$10/month

A NOTE TO PHYSICALLY DISABLED ADULTS

Selkirk College Castlegar campus has an elevator serving all three levels of the main building. Easiest access to the elevator is from the parking lot (where there are spaces reserved for disabled) on the west side of the main building. Enter the main hallway and travel about half-way along. On the left you will find the entrance to the elevator.



For more information about Continuing Education offerings in Castlegar, visit the Castlegar campus of Selkirk College, or call 365-7292.

AGRICULTURAL AND HORTICULTURAL COURSES

ALFALFA PRODUCTION AND MANAGEMENT

Alfalfa is the major forage crop in the area. Learn how to rejuvenate old fields, and how to manage your crop and to maximize production.

Instructor: Brian Laing, Dept. of Agriculture, Creston Date: Nov. 4, 7-10 p.m. (Thurs.)

Fee: \$5

Registration Deadline: Oct. 28

DAIRY ANIMALS

We are trying to determine if there is a need for a course on feeding, milk production, husbandry of dairy animals (cows and goats).

Please contact us at Continuing Education if you are interested.

HERBOLOGY

A course on the growing, identification, use and preparation of herbs. In addition to three classroom sessions, the course will include a field walk to be arranged to suit all participants.

Instructor: David Popp Date: Sept. 20, 7-9 p.m. (Mon.), 3 sessions, 1 field walk Fee: \$18

Registration Deadline: Sept. 13 Instructor: TBA

LANGUAGES AT **SELKIRK COLLEGE**

All non-credit language programs combine learning a language and some cultural exploration. The courses emphasize the understanding and use of the natural spoken language in real-life situations. Language facility is improved through conversational practice. Where appropriate and when available, use is also made of films, slides, magazines, radio and T.V. broadcasts, tapes and music.

Programs in languages other than those listed here will also be offered if there is sufficient interest. Please contact Continuing Education.

RUSSIAN CONVERSATION

Instructor: TBA Date: Oct. 12, 7-9 p.m. (Tues.), 10 sessions

Registration Deadline: Oct. 5

PORTUGUESE CONVERSATION

Instructor: TBA Date: Sept. 27, 7-9 p.m. (Mon.), 10 sessions Fee: \$25 Registration Deadline: Sept. 20

SPANISH CONVERSATION-BEGINNERS

Instructor: Carmen Guido Date: Sept. 22, 7-9 p.m. (Wed.), 10 sessions Fee: \$25 (plus tapes) Registration Deadline: Sept. 15

SPANISH CONVERSATION--INTERMEDIATE

Instructor: Carmen Guido Date: Sept. 20, 7-9 p.m. (Mon.), 20 sessions Fee: \$25 (plus tapes) Registration Deadline: Sept. 13

FRENCH CONVERSATION

Instructor: Elmer Pellerine Date: Sept. 23, 7-9 p.m. (Thurs.), 10 sessions Fee: \$25 Registration Deadline: Sept. 16

ITALIAN CONVERSATION

Instructor: TBA Date: Oct. 5, 7-9 p.m. (Tues.), 10 sessions Fee: \$25 Registration Deadline: Sept. 28

JAPANESE CONVERSATION

Date: Oct. 14, 7-9 p.m. (Thurs.), 10 sessions Registration Deadline: Oct. 6

GUTEN TAG-INTRODUCTION TO GERMAN (KNOWLEDGE NETWORK)

This series was produced in Germany and is designed to be utilized as a basic course in conversation German. The format of each lesson enhances understanding by illustrating situations which fit 10 new sentences, and then provides "brain twisters" to test student comprehension. Course goals: to provide

students with an introduction to the German language and contemporary German culture; to enable students to gain skills in comprehension and utilization; and to enable them to respond to phrases of everyday life.





Support materials: German by television.

Note: This is a Selkirk College/Knowledge Network Telecourse. For details on starting date, time of broadcast, fees and registration information, please see the Knowledge Network section, page 22.

ADULT BASIC EDUCATION (ABE)

BASIC SKILLS IMPROVEMENT Part-time program designed for adults who wish to improve their skills in reading, writing, spelling, math or offered at all levels from grade 1 to grade 12.

Instructors: Ian Johnson and Marion Beattle Location: Selkirk College Castlegar campus Date: Oct. 1-Mar. 31/83, (Mon.- Dates: Oct. 18, 25 and 26, 7-9 Thurs.), 12 hours/week Fee: \$10/month and up depending Fee: \$60 (Fee includes a on hours in class

ENGLISH AS A SECOND LANGUAGE This course helps adults in

speaking and listening to English. At more advanced levels it also provides instruction in reading and writing English.

Instructor: Judy Cameron Location: Selkirk College Castlegar campus Date: Oct. 1-Mar. 31/83, (Mon.-Thurs.) Fee: \$10/month

HEALTH RELATED COURSES

CARDIO-PULMONARY RESUSCITATION (CPR) HEART SAVER

A beginning CPR course. Learn how to revive adults who have stopped breathing and whose hearts have stopped beating, and how to help a choking adult. Theoretical content includes risk factors for heart disease, and "signats and actions" for heart attack. The course includes a practical exam. This is a certification course based on standards established by the Canadian Heart Foundation.

Instructor: Selkirk College Nursing Faculty

Dates: Sept. 27, 28, 7-9 p.m. 2 sessions

Fee: \$40 (Fee includes a special package of materials and pamphlets on heart attack.)

Registration Deadline: Sept. 20

CARDIO-PULMONARY RESUSCITATION (CPR) BASIC I OR II

For those who have already taken the "Heart Saver" course. or who have a background in health-related education. The course includes a review of Heart Saver content plus two-person CPR and infant resuscitation. Theoretical and general science. Instruction is practical exams are conducted. This is a certification course based on standards established by the Canadian Heart Foundation.

> Instructor: Selkirk College Nursing Faculty p.m., 3 sessions package of materials: a booklet which must be read before the first class, a pretest, and summary sheets on techniques. See special note below. Registration Deadline: Oct. 12

CARDIO-PULMONARY RESUSCITATION (CPR) BASIC I OR II

A repeat of the Oct. 18 course. See above for details.

Dates: Nov. 15, 22, and 23 Registration Deadline: Nov. 8

SPECIAL NOTE: Please wear comfortable clothing suitable for practice sessions on the floor. To avoid spreading illness, participants with upper respiratory infections: e.g. colds, sore throats, bronchitis, cold sores, or weeping lesions on the hands or face should not attend. Chewing gum and lipstick are not permitted because they damage the expensive manikins used for CPR practice.

WOMEN'S PROGRAMS

The following programs will be offered in the fall term. Times and dates were not available at press time. Please contact Vita Storey, Women's Access Coordinator or Continuing Education, 365-7292 for further information.

FINANCIAL MANAGEMENT FOR WOMEN

This one-and-a-half day seminar is designed to help women take control of tdheir financial matters. Topics will include: planning for today and tomorrow, where are you financially and where are you going, putting yourself and/or your family on a firmer financial footing, coping with inflation, credit and debt, savings and investments.

Instructor: TBA Date: TBA Fee: TBA Registration Deadline: TBA

NETWORKING FOR WOMEN

An evening with Eileen Hendry, founder of the Vancouver Women's Network. Eileen will speak on what networking can do for you. Networking is sharing and exchanging ideas, obtaining feedback, referrals, information, guidance, and support on any job-related concern you may have. It's your alternative to the old boy's network. In Eileen's capacity as Vice-President of the Canadian Advisory Council on the Status of Women she is also interested in sharing your concerns as a woman in this area. Co-sponsored by the Women's Access Program.

Date: TBA Fee: TBA Registration Deadline: TBA

WOMEN AND PENSIONS

A one-evening discussion concerning pensions for women, what is currently available and what changes need to be implemented to provide adequate pensions for women. Leader: Lucy Methuen from the Nelson Community Services Centre. Co-sponsored by the Women's Access Program.

Date: TBA Fee: TBA Registration Deadline: TBA

OPTIONS FOR WOMEN

This five-week course will provide a chance for you to set new directions for yourself. An overview of available educational, training, career and employment opportunities will be presented as well as discussins around re-entering the workforce. You will have a chance to look at yourself-your abilities, interests and goals with the idea of developing an action plan for yourself. Concepts that will be stressed in the group sessions are self-awareness and expressions, assertiveness and working on a positive self-image. Co-sponsored by the Women's Access Program.

Instructors: Sandy Reilly and Vita Storey Date: Sept. 21, 9:30-11:30 a.m. (Tues.), 5 sessions Fee: \$5

Registration Deadline: Sept. 14

"Wonder rather than doubt is the root of knowledge. Abraham Joshua Heschel

EMERGENCY SAFETY OR IENTED FIRST AID

A basic eight-hour course in first aid. This course certifies an individual to work as a survival first aid attendant under the Workers! Compensation Act.

Instructor: TBA Date: Oct. 16, 8 a.m.-5 p.m. (Sat.) Fee: \$30 Registration Deadline: Oct. 9

FIVE DAY PLAN TO STOP SMOKING The program consists of five consecutive evenings of films, instruction by doctors and professional personnel, discussion periods, and a simple, daily controlled plan. Co-sponsored by the Seventh Day Adventist Church. Register on the first night. For more information contact Ed Sharpe, 365-2494。

The next cycle of this program will be between Sept. 12-16. Location to be announced.

Fee: \$15

INDUSTRIAL FIRST AID

The course is offered with the object of qualifying candidates for certification as first aid attendants in industry. Instruction includes the following subjects: anatomy and physiology, injury and body response, resuscitation, oxygen therapy, wounds and bleeding, thermal injuries, fractures, joint injuries, bandaging, immobilization, transportation, recording and reporting accidents and injuries. An examination will be conducted at the end of the course by the Workers' Compensation Board. Successful candidates will receive certificates from the W.C.B.

Instructor: TBA Date: Sept. 27, 9 a.m. and will run during the day for two weeks Fee: TBA Registration Deadline: Sept. 20

STANDARD SAFETY ORIENTED FIRST

Learn how to provide immediate first aid to the victim of accident or illness. Splinting, bandaging, artificial

respiration, basic anatomy and physiology. This course certifies an individual to work HUMAN SERVICES as a survival first aid attendant under the Workers! Compensation Act.

Instructor: TBA Date: Oct. 12, 7-9 p.m. (Tues. and Thurs.), 10 sessions Registration Deadline: Oct. 5 PHYSICAL EDUCATION, ATHLETICS AND SPORTS PROGRAMS

GYMNASTICS COACHING (NCCP LEVEL 1)

Level 1 technical course of the National Coaching Certification Program in Gymnastics.

Instructor: Barb Rutherford Dates: Sept. 24, 25 and 26, Fri. 7-10 p.m., and 9 a.m.-4 p.m. (Sat. and Sun.) Fee: \$30 Registration Deadline: Sept. 17

SPORT JUDO

Tony Berrocoso is offering his popular Sport Judo course again. Get fit and learn an ancient and effective self-defense method at the same time. Beginners and advanced welcome.

Date: Sept. 29, 4:30-6 p.m. (Wed.) Fee: \$5 Registration Deadline: Sept. 22

FITNESS AND MOVEMENT

This course is designed to increase flexibility, strength and endurance. In addition to a basic exercise program the course will include pre- and post-testing and some guidance on nutrition. For mentally handicapped adults and teens.

Instructor: Tim Frick Location: Selkirk College Gymnasium Date: Sept. 20, 4:30-5 p.m. (Mon. and Wed.), 24 sessions Fee: \$15

CREDIT COURSES

Courses are open to all those interested in working with people in various capacities (as workers, volunteers or friends). The courses may be taken for general interest or for credit.

Human Services courses may be taken for "credit" or for "audit". Adult students need not take exams or turn in work for grades.

COURSE ADVISING

For more information on these courses contact Selkirk College Instructor Selma Sheldon, 365-7292, local 315.

REGISTRATION

Students may register in person HUMAN RESOURCES 190-COMMUNITY before or on the first night of RELATIONS AND RESOURCES class, or by mail. For more information contact the Registrar's office.

HUMAN SERVICES 158--SPECIAL

Instructor: Nancy Ketchum Date: Sept. 16, 7-10 p.m. (Thurs.)

HUMAN SERVICES 160-INTRODUCTION TO SOCIAL WORK Instructor: TBA

Date: Sept. 13, 2:30-5:30 p.m. (Mon.)

HUMAN SERVICES 174-SECTION 1 -- INTERPERSONAL COMMUNICATIONS Instructor: Selma Sheldon Date: Sept. 7, 2:30-5:30 p.m. (Tues.)

HUMAN SERVICES 174-SECTION 2 -- INTERPERSONAL COMMUNICATIONS Instructor: Selma Sheldon Date: Sept. 9, 2:30-5:30 p.m. (Thurs.)

HUMAN SERVICES 186--CURRICULUM DEVELOPMENT--1A

Instructor: Selma Sheldon Date: Sept. 13, 8:30-10:30 a.m. (Mon.)

HUMAN SERVICES 184-**CURRICULUM DEVELOPMENT 1B**

Instructor: Judy Pollard Date: Sept. 13, 8:30-10:30 a.m.

HUMAN SERVICES 176--PRINCIPLES AND PRACTICES OF EARLY CHILDHOOD EDUCATION

Instructor: Selma Sheldon Date: Sept. 8, 8:30-10:30 a.m. (Mon. and Wed.)

HUMAN SERVICES 164-HEALTH AND SAFETY OF THE YOUNG CHILD Instructor: Selma Sheldon

Date: Sept. 9, 10:30-11:30 a.m. (Thurs.)

Instructor: Judy Pollard

Date: Sept. 9, 11:30 a.m.-12:30 p.m. (Thurs.)

UNIVERSITY TRANSFER COURSES

COURSE ADVISING

Counsellors are available from 8:30 a.m. to 4:30 p.m. daily and at other times by appointment. Contact Student Services - Castlegar campus.

Courses may be taken for "credit" for \$TBA or for "audit" for \$TBA. Audit students need not take exams or turn in work for grades. Senior citizens are admitted free of charge.

REGISTRATION

For registration information call the Registrar, 365-7292, local 259. Students may register by mail, or on the first night of class. Evening classes normally start at 7

COMPUTING SCIENCE 132-**ELEMENTS OF COMPUTING**

This is a general survey course for the non-specialist. The purpose of the course is to provide a general perspective of the various concepts of the computer and its applications. Some programming and the use of application packages will be included in the course.

VOLLEYBALL COACHING (NCCP LEVEL 1)

Level 1 technical course of the National Coaching Certification Program Volleyball.

Instructor: Tim Frick

Dates: Oct. 2 and 3, 9 a.m.-5 p.m. (Sat. and Sun.)

Fee: \$30

Registration Deadline: Sept. 25

MAI

Note: This course does not serve as a prerequisite for further computing science courses.

Instructor: Dick Wolff Date: TBA Fee: \$50

ELECTRONICS

The following courses may be taught, depending on the numbers of people interested: Industrial Electronics, Basic Electric Circuits, Electronic Circuits, Digital Electronics and Microprocessors, Introduction to Radio, Communications and Digital and Computer Systems.

A meeting will be held at 7 p.m., Monday, Sept. 20 at Selkirk College Castlegar campus Room L-13 to determine the selection and scheduling of electronics courses. If you are interested, be sure to attend this meeting or phone your preference to Bill Susut, Chairman, Electronics Dept., 365-7292, local 334.

GENERAL INFORMATION

REGISTRATION

All registrations are to be made in advance including payment of fees. Procedure as follows:

By Mail

Mail registrations, using the registration form on the back page, to Continuing Education, 2079 Columbia Avenue, Trail, B.C. Include your cheque or money order for all fees. Do not send cash in the mail. Make cheques payable to School District No. 11, or to Selkirk College, depending on who is offering the course.

In Person

Registrations will be accepted at the School Board Office, 2079 Columbia Avenue, in East Trail, daily between 9 a.m. and 4 p.m.

At Waneta Plaza

There will also be someone taking registrations in the central area of Waneta Plaza, Thursday, Friday, and Saturday, Sept. 9, 10, and 11.

At Night School

During the first week of classes (Sept. 20 to 24) there will be a registration table in the school halls at J.L. Crowe Secondary and at Trail Junior Secondary between 6:30 and 8 p.m.

FEES

Fees are payable in full at the time of registration. Cheques should be made payable to School District No. 11 or to Selkirk College, depending on who is offering the course.

LOCATION OF CLASSES

Most classes will be held at J.L. Crowe Senior Secondary, at Trail Junior Secondary, or at the Trail campus of Selkirk College (845 Victoria St.). A number of classes will also be held at other locations. If you're unfamiliar with the district and need directions, call the Continuing Education office, 368-6434.

HOLIDAYS

Please note that schools will be closed and classes cancelled for Thanksgiving, Mon., Oct. 11, and for Remembrance Day, Thurs., Nov. 11. Schools will, close for Christmas on Fri., Dec. 17, and reopen Mon., Jan.

STUDENT SERVICES

Selkirk College academic counselling is available in Trail to those considering, or enrolled in Selkirk College courses. If you would like to: talk about coming back to school after a long absence; discuss course possibilities; improve your reading and study skills; or explore educational opportunities call the Trail campus.

A Selkirk College counsellor will be available in Trail on Wednesdays. To see a counsellor, you must make an appointment. Call the Trail campus, 368-5236.

ACADEMIC COURSES COLLEGE CREDIT COURSES

ANTHROPOLOGY 100 (SC)
Introduction to Anthropology
Major areas within the
discipline; physical, cultural,
social anthropology,
linguistics, archaeology.
Ethnography and ethnology may
be dealt with.

Instructor: Mark Mealing
Location: J.L. Crowe Senior
Secondary, Room 111
Date: Sept. 13, 7-10 p.m.
(Mon.), 15 sessions
Fee: \$50 (\$30--audit)

ECONOMICS 151 (SC) Microeconomics

An introduction for career students to microeconomics which deals with the operation and role of markets in the Canadian economy. Material covered will include how markets operate, interference with the market, cost structure of the firm, type of market structure, public policy towards monopoly and income distribution. No special previous preparation required for entry to this course.

Instructor: Walter Uegama
Location: J.L. Crowe Senior
Secondary
Date: week of Sept. 6,
7-10 p.m.
15 sessions
Fee: \$50 (\$30--audit)

ENGLISH 110 (SC) College Composition

A one-semester composition course covering sentence structure, paragraph construction, theme development and research paper preparation. Each student is assessed and paced according to his ability and growth. Some literature will be assigned as source material.

Instructor: Joe Renallo
Location: J.L. Crowe Senior
Secondary, Room 217
Date: Sept. 7, 7-10 p.m.
(Tues.), 15 sessions
Fee: \$50 (\$30--audit)

FINE ARTS 206 (SC) Drawing
A broader exploration of
drawing media and the potential
of line, value, and the drawn
form. Class problems may
include an introduction to
Anatomy, and specific problems
to heighten visual acuity.
Pre-requisite: FA 107 or

Instructor: Miecio Zmur
Location: J.L. Crowe Senior
Secondary, Room 129
Date: week of Sept. 20,
7-10 p.m.,
15 sessions
Fee: \$50 (\$30--audit)

permission of instructor.

MATH 130 (SC) College Mathematics 1

A course primarily for non-physical science students who do not require a course in calculus. Topics include such things as sets, graphs, matrices and linear systems, probability, and mathematics of finance.

Instructor: Parshan Sahri
Location: J.L. Crowe Senior
Secondary, Room TBA
Date: week of Sept. 6,
7-10 p.m.
15 sessions
Fee: \$50 (\$30--audit)



"The good life is one inspired by love and guided by knowledge." Bertrand Russell

For more information about Continuing Education offerings in Castlegar, visit the Castlegar campus of Selkirk College, or call 365-7292.

"All our knowledge has its

origins in our perceptions."

Leonardo da Vinci

(1452-1519)

TAI

PSYCHOLOGY 240 (SC) Child **Development**

An introduction to normal child development, including aspects of pregnancy; birth; maternal/ infant bonding; the physical, emotional, social, moral and intellectual development of children from birth to adolescence; and major theorists and theories of child development.

Instructor: Gerry Ehman Location: J.L. Crowe Senior Secondary, Room 113 Date: Sept. 8, 7-10 p.m. (Wed.), 15 sessions Fee: \$50 (\$30--audit)

ADULT SECONDARY COMPLETION A NEW SELF-STUDY PROGRAM IN TRAIL

Continuing Education in Trail is able to offer you a complete range of high school courses you can take on your own time, at your own speed. Using course materials developed partly from Open Learning Institute courses, partly from Selkirk College Learning Resource packages, and partly from locally developed courses, we can now offer fully accredited secondary courses at Selkirk College's Trail campus.

Beginning Sept. 1, you can register for any of the following courses: Algebra 11, Biology 11, Chemistry 11, English 11, General Math 11 and Social Studies 11.

When you register you will decide on a schedule, both day and evening hours if you wish, within which you will undertake to complete the course or courses you choose. You will complete the self-study course materials, with the direct assistance of a fully qualified instructor always at hand, at the hours you have chosen.

Because this is a self-study program no course will be cancelled because too few students register for it.

New registrations will be accepted for students starting courses Nov. 1, Dec. 1, Jan. 1, Feb. 1, and Mar. 1. In January, 1983, we will add some grade 12 Fee: \$40

courses to the list, including at least the following: Algebra 12, Biology 12, Chemistry 12 and English 12.

Attendance at the first class is required of all registrants. All scheduling, explanations of procedure, academic skills counselling, and first assignments will take place at that time. This first session cannot be made up--if you miss it, you will probably have to wait until November to start again. The first class is scheduled for the Trail campus, Selkirk College, as follows:

Algebra 11, General Math 11, or Chemistry 11--Sept. 13, 9-11 a.m. or Sept. 14, 7-9 p.m.

Social Studies 11, English 11, or Biology 11--Sept. 14, 9-11 a.m. or Sept. 15, 7-9 p.m.

Pre-registration is desirable (see the registration section), but registrations will be accepted at the first session.

Fees: \$40, plus the cost of course materials, which will vary from course to course. There will also be a refundable book deposit. If you don't manage to complete your course within the assigned time limit, you will have to re-register for another term at \$40. Fees payable to School District No. 11. Financial assistance is available. See page more information.

VOCATIONAL/HANDYMAN COURSES

SELKIRK COLLEGE COURSES

AIR BRAKES

This course prepares drivers for a written and practical test on the operation, and driver maintenance of air brake systems used on highway of off-highway vehicles. This course includes the practical examination. The final written exam is conducted by the Motor Vehicle Driver Examiner. Time and place to be announced. Call will depend on ability, Continuing Education, 368-6434, previous training or to get onto the waiting list for the next class.

Instructor: Harold Branton

Upgrading course for working tradesmen and apprentices in the Electrical Trades to

BASIC ELECTRICAL CODE

knowledge of the Electrical Code and how to use it.

Instructor: Art Benzer

refresh and update their

Location: J.L. Crowe Senior Secondary, Room 202 Date: Sept. 23, 7-10 p.m. (Thurs.), 10 sessions Fee: \$40

INDUSTRIAL FIRST AID #1

This is the course that qualifies you to work as an industrial First Aid attendant. It ends with an examination administered by the Worker's Compensation Board. Passing the exam results in an Industrial First Aid "C" ticket, or contributes to upgrading your existing ticket.

Instructor: Bob Flegel Location: Selkirk College, Trail campus, Room 204 Date: Sept. 20, 7-10 p.m. (Mon. and Wed.), 20 sessions

INDUSTRIAL FIRST AID #2 Instructor: Bill Profili and Bud Mack

Location: Rossland Senior Secondary Date: Nov. 9, 7-10 p.m. (Tues. and Thurs.), 20 sessions

OFFICE ADMINISTRATION FOR PART-TIME STUDENTS

Selkirk College is now prepared to offer its complete Office Administration Program on a part-time basis, in addition to the regular full-time course. The courses listed below will be offered both during the day and evening. They will be taught in self-study, self-paced units, so that each student may plan his/her own program, and complete it at his/her own pace.

Registration entitles the student to 39 hours of classroom work. How many units of instruction the student is able to complete in that time experience, and amount of effort expended.

Applicants for part of Office Procedures II will be asked to

take an English placement test. Those whose scores are not high enough will have to take an English upgrading course.

For more information call Continuing Education, 368-6434, or Helen McLelland, Selkirk College, Trail campus, 368-5236.

OFFICE PROCEDURES I

Students will work through their own selection from the options listed below. The hours listed are only approximate and are based on past experience of students of average ability. Practicing skills at home could shorten your classroom time. You will be granted credit for whatever level of proficiency you achieve.

OPTIONS:

- 1) Mail services
- 2) Duplicating
- 3) Telephone dynamics
- 4) Sources of information
- 5) Receptionist duties
- 6) Filing
- options 1-6 incl.(39 hrs.)
- English vocabulary (36 hrs.)
- 8) Shorthand (basic) (72 hrs.)
- 9) Shorthand (intermediate) (36 hrs.)

Instructor: Vi Kalesnikoff Location: Selkirk College, Trail campus, Room 202 Date: Sept. 20, 12:30-3:30 p.m. (Mon.), 13 sessions Fee: \$45

OFFICE PROCEDURES !

Instructor: Carol Emmons Location: Selkirk College, Trail campus, Room 302 Date: Sept. 21, 7-10 p.m. (Tues.), 13 sessions Fee: \$45

OFFICE PROCEDURES II

As with Office Procedures I, students will select their own program from the options listed below, work at their own pace, and be credited at the level of proficiency achieved.

OPTIONS:

- 1) Record keeping
- 2) Business math
- 3) Adding machines and calculators, options 1-3 incl. (48 hrs.)
- 4) Bookkeeping II (36 hrs.)



Instructor: Vi Kalesnikoff Location: Selkirk College, Trail campus, Room 202 Date: Sept. 22, 12:30-3:30 p..m program. This is a hands-on (Wed.), 13 sessions Fee: \$45

OFFICE PROCEDURES 11 Instructor: Carol Emmons Location: Selkirk College. Trail campus, Room 302 Date: Sept. 23, 7-10 p.m. (Thurs.), 13 sessions Fee: \$45

BOOKKEEPING PART I

This course is designed to give the student the basic knowledge required to set up and keep a set of books for a small business. The course covers preparation of a balance sheet and financial statement, using accounts, journalizing and posting, trial balance, and closing the ledger. Textbooks will cost approximately \$25 extra. Credit towards Selkirk College Office Administration certification.

Instructor: Ann Lakes Location: Selkirk College, Trail campus, Room 304 Date: Sept. 21, 7-10 p.m. (Tues.), 12 sessions Fee: \$45

TYPING

Here is an employment-oriented course for the novice typist. Upon completion of this course you should be able to: operate the keyboard by the touch method, operate machine parts, proofread typied material against a key, centre material both vertically and horizontally on a page, type a block business letter, and type a minimum of 30 w.p.m. This course will be of help to people who already type and want to upgrade their skills. There will be an additional charge for textbooks. Credit towards Selkirk College Office Administration certification.

Instructor: Carol Emmons Location: Selkirk College, Trail campus, Room 305 Date: Sept. 20, 7-10 p.m. (Mon.), 13 sessions Fee: \$45

INTRODUCTION TO WORD **PROCESSING**

Part I of a three-part practical course of about 12 hours instruction on new word processing equipment. Successful completion of all three parts will qualify students for certification. Evenings and hours to be announced.

Pre-requisite: accurate typing skills (speed not important)

SCHOOL DISTRICT NO. 11 COURSES

AUTO MECHANICS-BEGINNERS A basic introduction to the functioning of the automobile. The course will alternate between basic theory and practical demonstration. Students are not expected to know anything about auto mechanics.

Instructor: Phil Molloy Place: J. Lloyd Crowe Senior Secondary, Auto Shop Date: Sept. 21, 7-10 p.m. (Tues.), 10 sessions Fee: \$45

AUTO MECHANICS--INTERMEDIATE

This course takes up where the beginners course ends. It will be a practical hands-on course, with some theory and lots of demonstration and practical sessions on cars. Students will be expected to know something about how cars work. You will learn how to do maintenance, simple tune-ups, and basic repairs.

Instructor: Phil Molloy Place: J. Lloyd Crowe Senior Secondary, Auto Shop Date: Sept. 23, 7-10 p.m. (Thurs.), 10 sessions Fee: \$45

CABINET BUILDING

This is a project course in which participants will construct a woodwork project of their own choice. Students will receive the help and guidance of the course instructor as needed. Some knowledge of the machines is necessary and projects must be limited in size. Materials cost extra.

Instructor: Gary Bock Place: Trail Junior Secondary, Wood Shop

Date: Sept. 21, 6:30-9:30 p.m. (Tues.), 5 sessions Fee: \$30

HOW TO MAKE YOUR HOME MORE ENERGY EFFICIENT

This is a two-part presentation designed to show the home occupant numerous ways a home can be made more energy efficient. Most of the energy saving ideas to be discussed can be carried out by the handyman or lady of the house. Some of the subjects to be discussed include the correct

use of insulation, vapour barriers, humidity control, ventilation, windows and doors, lighting, water heating, fireplaces, heating systems, and appliances. In addition, how electrical rates can be affected by the way the consumer uses electrical energy.

Instructor: Gilbert Laycock (WKP&L) Place: J. Lloyd Crowe Senior Secondary, Rooms 206 and 208 Date: Oct. 28, 7-10 p.m. (Thurs.), 2 sessions Fee: \$5

FIRST AID COURSES

EMERGENCY FIRST AID

This St. John's Ambulance course covers basic first aid procedures such as: treatment of fractures, control of bleeding, and artificial respiration. It is a good course for anyone planning to take the Standard First Aid course (to be offered in January) but who hasn't had any Fee: \$25

previous first aid training. Upon completion of this course you will receive an Emergency First Aid Certificate.

Instructor: Ralph DiSabato Location: Trail Junior Secondary Cafeteria Date: Sept. 20, 7-9 p.m. (Mon.), 8 sessions

(C.P.R.) CARDIO-PULMONARY RESUSCITATION

There are three levels available through the Emergency Health Educational Association of B.C. These courses meet standards established by the Canadian Heart Fund. The courses are: Heart Saver, Basic I, and Basic II. Each course is a pre-requisite for the next (however, a valid Industrial First Aid ticket will get you into the Basic I course). Successful completion results in a certificate from the B.C. Emergency Health Services Commission.

COURSE	NO.	OF HRS.	FEE	STARTING DATES	HOURS
Trail					
Heart Saver		4	\$20	Oct. 2, 9, 23	10-3:30
Basic I		6	\$25	Oct. 30	9-4:30
Basic II		8	\$30	Nov. 13	8-5:30
Montrose				(2	sessions)
Heart Saver		4	\$20	Sept. 28, Oct. 5	7-9:30
Rossland				(2	sessions)
Heart Saver		4	\$20	Oct. 12, 19	7-9:30

If your business, organization, or club is interested in having a C.P.R. course taught for its members, please contact Continuing Education, 368-6434.

> For more information, contact: Selkirk College 845 Victoria St. Trail, B.C. V1R 3T3 Telephone: (604) 368-5236

SENIOR FIRST AID

This St. John's Ambulance course covers all standard first aid procedures It is considered a very indepth course and is a requirement for many jobs. Qualifying students will receive a Senior First Aid Certificate. Anyone without previous training who is thinking of taking Industrial First Aid should consider this course as a stepping stone. This course is a pre-requisite for entering nurses training (L.P.N. & R.N.) at most colleges. Pre-registration is essential.

Instructor: Mike Breeze Location: Rossiand Senior Secondary Sessions: 10 Fee: \$35

INDUSTRIAL FIRST AID #1 This is the course that qualifies you to work as an industrial First Aid attendant. It ends with an examination administered by the Worker's Compensation Board. Passing the exam results in an Industrial First Aid "C" ticket, or contributes to upgrading your existing ticket.

Instructor: Bob Flegel Location: Selkirk College Trail Campus, Room 204 Date: Sept. 20, 7-10 p.m. (Mon. and Wed.), 20 sessions

INDUSTRIAL FIRST AID #2 Instructor: Bill Profili and **Bud Mack** Location: Rossland Senior Secondary Date: Nov. 9, 7-10 p.m. (Tues. and Thurs.), 20 sessions

COMMUNITY SERVICE Workshops

SOCIAL SERVICES WORKSHOPS Last term Continuing Education in Trail offered a series of four workshops from the University of Victoria. Faculty members came to Trail for a day Date: Nov. 27, 9 a.m.-5 p.m. to teach these practical seminars. The workshops are intended for professionals and "lay" volunteers in such fields TRAINING WORKSHOPS FOR as child care, day care, family counselling, social work, public health, mental health and school counselling. They

are also open to the general public.

For the September, 1982, term we offer two more of these workshops. We have had to raise the fee from \$10 to \$15, due to Leading Small Discussion reductions in funding of the program. Fees are payable to School District No. 11.

SOCIAL SERVICES WORKSHOP NO. 1 UNDERSTANDING AND MANAGING STRESS

Stress is a necessary and positive force. We cannot work effectively or even maintain good health and a sense of well-being without a fair amount of stress. Stress becomes a major health problem when we are overstimulated or bombarded with too much work or too many descriptions. During this one day workshop participants will be introduced to some basic theories about stress and will experience some techniques for more effective coping. For those in the helping professions a special emphasis will be made around techniques that are readily adoptable to the classroom or to the interview session. As well there will be discussion about influencing the stress management of those around you, (friends, clients, colleagues). Stress management techniquing such as relaxation, hypnosis, massage, autogenics and the uses of music and creativity will be introduced. Participants should wear comfortable, loose fitting clothing.

Instructor: David Coverdale Location: Selkirk College, Trail Campus, Room 204 Date: Sept. 25, 9 a.m.-5 p.m. (Sat.), 1 session Fee: \$15

SOCIAL SERVICES WORKSHOP #2 DEALING WITH ANGER

Instructor: Carey Denholm Location: Trail Campus, Selkirk College, Room 204 (Sat.) Fee: \$15

VOLUNTEERS

Continuing Education in Trail is developing the resources to provide a variety of volunteer training workshops tailored to meet the specific needs of community groups. We plan to be able to provide these one-day workshops in the fall:

Groups

This workshop, or series of workshops, is being developed to meet the need for training facilitators for STEP parenting groups, but will be equally valuable for others. The focus of the first workshops will be on: listening, leading discussions, and leading role-play exercises.

Further workshops will be developed as needs are identified.

Board-Staff Development We will design and teach workshops tailored to the needs of volunteer boards of community organizations, focused on such topics as: setting goals and priorities, defining board and staff roles

and effective chairmanship.

Continuing Education in Trail hopes to be able to provide training workshops on request to meet the specific needs of volunteers and community groups. For more information about the workshops listed above, or to discuss your own particular needs, call Continuing Education, 368-6434.

PUBLIC RELATIONS FOR COMMUNITY GROUPS

A two or three-hour workshop on sharing and mutual support. It public relations techniques which can help an organization be more effective in achieving its goals. Topics will include internal communications within the club through newsletters and other media; communication with the public through effective relationships with the news media (newspapers, radio and television); and how to organize and carry out public relations programs.

Instructor: Sam McBride Location: Selkirk College, Trail Campus, Room 202 Date: Oct. 2, 10 a.m.-2 p.m. (Sat.) Fee: \$5

FAMILY LEARNING PROGRAM

EXPLORING THE FEMALE CYCLE

This workshop is being offered to women of all ages to further their knowledge of bodily cycles. Male partners are also welcome to take the class. The female fertility pattern and reproductive anatomy and physiology is presented. The Billing's Ovulation Method of fertility awareness will be taught. The ovulation method can be used for detecting physiological changes, learning to read your body, birth control, and to determine whether you are ovulating and how often. The workshop topics will cover the menstrual cycle, the Billing's ovulation method, and how to chart your fertility patterns. A follow-up session will be held for those women who wish to chart.

Instructor: Els Wagemaker Location: Trail Junior Secondary Library Date: Oct. 6, 7-10 p.m. (Wed.) Fee: \$4

THE GROWING YEARS See page 33. Knowledge Network.

PARENTING SKILLS PROGRAM (S.T.E.P.)

Continuing Education in Trail began a new series of Parenting courses in January, 1982. We sponsored five groups, using the well-known S.T.E.P. program (Systematic Training for Effective Parenting). These are actually organized groups of parents who get together for involves a series of ten weekly evenings (or afternoons, or mornings) of guided discussion. Last term's program was very well received. Some of the groups have voluntarily decided to continue to meet as groups of friends to continue to work on developing skills and understandings they began to acquire during the STEP program.

We now have a staff of group facilitators, parents who have been members of STEP groups and have had some training in leading discussions, who are ready to lead groups for the fall term.

Because of the provincial government's financial constraint program, we now have

to recover part of the cost of offering these courses. Consequently we must now charge a registration fee, which covers the cost of reading materials and part of the cost of training the leaders. We will set up groups and supply them with study materials and leaders wherever they are desired.

your name on a class list, call and methods of effective days, or Dianne Olver, 368-9951, evenings. Fee: \$12

INTERVENTION TECHNIQUES THAT WORK WITH "HARD TO REACH" INDIVIDUALS AND FAMILIES

techniques are unable to engage ADULTS clients into understanding and How are we preparing our activating the changes that are children for the changing roles desired of them. Well-intentioned strategies often run aground when attempts discussed are: family roles,

are made to put their goals into action. This workshop will provide practical intervention techniques for 'hard to reach' people, and many methods will be demonstrated which enable progress to be initiated and monitored by the client himself, which helps take the dependency/responsibility burden off the counsellor/therapist.

Training will also be given toward understanding why and when particular techniques would be appropriate, and several innovative and creative Instructor: Eileen Pedersen ones will be introduced in addition to some of the more traditional stand-bys.

Any techniques, tools, etc., that will be presented come from actual use (and success); case examples will be plentiful. This is not a workshop of vague unproven 'book' theories, but rather things known to work from direct casework experience. which will be shared within the This one-day workshop is context of didactic presentation and discussion.

This is a full two-day workshop--any desire to have it presented on a shorter basis will have to be negotiated.

Instructor: Judy Weiser Location: Selkirk College, Trail campus

Date: Jan. 13, 14 or 20, 21, 9 a.m. - 5 p.m. (Thurs. & Fri.), 2 sessions Fee: \$30

STEP-ING OUT

We are now prepared to set up continuing groups of people who have been through the STEP program. These groups will work as ongoing mutual support groups, with guided discussions aimed at providing For more information and to put reinforcement of the principles Continuing Education, 368-6434, parenting first learned in the STEP group.

> Call Continuing Education or Dianne Olver for more information.

NON-SEXIST CHILD REARING FOR Quite often, verbal counselling PARENTS AND OTHER CARING

of women and men in our society? Among the topics to be sports and child's play, T.V. and the media, sexuality and homosexuality, peer pressure, the education system. This course will examine both the real and "manufactured" differences between girls and boys, women and men. It will help parents and other caring adults raise kids free of sex-role constraints and free to discover the very best in themselves. It will present and attempt to deal with bias, prejudice, and discrimination based on the gender of a person.

Location: James L. Webster School Library Date: Sept. 22, 7:30-9:30 p.m. (Wed.), 8 sessions Fee: \$20

SURVIVAL WITHOUT A PAYCHEOUE For people used to economic security, the onset of a period of unemployment produces a severe shock. Families find that they need new skills to cope with new circumstances. designed to help such families come to terms with this problem. Participants will work on redefining their economic priorities, identifying existing and potential resources, and developing strategies for coping with hard times. For information about time and place, call Continuing Education, 368-6434.

CHILD ABUSE CONFERENCE

This two-day conference is co-sponsored by the Trail and district Inter-Ministerial Children's Committee and the B.C. Justice Institute. It is still in the planning stage at the time this must go to press. The conference will include several expert resource people who will lead a number of workshops. At this time we have confirmed the following workshop leaders:

Lucy Berliner, Director of the Sexual Assault Centre, Seattle, Washington

Nada Hyde, Psychologist concerning Victim and Family issues.

Amy Napier-Hemy, Consultant on Human Sexuality.

Fran Grunberg, presently with the Ministry of Human Resources Medical Clinic in Vancouver; formerly Supervisor of the MHR Child Abuse Team.

and others, yet to be confirmed.

The focus will be on child abuse generally, with some workshops emphasizing the problem of sexual abuse of children. The core concerns which the planners seek to address are recognition and identification of the signs and symptoms of child abuse, establishing norms (what's abnormal?), and developing a local coordinated team approach to responding to needs. The intended participants include teachers, social workers, public health nurses, doctors, lawyers, judges, police, community volunteers, concerned parents, etc., etc.

For a descriptive flyer and registration information, call or write Continuing Education in Trail, 2079 Columbia Avenue, Trail, B.C., 368-6434.

Location: Uplander Hotel, Rossland Date: Oct. 28 and 29, all day (Thurs. and Fri.), 2 sessions Fee: \$45

MOM AND ME

A program for pre-school children and their mothers or fathers. Sort of a combination play group for the kids and discussion group for the parents. This has turned out to be a very popular program, so get your names in now.

Because of the provincial government's financial constraints program, we are no longer able to provide a 100% subsidy for Mom and Me. We now must reduce our costs by half. In order to accomplish this we will now charge a registration fee of \$5 for each parent. There will also be an assessment to pay for snacks, which will vary from group to group, but will probably be around \$5 as well. Register at the first session, or pre-register with Continuing Education.

Call Renice Coombs, 367-7437, to get on the list for the group you want.

Fruitvale

Four groups, meeting at the Fruitvale Public Health Unit, Mon. through Thurs., 9:30-11 a.m.

Montrose

One group meets at the Montrose Community Hall, Wed., 9:30-11 a.m.

(cont'd next page)

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.' Franklin P. Adams

MOM & ME - (cont'd)

Five groups, meeting at the East Trail United Church, Mon. through Fri., 9:30-11 a.m.

Ross land

Two groups meet Mon. and Wed. at the Rossland United Church, 9:30-11 a.m.

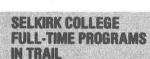
Genelle

One group meets at the Genelle Community Hall, Thurs., 9:30-11 a.m.

Oasis/Rivervale

If there is enough interest, a group will meet one morning a week at the Oasis Community Hall. Interested mothers or fathers should call Pat Tatangelo, 368-9809, for more information.

All groups are scheduled to start the week of Sept. 20.



ADULT BASIC EDUCATION (ABE)

Do you need to brush up on some of the basic skills in reading, mathematics, writing or spelling? Would you like to get grade 10 equivalence, finish your grade 12 or write the GED exam? Adult Basic Education classes can help you. They are held in Selkirk College adult learning centres in Trail, Nelson, Castlegar, Grand Forks, Nakusp, New Denver, Salmo, Crescent Valley, Kaslo, Midway and Greenwood.

The programs are individualized so you can work at your own speed. Timetables are very flexible so you can choose times most suitable for yourself. The atmosphere is relaxed and friendly. You will be surprised at how pleasant it can be to "go back to school".

For most courses, the only entry requirement is to be 18 years of age and one year out of school. Fees are minimal and depend on the number of class hours you sign up for.

Please contact the Continuing Education office nearest you for more information or you can phone Selkirk College in Trail at 368-5236. Except in Nelson and Trail, most courses will begin on Oct. 1.

ADULT LEARNING CENTRE

The ADULT LEARNING CENTRE Is part of Selkirk College's Trail campus at 845 Victoria Street, and is designed to provide assistance and courses for adults wishing to upgrade their basic skills. We are prepared to help people attain grade levels from 1 to 12.

Perhaps you want to study daily, or maybe you can only come part-time because you work, or have other responsibilities. Whatever your situation or needs we have a study program for you, and at a time that is convenient. If the programs listed below seem the answer to your learning needs, if you want to "drop in" to brush up your basic academic skills or to get assistance with correspondence courses, please phone us at 368-5236.

ABE I AND II

This course is designed to help adults with upgrading to the end of grade 8. Students work on independent programs and may choose the subject area and hours per week of class. Instruction will be given in reading, writing, spelling and math. Start at your own level, and at any time.

Instructors: Leslie Tenta, Doreen Montgomery Date: Oct. 4-Apr. 28/83 Days: Mon.-Thurs. Evenings: Mon., Tues., and Thurs.

ABE III AND IV

This course will help adults upgrade from the grade 9 to grade 12 level. Instruction in communications, math and science. Continuous intake.

Instructors: Harry Mehlman, Deirdre Hendrie Date: Oct. 4-Apr. 28/83 Days: Mon.-Thurs. Evenings: Mon., Tues. and Thurs.

ENGLISH AS A SECOND LANGUAGE This course will help adults with speaking and listening skills in English. Beginning, intermediate and advanced groups are available. You may start at any time.

Date: Oct. 4-Apr. 28/83 Days and hours will be decided

TRANSITIONAL TRAINING

This program will help adults learn the skills needed to live wishing to upgrade their independently. The three major areas of focus: life-skill problem solving, academic upgrading and vocational skills, and work attitude development are designed to meet the needs of the mentally handicapped but the program is available to anyone who would benefit from this type of training.

Date: Oct. 4-Apr. 28/83 Days: Mon., Tues., Wed. and Thurs.

ADULT SECONDARY COMPLETION

A new program offered in cooperation with School District No. 11. See the complete description in the ACADEMIC COURSES section.

MANAGEMENT AND EMPLOYEE TRAINING

Our instructors can provide your supervisors and employees with intensive short courses in leadership training, problem solving methods, decision making techniques, motivating techniques, the conduct of effective meetings, performance analysis, time management, counselling, effective report and letter writing, and professional sales techniques. These courses will be tailored to an employer's requirements or delivered locally as a three-week certificate program. and interest.

The College also offers a management consulting service. For further information, contact Dave Fairbairn at Selkirk College, Trail campus, 368-5236.

We also offer short courses in group dynamics, educational management, speed reading, volunteerism, transactional analysis, assertiveness training, performance appraisal, and effective job search and interview techniques, including preparation for the employment interview.

OFFICE ADMINISTRATION PROGRAM

It is the intent of the Office Administration Program to create a flexible business career training program which by the instructor and students. will fill the needs of students and the business communityh. The program accommodates both beginning students and students skills.

Program Flexibility

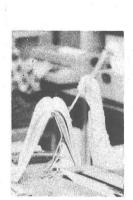
The Office Administration Program will consist of the following:

- a) A common core of modules, applicable to all courses in the Office Administration Program. If a student elects to leave the program after completing the core, she has Basic Office Training.
- b) Major Options, requiring additional instructional modules beside the core: Clerk-Typist, Secretarial, Bookkeeping Clerk and Bookkeeping.

If time and interest permit, a student with suitable counselling may also choose modules that are not in the selected options. For example, a student may have an occupational goal as a clerk-typist and have an interest in and aptitude for bookkeeping. That student may elect to take bookkeeping to the "Trial Balance" stage.

Program Selection

A student entering the program with no previous training will commence training in the core modules. On completion of the core, the student will set her goal according to her aptitude



Upgrading

Students wishing to upgrade their knowledge and occupational skills will also be accepted into the program. These students may choose two or more of the following subjects: machine transcription, advanced typing, advanced shorthand, bookkeeping, word processing and business communications.

Requirements for admission: grade 10 minimum, grade 12 preferred. Starting Dates: Monthly, as space permits. Course Length: Training time for this program will vary depending upon the student's ability, previous business training, and choice of options. Dress: Office standard only. Good grooming essential.

Instructors: Helen McLellan, Francis Ferguson, Adrienne Craig, and Vi Kalesnikoff Fees: \$36/month tuition \$1 registration fee \$20 book deposit

Texts, workbooks, and supplies, as required.

For more information contact Selkirk College, Trail campus, 368-5236.

NOTE: Most of the Office Administration Program is now available for part-time, day or evening instruction.

Legal Option (OFFICE ADMINISTRATION PROGRAM)

A Legal Option will be offered from Sept. 1-Jan. 31 with a fixed intake of 16 students. When you have completed this course, you will be expected to: have increased your typing speed to at least 60 w.p.m.; transcribe shorthand or dicta-tapes quickly and accurately; proofread and correct all errors so that your Fee: \$40 the fee covers the final copy is a "perfect copy"; cost of textbook, study guide, prepare legal documentations and forms relating to conveyancing, litigation, companies, family law, wills and estates with the assistance A course in child development of a solicitor; type letters and legal documents accurately; instructional system to present Date: Sept. 1, 6 p.m. (Wed.) understand some activities in a law office including

reception, filing, diary system, clients' trust account, law library and word processing; demonstrate an awareness of the necessity for confidentiality; and have compiled a comprehensive precedent manual.

Pre-requisites: Grade 12, successful completion of the clerk-typist or secretarial options of the Office Administration Program, typing 50 w.p.m., dicta-typing or shorthand (optional) 80 w.p.m. (If enrolled in the secretarial option, completion of the Basic Shorthand program is compulsory.) OR work experience equivalent

to training. Candidates will be pretested for required skills prior to

acceptance.

Instructor: Adrienne Craig Fee: \$36/month tuition \$1 registration fee \$20 book deposit plus fee for legal forms

KNOWLEDGE NETWORK

DESIGNING HOME INTERIORS

An introductory study of the basic principles of interior design applied to planning residential interiors that satisfy individual and family needs, values, and life styles. Emphasis is on the application of consumer education pertinent to the selection of home furnishing materials. The course appeals to those planning their own home environments (mobile homes, apartments, houses, condominiums, etc.) and will fulfill the requirements of an introductory interior design course.

Date: Aug. 30, 2 p.m. (Mon. & Wed.). 30 sessions (repeat 8:30 p.m. Tues. & Thurs.) exercise manual, and tutorial support.

GROWING YEARS

was created as an integrated the interplay of biological factors in human interaction,

social structure, and cultural forces in the growing child. The world of childhood and adolescence and the factors that influence the development will be of interest to parents, teachers, social workers, and the general public.

Date: Sept. 2, 12:30 p.m. (Thurs.), 30 sessions, (repeat Sun. 3:30 p.m.) Fee: \$55 the fee covers the cost of textbook, student guide and tutorial support.

INTRODUCTION TO COMPUTERS AND THEIR APPLICATIONS

In virtually all business today, the computer has become an indispensible tool. As with any tool, the more familiar you are with it-the more you understand its capabilities and limitations-the more you will get out of it. The purpose of this course is to provide a thorough understanding of the principles of computing and to enable computer users to work more effectively with data processing personnel. It will also provide an excellent foundation for more advanced computer courses.

Date: Aug. 31, 9 p.m., (Tues. & Thurs.), 23 sessions (repeat 4:30 p.m. Sat. & Sun.)

Fee: \$30 the fee covers the cost of textbook, student manual, and tutorial support.

MIND YOUR OWN BUSINESS

This series is intended to cover topics of interest to those who own or operate a small business. The owner/manager of a small business in Canada must be master of all management skills, for they are usually directly responsible for all aspects of the business. This course points out that the owner has to be a general manager, personnel manager, controller, and head of research. Other essentials highlighted include marketing, quality control, finance, banking, commercial law, and humane relations.

15 sessions Fee: TBA

CONTINUING EDUCATION AND THE KNOWLEDGE NETWORK

The Knowledge Network will broadcast 31 telecourses this fall. In the Trail area you may register and take, for Selkirk College credit, the following courses: Designing Home Interiors, The Growing Years, Introduction to Computers and Mind Your Own Business.

When you register for a course, in addition to the television lecture, you will also receive a student information package, a learning kit (books, study guides, etc.) and you will be assigned a tutor. The registration fee will cover the costs of these packages, tutorials and seminars.

The tutor will initiate a contact early on in the course and will maintain contacts, by phone, as required. In some courses, seminars or group sessions at a learning center, will also be arranged.

To register for a course advertised in this section of this publication contact Continuing Education in Trail at 2079 Columbia Avenue or telephone 368-6434.

The Knowledge Network liaison officer, Marg Mahan will be interested in your comments and your questions. Contact Ms. Mahan at Selkirk College, Trail campus, 845 Victoria Street (368-5236)。

GENERAL INTEREST

AEROBIC DANCERCISE

This is a keep-fit class for women who wish to get in shape while having fun.

Instructor: Merle Wagner Location: Fruitvale Elementary School Gym Date: Sept. 21, 7:30-8:30 p.m. (Tues.), 5 sessions Fee: \$8

AEROBIC DANCERCISE

One hour of rhythmic movements to music designed to provide a vigorous total fitness workout.

Instructor: Marlene Orr Location: Sunningdale Elementary School Gym Date: Sept. 20, 7:30-8:30 p.m. (Mon. and Thurs.)

"In formal logic, a contradiction is the signal of defeat; but in the evolution of real knowledge it marks the first step in progress toward a victory." Alfred North Whitehead

BABYSITTER TRAINING

Babysitters and prospective babysitters -- a course to upgrade your talents and teach those who have not yet started all the things you need to know. This course will include first aid, basic child care, emergency action and a demonstration of some children's games and skills to entertain children. Open to both boys and girls.

Instructor: Marge Siddall Location: Webster Elementary School, Room 26 Date: Sept. 22, 4-5 p.m. (Wed.), 6 sessions Fee: \$5

BABYSITTER TRAINING (FRUITVALE)

Babysitters and prospective babysitters--acourse to upgrade your talents and teach those who have not yet started all the things you need to know. This course will include first aid, basic child care, emergency action and a demonstration of some children's games and skills to entertain children. Open to both boys and girls. Instructor: Renice Coombs Location: Fruitvale Elementary School Cafeteria Date: Sept. 13, 3:30-5 p.m. (Tues.), 6 sessions

CHINESE COOKING

Fee: \$5

The intent of this class is to teach the basics of the art of Chinese cooking. Class members will be divided into groups, and each group will prepare one quitting. Registration fee to dish for all to sample at the end of each evening.

Intructor: Kay White Location: Beaver Valley Junior Secondary, Home Economics Room

Date: Sept. 22, 7:30-9:30 p.m. (Wed.), 7 sessions Fee: \$30

CREWEL EMBROIDERY AND **NEEDLEPOINT**

Learn the basic stitches of crewel embroidery and needlepoint. Create pillows, pictures, bags, eye-glass cases -- any number of interesting and attractice items for yourself or for gifts. Work with kits or from "scratch." Some materials supplied.

Instructor: Vivvian Swanson Location: J.L. Crowe Senior Secondary, Sewing Room Date: Sept. 20, 7-9 p.m. (Mon.), 6 sessions Fee: \$20

DEFENSIVE DRIVING

Defensive driving is the acquired skill that should be practiced by every motorist if we are to reduce the horrendous annual losses directly linked to traffice accidents. This course will include: how to prevent motor vehicle accidents; the requirements for a perfect trip; the six situations of the two-car crash; the four-point plan for intersection safety; the art of passing and being passed; the time-interval formula and the six adverse driving conditions.

Instructor: Murray Bowen Location: Selkirk College, Trail campus, Room 202 Date: Sept. 20, 7-9 p.m. (Mon. and Wed.), 4 sessions Fee: \$15

DESIGNING HOME INTERIORS See page 33. Knowledge Network.

THE EX-SMOKERS ASSOCIATION QUIT SMOKING PROGRAM

This is a six-week course to help you quit smoking. It features group support and help to handle withdrawal. Stress management and weight control techniques will be learned. You will be shown how to maintain your new non-smoking lifestyle. Follow-up continues for one year from date of be paid in person at the first night of class.

Instructor: Lana Rodlie Location: Selkirk College, Trail campus Date: Sept. 21, 7:30-9 p.m. (Tues.) 6 sessions Fee: \$20

EXPLORING THE FEMALE CYCLE See page 30.

FLOWER ARRANGING

This course will show you how to design flowers in the home. You will make one table arrangement using silks, dried or fresh flowers. You will make Fee: \$50 incl. suplies a corsage and learn how to care to cut flowers. Bring your own knife, scissors and wire

cutters. Supplies will cost extra.

Instructor: Mabel Willness Location: J.L. Crowe Senior Secondary, Room 114 Date: Oct. 14, 7:30-9:30 p.m. (Thurs.), 6 sessions Fee: \$20

THE GROWING YEARS

See page 33. Knowledge Network.

HUNTER TRAINING

This is a provincial course (C.O.R.E.) which covers survival, game laws, wildlife identification, and firearms safety. Successful candidates receive a crest, identification card and a certificate. Passing this course is compulsory for all hunters 18 and under, and for all hunters applying for their first license.

Instructor: Jim Bloomfield Location: J.L. Crowe Senior Secondary, Library Lab Date: Sept. 20, 7-9:30 p.m. (Mon. and Wed.), 10 sessions Fee: \$15 (\$25--family)

INTERNATIONAL AND GOURMET COOKING

This course is sponsored by Club Gourmet Aprecie and coordinated by Dan Rodlie, Scandia Catering. Students are expected to be 'comfortable' in the kitchen. New ideas and some old ideas will be used to teach students the properties of food (what to do with or not to do with specific foods). How to make gourmet dinners out of 'cheaper cuts'. Ideas for last minute gourmet dinners using whatever is in the cupboards, and student choice demonstrations (what would you like to see). There will be active participation of the students in preparing international dishes and sampling. Fee includes all materials and a full course gourmet dinner on the last evening.

Intructor: Dan Rodlie Location: J.L. Crowe Senior Secondary, Foods Room Date: Sept. 29, 7-10 p.m. (Wed.), 10 sessions

INTRODUCTION TO NUTRITIOUS

The three sessions will focus on nutritious and economical ways to feed a family. Cooking with "whole earth foods" will be emphasized e.g., non-meat sources of protein, sprouts, tofu, snacks for children. This will not be a true cooking course, however, recipes will be sampled and shared.

Instructor: Trish Harrison Location: Trail Junior Secondary, Foods Room Date: Sept. 22, 7-9 p.m. (Wed.), 3 sessions Fee: \$9

ITALIAN COOKING

A complete course in Italian cooking including sauces, homemade pasta, ravioli, gnocchi, meat dishes and Italian baking.

Instructor: Kay Angerilli Location: J.L. Crowe Senior Secondary, Foods Room Date: Sept. 20, 7-9 p.m. (Mon.), 10 sessions Fee: \$45

MACRAME

This is an eight-week course teaching you the six basic knots in macrame. In this course you will learn to make belts, wall hangings, purses, and lamp shades. Supplies will be extra.

Instructor: Pat Trozzo Location: J.L. Crowe Senior Secondary, Sewing Room Date: Sept. 22, 7-9 p.m. (Wed.), 8 sessions Fee: \$25

MEDIA APPRECIATION

An overview of the three major aspects of journalism (reporting, advertising, and public relations), and how they fit in the overall communications picture. Also will look at the characteristics of different media: newspapers, radio, television, magazines, posters and billboards. Will examine what "news" is and how it goes out and is received.

Instructor: Sam McBride Location: J.L. Crowe Senior Secondary, Room 111 Date: Oct. 6, 7:30-9 p.m. (Wed.), 7 sessions Fee: \$15



trail

MIND YOUR OWN BUSINESS See page 33. Knowledge Network.

PLANNING AND PREPARING YOUR INCOME TAX RETURN

The objectives of the course are to teach students how to plan their tax situations so as Training Program at Vancouver to pay the least taxes possible Community College. and how to prepare tax returns.

Instructor: Wes Hughes Location: J.L. Crowe Senior Secondary, Room 111 Date: Sept. 21, 7-10 p.m. (Tues. and Thurs.), 24 sessions Fee: \$100

POWER SQUADRON BOATING

This is a basic course in sail and power boat handling, boating safety, aids to navigations, and charting. The fee includes all course materials. For more information, call course instructors George Kelleher at 367-9033 or Ken Mitchell at 367-9965。

Instructor: George Kelleher Location: J.L. Crowe Senior Secondary, Cafeteria Date: Sept. 22, 7-10 p.m. (Wed.), 10 sessions

PUBLIC RELATIONS FOR COMMUNITY **GROUPS**

See page 30.

OUILTING

We invite you to come and learn the rewarding art of quilting. The instructor will show you how to make an article of your choice, (cushion, totebag, etc.), and will help you get started on your own quilt.

Instructor: Jean Burt Location: Beaver Valley Junior Secondary, Home Economics Room Date: Sept. 20, 7-9:30 p.m. (Mon.), 8 sessions Fee: \$30

SIGN LANGUAGE-BEGINNING LEVEL 1

An analysis of, and practice in manual communication as used by and join the fun. Call Don the deaf. The course will include: introduction to deafness, expressive and receptive finger spelling, basic expressive and receptive conventional signs, and concepts in manual

communication. The methods of instruction will include lectures, group practice, and role playing. Textbooks will be available for loan or purchase. The instructor is a graduate of the Interpreter

Instructor: Lori McWatters Location: J.L. Crowe Senior Secondary, Room 116 Date: Sept. 22, 7:30-9 p.m. (Wed.), 12 sessions Fee: \$25

SILVER CITY TOASTMISTRESS CLUB This is an educatinal program which develops confidence and promotes self-improvement as well as providing voice training, and public speaking and club officer training. Meetings are held on the second and fourth Wednesdays of each month. For further information call Marg Smith at 362-5592 or

Doolee McDonnell at 364-1994.

Contact: Marg Smith Location: Trail Junior Secondary School Date: Sept. 22, 7-10 p.m. (Weda)

SURVIVAL WITHOUT A PAYCHEQUE See page 31....

TRAIL MALE CHORUS

All men with the desire to sing in a male voice choir are invited to come and enjoy a sociable two hours in song every Wednesday. It is not necessary to be able to read music, but the ability to carry a melody is required. For more information, call Randy Bisaro at 368-6434.

Contact: Randy Bisaro Location: J.L. Crowe Senior Secondary, Room 227 Date: Sept. 15, 7:30-9:30 p.m. (Wed.)

TRAIL TABLE TENNIS CLUB This group of table tennis enthusiasts meet twice a week for recreational and competitive play. Come alone Comba at 368-9431 for memberhsip information.

Contact: Don Comba Location: Trail Junior Secondary School Date: Sept. 9, 7-10 p.m. (Mon. and Thurs,)

WEN-DO (WOMEN'S SELF-DEFENSE) Developed specifically for women. Provides effective self-defense techniques based on the types of attacks that a woman will most probably encounter: on the street, at work, at home, socially, during programming on your machine all types of verbal, physical and sexual assaults. Discussions on such topics as: women and the law, avoidance, aggression, rape, verbal defenses.

Instructor: Elleen Pedersen Date: (Mon. and Thurs.), 6 sessions Fee: \$25

WEN-DO: WEEKEND WORKSHOP FOR MOTHERS AND DAUGHTERS

Mothers and daughters, come learn and practice Wen-Do skills together on this weekend workshop.

Instructor: Eileen Pedersen Location: Selkirk College, Trail campus, Room 111 Date: Sept. 25 and 26, 9 a.m.-4 p.m. (Sat. and Sun.), 2 sessions Fee: \$20 or \$35

WHOLE GRAIN BREAD

Would you like to know more about whole grain bread and the baking of same? This course will teach you how. Register early.

Instructor: Elsie Hammond Location: J.L. Crowe Senior Secondary, Foods Room Date: Nov. 4, 7:30-9:30 p.m. (Thurs.), 3 sessions Fee: \$5

COMPUTER COURSES

ADVANCED COMPUTER PROGRAMMING **TECHNIQUES**

Tired of simple-minded programs--got a project in mind that could make the world a better place to live in and your dancing fingers can't get the computer's keyboard to create the program? Here is a course in 'dancing': a machine from the Sinclair ZX-81 to the IBM PC. The course will cover toics like assembley language, database structures, FORTH, Pascal, sorting, writing programs for speed, compacting programs, and other matters beyond 10 PRINT "This is a

computer program". Materials supplied will be information sources, club lists, bibliographies, and the like. The intent of the course is to help you develop or locate the tools you need to make easier. Some class work on your machine may be required. Although not absolutely necessary, owning, or having access to a machine would be an asset for this course.

Instructor: Scott Donald Location: Selkirk College, Trail Campus, Room 111 Date: Sept. 22, 7-9 p.m. (Wed.), 7 sessions Fee: \$20

COMPUTER COURSE

This is a hands-on practical course in computer operation and programming. By the end of the course you will not only understand the principles of the BASIC computer program language and of computer operation, but you will also be able to construct your own program in BASIC and to operate an Apple II Plus micro computer. You will learn the different uses of different computers, the functions of "periferal" hardware, and of "software". Because there are only six computers available to us we are limiting enrolment to ten students, so register early. Note: That you can get additional practice times on a computer at reasonable rates.

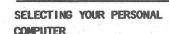
Instructor: Lorne Dyson Location: J.L. Crowe Senior Secondary, Computer Room, 216 Date: Sept. 20, 7-9:30 p.m. (Mon. and Wed.), 10 sessions Fee: \$50

COMPUTER COURSE FOR TEACHERS

A practical 'hands-on' computer literacy course with special emphasis on the problems of teachers trying to keep up with their students.

Instructor: David Nutini Location: J.L. Crowe Senior Secondary, Room 216 Date: Sept. 21, 7-9 p.m. (Tues. and Thurs.), 12 sessions Fee: \$35

INTRODUCTION TO COMPUTERS See page 33. Knowledge Network. "Knowledge is ruin to my young men.' Adolf Hitler



Have you tried to buy a micro lately? Are you aware that there are more than 15 different lines of personal computers with machines ranging in price from \$100 to \$10,000? Can you be sure that the one you choose today will fit your needs tomorrow? We are offering a 7-week course that will tell you what machines are available, what they will do for you, and where you can find them. Several evenings will be used by local dealers to display their wares, and one night will be used by local owners to show you some of the machines that are NOT available Date: Sept. 22, 7-9 p.m. locally. The course has been expanded from last year's to include more demonstrations and more detail about how to match your needs and wants to the perfect machine. This course is aimed at the small business person as well as those who want a machine for home use.

Instructor: Scott Donald Location: Selkirk College, Trail campus, Room 202 Date: Sept. 23, 7-9 p.m. (Thurs.), 7 sessions Fee: \$20

FINE ARTS COURSES

CALLIGRAPHY

This is an introductory course in the art of lettering with the broad pen. Lettering is useful for greeting cards, certificates, invitations, can just be a fascinating pastime. The techniques taught can be applied to handwriting. The fee covers the cost of all materials, including a fountain pen set that becomes the property of the student.

Instructor: Dave Davies Location: Fruitvale Elementary School Cafeteria Date: Sept. 29, 7-8 p.m. (Wed.), 5 sessions Fee: TBA

CHRISTMAS CARD WORKSHOP

A practical studio workshop for beginners and experts alike. Make woodcut or lino-cut blocks, in one or more colours, and print your own Christmas cards.

Instructor: Margo Williams Date: Nov. 2, Daytime, Room TBA, 2 sessions

FINE ARTS 206 (SC) DRAWING See page 27. .

PHOTOGRAPHY--BEGINNERS

Learn how to use your SLR Camera. Basic knowledge of your camera, instruction on over exposure, under exposure, exposure compensating, flash photography, close-up photography, and prospective picture taking.

Instructor: Glen Winslade Location: J.L. Crowe Senior Secondary, Room 115 (Wed.), 10 sessions Fee: \$30

PHOTOGRAPHY WORKSHOP, NO. 1 MAKE FRIENDS WITH YOUR CAMERA Anyone who isn't sure why their pictures "came out like that" will have a chance to find out by talking about their own pictures--especially the ones they don't like. Bring all your photo equipment and lots of pictures.

Instructor: Bernard Bloom Location: Trail campus, Selkirk College, Room 204 Date: Oct. 8, 9, and 10, 7-10 p.m., 9 a.m.-5 p.m. (Fri., Sat. and Sun.), 3 sessions Fee: \$20

PHOTOGRAPHY WORKSHOP NO. 2 BLACK AND WHITE SLIDES

Develop your own photos--without a darkroom, by making black and white positive slides, participants gain familiarity with basic technical aspects of the medium, as well as some of the ways photographers can learn from each others! work. This workshop is designed for communities and individuals without access to a darkroom.

Instructor: Bernard Bloom Location: Trail campus, Selkirk College, Rooms 108, 111 Date: Dec. 4 and 5, 9 a.m.-5 p.m. (Sat. and Sun.). 2 sessions Fee: \$35 (incl. materials)

POTTERY

Instruction in this popular hobby course ranges from handwork to use of the wheel, and includes glazing and firing. Register early as the class size is limited. All supplies are included in the fee.

Instructor: Beth Leduc Location: Trail Junior Secondary, Room 5 Date: Sept. 20, 7-9 p.m. (Mon.), 10 sessions Fee: \$45

EMILY CARR COLLEGE OF ART Selkirk College sponsors Emily Carr College of Art offerings in Trail. ECCA's Outreach program makes available to interior B.C. communities high quality instructional programs in the arts, taught by competent professionals. While we in the West Kootenay are not without our own excellent resources in arts instruction, the programs offered by ECCA are uniquely valuable and affordable.

E.C.C.A. PAINTING WORKSHOP This course consists of painting in mixed media on paper. Each medium contributes something unique to the total image--the energetic drawn line and brilliant colour of oil pastel, the soft transparent wash to color, the weighty strong opaqueness of gouache and, when available, the soft fogginess of airbrush. The final and most important consideration is the painting itself, when and how it stands alone as a piece of artwork quite divorced from how it grew. Working from rough pencil sketches, each student learns to combine the technique with their individual thoughts and perspectives to create finished paintings utilizing oil pastels, water colour and gouache.

Instructor: Ann Barry Location: Selkirk College, Trail campus, Room 204 Date: Oct. 31, 8 a.m.-5 p.m. (Sun.), 1 session

E.C.C.A. CERAMICS WORKSHOP The workshop moves from throwing pots to the making of

large thrown pieces to the construction of a wall mural. The workshop concentrates on the tooling of the pots as well. Throughout the workshop the artist-teacher will discuss pots, their quality, work rhythms, work habits, growth of shapes and glazes and decorating procedures.

Instructor: Bob Kingsmill Location: Cominco Arena, Craft Studio Date: Nov. 6 and 7, 9 a.m.-5 p.m. (Sat. and Sun.), 2 sessions Fee: \$30

E.C.C.A. COLOUR WORKSHOPK (ACRYLICS, WATERCOLOURS)

A weekend workshop for beginners and others on colour: light, pigments, colour relationships, and the artist's

Opening Evening: Introduction to workshop; slide show of work from the West Coast, including artist-teacher's own work; discussion of colour and light, pigments, artist's palette. First Day: Practical workshop; colour exercises, with individual and group instruction and critiques. Second Day: Continuation of practical workshop; geared more specifically to individual needs; group critique and evaluation in the afternoon.

Instructor: Nora Blank Location: Selkirk College, Trail campus, Room 204 Date: Nov. 19, 20 and 21, 7-10 p.m. (Fri.), 9 a.m.-5 p.m. (Sat. and Sun.), 3 sessions Fee: \$30

E.C.C.A. DRAWING AND PAINTING WORKSHOP

The objective of the workshop is to give participants a basic knowledge of drawing and painting; to learn to relate visually; to establish a foundation for exploring the possibilities of two-dimensional form, surface, line, colour, composition, and to examine methods of relating technique to experience. Instruction will be on an individual and group basis, and will include lectures, slides, practical exercises, field

trips, providing groundwork by example, inspiration, historical background.

Instructor: Ken Wallace Location: Selkirk College, Trail campus, Room 204 Date: Mar. 18, 19, and 20, 7-10 p.m. (Fri.), 9 a.m.-5 p.m. (Sat. and Sun.), 3 sessions Fee: \$30

COMMUNITY MUSIC PROGRAM

CREATIVE MUSIC CLASSES

These classes are baed on the concept that every child is musical, and are designed to develop that musicianship. The program is one of continuous progress and takes the very young child through the preliminary stages, to prepare him or her for music lessons when he or she is ready for more fomralized training. The Creative Music Program is structured and carefully attuned to the various stages of the pre-school child. It includes a wide variety of activities, but is based on the Kodaly method for teaching young children.

Categories include: Mothers and Children for ages 2 1/2 to 3 1/2 years Fee: \$12 for 8 weeks Children ages 3 to 4 1/2 years Fee: \$15 for 8 weeks Children ages 4 1/2 to 6 years Fee: \$18 for 8 weeks

The classes run for 24 weeks from October to May, with holidays at Christmas and Easter.

For more information and to register, call the instructor Margaret Purdy, 364-2144.

PIANO WORKSHOP AND RECITAL

A two-day workshop with pianist Robin Wood from the University of Victoria. Sponsored by the Trail Branch of the Registered Music Teachers Association. For information call Judith John, 367-7098.

Instructor: Robin Wood Date: Nov. 19 and 20, all day and Sat. evening (Fri. and Sat.)

SUZUKI VIOLIN

These classes provide a method of aural learning. Violins are provided on loan, for beginners. All classes include

individual lessons, group lesson and workshop sessions. Classes begin in October. Call the instructor at 368-8997 for more information about classes available, time, and place. The classes offered include Pre-School Violin (under six), Elementary Violin (over six), Junion Violin.

PRE-SCHOOL VIOLIN

Instructor: Eve Johnston Location: Laura J. Morrish. Music Room Date: Oct. 182, 8 sessions Fee: \$30

ELEMENTARY VIOLIN

Instructor: Eve Johnston Location: Laura J. Morrish, Music Room Date: Oct. '82, (20 min./ sessions x 8 sessions) Fee: \$30/quarter--Pre-School \$40/quarter--Elementary \$50/quarter--Junior

TORONTO CONSERVATORY MUSIC THEORY CLASS #1-PRELIMINARY RUDIMENTS (T.C.) GRADE I (W.B.) Notation; intervals--major, minor, Perfect; time signatures--grouping of notes and rests in simple duple, triple, quadruple time signatures; scales--major, minor scales up to four sharps and flats; tones, semitones, accidentals; chords; naming keys of melodies; simple transposition, musical terms and signs.

Instructor: Mary Howard Location: J.L. Crowe Secondary, **Room 227**

Date: Sept. 23, 4-5 p.m. (Thurs.), 12 sessions Fee: \$25

TORONTO CONSERVATORY OF MUSIC THEORY CLASS #2-GRADE I (T.C.) GRADE II (W.B.)

Notation; time signatures-grouping of notes and rests in simple and compound time signatures; scales--major, minor; technical degrees of scale; double flats and sharps; all intervals and inversions, compound inversions; triads and inversions; Perfect Plagal Cadences; naming keys of melodies, fitting of words to melody; transposition in major keys; correction of errors; terms and signs.

Instructor: Mary Howard Location: J.L. Crowe Secondary, Room 227

Date: Sept. 21, 4-5 p.m. (Tues.), 12 sessions

Fee: \$25

TORONTO CONSERVATORY MUSIC THEORY CLASS #3-GRADE 11 (T.C.); GRADES III, IV (W.B.) Notation; alto and tenor clefs; scales--diatonic and chromatic; intervals and inversions-compound, enharmonic change, keys in which intervals are found; chords--all triads, common chords, keys in which chords are found, dominant seventh, chords on each degree; cadences--Perfect, Plagal, Imperfect, Deceptive; simple harmony; simple, compound and irregular meters; melodies-naming keys, chromatic melodies, invention of tunes to verses, completion of melodic fragments; simple ornaments and for recreational and abbreviations; terms and signs.

Location: J.L. Crowe Secondary, Room 227 Date: Sept. 21, 5:15-6:15 p.m. (Tues.), 12 sessions Fee: \$25

Instructor: Mary Howard

TORONTO CONSERVATORY MUSIC THEORY CLASS #4--GRADE 111 HARMONY (T.C.), GRADE IV HARMONY (W.B.)

Melody completion; harmonization of simple melodies; cadences; modulation; non-harmonic tones; chord symbols; harmonic progressions in chorale style; harmonic analysis; structural analysis. * Also prepared student for Junior Aural Test for Western

Instructor: Mary Howard Location: J.L. Crowe Secondary, Room 227 Date: Sept. 21, 7-9 p.m. (Tues.), 12 sessions

RECREATION COURSES

Fee: \$45

AEROBIC DANCERCISE (FRUITVALE) This is a keep-fit class for women who wish to get in shape while having fun.

Instructor: Merle Wagner Location: Fruitvale Elementary School Gym Date: Sept. 21, 7:30-8:30 p.m. (Tues.), 5 sessions Fee: \$8

AEROBIC DANCERCISE (TRAIL)

One hour of rhythmic movements brochure for information about to music designed to provide a these programs, or call

Instructor: Mariene Orr Location: Sunningdale Elementary School Gym Date: Sept. 20, 7:30-8:30 p.m. (Mon. and Thurs.), 10 sessions Fee: \$15

BADMINTON

The Beaver Valley Badminton Club offers instruction, recreation and competition to anyone interested.

Contact: Bruce Martin or Leo Michallik Location: B.V. Junior Secondary Date: Sept. 14, 7-10 p.m. (Tues. and Thurs.)

TRAIL TABLE TENNIS CLUB This group of table tennis enthusiasts meet twice a week competitive play. Come along and join the fun. Call Don Comba at 368-9431 for membership information.

Contact: Don Comba Locatin: Trail Junior Secondary School Gym Date: Sept. 9, 7-10 p.m.

SCHOOL DISTRICT NO. 11 2079 Columbia Avenue Trail, B.C. V1R 1K7

BOARD OF SCHOOL TRUSTEES

Mr. J. Biagioni Mr. D.A. Bogs Mr. J.M. Bryan Mr. R. Cacchioni Mrs. J.M. Cormack Mrs. M.G. Dyer Mrs. E.E. Evans-Davies Miss J. John Mr. B. McDonnell DISTRICT SUPERINTENDENT OF

(Mon. and Thurs.)

SCHOOLS John Hogarth

EDUCATION Michael A. Phillips

FOR MORE INFORMATION CALL

DIRECTOR OF CONTINUING

368-6434

SELKIRK COLLEGE PROGRAMS IN TRAIL

ADULT BASIC EDUCATION OFFICE ADMINISTRATION PROGRAM MANAGEMENT AND EMPLOYEE TRAINING PROGRAM UNIVERSITY TRANSFER COURSES VOCATIONAL UPGRADING COURSES

See listings elsewhere in this vigorous total fitness workout. Continuing Education, 368-6434.



GENERAL INFORMATION

Community Education Services is an education co-ordinating and delivery system which responds to the educational needs of the community. A guide to the variety of courses offered by Selkirk College in Grand Forks is outlined below. We hope that you will find the offerings of interest. We welcome your suggestions for new programs. Please come and see us at our new learning centre or phone us at 442-2704 if you have suggestions for future courses or information about potential instructors.

REGISTRATION

Courses are filled on a first-come, first-served basis. It is important to pre-register for courses that you wish to attend. If you don't pre-register, we may cancel the course because of insufficient enrolment. Fees are due and should be paid two weeks prior to the start of any course. Register at Community Education Services, 340 S.E. 2nd Avenue.

FFFS

Tuition fees are listed with the description of each course. Unless otherwise noted materials and text costs are not included in the basic fee. All courses are free of charge for persons age 65 and over, except for material costs. Tuition fees of more than \$25 are tax deductible. Retain your tuition receipt for tax deduction purposes.

CANCELLATIONS

Courses with insufficient pre-registration will be cancelled. Refunds will be issued when a course is cancelled. No refunds will be issued after the first session of a course. To receive a refund you must present the fee receipt to the college office.

ADULT BASIC EDUCATION

Did you leave school at an early age? Do you find you now require upgrading in order to gain admission to a trade or vocational school, nursing diploma, or some other college or university program?

At the Selkirk College Grand Forks Centre, adults can upgrade to Grade 10 or Grade 12 HEAVY DUTY MECHANICS TRADESMAN equivalency. Some academic Grade 11 courses are offered. Tutoring assistance with some correspondence or Open Learning Institute courses is available, and we can help you prepare for the GED exam (Grade 12 equivalency). We can also help in many cases if your need is more specific -- for example, you need to improve a few math or language skills to function better in your job.

We try to be flexible with timetabling to meet your needs and other demands on your time. Since most of the programs are individualized, you can work at your own speed. No minimum education level is required in order to get started. We operate on a "continuous intake" basis; you can start and finish at any time. Many people are surprised to find how easy and pleasant it is to learn in a friendly, relaxed adult classroom.

Instructors: Leora Gesser and Lyle Olsen

GENERAL EDUCATIONAL DEVELOPMENT TESTS (GED)

GED tests provide an opportunity for adults who did not graduate from secondary school to acquire an official document stating that they have a secondary school equivalency standing. The GED test may assist you to qualify for entrance to some educational institutions. Home study texts are available for sale at the Grand Forks Centre or you can get tutorial assistance in our ABE classes.

Selkirk College GED Test Schedule

Date: Sept. 16, 9 a.m.-5 p.m., Castlegar; Nov. 20, 9 a.m.-5 p.m., Nelson; Dec. 18, 9 a.m. -5 p.m., Trail; Feb. 19, 9 a.m.-5 p.m., Nelson; and Mar. 26, 9 a.m.-5 p.m., Grand Forks

Application forms must be received by the Ministry of Education at least 14 days prior to the testing session. Applications are available at the extension centre. Fee: \$10

VOCATIONAL

QUALIFICATION

This course will be offered if there is sufficient demand (at least 10 people). The course is designed to upgrade persons who intend to write the B.C. Tradesman Qualification. Applicants must have at least 8,000 hours in the Heavy Duty Mechanic trade. The course length is 60 hours. Applicants wishing to enrol are advised to see the apprenticeship counsellor for eligibility requirements.

WELDING

We wish to determine the interest for part-time study of vocational welding. If sufficient interest is shown possible topics include Basic or Advanced Arc, Basic or Advanced Acetylene, Blue Print Reading and Layout or Metallurgy. To express interest or for further information call the Continuing Education office 442-2704. We require a minimum of ten students to offer a course.

OFFICE CAREERS PROGRAM

The program is flexible and will meet the needs of both beginning students and students wishing to upgrade their skills. The program consists of a common core of modules recognized as basic office training. Core modules include office procedures, filing, typing, business math, spelling and record keeping. Additional modules are available which lead to certification as clerk-typist, secretarial or bookkeeping. Students wishing to upgrade their skills will also be accepted for subjects such as word processing, advanced typing or bookkeeping.

The modules are individualized. You work at your own speed. Training time will vary depending on choice of options and student ability.

Initial intake will be mid-September, then continuous intake depending on space available.

Admission Requirement: Minimum Grade 10 Instructors: Marj Docksteader, Barb Baker

Date: TBA Fee: \$1.25/hour

COMPUTER COURSES

We wish to determine the interest for part-time study in computer education. From your responses we will be developing courses for personal interest. and for professional and business use. To express interest, or for further information call or visit us at the Grand Forks Extension Centre, 442-2704.

Possible courses include: home computers, computer programming, word processing, business applications and selection of appropriate equipment.

INTRODUCTION TO PERSONAL COMPUTERS

This course allows you to try some elementary computer programming and find out if a home computer will be useful for you. Those who enrol in the course will receive a micro-computer which hooks up to your television set. Students will learn in their own homes from independent study material. Two classroom sessions will be arranged so that students can get assistance from an experienced teacher. Class size is limited to five students.

Date: Oct. 4-Oct. 22 Fee: \$75

RANGE UTILIZATION SEMINAR

Murray Soder, District Agriculturist will conduct a one-day seminar. Range utilization is a major doctor in range management which affects plant health, wildlife and the value of the range resource to the ranching industry. The degree of the utilization that can safely occur varies with site, season of use, system employed, weather conditions, plant species and many other variables. New concepts in fencing will also be covered.

Instructor: Murray Soder Location: TBA Date: TBA, 1 session Fee: Free

AIR BRAKES

This course prepares truck operators in the basic

operations, maintenance and adjustment of air brake equipped vehicles. This training is necessary prior to taking the motor vehicle test for an air endorsement on a driving licence.

Instructor: George Brent Location: Adult Learning Centre Date: Nov. 6, 9 a.m.-4 p.m. (Sat. and Sun.), 4 sessions Fee \$40

SOIL TESTING

This one-evening lecture will provide you with information about soil testing. The following topics will be covered: why sample? when to sample, how to sample, tools used and the benefits derived.

Instructor: Brian Grant Location: Grand Forks Senior Secondary School Date: Sept. 21, 7:30-9:30 p.m., 1 session Fee: Free

ARTS AND CRAFTS

CANADIAN ART HISTORY

This illustrated lecture deals with the development of art in Canada. The artist-teacher will begin with pre 1763 art of "New France" and deal with the British influence up to confederation. The artist-teacher discusses the effects of the depression and both wars. The lecture concludes with a discussion of contemporary art.

Instructor: Murray Johnson Location: Adult Learning Centre Date: Oct. 15, 7:30-10 p.m., Sat. 9 a.m.-noon, 2 sessions Fee: TBA

POTTERY

Students will construct, decorate, glaze and fire their own wares. The course will be of benefit to both beginner and experienced students. The course will include a Saturday workshop on raku firing. Materials can be purchased from the instructor.

Instructor: John De Haan Location: Grand Forks Senior Secondary School Date: Oct. 7, 7-10 p.m. Fee: \$35 plus material cost

PORTRAIT DRAWING

A step-by-step course in portrait drawing and sketching

for beginners, from photographs BALLET (RUSSIAN STYLE) and life. We will deal with the In this course you will learn basics of the human head, proportion and expression. Advanced drawing students can be accommodated upon request.

Instructor: Doris Albert Location: Grand Forks Senior Secondary School Date: Sept. 22 7-10 p.m. (Wed.), 6 sessions Fee: \$25

FIGURE DRAWING

This course is for advanced art students only. It will deepen your understanding for proportions, lines and forms. We'll be working with a life model. Bring a large sized drawing pad. There is an additional charge for the model; about \$10-\$15 for the whole course.

Instructor: Doris Albert Location: Adult Learning Centre Date: Oct. 18, 7-10 p.m.

(Mon.), 10 sessions Fee: \$45 plus model charges

QUILTING SHOW

A collection of slides from recent quilt shows in Portland and Spokane will be presented by the Mountain Store Quilters. Light refreshments will be served. Admission by donation.

Instructor: Muriel Neale Location: Adult Learning Centre Date: Sept. 29, 7:30-9:30 p.m.

"MAKE A QUILT"

Make a quick and beautiful quilt in class. All sewing done Instructor: Boundary by machine using the "one step quilting" technique. Patchwork experience an asset, but not essential. Materials available from instructor.

Instructor: Muriel Neale Location: Grand Forks Senior Secondary School Date: Oct. 25, 7-10 p.m., (Mon.), 4 sessions Fee: \$22

BEGINNERS' QUILTING

Learn all the basis of patchwork, applique and quilting while working on a number of small projects. List of material required is supplied when you register.

Instructor: Muriel Neale Location: Grand Forks Senior Secondary School Date: Oct., 7-10 p.m. (Thurs.), 6 sessions Fee: \$30

the basic steps and movements of the classic ballet as it is taught in Leningrad's Kirov and Moscows Balshoy Ballet. Bring soft ballet slippers. Men will enjoy this too. It isn't "sissy". Beginner students are welcome.

Instructor: Gisela Ko Location: TBA Date: TBA, 14 sessions Fee: TBA

BEGINNERS! TAPESTRY

Instruction of basic tapestry for off-loom weaving. A frame loom is included in the fee price. Some varns will be available to purchase. Offered in co-operation with the Boundary Spinners and Weavers

Instructor: Boundary Spinners and Weavers Guild Location: Adult Learning Centre Date: Sept. 24, Fri. 7-10 p.m., Sat. 9:30 a.m.-4 p.m. Fee: \$25

PINE NEEDLE BASKETRY

Learn how to weave baskets using pine needles and raffia. A basket and lid will be started. All materials are included in the fee price. Some extra materials and books will be available to purchase. Offered in co-operation with the Boundary Spinners and Weavers Guild.

Spinners and Weavers Guild Location: Adult Learning Centre Date: Oct. 16, 9:30 a.m.-4 p.m. Fee: \$20

CHRISTMAS GIFT SERIES

Learn to make a variety of fabric items suitable for Christmas presents. Each session features something different. You may register for one or more of the sessions. A project will be completed or at least started in each class. Please pick up list of materials required at time of registration.

Instructor: Muriel Neale Location: Grand Forks Senior Secondary School Date: Oct. 27, 7-10 p.m., Fabric Frames; Nov. 3, 7-10 p.m., Fabric Boxes; Nov. 10, 7-10 p.m., Fabric Baskets; Nov. 17, 7-10 p.m., Kitchen

Gifts; Dec. 1, 7-10 p.m., Christmas Ornaments Fee: \$5/session plus material

HALLOWEEN COSTUME CREATIONS

Create your own Halloween costumes with the assistance of a professional seamstress. Step-by-step instructions on how to design and sew your own pattern. Each student will be able to complete their costume in class. Beginner and advanced sewers are welcome.

Instructor: Toni Smith Location: Grand Forks Senior Secondary School Date: Oct. 5, 7:30-9:30 p.m. (Tues.), 4 sessions Fee: \$14

CRAFTMAKING

Fashion your own personal Christmas gifts! Dough dolls and Christmas wreaths will be featured in this participation class.

Instructor: Barbara Van Diemen Location: Grand Forks Senior Secondary School Date: Nov. 9, 7:30-9 p.m. (Tues.), 2 sessions Fee: \$10

GENERAL INTEREST

EXPLORING THE NATURAL WORLD This year the Boundary Environment and Outdoor Club, the Boundary Naturalists and Selkirk College have teamed up to present a series of courses on exploring our natural environment. The series is designed to provide stimulating sciences of natural beauty and assist in identifying local plants, animals and geographical characteristics.

COSMOLOGY

Somewhere out there, thousands of light years away, scientists have traced ancient beams of light back to a barrier beyond which there are no emanations. What lies beyond -- an empty void; parallel or anti-universe? This session on cosmology takes information from the smallest particles and projects these recently cracked secrets out onto our expanding universe.

Instructor: TBA Date: TBA



"anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. Henry Ford

GEOLOGY OF THE GRAND FORKS AREA

This session will teach participants how to find and identify the various rocks, minerals and fossils found in the Grand Forks area. A lecture will be conducted on Friday evening followed by a field trip on Saturday.

Instructor: Leslie Anderton Location: Adult Learning Centre Date: Sept. 24, 7:30-9:30 p.m.and Sept. 25, 9:30 a.m.-3 p.m. Fee: \$8

NATURAL HISTORY

The story begins on the continental shelf of a primordial sea. Small protein threads make the most of what to us appears a bleak anaerobic world. The protein consume carbon and give off a useless noxious gas -- oxygen. The biosphere develops to where it can support more energetic forms of life. The earth undergoes severe change, but life continues the adaptation process. One day a cautious chimpanzee stands on his two hind legs. Time winks yet another geologic instant and man looks back across the ages with wonder.

Instructor: TBA Date: TBA

MUSHROOM ING

This one-day field trip will explore local habitats, teach collecting techniques and try new recipes. Meet at the arena parking lot on Saturday morning.

Instructor: TBA Location: Grand Forks Date: TBA, 9:30 a.m.-4:30 p.m. Fee: \$6

ASSERTIVENESS TRAINING

Assertiveness is a form of self-expression, not to be confused with aggression, and is a skill which can be learned. This one evening workshop provides quidelines that will alert you to barriers in relationships and provides you with a basic introduction to the skill necessary for an assertive lifestyle.

Instructor: Mary Murray Location: Grand Forks Senior Secondary School Date: Sept. 27, 7-9:30 p.m. Fee: \$6

Yoga can be defined as an exercise of the body and mind. Not only does it tone and firm muscles and regulate body functions, it also teaches you to relax your body and mind. The result of the two combined leaves you feeling energetic and rejuvenated.

Instructor: Maggie Malloff Location: Arena Date: Sept. 22, 9:30-11 a.m. (Wed. and Fri.), 20 sessions Fee: \$35

INTRODUCTION TO PUBLIC SPEAK ING

An introduction to the art of speaking to a public audience. This session will help you overcome your fears and assist beginners, men or women to feel at ease while speaking in public.

Instructor: Dorothy Cameron Location: Grand Forks Senior Secondary School Date: Oct. 7, 7-9:30 p.m. Fee: \$6

STRESS MANAGEMENT THROUGH RELAXATION

In this workshop you will learn how to relax, how to help yourself cope with stress related tensions, aches, pains and other ailments by relaxing them away, breathing properly and relaxing yourself well.

Instructor: Gisela Ko Location: Adult Learning Centre Date: Oct. 23, 10 a.m.-1 p.m. Fee: \$5

COPING WITH CRISIS

This one evening workshop is open to all persons interested in developing their own awareness and developing community resources for dealing with crisis situations. Topics include theory and practice of crisis intervention, from a general overview and definition castles. The trip features the of "crisis" to specific problem areas such as family violence and depression. The focus will be on support systems needed to resolve a crisis effectively. The resource people are from the Nelson Community Centre. Instructor: Daphne Armstrong and Lisa Auberly Location: Grand Forks Senior Secondary School

Date: Oct. 19, 7-9 p.m.

Fee: \$6

ROD MAKING (FISHING ROD CONSTRUCTION)

This course teaches the basics of fishing rod construction allowing students the personal touch to their fishing rod. Materials available. Cost \$30-\$65, depending on type of rod constructed.

Instructor: Jack Mayo Location: Grand Forks Senior Secondary School Date: Sept. 13, 7-9 p.m. (Mon.), 12 sessions Fee: \$32 and materials

HUNTER AND OUTDOORSMAN TRAINING-C.O.R.E.

This is a provincial course which covers survival, game laws, wildlife identification and firearms safety. This course is compulsory for all hunters 18 years and under and for all hunters applying for their first licence.

Instructor: Larry Wunder Location: Adult Learning Centre Date: Sept. 13, 7-10 p.m. (Mon.-Fri.), 5 sessions Fee: \$15.00

FLY TYING

This course teaches the basic principles of fly tying; for those who want to learn or advance their technique. Fee does not include supplies and tools. Materials cost approximately with tools \$70.

Instructor: Jack Mayo Location: Adult Learning Centre Date: Sept. 10. 7-9 p.m. (Fri.), 15 sessions Fee: \$40

TRAVEL EUROPE

This evening session will include slides of a ship cruise up the Rhine River. The cruise includes five countries and will view more than two dozen famous Heidleberg castle. The instructor will provide you with information about how to prepare for such a trip and how to enjoy it once you get there.

Instructor: Dick Rempel Location: Grand Forks Senior Secondary School Date: Oct. 14, 7:30-9 p.m. Fee: Free

This course is designed to take you from the beginning to the point of above bridge skills. Emphasis will be placed on opportunity of adding their own offensive and defensive bidding and playing of one's cards. Also, partnership understanding and communication.

> Instructor: Jack Mayo Location: Grand Forks Senior Secondary School Date: Sept. 8, 6:30-9 p.m. (Wed.), 15 sessions Fee: \$45

GURDJIEFF-THE TRANSFORMATION OF MAN

A mystical--esoteric study of the teachings of Gurdjieff and Ouspensky on the possible transformation of man. A free talk to introduce the subject will be held the first evening. Instructor: Nancy Thom Location: Grand Forks Senior

Secondary School Date: Sept. 28, 7:30-9 p.m., 20 sessions

Fee: \$20

WEN-DO Wen-Do is an effective system of self-defense developed specifically for women. Wen-Do offers ways to deal with harassment in the street, in public places, at social gatherings; to cope with all types of verbal, physical and sexual assault. The emphasis is on women, their socialization, conditioning and needs. Participants gain self-confidence, self-determination, the belief and knowledge in one's abilities and desire to defend oneself. For women of all ages. Instructor: Sandra Laine Location: TBA Date: Oct. 2 and 3, 9:30 a.m.-

BEGINNERS' SPANISH

4 p.m.

Fee: \$35

This course is intended to give the student a basic knowledge of Spanish. Grammar is stressed along with some conversational practice. This course would be very helpful for those wishing to trael in a Spanish speaking country.

Instructor: Barbara Ogletree Location: Grand Forks Senior Secondary School Date: Sept. 29, 7-9 p.m. (Wed.), 10 sessions Fee: \$25 plus text



VEGETARIAN COOKING

Add variety and a new dimension to your favorite menus. The instructor will discuss protein requirements and use of whole and natural ingredients.

Instructor: Seija Huyton Location: Grand Forks Senior Secondary School

Date: Oct. 7, 7-9 p.m. (Thurs.), 6 sessions

Fee: \$30

MEXICAN COOKING

Learn to make tortillas and burritos; sopapilla, enchiladas and tacho's; chili and chili rellenos. Help make your meal dollars stretch with economic and easy recipes in this participation class.

Instructor: Karen Gutierrez Location: Grand Forks Senior Secondary School Date: Oct. 6, 7-9:30 p.m. (Wed.), 3 sessions

Fee: \$16

HOLIDAY BAKING

Learn new and delicious Christmas gift and party dishes. This course includes recipes and practical instruction for a vareity of special holiday fare--yule logs, Christmas cakes, canapes and hors d'ouvres.

Instructor: Bev Barter Location: Grand Forks Senior Secondary School Date: Nov. 3, 7-9 p.m. (Wed.), 4 sessions

Fee: \$15

BARTENDING FOR CHRISTMAS ENTERTAINING

A guide for the home bartender. Recipes for hot and cold drinks. Emphasis on Christmas drinks. Non-alcoholic drinks featured also.

Instructor: Mary Lou Nesbitt Location: Grand Forks Senior Secondary School Date: Nov. 25. 7-9 p.m. (Thurs.), 2 sessions Fee: \$10

HOME FINANCIAL MANAGEMENT

You work hard for your money. This course will help to make your money work for you. Topics will include money management, budgeting, personal financial statements, balancing your cheque book, planning for borrowing, savings and investments and other areas of family and personal concern.

COOKING SERIES—THE BEST FOR LESS

Food is expensive, but not nearly so when you refuse to buy ready made packaged goods. Let's get back to cooking as an art. This lecture-demonstration series provides helpful information about how to prepare food with cost, time and nutrition in mind.

THE STAFF OF LIFE

Learn to make bread using whole grain or untreated flour. Do you know that there are over 2,000 additives in flour? It's very easy to learn. Why not join us? You will save the fee cost in no time.

Instructor: Katherine Berg Location: Grand Forks Senior Secondary School Date: Oct. 4, 7:30-9 p.m.

SOUPS

Soup bones are full of calcium. Add onions, garlic and your choice of vegetables and meat and you have an inexpensive dish fit for a queen.

Instructor: Katherine Berg Location: Grand Forks Senior Secondary School Date: Oct. 18, 7:30-9 p.m.

MEATS

From a large roast, cut and use the best for an oven roast. Cut several slices for Swiss Steak. Use the poorest parts for stew or hamburger. A working mother can cook this all at once, portion into meal size and freeze.

Instructor: Katherine Berg Location: Grand Forks Senior Secondary School Date: Nov. 1, 7:30-9 p.m.

MEATLESS MEALS

The value of nuts. How to prepare vegetables with little work. Leftovers can be fun and tasty.

Instructor: Katherine Berg Location: Grand Forks Senior Secondary School Date: Nov. 15, 7:30-9 p.m. Fee: \$3

Instructor: Andy Brown Location: Grand Forks Senior Secondary School Date: Nov. 1, 7:30-9:30 p.m.

(Mon.), 4 sessions Fee: \$5

DEFENSIVE DRIVING

Regardless of how good a driver you are, this course will change your attitude about driving and will instruct you on how to defend yourself on streets and highways. Approved by the Motor Vehicle Branch and the B.C. Safety Council.

Instructor: Basil Jmaiff Location: Grand Forks Senior Secondary School Date: Oct. 5, 7-9 p.m. (Tues.),

4 sessions Fee: \$20

WILLS AND ESTATES

This session will answer such questions as: what happens if you die without a will? What is the purpose of making a will? What information is contained in a will? Special clauses, duties of the executor and more. Co-sponsored with the People's Law School.

Instructor: TBA

Location: Grand Forks Senior

Secondary School

Date: Oct. 20,

Fee: Free HEARTSAVER

A four-hour course for people with no background in first aid or health care. The session includes: one person rescue during a cardiac arrest;

helping a conscious choking person; and signals and actions of heart attack.

The course was developed by the Canadian Heart Foundation.

Instructor: Paul Voykin

Location: TBA Date: Courses will be arranged

subject to sufficient interest.

Fee: \$8

STANDARD FIRST AID

This is the St. John Ambulance First Aid course and covers all offer undergraduate courses by basic first aid, from bandages to splints. A must for homemakers, store clerks, teachers, anyone in contact

PROGRAMMING FOR HARD TIMES

with many people or potentially dangerous environments.

Instructor: Bert Schroeder Location: Grand Forks Senior Secondary School

Date: Oct. 12, 7-9 p.m. (Tues.), 10 sessions Fee: \$35

CORRESPONDENCE COURSES

OPEN LEARNING INSTITUTE

The Open Learning Institute is a public education institution established under the College and Provincial Institutes Act in June, 1978. Its mission is to provide distance learning courses for adult residents of B.C. in Adult Basic Education, career/technical/vocational and university degree programs. Students work independently, at home through self-learning materials and tutors are available at the college office in Grand Forks. For further information contact your OLI advisor in Nelson. Call collect (112) 352-2310.

CORRESPONDENCE EDUCATION BRANCH, (MINISTRY OF EDUCATION) Courses available, grades 1-12. Courses are written for school-age students, however adults may enrol. Calendars are available at the college

UNIVERSITY CORRESPONDENCE

Most Canadian universities correspondence. A complete directory of courses is available for viewing at the college office.

At a time when the economic situation looks bleak, Selkirk College would like to offer courses that will ease the pinch as well as set up services which will hopefully help. Any suggestions or recognized needs in this area would be welcomed - just let us know.

SURVIVING WITHOUT A PAY CHEQUE

What do we do about it? We didn't create it. We are not alone. Where do we go from here? Course participants will take a Force Field analysis approach to the situation of unemployment or reduced income. Learn about the Driving Forces (income/assets) and how they may be increased. Learn about the Restraining Forces (costs/liabilities) and how they may be decreased.

Instructors: Linda Kenny, Annie Holtby Location: TBA in various communities Date: TBA, Oct. 9:30 a.m. - 4 p.m.

LEARNING SKILLS EXCHANGE

you have a skill you would like to share and/or a skill you would either like to learn or borrow for a bit, let us know as we are setting up a learning skills exchange. One hour of your time earns you an hour of someone else's No exchange of money is involved - try exchanging and sharing skills.

BABYSITTING EXCHANGE

Often lack of a babysitter deters mothers and fathers from taking a course they would otherwise not pass up. If you would be willing to babysit at some time during the year for someone taking a course in exchange for a ready and willing babysitter when you would like to take a course, let us know and we'll put you in touch with that person. No exchange of money is involved - try sharing those childcare skills.

OTHER POSSIBILITIES

Barterings, co-ops, coping with stress, networking are other possibilities which can be handy in hard times. If any of these topics appeal to you or you have other pertinent ideas, again, let us know.

FINDHORN COMES TO GRAND FORKS

Peter Caddy, one of the co-founders of Findhorn is on a speaking tour throughout the Okanagan and Kootenay areas. For an enlightening evening, come, listen, enjoy.

Speaker: Peter Caddy Location: GFSS Auditorium Date: Oct. 2, 7:30 p.m.

ilms, films, films

FALL TOUR 1982

Co-sponsored by Pacific Cinematheque. Six feature films and some short B.C. films will be offered this fall as a package deal for \$20. Admission only to those who purchase the complete package.

Date: Saturday evenings at Boundary Centre Secondary School, Midway, and Sunday evenings, Adult Learning Centre, Grand Forks, 8-10 p.m. Advance registration closes Friday, Sept. 17.

1. MONTENEGRO (Swedish made, English language, 1982). Gutsy vitality and delightful humour in this story of a bored housewife discovering an alternative way to live. Directed by Dusan Makavejev and starring Susan Anspach. Superb photography.

2. STEVIE (English, 1981). Glenda Jackson plays Stevie Smith - an obscure, reclusive British poet with a death wish, a vibrant imagination and a dreary life in London's Palmers Green suburb. Don't miss the best performance by any actress in a 1981 film.

3. P4W: PRISON FOR WOMEN (Canadian, 1981). The intent of the film was "to let the women in the Kingston, Ontario pen speak for themselves, and they do." This Genie Award winning film was done by Canadian filmmakers Holly Dale and Janis Cole.

4. SHE DONE HIM WRONG (American, 1933). "It's hard to be funny when you've got to be clean." Mae West comments on censorship of the 30's and proceeds to make a movie based on her own play. This Mae West classic stars Mae West, Cary Grant, Gilbert Roland and Noah Beery, Sr.

5. BICYCLE THIEF (Italian, English subtitles, 1948). "Probably the single most important and moving film to come out of the Neo-Realist movement that arose out of the ashes of post-war Italy, Bicycle Thief is a simple story of an unemployed man and his son in war-devastated Rome.

6. BEING THERE (American, 1979). Peter Sellers gives a stimulating, thought-provoking, amusing tour-de-force performance as Chance, a man with no background or parents who has spent his entire life gardening and watching TV. Thrown into the real world, his naivete and innocence are mistaken for wisdom and profundity. Also starring Shirley MacLaine, Mervyn Douglas, and Richard Basehart

to travel to another community, phone to let us know. If most of the interest is in your community, we may move the course there, or if there are enough people from your community interested, we may start a similar course there.

Parking at BCSS

Parking is not permitted in the driveway of the school due to fire regulations.

Services for Disabled Adults Community Education programs are designed to serve the needs of all adults. It is our aim to encourage and facilitate greater participation of disabled adults in Community Education programs.

Community Education Services wherever possible, will schedule classes in facilities that are wheelchair accessible. The schools at present are not equipped with wheelchair facilities, but assistance will always be available if you call the Continuing Education office at 449-2655 to inform us of the dates, time, and location of the course you wish to take. We have encouraged all our instructors to make any necessary adaptations required to involve an adult with a disability. If, prior to entering a course, you would like to discuss your involvement with the course instructor, we encourage you to call us and get the name and phone number of the instructor.

Transportation services can be arranged to allow you to attend guides are available upon courses in the different communities. Contact Community Education at 449-2655.

REGISTRATION INFORMATION

Registration in advance is important for all courses. If we don't know you are planning to attend, we may cancel your course because of insufficient enrolment. Contact us as soon as you decide to take a course, or at least one week before the start of the course. If you register more than two weeks in advance, we will call you a few days before the first class to confirm that the course will take place.

Send your name, address, telephone number, and the course you are interested in, with a cheque payable to Selkirk College. A registration form is located at the back of this publication for your use.

Selkirk College Kettle Valley Centre Box 130 Midway, B.C. VOH 1MO

In Person

Come to the Community Education office in Boundary Central Secondary School. The office phone number is 449-2655. You will be more likely to reach someone in the mornings.

KNOWLEDGE NETWORK

A temporary dish has been set up at Boundary Central Secondary School (BCSS) to take advantage of the programs on Knowledge Network for credit or general interest. Eventually Midway will have its own dish and people will receive KNOW into their own homes and other communities will hopefully follow suit. The following courses will be sponsored in the fall: Age of Uncertainty, Designing Home Interiors, Freehand Sketching, Introduction to Computers, Mind Your Own Business. Understanding Human Behaviour and Write On. Course descriptions appear elsewhere in this section of calendar. We hope you'll enjoy this introduction of "distance education" into our area. Broadcast schedules and program request. For more information call Community Education, 449-2655 or contact Marg Mahan, Knowledge Network Liaison Officer, Selkirk College, Trail campus, 845 Victoria St., Trail, 368-5236.

OPEN LEARNING INSTITUTE

Study at home with OLI. You can get your high school diploma, study for a university degree, or start a new career program. The Open Learning Institute sends complete course packages to its students, and tutors provide help by toll-free telephone. Find out how you can continue your education without

KETTLE VALLEY

INTRODUCTION

Selkirk College and School District #13 have combined resources during the past years to offer you a more enriched and varied community program. We hope you will take advantage of these courses either as a student or by sharing your own expertise in teaching. We're sure that you'll find something in our program that will bring new skills, insights and satisfaction. Bring a friend and enjoy an evening or weekend course. If there is any subject you would like to see included, Dates let us know and we'll try to arrange it either this session or in our next series of offering.

GENERAL INFORMATION

Library

The Boundary Central Secondary School (BCSS) Library is open to the public from 6-8 p.m., Monday-Thursday as a result of a grant obtained by Beta Sigma Phi. You may order books from the Selkirk College libraries

free of charge. (You don't even have to pay postage.) In the BCSS Library there is a catalogue of all Selkirk College books, and you can order books there.

Use of School Facilities

The gyms and classrooms of all the schools in the district are available to community groups for activities and meetings, either on a regular basis or when the need arises, as long as school groups are not using them. Phone the Community Education office to reserve space when you need it.

Dates sometimes change in spite of all our efforts to make them accurate. If the only thing preventing you from taking a course is that it is scheduled for the wrong date, phone to make sure it hasn't been changed, or that another class in the same course hasn't been set up.

Places

If you do not want to take a course because you do not want

disrupting your lifestyle. Come learning skills exchange. One into the Community Education office in BCSS to pick up a calendar and talk about OLI programs, or call the OLI advisor in Nelson collect at (112) 352-2310.

OF SPECIAL INTEREST

KETTLE RIVER ART CLUB The Kettle River Art Club has planned a number of offerings this fall.

Sept. -- Sunday afternoon sketching class with Instructor Hal Stedham Oct. -- Weaving workshop Nov. 5-7--Painting workshop with instructor Ted Kingam, Emily Carr College of Art Nov. 13--Ceramics workshop with instructor Ellen Rapley, Trail

Dec .-- Watercolour workshop, with Mrs. Lindley, Grand Forks

PROGRAMMING FOR HARD TIMES At a time when the economic situation looks bleak, Selkirk College would like to offer courses that will ease the pinch as well as set up services which will hopefully help. Any suggestions or recognized needs in this area would be welcomed--just let us

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Instructors: Linda Kenny, Annie Holtby Location: TBA in various communities Date: TBA, Oct., 9:30 a.m.-4 Fee: \$5

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OTHER POSSIBILITIES

Bartering, co-ops, coping with stress networking are other possibilities which can be handy in hard times. If any of these topics appeal to you or you have other pertinent ideas, again, let us know.

ADULT BASIC **EDUCATION (ABE)**

BASIC SKILL IMPROVEMENT

A course for adults, 19 and over, who have been out of school for at least a year, and who are interested in improving math and English skills.

Instructor: Paul Thompson Location: Midway and Greenwood Date: Every Tues. and Thurs. beginning Oct. 2, 1-4 p.m. and 7-10 p.m. (alternating afternoons and evenings in both places) Fee: \$10/month

GED PREPARATION

Grade 12 equivalency standing assists adults in qualifying for better jobs, promotions, or in applying for admission to colleges or simply for their own satisfaction.

Instructor: Paul Thompson Location: Greenwood and Midway Date: Tues. and Thurs.

beginning Oct. 2, 1-4 p.m. and 7-10 p.m. (alternating afternoons and evenings in both places) Fee: \$10/month

SECONDARY SCHOOL GRADUATION

Adults are welcome to participate in the regular secondary school day program as long as classes are not full. Adults may enrol for interest or for secondary completion. Call Community Education, 449-2655 for information.

ARTS AND CRAFTS SKILLS

BEGINNER'S KNITTING

This course is designed for people who have little or no knowledge of knitting. The participants will learn the basics by knitting a mitten and

Instructor: Myra Cochrane Location: Kettle Valley School Date: Sept. 30, 7-8:30 p.m., 4 sessions

Fee: \$12 (not including supplies)

DESIGNING HOME INTERIORS (KNOWLEDGE NETWORK)

The focus is on consumer information and skills useful in planning house, apartment or mobile home interiors that are economical, aesthetic, and efficient.

Date: TBA, Mon. and Wed., 6:30-7 p.m., 30 sessions Fee: \$40

FREEHAND SKETCHING (KNOWLEDGE NETWORK)

Equated to an undergraduate introductory drawing course, this course promises that virtually anyone who can master a few simple basic principles and techniques can learn to draw regardless of talent and experience.

Date: TBA. Mon. and Wed.. 6-6:30 p.m., 30 sessions Fee: \$15

INTERIOR DECORATING

Wall papering, refinishing, antiques, colour schemes,

draperies, textiles, paint--rejuvenate your home from floor to ceiling.

Instructor: D'Arcy Miller Location: Beaverdell Elementary School

Date: Oct. 7, 7-9 p.m., 4 sessions

Fee: \$15

INTRODUCTION TO RHYTHM GUITAR

Basic chording and picking will be taught by ear which will let you play "off the cuff" with others. A guitar is all you need.

Instructor: Ray Reichert Location: Kettle Valley Elementary School Date: Oct. 18, 7-8:30 p.m., 5 sessions Fee: \$15

KNITTING OUTDOOR SWEATERS

If you've already taken the beginner's course or know how to knit, this course is for you. Students are responsible for all supplies including patterns.

Instructor: Myra Cochrane Location: Kettle Valley School Date: Oct. 18, 7-9 p.m., 8 sessions Fee: \$25

SEW YOUR OWN JEANS

Ail you need is a pencil and hip measurement. 100% denim cotton or polyester cotton denim material can be purchased along with the standard jean thread or bring your own.

Instructor: Leslie Pinsky, Oliver Denim Shop Location: BCSS Date: TBA, 2 sessions Fee: \$19

SMOCKING MADE EASY

Basic smocking for those with little or no experience. A finished product (e.g. baby

BYLAWS FOR CATTLE?

ou know that there are bylaws for new ranchers bringing new cattle into the Boundary area? Or for any new cattle to the area period? Come and learn the why's and wherefore's from a learned veterinarian as well as the experiences of long-time ranchers.

Veterinarian: TBA Location: B.C.S.S. Commons Time: Fri., Sept. 24, 8-10 p.m. Fee: Free

"Our meetings are always open to prospective members." Bill Price, President, Kettle River Stockmen's Association.

"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstances."

Bruce Barton

bonnet, pinafore, nightie, blouse) will be yours by the end.

Instructor: Shirley Kakuno Location: BCSS Textiles Room Date: Sept. 23, 7-9 p.m. (Thurs) 3-4 sessions Fee: \$10 + materials

SILVERSMITHING

This introduction uses simple tools allowing the student to make simple jewellry. Varied techniques including "lost wax" will be demonstrated.

Instructor: Bob Shepherd Location: BCSS Date: Oct. 2 and 3, 10 a.m.-4 p.m. Fee: \$25 plus supplies

WEEKEND WORKSHOP IN PAINTING FOR ARTISTS EMILY CARR COLLEGE OF ART

OUTREACH PROGRAM

Designed for artists with some experience, the workshop will explore bringing order out of chaos. Instructor Ted Kingam has had numerous exhibitions from London and Paris to the West Coast.

Instructor: Ted Kingam, Capilano College Location: Kettle River Art Club, Greenwood Date: Nov. 5-7, 7-10 p.m. (Fri. eve.), 10 a.m.-5 p.m. (Sat. and Sun.) Fee: \$30 plus supplies (paint medium--student's choice)

FOODS AND FITNESS SKILLS

For those over 19 years of age (unless accompanied by an adult). Badminton is held in both Midway and Greenwood on a continuing basis.

Location: BCSS Gym or Greenwood Location: BCSS Foods Room Elementary Gym Date: Tues., Wed., respectively, 8-10 p.m. Fee: Small fee collected for birds

BADMINTON FOR STUDENTS

For those under 19 years of age. Badminton will be held under the supervision and instruction of Jim Wallace. Maximum number per night will

Location: BCSS Gym Date: Wed., 7-9 p.m. Fee: Small fee collected for birds

BEATING INFLATION IN THE KITCHEN

Part I--Preserving and Pickling. Part II--Drying and Freezing. Part III -- Wholistic Breads. You may take one or two or all three parts.

Instructor: Denise Templeton Location: BCSS Foods Room Date: Sept. 22, 7-9 p.m., 3 sessions Fee: \$10 for all 3 or \$5/workshop

BELLY DANCING

Belly dancing can give you a new awareness of yourself, acquainting you with the pleasures of being physically fit. A fit body looks and feels better.

Instructor: Dale Pearson Location: Midway Elementary Gym Date: Oct. 19, 6:30-8 p.m., 8 sessions

Fee: \$15

CAKE DECORATING-BEAVERDELL

Make your cakes the hit of the party by learning techniques from a master "icer". A list of necessary items to bring from home will be sent on receipt of registration.

Instructor: Laura Williams, P & J's Party Cakes Ltd., Penticton Location Beaverdell Community Hall Date: Oct. 16 and 17, 9-11:30 a.m., 1-3:30 p.m. Fee: \$20

CAKE DECORATING-MIDWAY

Same course as above. You'll need to bake some cakes beforehand and bring some basic icing with you. Be prepared for the festive season.

Instructor: Laura Williams Date: Nov. 20 and 21, 9-11:30 a.m., 1-3:30 p.m. Fee: \$20

CHEESE, PLEASE

Fee: TBA

A course is tentatively being set up for a weekend in October or November to cover a variety of cheese making, from cottage to brick, mild to strong.

Instructor: TBA Location: Westbridge Recreation Date: Sept. 16, 3:30 p.m. (all Centre Date: TBA

KEEP FIT FOR THOSE IN SHAPE

These sessions involve running, calisthenics, ballet, and yoga and are excellent for getting the blood circulating. Keep in shape and have fun doing it.

Instructor: Monica Stewart Location: Midway Elementary School

Date: Sept. 9, 7:30 p.m., 10 sessions (Mon. and Thurs. continuing sessions)

Fee: \$8

GET FIT FOR LADIES

These twice a week sessions will get you in shape with exercises, aerobics and dance. Enjoy yourself on the way to a fitter you.

Instructor: Shannon Askew Location: Greenwood Elementary Gym Date: Sept. 14, 8 p.m. (Tues.

& Thurs.), 8 sessions

MASSAGE FOR HOME USE

This weekend workshop will give one a better understanding of how to use massage for relaxation and gain an enriched physical awareness.

Natale Reo Location: Rock Creek Clinic Date: Oct. 23 and 24, 10 a.m.-4 p.m. Fee: \$30

TAI CHI

Tai Chi is an oriental system of health maintenance, stress reduction, and self-defense. Regardless of age or physical disability, this class is for you.

Instructor: Rex Eastman, Director, Kootenay Tai Chi Centre Location: Greenwood School Date: Dec. 4 and 5, 10 a.m.-5 p.m. Fee: \$45

TAP DANCING

Join the Kettle Valley Dancers for another fine year of dancing. A shoe swap is scheduled so don't buy your shoes yet! Preschoolers (age 4) --Grade 7.

Instructor: Barb Stedham Location: Midway Elementary School ages)

Fee: \$5 plus shoes and body suit to be purchased later

VEGETARIAN COOKING

Vegetarian meals add variety to your regular meal planning. Protein requirements and the use of whole and natural ingredients will be discussed-healthy, economical.

Instructor: Seija Huyton Location: BCSS Foods Room Date: Sept. 27, 7:30-9:30 p.m., 6 sessions Fee: \$30 (includes food)

YOGA

You need not be of any specific age or athletic ability to enjoy yoga and gain its cumulative benefits for mind and body.

Instructor: Linda Riddle Location: Greenwood Elementary School Gym Date: Nov. 3, 6:30-7:30 p.m., 10 sessions Fee: \$10

AGE OF UNCERTAINTY (KNOWLEDGE NETWORK)

John Kenneth Galbraith's 15-part exploration of economic, social and political problems from the agricultural 1700's to the present. It Instructors: Marilyn Bangma and demonstrates the interaction of economics and society.

> Date: TBA, Mon., 1-2 p.m. Fee: TBA

SKILLS FOR DAILY LIVING

CONSERVATION OUTDOOR RECREATION EDUCATION (HUNTER TRAINING) Hunter training covers survival

game laws, wildlife identification and firearms safety and includes practical and written test. Compulsory for all hunters 18 years of age and under.

Instructor: Ron Jeskey Location: BCSS Date: Sept. 11 and 12, 10 a.m.-5 p.m. and Sept. 15, 7-9 p.m. Fee: \$15

DRIVER EDUCATION

Case studies, films, up to date knowledge of the law are ingredients of this course. Five hours of road instruction is also included.

Instructors: Cpl. John Jack (theory), Jim Waddell (practical) Location TBA Date: Oct. 18, 7-9 p.m., 10 sessions (Mon. and Tues.)



SOLAR ENERGY - IS IT FOR YOU? general introduction to solar energy, solar water heating, solar houses and super-insulated houses, greenhouses and project building.

Instructor: John Barling, Vernon, B.C. Location: BCSS Date: Sat., Nov. 6, 1-5 p.m. Fee: \$20

FAMILY LIFE (AS TAUGHT TO **GRADE 11 GUIDANCE)**

See what students are learning. Help evaluate the program. Topics include adolescence, values of dating, love, venereal disease, birth control, birth, values of parenting.

Instructor: Jean Gelwicks Location: BCSS Date: Sept. 13, 7:30-9:30 p.m., 5 sessions Fee: \$5

INTRODUCTION TO COMPUTERS AND THEIR APPLICATIONS (KNOWLEDGE NETWORK)

This course will provide a thorough understanding of the principles of computing and enable computer users to work more effectively with data processing personnel.

Date: TBA, Tues. and Thurs., 8:30-9 p.m., 23 sessions Fee: \$30

JAPANESE CONVERSATION FOR **BEGINNERS**

Travelling to Japan? Want to communicate with friends/relatives in our own community? Basic vocabulary and OR TRUCK sentence structure are covered. Learn how to do minor repairs Instructor: Eiko Ariga Location: Greenwood School Date: Oct. 5, 7-9 p.m., 10

MIND YOUR OWN BUSINESS (KNOWLEDGE NETWORK)

sessions

Fee: \$15

If you want to get out of the house or off the assembly line to become your own boss, this will give you the answers you need to the questions you have.

Date: TBA, Tues. or Sun., 12-12:30 p.m., 15 sessions Fee: TBA

PEOPLE'S LAW SCHOOL

This four hour session covers a We are hoping to have lawyers in our communities to discuss the following topics: Preparing Development", "Applied a Will, Kids, Cops and Courts, Tax Planning for the Self-Employed, Women and the Law, Federal Benefit Programs for Seniors, Unemployment Insurance, Welfare Rights and G.A.I.N., A Tour Through the '82 Personal Tax Form, Environmental Law (on a local issue). Watch for further information in flyers and on posters. Ten students are required, so please preregister. Bring a friend.

S.T.E.P .- SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING

This program, similar to the popular P.E.T. (Parent Effectiveness Training) teaches basic parenting and child care skills--active listening, communication and problem solving.

Instructor: Jean Gelwicks Location: BCSS Date: Oct. 25, 7-9 p.m., 8 sessions Fee: \$5 plus cost of parent's

SPEED READING KIT

handbook

The Community Education office has a learning kit for speed reading which anyone can borrow for a month by contacting the office. The kit teaches techniques which are not skipping and skimming. It involves "sight" reading rather than "sound" reading, and improves comprehension and recall.

TROUBLE SHOOTING FOR YOUR CAR

and basic maintenance for your vehicle--changing headlights, tire rotation, packing wheel bearings, fambelt and hose care, and much more.

Instructor: Jim Waddell Location: BCSS Date: Oct. 13, 7-9 p.m., 3 sessions Fee: \$10

UNDERSTANDING HUMAN BEHAVIOUR (KNOWLEDGE NETWORK)

Typical titles--"Functions of the Brain", "Visual Perception", "Sexual

Motivation", "Sensory Deprivation", Abnormal Psychology", "Emotional Psychology", "Altered States of Consciousness", "Consciousness and Sleep", etc.

Date: TBA, Tues., 9-9:30 p.m., 30 sessions Fee: TBA

WRITE ON (KNOWLEDGE NETWORK) Can you read this? Do you know someone who can't? This course covers verbs, sentences

Date: TBA, Tues. and Thurs., 9:50-10 a.m., 15 sessions Fee: TBA

structure, punctuation and

usage, and clear writing.

VOCATION AND FIRST-AID SKILLS

AIR BRAKES

This 24-hour course presents the theoretical aspect of driving with an air brake system that will prepare you for the Motor Vehicles Branch test.

Instructor: George Brent Location: BCSS Commons Date: Nov. 20, 9 a.m.-4 p.m., 4 sessions (Sat. and Sun.) Fee: \$40

BOOKKEEPING-PART I

This intensive course leads to credit in the Selkirk College Office Administration Core Program. Part 1 (12 sessions) is scheduled for before Christmas with Part 2 set to begin in '83.

Instructor: Carolene Sparling Location: BCSS Business Room Date: Oct. 6, 6:30-9:30 p.m., 12 sessions

Fee: \$30 plus cost of workbook

OFFICE PROCEDURES

Another part of the Office Administration Core Program, this course includes filing, duplicating, mail services, reception, meeting the public.

Instructor: Marj Docksteader Location: Greenwood Date: Sept. 20, 10 a.m.-1 p.m., strokes, diabetic emergency. 12 sessions (evening sessions a possibility) Fee: TBA

CARDIO-PULMONARY RESUSCITATION (CPR)

This basic life support training course is brought to

you by Emergency Services Education Association of B.C. and is taught to the standards of the Canadian Heart Foundation.

Instructor: Ron Davis Location/Date: Beaverdell Community Hall, Tues., Sept. 28, 6-10 p.m.; Westbridge Recreation Centre, Mon. and Wed., Oct. 4, 6, 7-9 p.m.; Kettle Valley Elementary, Mon. and Wed., Oct. 18, 20, 7-9 p.m.; Bridesville Elementary, Mon. and Wed., Oct. 25, 27, 7-9 p.m.; Midway, B.C.S.S., Mon. and Wed., Nov. 1, 3, 7-9 p.m.; Greenwood Elementary, Mon. and Wed., Nov. 8, 10, 7-9 p.m. Fee: \$12

ST. JOHN STANDARD FIRST AID Basic first-aid techniques are taught that should be known by all but especially by those involved with working with

people. Successful candidates

will be certified.

Fee: \$33

Instructor: Ron Davis Location BCSS Date: Nov. 15, 7-10 p.m., 10 sessions (Mon. and Thurs.)

SAFETY PROCEDURES IN LOGGING

Basic safety procedures demonstrated for those new to the logging industry or for those contemplating working in the bush. A practical and necessary course.

Instructor: TBA Location: TBA Date: October weekend

SAFETY ORIENTED FIRST AID

This certificate course covers internal bleeding, fractures, dislocations, sprains, pelvic and abdominal injuries, burns, scalds, eye injuries, hypo and hydrothermia, poisoning,

Instructor: Ron Davis Location: TBA Date: Oct. 16, 9 a.m.-5 p.m., 1 session Fee: \$30



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TOWER OR SPAR LOGGING

A one-week intensive course will be offered in the bush for those interested in learning techniques that will eventually Cross Country Skiing, Steve be used in our area.

Instructor: TBA Location: Logging site Date: October Fee: \$80 WELDING

Arc and acetylene welding, basic safety procedure and equipment will be taught in this 72-hour program. Completion will give the student a welding certificate.

Instructor: TBA Location: Midway Date: October Fee: \$100

WOODWORK FOR BEGINNERS

Not for the experienced woodworker, considerable time will be spent in explanation and demonstration. Simple articles such as coffee tables or bookshelves will be constructed.

Instructor: Ken Harshenin Location: BCSS Woodshop Date: Sept. 30, 7-9:30 p.m., 6 sessions

Fee: \$25 plus \$5 for use of equipment (does not include cost of wood)

WORKSHOP

These non-instructional sessions allow the experienced woodworker to use the variety and quality of equipment available in the school. Fees will purchase new equipment.

Instructor: Ron Jeskey Location: BCSS Woodshop Date: Sept. 30, 7-10 p.m. 10 sessions Fee: \$1.50/hr plus \$5 for repairs

For more information about Continuing Education offerings in Midway, visit the office located at Boundary Central Secondary School or telephone 449-2655.

RECREATION INFORMATION

Midway Recreation Commission. Contact: Steve Stewart 449-2467

Minor Hockey, Dennis Moritz

Minor Soccer, Steve Stewart

Minor Softball, Ken Taylor 449-2305

Men's Hockey, Randy Trerise

Tennis, Steve Stewart 449-2467 Badminton, Jim Wallace 449-2326 Ladies Keep Fit, Monica Stewart 449-2467

Stewart 449-2467

CLUBS AND ORGANIZATIONS Kettle Valley Golf Club, George Sherbinin 449-2285 Kettle River Shooting Sports Club, Ken Gregory 449-2615 Boundary Cub Pack, Gail Robinson 445-6506 Midway Senior Citizens, John Tomac 449-2472 Greenwood Senior Citizens, Jim Knutton 445-6750

Bridesville Senior Citizens, Bill Hatton Rock Creek Senior Citizens,

Irma Haggart 446-2207 REGIONAL RECREATION COMMISSIONS

contact Steve Stewart

449-2467 Member Commissions Bridesville, Rich Finlay

446-2545 Kettle Valley/Rock Creek, John

Hughes 446-2363 Westbridge, Ken Davison 446-2287

Beaverdell, Rich Moritz 484-5679

Greenwood, Neil Williamson 445-6514

Midway, Steve Stewart 449-2467 Sponsors of Summer Swim Program, Minor Softball, Winter Outdoor Activities

AFFILIATED CLUBS AND ORGANIZATIONS

Kettle River Outdoors Club, Kirk Mallette 446-2309 (Rock Climbing, Cross Country Skiing, Kayaking, Canoeing, Hiking, etc.) Kettle River Art Club, Karen

Mauro 445-2238 Westbridge Family Outdoor Club,

Barb Davison 446-2287 Kettle River Sports Club, Paula

Thomas 446-2408 Westbridge Players, Ann Ackerman 484-5535

Mini Marathon Committee, Jean Gelwicks/Steve MacDonald 445-2254

Greenwood Library, Nan Mabee 445-6590

MIDWAY RECREATION COMMISSION FALL ACTIVITIES

Kids' Halloween Party, Oct. 31 Adult Halloween Party, Oct. 30

WANTED -- CUBLEADER FOR MIDWAY --PLEASE HELP--PHONE STEVE STEWART 449-2467.

CONTINUING EDUCATION REMINDER Valley Learning Centre

SEPTEMBER 1982

Sept. 15--Registration: Air Brakes, Business Math, and English Grammar and Spelling Sept. 18--FALL PLANTING WORKSHOP, Valley Landscape Nursery, 1-5 p.m. (\$10) GOLD PANNING -- call for information FIBRE ARTS--Spinning, weaving, batik, silk screen, etc. Call ABE GED ESL registrations

OCTOBER 1982

Oct. 2-- GROW IT!! FOR \$\$, Valley Landscape Nursery, 10 a.m.-12 noon, Sat. (\$10) Oct. 4--ABE classes, GED classes and ESL classes, Valley Learning Centre, 9 a.m. (\$10/mon.) Oct. 4--TYPING I, Mt. Sentinel School, 7-10 p.m., Mon. and Wed. (\$55)

Oct. 4--FRENCH LESSONS, Winlaw Elementary School, Mon., 7-9 p.m. (\$35)

Oct. 4--PIANO LESSONS, Instructor's home, 6-9 p.m. (\$20/mon.)

Oct. 5--CONVERSATIONAL RUSSIAN, Valley Learning Centre, 7-9 p.m. (\$30)

Oct. 6--FRENCH COOKING, Mount Sentinel School, 7-9 p.m. (\$40)

Oct. 30&31--FORM RELATED TO FUNCTION AND LUNGEING Seminar Crescent Valley, or call 9 a.m.-4 p.m. (\$30)

NOVEMBER 1982

Nov. 6-- CARE OF HOUSEPLANTS, Valley Landscape Nursery, Sat., 10 a.m.-12 noon (\$10) Nov. 15--COMPUTER TRAINING, Valley Learning Centre, Mon., 7 p.m. (\$75)

DECEMBER 1982

Dec. 4--HORSESHOW MANAGEMENT and WORKSHOP, Valley Learning Centre, 9 a.m.-4 p.m. (\$30) Community Education Office at the Valley Learning Centre will be closed from Dec. 16, 82 -Jan. 3, 83. Scheduled for Jan. 3, 183:

- Office Procedures
- Industrial First Aid
- Typing II

COMMUNITY EDUCATION?

Community Education responds to the immediate and future educational needs of part-time learners and strives to meet these needs in a manner which is both acceptable and efficient in terms of people's lifestyles and personal commitments.

It is the intent of the Selkirk for information on workshops. College Valley Learning Centre to allow you to meet your educational needs, whatever they might be, within the framework of your daily life. Community Education is designed to make education more accessible to people by bringing it into your community and offering it at a variety of times and locations.

> Your suggestions and comments are vital to the ongoing improvement and development of Selkirk College programs and courses. If you have any suggestions for future courses in the Slocan Valley and information on possible instructors, please call the office at 359-7564.

For more information about Continuing Education offerings in the Slocan Valley, visit the Valley Learning Centre in 359-7564.

GENERAL INFORMATION

REGISTRATION

All registration and payment of fees are to be made in advance. Fees must be paid the first night.

By Mail

Mail registrations, using the registration forms on the back of this publication. Return to:

> Selkirk College Valley Learning Centre Box 75 Crescent Valley, B.C. **VOG 1HO**

Include your cheque or money order, payable to Selkirk College.

In Person

Registrations will be accepted at the Community Education



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office, at the Selkirk College Valley Learning Centre, Crescent Valley, 359-7564. Pat Popoff--CES Co-ordinator Kathy Reibin--Clerical Office Hours: Tues., Wed., and Thurs., 10 a.m.-2 p.m.

ADULT BASIC EDUCATION (ABE) Did you leave school at an early age? Did you not have the chance to attend a school? The Selkirk College Valley Learning Centre, in Crescent Valley, now Location: Selkirk College provides that chance for you. We have friendly instructors standing by, just waiting to help you. You can start at the very beginning with basic reading, writing, spelling and math, or you can upgrade to a grade 10 or a grade 12 level.

We try to be flexible with timetabling to meet your needs. You work at your own level, at your own speed. We operate on a "continuous intake basis", meaning you can start (and finish) at any time.

Many people are surprised to find how easy and pleasant it is to learn in a friendly, relaxed adult classroom.

ABE I

Classes in upgrading of basic math, reading, writing and spelling skills. Start and work at your own level.

Location: Selkirk College Valley Learning Centre--359-7564

Date: Starts Oct. 4, 9 a.m., days and times TBA Fee: \$10/month

A part-time course for adults wishing to take upgrading to a grade 10 level. Areas of study will include English, math and general science.

Location: Selkirk College Valley Learning Centre--359-7564

Date: Starts Oct. 5. 9 a.m.. days and times TBA Fee: \$10/month

GED (GENERAL EDUCATIONAL DEVELOPMENT)

The Ministry of Education in Victoria makes available a battery of exams (GED Tests) to This course will provide adults who were unable to

complete high school graduation. Adults can challenge these exams and, if successful, will be awarded the grade 12 equivalency diploma by the Ministry of Education. Tutorial help with preparation for the exam is available at the centre. Applicants must be 19 years of age or over, with at least six months residency in British Columbia.

Valley Learning Centre--359-7564

Date: Starts Oct. 4, 9 a.m. (Please call the centre for an appointment.) Fee: \$10/month

ENGLISH AS A SECOND LANGUAGE (ESL)

Do you know someone who needs to learn how to speak, read or write English? This course is designed for students who wish to learn the basics of speaking English. The course includes instructions in basic reading, phonics language and writing skills.

Location: Seikirk College Valley Learning Centre--

Date: Starts Oct. 4, 9 a.m. (Please call the centre for an appointment.) Fee: \$10/month

OFFICE ADMINISTRATION

The Office Administration program is articulated province-wide. The program consists of a common core of modules recognized as office training. Classes are scheduled for fall '82 and winter '83. Core modules: Typing I, Typing II, Office Procedure and Filing, English Grammar and Spelling, Business Math and Bookkeeping.

Texts, workbooks and supplies are not included in the fees.

Admission requirements: grade 10 minimum.

For further information, please call Selkirk College Valley Learning Centre, 359-7564.

BUSINESS MATH

instruction on all basic math

skills required in office work. Applicant works on their own, with tutorial assistance from our ABE instructor. Credit upon completion. Please call the centre for an appointment.

Location: Selkirk College Valley Learning Centre--359-7564 Fee: \$15/month

ENGLISH GRAMMAR AND SPELLING

This course will provide instruction on basic grammar skills required for office work. Applicant works on their own with tutorial assistance from our ABE instructor. Credit upon completion. For further information or an appointment, please call the centre.

Location: Selkirk College Valley Learning Centre--359-7564 Fee: \$15/month

TYPING I

Here is an employment course for the novice typist. Upon completion of Part I, you should be able to: identify the keyboard, operate the keyboard by touch method, center margins both vertically and horizontally on a page, correct all errors and type 30 w.p.m.

Location: Selkirk College Valley Learning Centre--359-7564 Date: Oct. 4, Mon. and Wed., 7-10 p.m., 12 sessions Fee: \$55 (does not include workbooks) PRE-REGISTRATION REQUIRED BY SEPT. 27/82.

TYPING II--INTERMEDIATE TYPING Topics include skill building in both speed and accuracy, business letters, tables, manuscripts and word division. Certification upon successful completion. For further information, please call the centre, 359-7564.

Location: Mount Sentine! Secondary School Date: Scheduled to start Jan./83 Fee: \$55 PRE-REGISTRATION REQUIRED.

VOCATIONAL

INDUSTRIAL FIRST AID

Classes for this course will commence in Jan. 183 and will run for 10 weeks, 2 nights per week. Students will be given a government examination and successful applicants can obtain employment in industry as Industrial First Aid Attendants.

For further information, please contact the Selkirk College Valley Learning Centre, 359-7564. PRE-REGISTRATION REQUIRED.

AIR BRAKES

This twenty-four hour course prepares students to write the Motor Vehicle Branch Air Brakes exam. Successful completion gives students an air brakes endorsement on their licence.

Course will be dependent on indicated interest and the availability of an instructor in our area. Please contact the Selkirk College Valley Learning Centre, 359-7564. PRE-REGISTRATION REQUIRED.

GENERAL INTEREST

FORM RELATED TO FUNCTION

An indepth study of conformation and how it relates to the English and Western riding horse. Topics will include the Olympic sport horse, dressage, combined training and jumper. In addition to classroom lectures this course will consist of field conformation clinic.

Date: Oct. 30, 9 a.m.-4 p.m.

LUNGEING SEMINAR

This workshop will include a description and fitting a lungeling equipment plus a demonstration of the application of the lunge. Students will be given the opportunity to test their lungeing skills.

Instructor: Jacqueline Oldham Location: Selkirk College Valley Learning Centre Starting Oct. 31, 9 a.m.-Date: Oct. 30 and 31

Fee: \$30 (one or both workshops) Register by: Oct. 14



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HORSESHOW MANAGEMENT WORKSHOP

This workshop will cover all aspects of planning and running a successful horse-show. Topics will include setting up the program, time allocation and course design. It will prove informative for both exhibitors and members of horse show committees.

Instructor: Pamela Arthur Location: Selkirk College Valley Learning Centre Date: Dec. 4, 9 a.m.-4 p.m. Fee: \$30

Register by: Nov. 18

COMPUTER TRAINING

Here's an excellent opportunity for you to have a computer in your own home for three weeks. Limited to 10 participants. Instructor will be available on to know about your plants, but a tutorial basis. For further information, contact the Selkirk College Valley Learning Centre, 359-7564.

Location: Selkirk College Valley Learning Centre Date: Nov. 15, 7 p.m. Fee: \$75

CONVERSATIONAL RUSSIAN

An excellent opportunity for those of you who would like to speak and understand Russian, or for those of you who need practice speaking the language. Spend a relaxing 2 hours a week socializing.

Instructor: TBA Location: Selkirk College Valley Learning Centre Date: Oct. 5, 7-9 p.m., 10 sessions Fee: \$30

FRENCH LESSONS

An introduction to French. Suitable for beginners. The course will include written or conversational or both, depending on the preference of the students. The instructor is dishes, desserts and french from France.

Instructor: Eliene Taburiaux Location: Winlaw Elementary School Date: Oct. 4, 7-9 p.m., 10 sessions Fee: \$35 PRE-REGISTRATION REQUIRED BY SEPT. 27/82.

GROW IT FOR \$\$\$

A workshop to enable you to learn how to utilize your backyard, 1/2 an acre or 1 acre

Learn how to grow ornamentals, Christmas trees, fruit trees, shrubs, etc. for re-sale to wholesalers, nurseries or residents for excellent returns. A cooperative may be formed.

Instructor: Joseph Fasciani Location: Valley Landscape Nursery (greenhouse) Date: Oct. 2, 10 a.m.-noon Fee: \$10

CARE OF HOUSEPLANTS

A one-day workshop. Anything and everything you ever wanted were afraid to ask. The instructor will attempt to answer your questions and will give instructions on care, watering, re-potting and solving problem areas. A must to ensure lovely, healthy plants.

Instructor: Joseph Fasciani Location: Valley Landscape Nursery (greenhouse) Date: Nov. 6, 10 a.m.-noon Fee: \$10

FALL PLANTING WORKSHOP

A one-day workshop. Topics such as selection for autumn colors, fertilization, lawns, planting, winterization of plants and other topics will be included. Handouts will be available.

Instructor: Joseph Fasciani Location: Valley Landscape Nursery Date: Sept. 18, 1-5 p.m. Fee: \$10

FRENCH COOKING

Learn the delights of French cuisine. A variety of French bread will be on the menu. Food costs are included in the fee. Enrolment is limited.

Instructor: Eliene Taburiaux Location: Mount Sentine! Secondary School Foods Room Date: Oct. 6, 7-9 p.m., 8 sessions Fee: \$40

PIANO LESSONS

Piano lessons will be given by the instructor, Jacinthe Laramee, at her home. Instruction is from beginning to a grade 8 level. Private lessons. (Group sessions can be arranged.) Classical music. The first class will be used to schedule students. Limited to 12 students.

Instructor: Jacinthe Laramee Location: Instructor's home Starting Date: Oct. 4, 6-9 p.m. Fee: \$20/month PRE-REGISTRATION REQUIRED BY SEPT. 27/82.

GOLD PANNING

Contact the Community Education office, at the Selkirk College Valley Learning Centre, 359-7564 for information about location, dates, time and fees.

For more information about Continuing Education in the Slocan Valley, visit the **Valley Learning Centre in Crescent** Valley, or call 359-7564.

FIBRE ARTS

The Slocan Valley Threads Guild will again be offering a fall and winter program. We employ well-educated instructors and provide a stimulating centre for classes and studio time.

Most equipment is supplied and available for lease on a monthly basis.

The classes and workshops we offer are: spinning, weaving, dyeing, batik, silk screen, quilting, pattern drafting and many aspects of the fabric arts. Suitable for both beginners and advanced students.

Weaving will include tapestry, rug weaving, woven fabric for drapes, furniture and cloth. Students will experiment with all forms of silk, cotton, linen and wool.

Instructors, times and dates are to be announced.

For further information, please contact the Community Education office, at the Selkirk College Valley Learning Centre, 359-7564 or the Slocan Valley Threads Guild, at Perry's Siding, 355-2540.





UDDEP Jakes district (NEW DENVER, KASLO & NAKUSP)

INTRODUCTION

The Selkirk College Upper Lakes Continuing Education head office is located in Nakusp; other offices are located in New Denver and Kaslo. Call the office in your area for information about courses in your community and hours of operation or write to Continuing Education, Box 720, Nakusp, B.C. VOG 1ZO.

GENERAL INFORMATION

REGISTRATION

Advance registration is important. Send your name, address, telephone number, and the course you are interested in, with a cheque payable to Selkirk College to the Continuing Education office in your area. A registration form is located at the back of this publication for your convenience.

By Mail

Continuing Education office in your area.

In Person

Visit the Continuing Education office in your area.

Note: Fees are due and payable two weeks prior to the start of any course. You are not considered registered until your cheque is received in our

VOCATIONAL

TYPING I and II

Basic Typing I will include identifying the keyboard, touch mechanical maintenance of method, vertical and horizontal loaders. margins, and speed to 30 wpm. Typing II will include skill building in speed and accuracy, Location: Nakusp, New Denver, business letters, tables, manuscripts, and word division.

NAKUSP

Instructor: Marilyn Taylor Location: Nakusp Secondary School Commerce Room Date: Oct. 12, 7-9:30 p.m Fee: \$45

NEW DENVER

Instructor: Linda Harrington Location: Lucerne School Date: Oct. 12, 7-9:30 p.m. Fee: \$45

KASLO

Instructor: Maynard Monroe Location: Kaslo School Date: Oct. 7, 7-9:30 p.m. Fee: \$45

BOOKKEEPING

This is the first half of "Bookkeeping to Financial Statement" with the second half being offered during the winter term. This course is extensive and offers a participation certificate in the Office Administration Program at Selkirk College.

NAKUSP

Instructor: Gail Elsenheimer Location: Selkirk College classroom Date: Oct. 6, 7-9:30 p.m. Fee: \$45

NEW DENVER

Instructor: Gary Musil Location: Selkirk College classroom Date: Oct. 5, 7-9:30 p.m. Fee: \$45

Instructor: Linda Linn Location: Kaslo School Date: Oct. 4, 7-9:30 p.m. Fee: \$45

LOG LOADING

This Malaspina College course will be offered in the Upper Lakes region if there is sufficient interest. Practical training and application of safety principles are the important factors taught in this program. This includes operational methods, field procedures, rigging and

Instructor: TBA Kaslo or Slocan City (depending on student demand) Date: TBA--Fall '82, 8 a.m.-4 p.m., one week

TOWER OR SPAR LOGGING

This course will introduce the student to tower logging equipment and procedures. High-lead rig-up, hand and audible signals, wire ropes and safety will be taught.

Location: Nakusp, New Denver, Slocan City or Kaslo (depending on student demand) Date: TBA--Fall '82, 8 a.m.-4 p.m., two weeks

FALLING AND BUCKING BASICS

This course will include power saw operation and maintenance, use of hand tools, identification of wood species and safety. The emphasis of this program is on commercial logging and operations.

Location: Nakusp, New Denver, Slocan City or Kaslo (depending on student demand) Date: TBA, 8 a.m.-4 p.m., one

LOGGING FOR SENSITIVE SITES

The basic principles of watershed logging will be taught in this course. Falling, ground skidding, alternate logging methods, block layout and watershed protection are emphasized.

Location: Nakusp, New Denver, Slocan City or Kaslo (depending on student demand) Date: TBA--Fall '82, one week

AIR BRAKES

This is a 24-hour course to present the theoretical aspects of driving with an air brakes system, and to prepare the student for the test given by the Motor Vehicles Branch for air brakes endorsement.

Location: Nakusp, New Denver, Kaslo, Slocan City Date: TBA Fee: \$40

SMALL RESORT MANAGEMENT

Some experience in resort management is a prerequisite for this course. Topics will include financial management, promotion and advertising, staffing and recreation and tourism potential. This course is a must for the owners and employees of resorts in the West Kootenay.

Location: Kaslo Date: Nov. '82, 9 a.m.-4 p.m., one week

BARTER EXCHANGE

This is the concept of trading skills and time with another Individual. Some instructors are willing to accept your skills and time in trade for course fees so if there is a course you wish to take but cannot afford please contact Linda Kenny at Selkirk College. Courses marked with an * are barter exchange but others may be included so please ask.

SMALL MINE MANAGEMENT

This course will teach all aspects of mining: exploration -- types of claims, various rights of each type of claim, permits required, interaction of government agencies, financial and technical assistance, what qualifies as assessment work; mining--types of mines, miners' trade requirements, roles of mines inspector; production--Cominco requirements, bonuses, milling vs. D.S O.; business of mining options, lease agreements, royalties, hauling, catwork and milling agreements.

Location: New Denver or Kaslo (depending on student demand) Date: TBA, Fall '82, 8 a.m.-4 p.m., one week

MICROFICHE

A complete listing of all books in the Selkirk College and David Thompson University Centre libraries is available on microfilm in the Nakusp and Kaslo centres. Books may be ordered through Selkirk College for any member of the community.

SELKIRK RURAL PLANNING COURSE Our region has experienced almost no growth, and, simultaneously, rapid change. Many parts of our region are

planning to accommodate this change. This course will attempt to explain in simple terms "the planning process".

Class | What is planning? Role playing Class II Class III Maps and decision making Class IV Policy statements = community value Class V

UPDEP LAKES DISTPICT (NEW DENVER, KASLO & NAKUSP)

This course can be offered anywhere in the region to municipal councils, services organizations, Advisory Planning Committees or to the general public. Please contact Linda Kenny at 265-4077 (Nakusp) or 358-7968 (New Denver).

IRENE GEMPTON

Arrow Lakes Dance School

DANCERCISE AND AEROBICS FOR ADULTS AND TEENS

A program geared for people to firm up and keep fit to music. The ten-week course combines the popular dancercise routines and highlights from the fitness course held in Kamloops in June 182. It's a lot of fun, it's easy and it works to firm up your body by creating muscles to replace fat tissue. Added benefits of the course-helps to ease away tension and stress and alleviate the feeling of boredom as well as giving you greater flexibility in your whole body. Beginners are welcome.

Date: Tues.*, 8-9 p.m., Nakusp Elementary School; Thurs.+, 8-9 p.m., Nakusp Elementary School

Fee: \$40, two sessions/\$25, one session/week

Date: Mon.*, 9-10 a.m., Burton Hall; Wed.+, 9-10 a.m., Burton Hall

Fee: \$40, two sessions/\$25, one session/week

FAUQUIER

Date: Mon.*, 8:30-9:30 p.m., Fauguler Hall; Wed.+, 11 a.m.-noon, Fauquier Hall Fee: \$40, two sessions/\$25, one session/week

NEW DENVER

Date: Sat., 10-22 a.m., Lucerne School Gym Fee: \$25 (10-week course)

Note

* Grand for the beginner who has done very little exercise but is willing to give it a try, also good as a refresher for those who have previously taken the course.

+ A review of the other class but set at a faster pace to really make those muscles work. Some new material will also be added for those classes that wish it.

KEEP FIT

A program designed for men, women and teens alike. The 10-week course will begin geared to the beginner who wants a good workout and will work up to a faster pace. It's a great way to build up muscles and endurance; to help strengthen the cardio vascular system thereby giving your heart and lungs a good workout; and it helps to relieve stress and tension.

EDGEWOOD Location: Edgewood Hall

Date: Wed., 6-7 p.m. Fee: \$25

MODERN JAZZ FOR TEENS AND **ADULTS**

A 10-week course designed specifically for teens and adults who are interested in obtaining specific dance skills. Emphasis will be placed on jazz warmups to condition the body; specific movements: leaps, spins, etc.; combinations putting specific moves together; choreography; a dance routine set to music. There will also be a section to deal with exploration of theatre skills, pantomime, learning to create your own dance story for a production. A small section will include stage makeup.

Note: Children aged 11 to 12 that are experienced in dance and wish to try out for this class are welcome to come and audition to see if they can keep up.

Date: Tues., 7-8 p.m., Nakusp Elementary School

Fee: \$25

SELKIRK COLLEGE AND LEGAL SERVICES SOCIETY PRESENT A CONFERENCE ON B.C. FOREST ACT

This day-long conference in New Denver will include presentations from three individuals with expertise in the B.C. Forest Act--Garth Evans, Environmental Lawyer, Ken Reid, Ministry of Forests and Dave Gyton, Forestry Consultant.

Location: Selkirk College classroom, New Denver Date: Sept. 25 or Oct. 2, 10 a.m.-4 p.m.

Fee: \$10

KNOWLEDGE NETWORK

AN AGE OF UNCERTAINTY*

The basic intent of this series is to provide the student with an interdisciplinary approach to understanding current economic, social and political problems and to explore their potential for solution through the framework of modern economic history.

DESIGNING HOME INTERIORS*

An introductory study of the basic principles of interior design applied to planning residential interiors that satisfy individual and family needs, values and lifestyles. The course appeals to those planning their own home environments; mobile homes, apartments, houses, condominiums, etc.

INTRODUCTION TO COMPUTERS*

The purpose of this course is to provide a thorough understanding of the principles of computing and to enable computer users to work more effectively with data processing personnel. It will also provide an excellent foundation for more advanced computer courses.

UNDERSTANDING HUMAN BEHAVIOUR*

This course is an introduction to psychology that encourages understanding and appreciation of the scientific approach to the study of human behaviour. It will survey the physiological, intra-psychic and social behaviour, sensation and perspective, motivation, learning and memory, maturation and development, personality theory and psychotherapy, and social psychology.

To register and receive your texts, study guide/materials, tutors, call or write Community Education, Box 720, Nakusp, 265-4077 or Box 304, New Denver, 358-7968.

* These courses plus An Aging Population and Man's Religious Quest will be offered in Burton and New Denver this fall.

Broadcast schedules and detailed program guides are available on request. Call 265-4077 (Nakusp) or 358-7968 (New Denver).

Assistance on programs not listed above is available. Contact Marg Mahan, Knowledge Network Liaison Officer, Selkirk College Trail campus, 845 Victoria St., Trail, 368-5236。

centres of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance." Robert F. Kennedy

" Each time a man stands up for

of others, or strikes out against

injustice, he sends forth a tiny

other from a million different

an ideal, or acts to improve the lot

ripple of hope...and crossing each

nakusp

BURTON

Date: Mon., 5:30-6:30 p.m., Burton Hall

Fee: \$25

FDGEWOOD Date: Wed., 7-8 p.m., Edgewood Hall

Fee: \$25

NEW DENVER Date: Sat., 11 a.m.-noon, Lucerne School Gym Fee: \$35

MODERN DANCE FOR CHILDREN

A ten-week course that's been popular with youngsters in the area, teaching stage presentation, pantomime, dance exercises, modern jazz warmups, theatre, interpretive dance and a choreographed dance. This year it will be divided into two age groups: little ones and juniors.

a) Little Ones

NAKUSP

Date: Thurs., 5:30-6:30 p.m., Nakusp Elementary School

NEW DENVER Date: Sat., 1:30-2:30 p.m., Lucerne School Gym Fee: \$25

b) Juniors

NAKUSP

Date: Thurs., 7-8 p.m., Nakusp Elementary School

BURTON

Date: Mon., 4:30-5:30 p.m., Burton Hall

FAUQUIER

Date: Mon., 7:30-8:30 p.m., Fauquier Hall

EDGEWOOD

Date: Wed., 3-4 p.m., Edgewood Hall

NEW DENVER

Date: Sat., 9-10 a.m., Lucerne School Gym Fee: \$25

Note: If any two classes except the New Denver Modern Jazz Class are taken in one family, the fee will be \$40 for the two classes.

NAKUSP

VOCATIONAL

See page 49 for the following courses: logging air brakes, typing, bookkeeping.

ADULT BASIC EDUCATION (ABE)

If you left school at an early age, you can take upgrading courses in our Adult Learning Centre. This program includes basic reading, writing, arithmetic and general science. This flexible program will improve your skills at all levels up to grade 12 equivalency. Start when you are ready and work at your own speed. For more information call the Nakusp office, 265-4077.

UNEMPLOYMENT, INFLATION AND **DEPRESSION**

1930--Factory workers laid off, construction virtually stopped, banks no longer lent money, instead they called in loans. The depression was a downward spiral and there was nothing to halt it. 1982--"We can do little to affect the present economic climate" Minister of Finance.

This workshop is a discussion of depression and what it means to the individual.

Instructor: Janet Simpson-Cook Location: Selkirk College classroom Date: Sat., Oct. 9, 10 a.m.-1 p.m. Fee: \$5

S.T.E.P. (SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

S.T.E.P. is based on a philosophy of child training which has been found effective for thousands of parents. Its method is based on reading, discussion and exercises that put the principles and techniques into practice.

Instructor: Mike Leznick Location: Fauquier School Date: Tues., Oct. 19, 7-9 p.m Fee: \$20

HUMAN SERVICES 175 INTERPERSONAL COMMUNICATIONS II SERVICES

This course emphasizes developing interpersonal skills offers a wide variety of that could improve working relationships--problem solving, interviewing and intervention techniques, conflict resolution. Opportunities will be available for practising skills related to the work setting. The potential for personal growth will be an added benefit.

Location: Selkirk College classroom Date: Thurs., Oct. 7, 7-9 p.m. Fee: \$50

BICYCLE MAINTENANCE

This Saturday morning workshop will teach the basic maintenance and simple repairs on 10 speed bikes. Be sure to bring your bike!

Instructor: TBA Location: Selkirk College classroom Date: Sat., Oct. 2, 10 a.m.-12:30 p.m. Fee: \$3

DAYTIME KEEP FIT

This fitness class will enhance your health, vitality and figure. Group childcare will be provided if needed. Sign up early so that days of the week can be arranged.

Instructor: Peggy Katchen Date: Oct. (TBA), 10:30-11:30 a.m. (2 days/week), 20 Fee: \$25, one session/week,

\$35, two sessions/week C.O.R.E. (HUNTER'S TRAINING)

The Conservation and Outdoor Recreation Education course is a provincial government course which is compulsory for all hunters aged 18 years and under and for all those applying for their first licence. It covers survival, game laws, wildlife identification and firearms safety, and includes a practical and written test.

Location: TBA Date: Oct. 4-7, 6-10 p.m. Fee: \$15

MINISTRY OF HUMAN RESOURCES

The Ministry of Human Resources services; these programs and their local application will be explained. This is important information in these economically hard times.

Instructor: Mike Stewart Location: TBA Date: Mon., Oct. 18, 7-9 p.m. Fee: Free

PEOPLE'S LAW SCHOOL--MORTGAGES AND MORTGAGE RENEWALS

What a mortgage is, types of mortgages, how interest is calculated, terms you should know, appraisals, mortgage renewals and refinancing.

Location: Selkirk College classroom Date: Tues., Nov. 23, 7-9 p.m. Fee: Free

STAINED GLASS WORKSHOP

Participants will learn to cut glass and select either copper foil or lead cane to construct a small panel. Emphasis will be placed on acquiring the basic skills of the craft to allow participants to proceed on their own following the workshop. This course is limited to ten students. Pre-registration is required at which time a tools and equipment list will be provided.

Instructor: Walter Frey Location: Selkirk College classroom Date: Oct. 30 and 31, 9 a.m.-4 p.m. Fee: \$30 plus materials cost of approximately \$35

WOODCUTTING AND CHAINSAW MAINTENANCE

This six-hour workshop will emphasize safety and maintenance of chainsaws in the morning session. The afternoon field trip will include local firewood areas, species identification and falling techniques. If you burn wood, this course is essential.

Location: Selkirk College classroom Date: Sat., Oct. 2, 10 a.m.-5 p.m.



new denver

HOW TO MAKE FRIENDS WITH YOUR CAMERA

This three-hour workshop will explain the basic workings of a 35 mm camera; types and speed of film, aperture and shutter settings and how to use them creatively.

Instructor: Marg Tracy Location: Selkirk College Date: Wed., Oct. 20, 7-10 p.m. Fee: \$5

PEOPLE'S LAW SCHOOL--UNEMPLOYMENT INSURANCE

Who is eligible, types of benefits, how, when and where to get benefits, disentitlement, job search records, interviews, appeals, how to avoid problems.

Location: Selkirk College classroom Date: Thurs., Oct. 21, 7-9 p.m. Fee: Free

METRICS

This workshop will teach practical metric ideas; e.g. an ENGLISH 203 CANADIAN arm's length compared to a meter, an orange is how many grams. Following the instruction, students will form small groups for games and contests using metric theory.

Instructor: Doug Forbes Location: Selkirk College classroom Date: Sat., Oct. 16, 1-4 p.m. Fee: \$3

VOCATIONAL

See page 49 for the following courses: logging, mining, air brakes, bookkeeping, typing.

ADULT BASIC EDUCATION (ABE)

If you left school at an early age, you can take upgrading courses in our Adult Learning Centre. This program includes basic reading, writing, arithmetic and general science. This flexible program will improve your skills at all levels up to grade 12 equivalency. Start when you are ready and work at your own speed. For more information call the New Denver office, 358-7968。

PEOPLE'S LAW SCHOOL--FEDERAL BENEFIT PROGRAMS FOR SENIORS

Old Age Security Pension, Guaranteed Income Supplement, Canada Pension Plan, War Veterans' Allowance, Unemployment Insurance.

Location: Selkirk College classroom Date: Thurs., Nov. 16, 7-9 p.m. Fee: Free

MUSHROOM IDENTIFICATION

An extensive collection of slides on Friday evening and a field trip the following Saturday will teach you to identify the many varieties of edible and poisonous mushrooms. Bring mushrooms for identification.

Instructor: Doug McBride Location: Selkirk College classroom Date: Oct. 15 and 16, 7:30-9:30 p.m. (Fri.), 10 a.m.-4 p.m. (Sat.) Fee: \$10

LITERATURE II

This credit course is a study of contemporary poetry, prose and drama. Who are the contemporary Canadian writers and what are they saying?

Location: Selkirk College classroom Date: Tues., Oct. 5, 7-9 p.m. Fee: \$50

UNEMPLOYMENT, INFLATION AND **DEPRESSION**

1930--Factory workers laid off; construction virtually stopped; banks no longer lent money instead they called in loans. The depression was a downward spiral and there was nothing to halt it. 1982--"We can do little to

affect the present economic climate" Minister of Finance.

This workshop is a discussion of depression and what it means to the individual.

Instructor: Janet Simpson-Cook Location: Selkirk College classroom Date: Sat., Oct. 2, 10 a.m.-1 p.m.

Fee: \$5

S.T.E.P. (SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

S.T.E.P. is based on a philosophy of child training which has been found effective for thousands of parents. Its method is based on reading. discussion and exercises that put the principles and techniques into practice.

Instructor: Jane Daigle Location: Selkirk College classroom Date: Tues., Oct. 12, 7-9 p.m. Fee: \$20

HORSEMANSHIP

Beginners: tack and equipment, horse anatomy and psychology, beginning riding control, rules VOCATIONAL of the road and safety. Intermediate: basic animal health, maintenance of hooves, common ailments, trail safety and procedures, beginning horse gentling and training trick horses.

Instructor: Bob Richards Location: Blue Sky Ranch, Red Mountain Road Dates: Oct. 9, 16, 23, and 30, 8 a.m.-noon (beginners), 1-5 p.m. (intermediate) Fee: \$25

COMPUTER CONCEPTS

This is an introductory course to personal computing. A TRS-80 Fee: \$20 Colour Computer and student manual are provided to each student for three weeks. Weekend sessions with the instructor will provide additional information.

Instructor: Cliff Faulkner Location: Selkirk College classroom Date: Oct. 4-22, TBA Fee: \$75

WOODWORK ING

Beginners and advanced students will be taught basic skills and power tool operations in this course--bring your project or start a new one.

Instructor: Cliff Faulkner Location: Lucerne School--Shop Date: Oct. 7-16, 7-10 p.m. Fee: \$40

DREAM WORKSHOP

Your dreams are a message from yourself to yourself. This workshop will enable you to explore these messages and help you to make more creative choices in your life. Wear comfortable clothes, bring a pillow (to sit on) and your dreams. Maximum enrolment 10.

Instructor: Eveline van Ginkel Location: Selkirk College classroom Date: Sat., Oct. 9-Nov. 26, 11 a.m.-1 p.m. Fee: \$15

SLOCAN / WINLAW

See page 49 for the following courses: logging, mining, bookkeeping and typing.

S.T.E.P. (SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

S.T.E.P. is based on a philosophy of child training which has been found effective for thousands of parents. Its method is based on reading, discussion and exercises that put the principles and techniques into practice.

Location: Winlaw School Date: Oct. 5-Nov. 30, 7-9 p.m.

SLOCAN VALLEY THREADS GUILD

Slocan Valley Threads Guild will be offering fall and winter classes. We employ well-educated teachers and provide a stimulating centre for classes and studio time. Classes and workshops offered are for beginner and advanced students. Classes include: spinning, dyeing, batik, quilting, silk screen, pattern drafting, weaving, basket weaving and tapestry. Students will experiment with cotton, silk and wool. Most equipment is available on a month-to-month lease basis. Classes will begin mid-September. Please call Slocan Valley Threads Guild at 355-2540 or Selkirk College at 355-2479 for further information.



kas o

WOODWORK ING

Bring your project or start a new one -- the instructor will give advice and teach the use of power tools.

Instructor: Michael Magnuson Location: W.E. Graham Secondary preparation--how and what School Shop

Date: Tues., Oct. 5, 7-9 p.m. Fee: \$2.50/session

FRENCH COOKING/FRENCH LANGUAGE

This cooking course will include recipes with English/French vocabulary. Food PEOPLE'S LAW SCHOOL-TAX preparation, etiquette and language will be taught. The best part is eating the delicious food at the end of each session.

Instructor: Madeleine Perrier Location: W.E. Graham Secondary Location: Winlaw School School, Home Economics Room Date: Thurs., Oct. 21, 7-9 p.m. Fee: Free Fee: \$15

AVIII ASTA

MINEROLOGY-A PROSPECTOR'S COURSE

The district geologist will show you how to identify valuable minerals. More than 100 rock samples are provided and participants will be able to write a test that is one of the requirements for the provincial prospector's grubstake grant. This course requires 25 participants so sign up early.

Instructor: George Addie Location: W.E. Graham Secondary School Date: Oct. 5, 6 and 7, 7-10 p.m. Fee: \$15

BASIC CABINET MAKING

This course will teach basic design and construction of cabinets. This includes material selection, machining techniques, correct layout, choice of fittings, etc.

Instructor: Roger Taylor Location: W.E. Graham Secondary additional information. School

Date: Nov. 4-Dec. 2, 7-10 p.m. Fee: \$20

For more information about Continuing **Education offerings in the Upper Lakes** District, contact our officials located in Nakusp (265-4077), New Denver (358-7968), or Kaslo (352-2618), or write to Continuing Education, Box 720, Nakusp, B.C.

PORTFOLIO PLANNING

This workshop will focus on three aspects of porfolio planning for artists and craftspeople: photography--how to take slides that adequately represent your work; resume information is presented; promotion---the use of a portfolio in sales and marketing. Please call if you are interested so dates and instructors can be arranged.

PLANNING FOR SELF-EMPLOYED Reporting income, deductions, fiscal period and year end, books and records, legal and tax consequences of various business structures.

Date: Tues., Nov. 23, 7-9 p.m.

KASLO

VOCATIONAL

See page 49 for the following courses: logging, typing, mining, bookkeeping.

ADULT BASIC EDUCATION (ABE) If you left school at an early age, you can take upgrading courses in our Adult Learning Centre. This program includes basic reading, writing, arithmetic and general science. This flexible program will improve your skills at all levels up to grade 12 equivalency. Start when you are ready and work at your own speed. For more information call the Kaslo office, 353-2618.

COMPUTER CONCEPTS

This is an introductory course to personal computing. A TRS-80 Colour Computer and student manual are provided to each student for three weeks. Weekend sessions with the instructor will provide

Instructor: Cliff Faulkner Location: Selkirk College classroom

Date: Oct. 25-Nov. 12, TBA Fee: \$75

HOUSE INSURANCE WORKSHOP

This course will educate you to COLLEGE OF ART all aspects of home insurance. Topics will include content value, policy terminology, use of deductibles, best value for premium dollar.

Instructor: Brian Noga Location: Selkirk College classroom Date: Wed., Oct. 13, 7-9 p.m. Fee: \$2.50

Watch for fall flyer of additional Selkirk College courses which may include: tarot, numerology and astrology, sailing, boat repair, dance--jazzercise, ballet, tapdancing and modern dance, welding and mechanics.

PEOPLE'S LAW SCHOOL--LAW FOR SMALL BOAT OWNERS

Purchasing/selling a vessel, mortgages, insurance, operation of a vessel, liabilities of vessel owners, government services.

Location: Selkirk College classroom Date: Wed., Oct. 27, 7-9 p.m. Fee: Free

METRICS

This workshop will teach practical metric ideas; e.g. an basic grasp of photographic arm's length compared to a meter, an orange is how many grams. Following the instruction, students will form for both beginners and small groups for games and contests using metric theory.

Instructor: Doug Forbes Location: Selkirk College classroom Date: Sat., Oct. 23, 1-4 p.m. Fee: \$3

ART IN EDUCATION--EMILY CARR

This 2-day workshop will include a lecture, "Children's Development as a Basis for a Creative Way of Life" and audio-visual presentations of Children's Art. The instructor, Tom Hudson, is Dean of the Emily Carr College of Art and has worked as an artist-educator in Europe, Turkey, North and South America.

Instructor: Tom Hudson Location: Langham Cultural Centre Date: Oct. 9 and 10, 9 a.m.-4 p.m. Fee: \$30

LANGHAM CULTURAL CENTRE COURSES

Innovative approach to drawing technique with emphasis on the human form. Students will be taught to develop their skill and sensitivity in drawing.

Instructor: John Cooper Location: Langham Cultural Centre Date: Sept. 13, 7-9 p.m. Fee: TBA

PHOTOGRAPHY: INTERMEDIATE

This course is for those with a techniques who wish to develop their skill and style. There is a possibility of field trips intermediates.

Location: Langham Cultural Centre Date: Oct. 16, 10 a.m.-4 p.m., (two weekend workshop); Oct. 21, 7-9 p.m. (six week course)

Instructor: Gordon Brown

Fee: TBA

PHOTOGRAPHY: BEGINNERS

This course is for the complete beginner. How to use the camera, basic processing and printing techniques and use of the darkroom. Especially with younger people in mind.

Instructor: Gordon Brown Location: Langham Cultural Centre Date: Oct. 2, 10 a.m.-4 p.m., (two weekend workshop); Oct. 11, 4-6 p.m. (six week course) Fee: TBA



kaslo

STAINED GLASS

An introduction to the beauty and possibilities of working with glass. This course will teach the basic construction techniques of stained and etched glass.

Instructor: Pat James
Location: Langham Cultural
 Centre
Date: Sept. 25 and 26, 10 a.m.
 4 p.m., (weekend workshop);
 Sept. 29, 7-9 p.m. (five week
 course)
Fee: TBA

CERAMICS AND INTRODUCTION TO RAKU

Explorations in ceramics with guidance from a well-known local artist. Particular emphasis on sculptural form. An exciting part of the course will be an introduction to the ancient oriental art of Raku.

Instructor: Ed Bamiling
Location: Langham Cultural
Centre
Date: Sept. 11 and 12,
10 a.m.-4 p.m. (weekend
workshop); Sept. 14,
7-9 p.m.(five week course)
Fee: TBA

REGISTER EARLY!

Call or drop in to your Continuing Education office.

Published by:
Information Services
Selkirk College
Box 1200
Castlegar, B.C., Canada
Editor: Penny Freno-Link
Production: Pigweed Press Ltd.
Printed by: Comox District Free Press, Courtenay, B.C.
Photo Credits: Ron Woodward, Sally Kopecky,
Jim Ford, Ken Casakoff

registration form

NOTE: Please follow the registration procedures outlined by the Continuing Education centre where you plan to attend classes. Details appear in sections (by centre location) in this publication. For example, if you plan to take a course in Castlegar, consult the Continuing Education — Castlegar section of this publication.

PLEASE PRINT OR TYPE, AND MAKE THE CHEQUE OR MONEY ORDER PAYABLE TO: Selkirk College for Selkirk College courses or the School District (where appropriate) for courses offered by the School District. Do not send cash in the mail.

NAME:ADDRESS:	*	DATE: POSTAL CODE:	
		TELEPHONE NO.:	
COURSE TITLE	COURSE NO. (if any)	FEE	LOCATION
	TOTAL FE		

MAIL TO: Continuing Education centre where the course is being offered.

Nelson

Salmo

Castlegar

Trail

Grand Forks

Kettle Valley

Slocan Valley

Selkirk College Site 12, C-2, R.R. #1 Crescent Valley, B.C. 359-7564

Upper Lakes District Nakusp, New Denver, Kaslo

 Selkirk College

 Box 720

 Nakusp, B.C.
 265-4077

 New Denver
 358-7968

 Kaslo
 353-2618

Continuing Education

Fall Calendar 1982

SEPTEMBER S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

	TO				-	
S	M	T	W	Th	F	S
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10	11	12	13	14	15	16
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28	29	30				

DEC	JEM	RFI	<			
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