

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education



Registration starts Tuesday, September 4th 2012

Call 604-517-6345 or

Register Online: www.ce40.ca

ACADEMIC OPTIONS FOR ADULTS



- Upgrade your English skills (Adult Foundations)
- Complete your grade 12
- Prepare yourself for post-secondary training

Pearson

Adult Learning Centre

835 8th Street New Westminster, BC
 New Westminster Secondary
 Portable Complex - Room 2 on 10th Avenue
 Phone: 604-517-6286 Fax: 604-517-6294

Continuous Weekly Registration

Register every Thursday

1:00 pm *or* 7:00 pm

Fall Hours 2012

Monday to Thursday: 8:30 am *to* 9:30 pm

Friday: 8:30 am *to* 3:00 pm

Fall 2012 Registration

Wednesday Sept. 5th 2012

and

Thursday Sept. 6th 2012

starting at

9:30 am, 1:00 pm, 4:00 pm *or* 7:00 pm

Visit our website <http://www.palc.net>
 or phone **604-517-6286**

Columbia Square

Adult Learning Centre

1001 Columbia Street
 New Westminster, BC
 Phone: 604-517-6191
 Fax: 604-517-6169

Continuous Weekly Registration

Register every Wednesday

1:00 pm *or* 7:00 pm.

Fall Hours 2012

Monday to Thursday: 10:00 am *to* 9:00 pm

Friday: 10:00 am *to* 3:00 pm

Fall 2012 Orientation Sessions

9:00 am, 1:00 pm *or* 7:00 pm

Returning Students: Wednesday Sept. 5th 2012

New Students: Thursday Sept. 6th 2012

Monday Sept. 10th 2012

Tuesday Sept. 11th 2012

and Friday Sept. 7th 2012 **at** (9:00 am & 1:00 pm)

Visit our website <http://www.virtualschoolbc.com>
 or phone **604-517-6191**

NEW!



IMPORTANT – Documentation Required for Registration

School Act Section 82 and Ministry of Education Policy requires that students whose courses are funded by the Ministry of Education must prove their status in Canada, residency in British Columbia and provide current photo identification.

1. Photo Identification (provide one)	2. Proof of Status in Canada (provide one)	3. Proof of Residency in BC (provide two)
<ul style="list-style-type: none"> • BC driver's license • BC identification (BCID) • Passport 	<ul style="list-style-type: none"> • Canadian birth certificate • Canadian passport • Canadian citizenship card • Confirmation of permanent residence • Refugee (<i>convention or claimant</i>) documentation • *Canadian work permit valid for one year or more • Status card 	<ul style="list-style-type: none"> • BC driver's license • Property purchase agreement • Income tax statement (T4) • Property tax statement • ICBC registration • Statements of insurance • Utility bill for home of residence (<i>not mobile phone</i>) • Tenancy agreement • Bank statements • Recent BC transcripts

Please provide documents from each of the above columns.

* students are responsible for ensuring that work permit conditions allow for study in Canada and should contact permit authorities for further information before taking any courses at a Canadian educational institution. .

If enrolling in a course that exceeds six (6) months of study, all temporary residents must obtain a study permit.

ENGLISH LANGUAGE LEARNING

ESL ALL LEVELS Registration / Assessment

Assessments are designed to enroll students at the correct level of language ability.

All new students must complete an assessment.

Teachers will help students register for the appropriate classes.

Students have a choice of two locations for study: NWSS Pearson ALC or Columbia Square ALC.

Please register in person and bring proof of status in Canada and Residency in BC.

No Registration Fee. **FREE Tuition**

Pearson Adult Learning Centre
835 8th Street, New Westminster, BC
Portable Complex on 10th Avenue Room #2
Pearson ALC: 604-517-6286

Assessments are held

Wed. Sept. 5th or Thurs. Sept. 6th at
9:30 am, 1:00 pm, 4:00 pm & 6:30 pm

or Register every Thursday at
1:00 pm or 7:00 pm

Columbia Square Adult Learning Centre
1001 Columbia Street New Westminster, BC
Columbia Square ALC: 604-517-6191

Assessments are held

Thurs. Sept. 6th or Mon. Sept. 10th or
Tues. Sept. 11th at 9:00 am, 1:00 pm & 7:00 pm
or Fri. Sept. 7th at 9:00 am & 1:00 pm

or Register every Wednesday at
1:00 pm or 7:00 pm

ESL Beginner Classes Foundations 1-2

These classes are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

Course #PE22-2 Afternoon classes: Mon, Wed, Friday

Date: Monday September 10th to January 25th 2013

Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

Course #PE23-2 Late Afternoon classes: Monday-Thursday

Date: Monday September 10th to January 24th 2013

Class time: 4:00 – 6:30 pm Pearson ALC NWSS

ESL Intermediate Classes Foundations 3-4

These classes are for intermediate speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

Course #PE41-2 Morning classes: Monday – Friday

Date: Monday September 10th to January 25th 2013

Class time: 9:00 am – 11:30 am Pearson ALC NWSS

Course #PE44-2 Evening classes: Monday - Thursday

Date: Tuesday Sept. 11th to January 24th, 2013

Class time: 6:30 – 9:00 pm Pearson ALC NWSS

ESL Advanced Classes Foundations 5/6/7

Students may study all week long. These classes are for advanced speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

Course #PE51-2 Morning classes: Monday - Friday

Date: Monday Sept. 10th to January 25th 2013

Class time: 9:00 am – 11:30 am Pearson ALC NWSS

Course #PE52-2 Afternoon classes: Monday - Friday

Date: Monday Sept. 10th to January 25th 2013

Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

Course #PE54-2 Evening classes: Monday - Thursday

Date: Monday Sept. 10th to January 24th 2013

Class time: 6:30 pm – 9:00 pm Pearson ALC NWSS

ESL Beginner Classes Foundations 1-2

These courses are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

Course #CE11-2 Morning classes: Monday- Friday

Date: Monday September 17th to January 25th 2013

Class time: 9:00 am – 11:30 am Columbia Square ALC

Course #CE14-2 Evening classes: Monday - Thursday

Date: Monday September 17th to January 24th 2013

Class time: 7:00 pm – 8:30 pm Columbia Square ALC

ESL Intermediate Classes Foundations 3-4

This course is for intermediate speakers where the focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

Course #CE32-2 Afternoon classes: Monday - Friday

Date: Monday September 17th to January 25th 2013

Class time: 12:00 noon – 2:30 pm Columbia Square ALC

Course #CE34-2 Evening classes: Monday - Thursday

Date: Monday September 17th to January 24th 2013

Class time: 6:00 pm – 9:00 pm Columbia Square ALC

ESL Advanced Classes Foundations 5/6/7

Students may study all week long. This course is for advanced speakers where the focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

Course #CE51-2 Morning classes: Monday- Friday

Date: Monday September 17th to January 25th 2013

Class time: 9:00 am – 11:30am Columbia Square ALC

Course #CE54-2 Evening classes: Monday - Thursday

Date: Monday September 17th to January 24th 2013

Class time: 6:00 pm – 9:00 pm Columbia Square ALC



**Please call 604-517-6286
for more information.**

ACADEMIC CREDIT COURSES

NEW! IMPORTANT – Documentation Required for Registration please refer to page 2

For Information / Registration call 604-517-6286 or online www.ce40.ca

All students will be assessed on the first class & assigned to an appropriate class if necessary.

COURSE NAME	COURSE#	DAYS	TIME	DATE 2012/2013	LOCATIONS
Accounting 11	C01S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P01S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P012-2	Tues & Thurs	12:00 - 2:30 PM	Sep 11 – Jan 24	Pearson ALC - NWSS
Accounting 12	P02S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Biology 11	D07V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P07S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Biology 12	BC14-2	Mon & Wed	6:30 - 9:30 PM	Sep 12 – Jan 16	New West Secondary
	BC12-2	Tues & Thurs	6:30 - 9:20 PM	Sep 13 – Jan 17	New West Secondary
	P081-2	Mon & Wed	9:00 AM -11:30 AM	Sep 10 – Jan 23	Pearson ALC - NWSS
	D08V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P08S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Business Computer Applications 11	C103-2	Mon/Tue/Thurs	2:45 - 4:30 PM	Sep 17 – Jan 24	ALC Columbia Square
	C10S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Calculus 12	P12S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Chemistry 11	BC21-2	Tues & Thurs	6:30 - 9:20 PM	Sep 13 – Jan 17	New West Secondary
	D15V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P15S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P153-2	Tues & Thurs	4:00 – 6:30 PM	Sep 11 – Jan 24	Pearson ALC - NWSS
Chemistry 12	BC22-2	Mon & Wed	6:30 - 9:30 PM	Sep 12 – Jan 16	New West Secondary
	D16V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P16S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
Civics 11	P902-2	Mon & Wed	12:00 - 2:30 PM	Sep 10 – Jan 23	Pearson ALC - NWSS
	P904-2	Tues & Thurs	6:30 – 9:00 PM	Sept 11 – Jan 24	Pearson ALC - NWSS
	C902-2	Mon & Wed	12:00 - 2:30 PM	Sep 17 – Jan 23	ALC Columbia Square
Communications 11	BC01-2	Tue & Thurs	6:30 - 9:20 PM	Sep 13 – Jan 17	New West Secondary
	C212-2	Mon/Wed/Fri	12:00 – 2:30 PM	Sep 17 – Jan 25	ALC Columbia Square
Communications 12	BC02-2	Tue & Thurs	6:30 - 9:30 PM	Sep 13 – Jan 17	New West Secondary
	C221-2	Mon/Wed/Fri	9:30 AM-12:00 NOON	Sep 19 – Jan 20	ALC Columbia Square
	P221-2	Tues & Thurs	9:00 AM -11:30 AM	Sep 11 – Jan 24	Pearson ALC - NWSS
	P224-2	Mon & Wed	6:30 - 9:00 PM	Sep 10 – Jan 23	Pearson ALC - NWSS
	D22V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
P22S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS	
Data Management 12	C253-2	Mon/Tues/Thur	2:45 – 4:30 PM	Sep 17– Jan 24	ALC Columbia Square
	C25S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P252-2	Mon & Fri	12:00 - 2:30 PM	Sep 10– Jan 25	Pearson ALC - NWSS
Drama 12 (FILM/TELEVISION)	C492-2	Tues & Thurs	12:00 - 2:45 PM	Sep 18 – Jan 24	ALC Columbia Square
	P493-2	Thursdays	2:30 – 5:00 PM	Sep 12– June 14	Pearson ALC - NWSS
English/Math/ Social Studies Science Upgrading (for adults 19+)	P11	Mon to Fri	9:00 AM -11:30 AM	Sep 10 – Jan 25	Pearson ALC - NWSS
	P11	Mon to Fri	12:00 - 2:30 PM	Sep 10 – Jan 25	Pearson ALC - NWSS
	P11	Mon to Thurs	6:30 - 9:00 PM	Sep 10 – Jan 25	Pearson ALC - NWSS
	CE1-7	Mon to Friday	9:00 - 11:30 AM	Sep 17 – Jan 25	ALC Columbia Square
	CE1-7	Mon to Friday	12:00 - 2:30 PM	Sep 17 – Jan 25	ALC Columbia Square
	CE1-7	Mon to Thurs	6:30 - 9:00 PM	Sep 17 – Jan 25	ALC Columbia Square
English 10	D35V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P35S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P351-2	Tue & Thurs	9:00 - 11:30 AM	Sep 11 – Jan 24	Pearson ALC - NWSS
	P354-2	Mon & Wed	6:30 - 9:00 PM	Sep 10 – Jan 23	Pearson ALC - NWSS
English 11	BC44-2	Mon & Wed	6:30 - 9:30 PM	Sep 12 – Jan 16	New West Secondary
	BC41-2	Tues & Thurs	6:30 - 9:20 PM	Sep 13 – Jan 17	New West Secondary
	P372-2	Wed & Fri	12:00 - 2:30 PM	Sep 12 – Jan 25	Pearson ALC - NWSS
	D37V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 12	BC47-2	Mon & Wed	6:30 - 9:30 PM	Sep 12 – Jan 16	New West Secondary
	BC42-2	Tues & Thurs	6:30 - 9:20 PM	Sep 13 – Jan 17	New West Secondary
	BC45-2	Mon & Wed	6:30 - 9:30 PM	Sep 16 – Jan 16	New West Secondary
	P391-2	Wed & Fri	9:00 AM -11:30 AM	Sep 12 – Jan 25	Pearson ALC - NWSS
	P39S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D39V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	C391-2	Mon/Wed/Fri	9:00 AM -11:30 AM	Sep 17– Jan 25	ALC Columbia Square

ACADEMIC CREDIT COURSES

Family Studies 12	P43S-1 P433-2 D43V-1	Mon to Fri Tues & Thurs Available	8:30 AM – 9:30 PM 4:00 – 6:30 PM 24/7 Online	Continuous Intake Sept 11 – Jan 24 Continuous Intake	Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square Virtual
First Nations Studies 12	D40V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
History 12	D51V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Info Tech 10	D13V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Law 12	D54V-1 P54S-1	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Virtual Pearson ALC - NWSS
Foundations of Mathematics and Pre-Calculus Math 10	CM82-2 D62V-1 P62S-1 PM82-2	Tue & Thurs Available Mon to Fri Tue & Thurs	12:30 – 3:30 PM 24/7 Online 8:30 AM – 9:30 PM 12:00 - 2:30 PM	Sep 18 – Jan 24 Continuous Intake Continuous Intake Sep 11 – Jan 24	ALC Columbia Square ALC Columbia Square Virtual Pearson ALC - NWSS Pearson ALC - NWSS
Apprenticeship & Workplace Math 10	D61V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Apprenticeship & Workplace Math 11	P65S-1 D65V-1	Mon to Fri Available	8:30 AM – 9:30 PM 24/7 Online	Continuous Intake Continuous Intake	Pearson ALC - NWSS ALC Columbia Square Virtual
Math 11 Pre-Calculus Graphing calculator required	BC51-2 BC55-2 C662-2 D66V-1 P66S-1 P663-2	Mon & Wed Tues & Thurs Tues & Thurs Available Mon to Fri Mon & Wed	6:30 - 9:30 PM 6:30 - 9:20 PM 12:30 - 3:00 PM 24/7 Online 8:30 AM – 9:30 PM 2:30 - 5:00 PM	Sep 12 – Jan 16 Sep 13 – Jan 17 Sep 18 – Jan 24 Continuous Intake Continuous Intake Sep 10 – Jan 23	New West Secondary New West Secondary Columbia Square Columbia Square Virtual Pearson ALC - NWSS Pearson ALC - NWSS
Math 12 Pre-Calculus Graphing calculator required	BC52-2 BC56-2 D70V-1 P70S-1	Mon & Wed Tues & Thurs Available Mon to Fri	6:30 - 9:30 PM 6:30 - 9:20 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 12 – Jan 16 Sep 13 – Jan 17 Continuous Intake Continuous Intake	New West Secondary New West Secondary ALC Columbia Square Virtual Pearson ALC - NWSS
Physics 11	BC31-2 D80V-1 P80S-1	Tues & Thurs Available Mon to Fri	6:30 - 9:20 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 13 – Jan 17 Continuous Intake Continuous Intake	New West Secondary ALC Columbia Square Virtual Pearson ALC - NWSS
Physics 12	BC32-2 D81V-1	Mon & Wed Available	6:30 - 9:30 PM 24/7 Online	Sep 12 – Jan 16 Continuous Intake	New West Secondary ALC Columbia Square Virtual
Planning 10	D03V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Science 10	D88V-1 P882-2	Available Thurs & Fri	24/7 Online 12:00 - 2:30 PM	Continuous Intake Sep 14 – Jan 25	ALC Columbia Square Virtual Pearson ALC - NWSS
Science & Technology 11	D89V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Social Studies 11	D91V-1 P91S-1	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Virtual Pearson ALC - NWSS
Writing 12	C931-2	Tues & Thurs	9:00 AM – 11:30 AM	Sep 18 – Jan 24	ALC Columbia Square

REGISTRATION INFORMATION:

- ▶ **To Register for BC courses** please register in person or telephone 604-517-6286.
New Westminster Secondary School 835 8th Street, New Westminster, B.C. V3M 3S9
(Across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- ▶ **To Register for C and P courses** please refer to page 2 Adult Learning Centres.
- ▶ **To Register for D (virtual or on-line) courses** please refer to page 6 for registration info.

**Registration
Information
604-517-6286**

CREDIT COURSE REGISTRATION FEES & DEPOSITS:

- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT students working towards their graduation.
- Special fee structure for Visa students – please consult Academic Programs staff.
- Students must be born before July 1st 1996.
- Personal Education Number and transcript are required for registration.
- Written permission is required from your school counselor if you are a high school student.
- \$100 book deposit (*refundable within one year*).
- \$25 workbook purchase for Chemistry 11 & 12 and Pre-Calculus 11. (*non-refundable*).
- Registrations are official when book deposit/workbook purchase has been processed.
- Classes with insufficient enrollment will be cancelled.

**Register on our
website
www.ce40.ca**

**NEW! Documentation
Requirements for
Registration
Come prepared!
Please refer to page 2.**

Payment in full is required to register for credit courses. Pay by Cash, Interac, Visa or Mastercard. Please NO personal cheques.

VIRTUAL SCHOOL BC: ACCESS NEW WESTMINSTER



Do you need a school that's open when you're ready to study?
We're always open! Take high school credit courses on-line.

Achieve your educational goals!

- ✓ Complete Grade 10,11 and 12 courses
- ✓ Upgrade your English, Math, Social Studies and Science
- ✓ Open to High School students and adults
- ✓ Finish High School.....Tuition FREE
- ✓ Student-paced or teacher-paced models

Tuition FREE!

Year Round!

GRADE 10

- ◆ ENGLISH 10
- ◆ INFORMATION TECHNOLOGY 10
- ◆ Apprenticeship & Workplace MA 10
- ◆ Foundations & Pre-Calculus MA 10
- ◆ PLANNING 10
- ◆ SCIENCE 10

GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ Apprenticeship & Workplace MA 11
- ◆ Pre-Calculus MA 11
- ◆ PHYSICS 11
- ◆ SCIENCE & TECHNOLOGY 11
- ◆ SOCIAL STUDIES 11

GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ Pre-Calculus MA 12
- ◆ PHYSICS 12
- ◆ PLANNING 12

To find out more call us at 604-517-6191 or visit us online at:
www.virtualschoolbc.com for adults or
www.nwvss.ca for students under 19

Most courses tuition – FREE for B.C. residents.

NEW WESTMINSTER SD#40 HOMELEARNERS' PROGRAM

Looking to play an active, hands-on role in your child's education?



Why not investigate your options with the HomeLearners Program?
Fully-funded, community-based Kindergarten through Grade 9 program.

Offering student options to combine teacher-facilitated,
small group learning with home-based education.

Employs fully-certified SD 40 teachers to provide instruction
and build your child's program.

HomeLearner Campuses operate in 2 locations:

New Westminster

314 Sixth Street,
New Westminster BC V3L 3A6
call: 604-517-5917

Check out our website: www.sd40.bc.ca/nwhl



Bowen Island

889 Cowan Point Drive,
Bowen Island BC V0N 1G2
call: 604-947-0700

Check out our website: www.islanddiscovery.ca



If the notion of home learning piques your interest,
please call [604-517-5917](tel:604-517-5917) or email homelearners@sd40.bc.ca
for more information.



New!

MICROSOFT OFFICE SPECIALIST

Classes held at New Westminster Secondary School, 835 Eighth Street, New Westminister
For more information or registration please call 604-517-6345

New Westminister Continuing Education is excited to announce that we are now a Microsoft Office Specialist Authorized Testing Center. New Westminister Continuing Education has joined the elite group of educational institutions in Canada, and become a Microsoft Certified Exam provider.

New Westminister has become the place to upgrade computer skills and provide our learners with the opportunity to take part in official Microsoft courses and to achieve Microsoft certifications.

MICROSOFT OFFICE SPECIALIST



A Microsoft Office Specialist (MOS) is globally recognized for demonstrating advanced business skills in using Microsoft Office 2010 and highly developed skills in other Microsoft

desktop software. Microsoft certifications bring valuable, measurable rewards to students, IT professionals, their managers, and the organizations that employ them. These certifications are designed to provide the recognition you need to help you excel in your career and provide employers with validation of your skills. For employers, the Microsoft Office Specialist certifications prove you have the skills to succeed.

MICROSOFT OFFICE SPECIALIST EXAM CERTIFICATE



Exams and certification are now available through Continuing Education at our New Westminister Secondary School, 835 Eighth Street, New Westminister.

To earn certification students must pass (MOS) exams in either Word 2010, Excel 2010, PowerPoint 2010.

Register separately for Microsoft certification exams. Students are advised to register with Certiport (www.certiport.com) before coming to take the exam. Exam(s) time approx. 50 minutes.

Exams are not required if students do not wish Microsoft certification.

All Microsoft classes held at:

New Westminister Secondary School
835 Eighth Street, New Westminister, BC

MICROSOFT OFFICE PRE-TEST EXAMS

Pre-test exams for Word, Excel and PowerPoint are now available to purchase through Continuing Education.

Pre-test exams can help you prepare for the Microsoft Certification Exam. The pre-test exams can be loaded on any PC and can be used for up to a year.

Order today! Pre-test exams cost \$38 per exam

Course #MS55 MS POWERPOINT 2010 Fee: \$38

Course #MS44 MS EXCEL 2010 Fee: \$38

Course #MS33 MS WORD 2010 Fee: \$38

MS WORD 2010: LEVEL 1

You will learn how to work with different types of documents using a variety of core and intermediate features to create and format business documents such as letters, forms, newsletters, how to create and edit documents, save, open and close documents, apply formatting options and more. The course includes a participant workbook.

Course #MS10 4 Tuesdays starting September 25th

6:45 – 9:45 pm Room 257 Fee: \$175

MS WORD 2010: LEVEL 2

This course is intended for participants who are familiar with Microsoft Office Word 2010. It is an intermediate level course for individuals that are interested in learning certain advanced concepts of word processing by using Word 2010. The course includes a participant workbook.

Course #MS11 4 TUESDAYS starting October 23rd

6:45 – 9:45 pm Room 257 Fee: \$175

MS WORD 2010 EXAM Microsoft IT certification

Course #MS33 1 MONDAY December 3rd

6:45 – 9:45 pm Room 257 Fee: \$80

MS EXCEL 2010: LEVEL 1

In this course, you will use MS Office Excel 2010 to create, edit, format and print basic spreadsheets. Explore the MS Office Excel 2010 environment and create a basic worksheet, perform calculations, modify a worksheet, format a worksheet and print workbook contents. The course includes a participant workbook.

Course #MS12 4 WEDNESDAYS starting September 26th

6:45 - 9:45 pm Room 257 Fee: \$175

Course #MS16 4 WEDNESDAYS starting November 21st

6:45 - 9:45 pm Room 257 Fee: \$175

MS EXCEL 2010: LEVEL 2

In Microsoft Excel: Level 2, students will use advanced formulas and work with various data analysis tools. You will also organize table data, present data as charts, and enhance the look and appeal of complex workbooks by integrating graphical objects. The course includes a participant workbook.

Course #MS13 4 WEDNESDAYS starting October 24th

6:45 - 9:45 pm Room 257 Fee: \$175

MS EXCEL 2010 EXAM Microsoft Certification

Course #MS44 1 MONDAY December 10th

6:45 – 9:45 pm Room 257 Fee: \$80

MS POWERPOINT 2010

In PowerPoint 2010 learn to create and edit simple presentations; enhance presentations by formatting, use the drawing tools to create and edit logos and pictures, insert objects, apply slide design, set up presentations for printing purposes and learn to create and automate screen shows. The course includes a participant workbook.

Course # MS14 1 SATURDAY October 13th

9:00am – 3:30 pm Room 266 Fee: \$100

MS POWERPOINT 2010 EXAM Microsoft certification

Course # MS55 1 MONDAY December 3rd

6:45 – 9:45 pm Room 257 Fee: \$80

Check out our website: www.ce40.ca or call 604-517-6345 for more information

ART CLASSES

Art students please bring newspaper and wear old clothes or painting smock.

CHINESE BRUSH PAINTING **NEW!** WORKSHOP FOR BEGINNERS

Enjoy Fall's beautiful blossoms with the unique expressions of Chinese watercolour paintings. This course will introduce you to drawing and painting with brushstrokes. This special watercolour technique on rice paper blends the East and the West. Learn many forms of brushstrokes to create images of blossoms and trees in autumn, including chrysanthemums, bamboo, maple and birch trees.

All supplies included in course fee.

Please bring a bag lunch.

#AP82 1 Saturday Oct. 13

9:00am-3:30pm ROOM 210
EILEEN FONG \$98

DRAWING AND SKETCHING FOR BEGINNERS

Drawing reduced to its basic elements of line and shape and form. Build on techniques from there and you too can learn to draw like the classical masters! Bring drawing paper, HB pencil, kneaded eraser to the first class.

No class October 8 and November 12.

#AP35 8 Mondays starting Sept. 24

7:00pm-9:30pm ROOM 186
MARK ANTHONY \$80

PENCIL CRAYONS: A BEGINNER'S EXPERIENCE

A beginner's course, no experience necessary. Pencil crayons are a versatile medium one can work with anywhere and are excellent to introduce yourself to colour. They are very controllable and easy to carry around. Lessons include layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth, composition, etc. Individual attention given. Bring HB pencil, eraser, ruler, set of pencil crayons (approx. 24), one sketch book for drawing (approx. 11"x14") and a supply of scrap paper.

No class October 8 and November 12.

#AP33 8 Mondays starting Sept. 24

7:00pm-9:00pm ROOM 161
MIMI KEMBALL \$105



WATERCOLOUR WATERSHOP: TOTEMS **NEW!**

Working from supplied photos you will get the opportunity to paint either a totem pole in its entirety in a treed setting or a small facet of a totem depicting the peeled and faded paint and weathering cracks that give it character. You may bring your own photo or use those provided. There are no prerequisites and all supplies are included.

Please bring a bag lunch.

#AP77 1 Saturday Oct. 13

9:00am-3:30pm ROOM 209
FRANK TOWNSLEY \$52

LANDSCAPE WATERCOLOUR PAINTING

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog. Join in the fun to learn this rewarding hobby. **Please bring:** 1 sheet (22"x30") 140 lb. medium (cold press) watercolour paper, good quality round watercolour brushes: #2 and #8; Winsor & Newton Cotman watercolour paints (8 ml tubes) - no substitutes: Ivory or Lamp Black, Cadmium Red Deep Hue, Cadmium Yellow Hue, Intense (Phthalo) Blue, Burnt Umber, White Gouache (15 ml tube "Daler Rowney"), mixing tray (accommodating about 10-20 fairly deep spaces - white plastic ice cube tray may be substituted), two 15-25 oz. plastic cups - a 750 ml yogurt or cottage cheese container works well, one old toothbrush, small plastic squeeze bottle or ear syringe, 1" tape (recommend Painter's Mate delicate tape, #152), X-acto knife with #11 blade, HB pencil and good eraser. Note - Watercolour paper is to be cut into 9 pieces about 7"x10", one of which is to be cut into about 1" strips for colour testing. Paint, paper, brushes and plastic bottle can be purchased at first class.

#AP87 9 Wednesdays starting Oct. 3

6:45pm-9:45pm ROOM 209 FRANK TOWNSLEY \$162

OIL PAINTING WITH DARLA: BASIC HOW-TO FLOWERS **NEW!**

This is a basic "how-to" class for technique. Learn how to (or get extra practice) paint a basic flower, daisy, flower cluster, leaf, tapered leaf, filler leaves and a cluster of daisies on clusters of leaves. For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 CASH or purchase from Michaels the "Simply Simmon's" brushes: 1" or 3/4" flat wash, 1/2" flat angle, #12 filbert, 1/2" flat wash, liner brush and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 CASH. Please wear old clothes or a painting smock. Please bring newspaper for tables. THESE BRUSHES AND TECHNIQUES ARE REUSED IN ALL OF DARLA'S CLASSES.

#AP50 1 Tuesday Sept. 18

6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

WATERCOLOUR WORKSHOP: THE LIONS **NEW!**

Targeting our iconic North Shore Mountains that grace our city's landscape. The Lions, laden with winter snows, will be framed with a tree or branches to set them off. Photos will be provided. There are no prerequisites and all supplies are included.

#AP79 2 Tuesdays starting Oct. 30

6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$52

OIL PAINTING WITH DARLA: LANDSCAPES **NEW!**

No experience necessary! This class is great for both beginners and more advanced painters. You will complete 3-4 landscape paintings. Bring your brushes from Darla's previous flower or landscape classes and \$18 CASH per painting for shared paints and 16"x20" Buzz Slim canvas. New students should also bring \$25 CASH for appropriate brushes. Please wear old clothes or a painting smock. Please bring newspaper for tables.

#AP08 4 Mondays starting Sept. 24

6:30pm-10:00pm ROOM 210
DARLA ZARY \$129

OIL PAINTING WITH DARLA: WINTER WONDERLAND **NEW!**

Students must have taken one of Darla's previous landscape or flower classes. Bring your brushes from Darla's classes and \$20 CASH for shared paint and 16"x20" Buzz Slim canvas.

#AP10 1 Wednesday Nov. 21

6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

ART CLASSES

Art students please bring newspaper and wear old clothes or painting smock.

INTRODUCTION TO ACRYLICS WITH DARLA **NEW!**

No experience necessary! With step-by-step instruction you will use multiple techniques and a variety of acrylic media to complete at least one 16"x20" landscape painting. This is a great class for beginners or intermediate painters. Please bring \$20 CASH for shared paint and Buzz Slim canvas and \$25 CASH for brushes (or bring your own -- although some may not be suitable).

#AP15 4 Thursdays starting Sept. 27
6:30pm-10:00pm ROOM 210
DARLA ZARY \$129

OIL PAINTING WITH DARLA: HYDRANGEAS

No experience necessary! With step-by-step instruction amaze yourself and your friends! For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 CASH or purchase from Michaels the "Simply Simon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 CASH.

#AP90 1 Wednesday Sept. 19
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: LILACS AND DAISIES

No experience necessary! With step-by-step instruction amaze yourself and your friends! For ease, purchase supplies in class from instructor (brushes \$25, canvas \$10 - cash only) or purchase from Michaels the "Simply Simon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS). PAINT MUST BE PURCHASED IN CLASS FOR \$10 CASH.

#AP86 1 Tuesday Sept. 25
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: B.C. TREES/LAKE REFLECTION **NEW!**

Students must have taken one of Darla's previous landscape or flower classes. Bring your brushes from Darla's classes and \$20 CASH for shared paint and 16"x20" Buzz Slim canvas.

#AP11 1 Tuesday Nov. 27
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: HELENIUM **NEW!**

Prerequisite: Lilacs & Daisies or Hydrangeas (one class). With step-by-step instruction you will create this beautiful horizontal painting (16"x20") of orange/red Heleniums on black gesso. Please bring your CASH for canvas and \$12 CASH for shared paint.

#AP12 1 Wednesday Sept. 26
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: SUNFLOWERS

Prerequisite: Hydrangeas OR Lilacs & Daisies OR Basic How-To Flowers (one class). This is a class favourite. Absolutely stunning! Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 CASH. PAINT MUST BE PURCHASED IN CLASS FOR \$14 CASH.

#AP71 1 Tuesday Oct. 2
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: NIGHT BLOOMING CEREUS

Prerequisite: Hydrangeas OR Lilacs & Daisies (one class). This floral painting on black gesso captures the Cereus Cactus, whose flowers bloom for only 3 hours one day a year! Bring your brushes from the prerequisite classes and a 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class from instructor for \$10 CASH. PAINT MUST BE PURCHASED IN CLASS FOR \$10 CASH.

#AP03 1 Wednesday Oct. 3
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: FALL BIRCH TREE/ GOLDEN LEAVES **NEW!**

Students must have taken one of Darla's previous landscape or flower classes. Bring your brushes from Darla's classes and \$20 CASH for shared paint and 16"x20" Buzz Slim canvas.

#AP09 1 Tuesday Oct. 23
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: FIREBIRD TULIPS

Prerequisites: Lilacs & Daisies OR Hydrangeas AND Sunflowers OR Night Blooming Cereus AND Red Poppies OR Mixed Poppies (3 classes). This is a more advanced painting of gorgeous parrot tulips -- definitely worth the challenge. Bring your brushes from the prerequisite classes and 16"x20" artist quality canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 CASH. PAINT MUST BE PURCHASED IN CLASS FOR \$12 CASH.

#AP70 1 Wednesday Oct. 17
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: RED POPPIES

Prerequisites: Sunflowers AND Hydrangeas OR Lilacs & Daisies OR Basic How-To Flowers (two classes). HOT HOT HOT! Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase canvas in class for \$10 CASH. PAINT MUST BE PURCHASED IN CLASS \$14 CASH.

#AP38 1 Tuesday Oct. 9
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: MAGNOLIAS **NEW!**

Prerequisite: Lilacs & Daisies OR Hydrangeas (one class). Create this beautiful horizontal (12"x24") painting with step-by-step instructions. Bring your brushes from the previous flower class and \$10 CASH for shared paint and \$12 CASH for canvas.

#AP05 1 Wednesday Oct. 10
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

OIL PAINTING WITH DARLA: IRIS

Prerequisites: Hydrangeas OR Lilacs & Daisies OR Basic How-To Flowers AND Sunflowers OR Night Blooming Cereus AND Red Poppies OR Mixed Poppies (three classes). Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas (no Artist Loft or dollar store canvas - NO EXCEPTIONS) or purchase the canvas from Darla for \$10 CASH. PAINT MUST BE PURCHASED IN CLASS FOR \$10 CASH.

#AP53 1 Tuesday Oct. 16
6:30pm-10:00pm ROOM 210
DARLA ZARY \$36

ART CLASSES

Art students please bring newspaper and wear old clothes or painting smock.

OIL PAINTING WITH DARLA: CHRISTMAS POINSETTIAS

NEW!

Prerequisite: Lilacs & Daisies OR Hydrangeas (one class). With step-by-step instruction you will create this jewel red tone basket of poinsettias on black gesso. Bring your brushes from the prerequisite class and \$10 CASH for 16"x20" Opus Buzz canvas and \$12 CASH for shared paint.

#AP06 1 Tuesday Dec. 4
6:30pm-10:00pm ROOM 210 DARLA ZARY \$36

OIL PAINTING WITH DARLA: CHRISTMAS RED AMARYLLIS

NEW!

Prerequisite: Lilacs & Daisies OR Hydrangeas (one class). You will love this unique vertical (12"x24") tall red amaryllis on black gesso. Bring your brushes from the prerequisite class and \$12 cash for Opus Buzz canvas and \$12 CASH for shared paint.

#AP07 1 Wednesday Dec. 5
6:30pm-10:00pm ROOM 210 DARLA ZARY \$36

Registration starts Tuesday, September 4th 2012

Call 604-517-6345 or online www.ce40.ca

SOAPSTONE CARVING: BEGINNERS

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6" in length using non-toxic Brazilian soapstone. The instructor is a First Nations artist whose work is represented in various displays, collections and cultural events. Stone, tools and all supplies are provided. **A supply fee of \$10 CASH is payable to the instructor the first night of class.**

#AP72 6 Tuesdays starting Sept. 25
7:00pm-8:30pm ROOM 154 MARK GAUTHIER \$80

SOAPSTONE CARVING: NEXT LEVEL

A series of eight sessions for those with some prior carving experience who would like to sharpen their skills. If you have partially completed soapstone carving at home or already have a piece of soapstone and are not sure how to get started, these workshops are designed to help you achieve your goal. Restoration techniques of older sculptures will also be discussed and demonstrated. Tools and supplies will be provided by the instructor but students will be encouraged to purchase their own tool kits. A list of tools and supplies will be available at the first class.

#AP74 8 Thursdays starting Sept. 27
7:00pm-9:00pm ROOM 154 MARK GAUTHIER \$125

BATH AND BEAUTY CLASSES

AROMATHERAPY AND BODY CARE GIFTS

Aromatic essences derived from portions of the plants – discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. We'll discuss creating your own essential oil medicine cabinet. In class create blends for lymphatic drainage, scarring, acne and other ailments. Create a personal synergy (blend), a roll-on, massage oil, a solid scent perfume and a perfume spray. Recipes and blends provided.

SUPPLIES INCLUDED IN COURSE FEE.

#BB82 1 Thursday Nov. 22
6:30pm-9:00pm ROOM 235
CHERYL THEILADE \$62

GREEN TEA SKINCARE

Anti-aging and antioxidant ingredients to create your own natural skin care products! Take home a green tea restorative facial oil, carrot and rosewood night cream, vitamin facial spritz, and a green tea and ginseng body wash. Recipes for face masks and toners. SUPPLIES INCLUDED.

#BB50 1 Wednesday Nov. 7
6:30pm-9:30pm ROOM 236
CHERYL THEILADE \$62

MINERAL MAKE ME UP

Are you currently using a mineral make-up and want to make your own for a fraction of the cost? Using an array of earth elements, butters, oils, waxes, and pre blended bases, make and take home a foundation powder, concealer stick, mascara, eye shadow, lip gloss, cosmetic pencil, a moisturizing lipstick and handouts with instructions from the class. Plus discussions on blending colours, mineral make up benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover. Please note: This class is not about how to apply or use makeup. Some exact formulas are not provided due to copyrights. **Please bring a lunch.**

ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB62 1 Saturday Oct. 13
10:00am-4:00pm ROOM 236 CHERYL THEILADE \$139

SOAP MAKING: PURE AND SIMPLE

Soap from scratch! In class you'll learn the basics of cold process soap making from scratch! Make a long lasting Herbal Floral Soap and a batch of Citrus Explosion. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. You'll also receive recipes for pet soap, laundry soap and herbal shampoo. Please bring a hand towel to class. Come to class scent-free and bring an apron (or wear appropriate clothing).

ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB60 1 Thursday Sept. 27
6:30pm-9:30pm ROOM 235 CHERYL THEILADE \$62

SOAP MAKING: ADVANCED

Are you ready to further explore your soap making skills and kick it up a notch? If so, this advanced cold process class is for you! Discover additional soap making techniques, which include "in-the-pot" creations. Learn to work with micas, oxides, natural colorants and various essential oils to create swirls and layers. Plus discover how to turn soap trimmings and previous soap projects into pieces that are fun and fascinating! Please bring a hand towel to class. Previous soap making experience/knowledge is preferred, however, not a prerequisite.

Please come to class scent-free and wear appropriate clothing. ALL SUPPLIES INCLUDED.

#BB45 1 Thursday Oct. 18
6:30pm-9:30pm ROOM 235 CHERYL THEILADE \$62

BUSINESS AND VOCATIONAL CLASSES

THE CANADA SAFETY COUNCIL DEFENSIVE DRIVING COURSE

The Canada Safety Council Defensive Driving Course is designed for experienced adult drivers with at least two years driving experience who wish to become safer drivers. **This one-day workshop takes place in a classroom -- not on the road.** By way of open class discussion we depart from fault-finding and learn to avoid collisions no matter who would be at fault. Numerous driving situations and conditions are discussed -- the experiences of the class are used as training aids. In this six-hour classroom course the students participate in the discussions and are guided through various topics by an experienced instructor with the aid of video and visual aids. The students are given a manual to keep and are awarded certificates issued by the Safety Council. There is no examination, but students must attend the full day to qualify for the certificate. It may be of interest to note that Defensive Driving saves fuel and protects the environment too. If you want to improve your odds in traffic and save money at the pumps this course is for you. The Canada Safety Council Defensive Driver Course has been taught across Canada since 1967; it is continuously updated and monitored by the Safety Council to ensure the course is current, effective, enjoyable and properly presented. Our goal is for the student to be a safer driver, a more fuel efficient driver and to enjoy the course. The instructor has been teaching this course since 1979. He has worked as a Collision Reconstruction Specialist for the Police and has been a full time Driving and Traffic Studies instructor at the BC Police Academy. The instructor is certified by the Canada Safety Council and he is licensed to teach under the Motor Vehicle Act of BC. **Please bring a bag lunch.**

#BV89 1 Saturday October 13

9:00am-3:30pm ROOM 149

TRUE TRAFFIC SAFETY

\$110

BUILDING SERVICE WORKER CERTIFICATE PROGRAM



Upon successful completion of this course, participants will be qualified to apply for janitorial positions with local school districts, hospitals or city facilities, or apply for work with private contractors who provide cleaning services to a variety of public institutions and private companies. A combination of classroom instruction and practical, hands-on experience is used for training in areas of cleaning, chemicals, equipment, floor and carpet care, safety and WHMIS certification. Certificates issued upon successful completion (theory, practical and teamwork skills).

Minimum of 90% attendance is required.

Participants must be at least 19-years-old and have strong English skills.

Classes run Monday to Thursday for 5 weeks.

#BV44 Monday - Thursday starting September 24th

6:00pm-10:00pm

ROOM 176

BARRY DALLAS

Fee: \$340

AN EVENING OF PORT - WINE WORKSHOP

Students must be 19 years of age.

This workshop is the perfect remedy for a winter evening! Discover and explore different ports and gain an understanding of what makes these fortified wines one of the most underrated wine values in the world. We will discuss food friendly ruby and tawny styles, and pair these wines with some interesting cheese samples. You will leave this class with a better understanding and appreciation of port and all the interesting tastes they have to offer.

#WB87 1 Tuesday Oct. 23

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$62

SPARKLING WINES FROM AROUND THE WORLD

Students must be 19 years of age.

Sparkling wines around the world are rivaling champagne for quality but at a much lower price. Learn the different methods of creating sparkling wine and how to taste and judge these wines for quality. Five different sparkling wines will be sampled and discussed during this workshop...just in time to get ready to impress for the holidays!

#WB40 1 Tuesday Dec. 4

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$62

Please Note:

Students are advised to use public transit or arrange for alternative transportation.

OPERATING A CONTRACT CLEANING BUSINESS

This 12-hour course is designed for those who would like to manage or operate their own cleaning business. Topics include business planning, sales & marketing, bidding & estimating, creating a proposal, hiring & retaining employees and insurance & bonding requirements. Students will learn up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service. Course manual included.

Classes run 4 evenings, Monday - Thursday.

#BV45 Monday - Thursday starting Nov. 5

6:30pm-9:30pm

ROOM 176

BARRY DALLAS

\$150

HOW TO START A SMALL BUSINESS

Got a dream?

Want to break away from the employee rut?

Learn how to start your own business.

This workshop will help you assess and develop your entrepreneur personality, help you focus your dream and gather the information and resources you will need to begin. We will discuss developing a business plan as well as preparing you to venture out on your own. If you have a business plan started or just a great idea, bring it along with you to the class.

#BV07 2 Thursdays starting Oct. 4

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$49

UNIQUE SCOTCH WORKSHOP

Students must be 19 years of age.

Whether they are an aficionado of scotch, or someone who wants to discover more about this unique beverage, this event is the perfect fit. Join our local scotch expert for an informative and interesting session exploring single malt scotches. You will learn about various scotch regions, and how that influences the final taste and aromas of the different scotches. Our expert will guide you through the tasting experience, so you can appreciate the subtle differences between each sample. A total of four unique scotches will be tasted and explored in this fascinating look at single malts.

#WB43 1 Thursday Nov. 15

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$67

BUSINESS AND VOCATIONAL CLASSES

US UNIVERSITY ADMISSIONS 101

NEW!

If your student is interested in attending university in the United States, this session is a must. Each year in the US the admissions cycle is more competitive than the previous one. Furthermore, the US admissions process is very different than the Canadian admissions process in its approach, and timelines occur much earlier. Come explore the process and its elements in this interactive and informative session. Topics include course planning, admissions essays, letters of recommendation, the SAT/ACT exam, summer planning and many more. An interactive "admissions game" will provide objective insight into the process.

#BV62 1 Thursday Oct. 4
7:00pm-9:30pm ROOM 161
EDWIN LIEW \$26/couple

CANADIAN UNIVERSITY ADMISSIONS 101

NEW!

Calling all parents of students in Grades 10, 11 and 12! Admission to post-secondary institutions in Canada is becoming increasingly difficult, and each institution has its own set of specific requirements. This interactive and open forum explores academic planning for post-secondary options and provides an overview of admission requirements at various types of institutions. Topics include the admissions "game," academic scheduling, career planning, finding the right university "fit" and scholarships/financing. The session will also provide effective strategies for families to navigate this process with patience, humor and grace. *Please bring a copy of your student's school schedule.*

#BV61 1 Thursday Oct. 11
7:00pm-9:30pm ROOM 163
EDWIN LIEW \$26/couple

CASHIER TRAINING WORKSHOP

Designed for those wanting to learn basic cashiering skills. This hands-on course focuses on the use of a manual cash register in restaurants or retail stores. Learn how to process items, handle cash and credit card transactions, balance cash and do a shift closing. Cash registers will be shared. English fluency is a prerequisite for this course. Pre-registration is required. A letter of participation will be issued. Please bring a lunch.

#BV42 1 Saturday Oct. 13
9:00am-2:00pm ROOM 148
IQBAL LALANY \$150

TAKING THE FEAR OUT OF PUBLIC SPEAKING

Expressing yourself well positively impacts career success. Improve your credibility & confidence in job interviews, presentations, business meetings, negotiations and conversations. Participate and interact in a fun learning environment. You will be able to communicate with confidence and poise by the end of the course.

#BV65 8 Thursdays starting Sept. 27
7:00pm-9:00pm ROOM 127
TOM JONES \$76

VOICEOVER ANNOUNCING

With increasing employment in the film industry and local radio and TV markets, job opportunities in voiceover announcing are on the rise. Learn basic breathing techniques, vocal exercises & pronunciation and articulation skills used in this profession. The instructor will focus on script editing and the importance of preparing a demo CD. Also covered in this course will be ideas on where to look for voiceover work, how to self market your new skills and whether or not you need an agent. The instructor is a full-time voice actor/producer and has worked in the business for 13 years. Students should expect to perform outside their normal comfort zones -- practice reading scripts will be done in front of classmates.

#BV86 6 Tuesdays starting Sept. 25
6:30pm-9:30pm ROOM 161
PAM WILLMER \$112

VOICEOVER ANNOUNCING: ADVANCED

In this advanced class focus will be on timing, character work, advanced script editing, delivery methods and following direction. Students MUST be willing to work outside their comfort zones and try new voices. MUST have an email address.

#BV88 6 Tuesdays starting Nov. 6
6:30pm-9:30pm ROOM 161
PAM WILLMER \$112

INTERVIEWING SKILLS **NEW!**

This career development course focuses on the stages of getting and successfully completing an interview. The course covers pre-interview strategies (including some job search techniques), preparing for the interview, the interview itself and follow up strategies. A great course for anyone who is job hunting or looking to advance their career.

#BV21 2 Thursdays starting Oct. 18
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

ACCENT REDUCTION / SPEAKING SKILLS

Join Anita and improve your Canadian accent in the most effective way. Improve your language skills such as sounds, stress patterns, rhythm and intonation patterns as well as overall speaking skills. Accent reduction may help you to advance your career and function more effectively in your job. Gain confidence.

Learn to speak more fluently and naturally.
#BV77 4 Mondays starting Oct. 15
7:00pm-9:00pm ROOM 227
ANITA SMITH \$98

ACCENT REDUCTION / SPEAKING SKILLS: LEVEL 2

This class is a continuation of Level 1. Instruction will focus on different consonants and vowel sounds.

#BV78 4 Mondays starting Nov. 19
7:00pm-9:00pm ROOM 227
ANITA SMITH \$98

ACCOUNTING AND BOOKKEEPING

This could be the most important business course for the small- and medium-sized business. Understand basic accounting and the rules of accounting. Learn how to record financial transactions and how to prepare the financial statements. The recording process starts with simple recording to preparation of the financial statements. This course will also cover recording on the journal, the ledgers, the preparation of the trial balance and the worksheet. This course will show you the process of the full accounting cycle.

Handouts included in course fee.
#BV68 9 Tuesdays starting Sept. 25
7:00pm-9:30pm ROOM 263
BALJIT SINGH \$167

PAYROLL

Learn how to calculate payroll cheques and remittances. Discussions include BC Labour Law, Employment Standards & WCB as they affect payroll. Class exercises will cover Federal & Provincial Income Tax, CPP, EI as deducted/remitted. T4, ROE & other payroll related forms will also be discussed. Other alternatives (through payroll service company) in processing payroll and its procedures will be covered.

#BV34 7 Thursdays starting Sept. 27
7:00pm-9:30pm ROOM 263
BALJIT SINGH \$130

BUSINESS AND VOCATIONAL CLASSES

PSYCHOLOGY OF CUSTOMER SERVICE **NEW!**

We talk about customer service, whether good or bad, with the same frequency and passion as we talk about the weather. What makes good customer service? What actions, if any, do we take when we deem the service we received was bad? Participants will leave with knowledge of why customer service is more than an exchange of money for service.

#BV51 1 Thursday Oct. 18
6:30pm-9:30pm ROOM 123
ANGELA SEALY \$24

ECONOMICS DEBUNKED

Confusing economic language often limits our ability to understand the many challenges that confront society at all levels, from federal to municipal governance, to big versus small business practices, and national versus international trade agreements. "Economics Debunked" is an introduction to economic language and critical thinking skills that can help the concerned individual pierce the veil of economic jargon and strengthen broad economic discernment, argument & action. google.com/site/economicdemystified.

#BV59 3 Tuesdays starting Oct. 2
7:00pm-9:00pm ROOM 228
GUY A. DUPERRAULT BGS ASCT \$54

BANKS SKANKS **NEW!**

"If the American people ever allow private banks to control the issuance of their currency, first by inflation and then by deflation, the banks and corporations that will grow up around them will deprive the people of all their property until their children will wake up homeless on the continent their fathers conquered (Thomas Jefferson)." Is Jefferson correct? If so, why were banks bailed out at the expense of government coffers? This course critically examines economic aspects of banks and debt.

#BV60 3 Thursdays starting Oct. 4
7:00pm-9:00pm ROOM 182
GUY A. DUPERRAULT BGS ASCT \$54

NETWORKING 101 **NEW!**

It is said today that if we want to succeed we should network, and now we can network electronically. How does one network? What about the person who is a little shy or the person who hates the idea of networking? Let's explore together how networking can be fun and beneficial.

#BV31 1 Tuesday Oct. 30
6:30pm-9:30pm ROOM 123
ANGELA SEALY \$24

BECOME MORE ASSERTIVE AND CONFIDENT AT HOME AND WORK

Discover your true self, set limits and express what you really want to say. Learn how to get out of your own way so you can communicate assertively and stand up for yourself in your personal and professional life. Practice respecting your boundaries and speaking assertively to improve your self-esteem, confidence, relationships with others and the way you manage conflict. Handouts included.

#BV13 4 Tuesdays starting Oct. 2
6:30pm-9:30pm ROOM 149
WENDY LAWSON \$82

BECOME MORE ASSERTIVE AND CONFIDENT: LEVEL 2

You've been practicing boundary-setting and speaking assertively, which has helped to improve your self-esteem, confidence, relationships with others and the way you manage conflict, but some situations are harder than others to set limits and express what you really want to say. This refresher course will help you look at your stumbling blocks and work on ways to remove them so you can continue to communicate assertively and stand up for yourself in your personal and professional life. This is an interactive class so come prepared to share some examples. Prerequisite: How to Become More Assertive & Confident: Level 1.

#BV18 2 Tuesdays starting Nov. 6
6:30pm-9:30pm ROOM 149
WENDY LAWSON \$49

BULLYING IN THE WORKPLACE

Let's recognize it! What is the difference between difficult behavior and bullying? Learn how to identify it, call it by confronting it and take care of it yourself by handling the matter.

#BV92 1 Thursday Oct. 11
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA \$42

CONFLICT TRANSFORMATION **NEW!**

Conflict is part of our lives, and we should welcome it. If handled appropriately conflict can give us information that will lead to transformation. In this interactive course participants will leave with tips and tools to practice and implement for resolving conflict.

#BV15 2 Tuesdays starting Oct. 9
7:00pm-9:30pm ROOM 160C
ANGELA SEALY \$40

ANGER MANAGEMENT

Anger is a natural part of our emotional responses and it is important that we pay attention to it. How we recognize our anger and what we do with it influences the outcome and can change patterns of relationships with ourselves and others.

#PE05 1 Thursday Oct. 4
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA, \$42

LEADERSHIP SKILLS **NEW!**

We find ourselves saying, "He/She is a really good leader" -- but what does that mean? What makes a good leader? Are people born leaders or can effective leadership skills be learned? In this interactive course we will explore those questions and assess our own leadership skills and how we use them.

#BV32 1 Wednesday Oct. 24
6:30pm-9:30pm ROOM 163
ANGELA SEALY \$24

STRESS MANAGEMENT

"I am so stressed I can hardly think!" We hear this and we say it almost every day, so what does stress management mean? Is stress good or bad? How does stress effect us and what are our responses? In this interactive course we will explore how to recognize stress, the levels of stress and discuss the various research on the effects of stress on our bodies.

#BV82 1 Thursday Oct. 4
6:30pm-9:30pm ROOM 123
ANGELA SEALY \$24

IF I'M SO WONDERFUL, WHY AM I SINGLE? **NEW!**

We'll examine strategies that can change your love life. Identify some of the reasons why you may have difficulty finding love. Find alternatives that will lead you to a better understanding and ultimately towards a lasting and fulfilling relationship.

#PE16 1 Thursday Sept. 27
7:00pm-9:30pm ROOM 149
JANYSE HRYNKOW, MA, \$42

PARENTING THROUGH DIVORCE

Parenting through divorce can feel frustrating and exhausting. Learn to support yourself, create a parenting plan for yourself and your children and handle unforeseen events that arise due to lack of cooperation, passive-aggressiveness, daily stresses and obstacles, while assisting yourself to move forward with your life.

#PE84 1 Thursday Oct. 18
7:00pm-9:30pm ROOM 148
JANYSE HRYNKOW, MA, \$42

BUSINESS AND VOCATIONAL CLASSES

SOCIAL AND BUSINESS ETIQUETTE

Make the best impression! Does the very thought of a business or social event put you on edge? What to say? What to wear? How to make that quick exit - politely. Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, cooperation and marketing so prized by the corporate world depends on people with great social skills. Being confident and comfortable networking is an essential element in your career success and in life!

#BV83 1 Wednesday Oct. 24

7:00pm-9:00pm ROOM 123
ANN ELIZABETH BURNETT \$27

ETIQUETTE FOR PRE-TEENS AND TEENS (11-17 YRS)

A foundation of good manners is integral to the development of good leadership skills in young people, not only for today but for the future. Etiquette is an essential life skill that will remain with them forever. Topics including first impressions, body language, conversation and listening skills, table etiquette are put into practice.

#BV12 1 Wednesday Oct. 17

6:30pm-8:30pm ROOM 123
ANN ELIZABETH BURNETT \$27

TABLE ETIQUETTE FOR PRE-TEENS AND TEENS (11-17 YRS)

Give your pre-teens and teens the gift of good table manners. This class will incorporate introductions and greeting people, setting the table, the correct use of cutlery, eating at the table, conversation and communication -- social aspects of a well mannered dining experience to be proud of!

#BV02 1 Tuesday Sept. 25

6:30pm-8:00pm ROOM 123
ANN ELIZABETH BURNETT \$22

TRIPLE YOUR READING SPEED

Do you have enough time to read? Have you ever reached the bottom of the page and asked yourself, "What did I just read"? Chances are, you are reading far below your capabilities. Whether you are a student, business person or recreational reader, you can quickly, easily and dramatically improve your level of performance and enjoyment in this vital area. In addition, vocabulary enrichment will be stressed.

#BV73 1 Thursday Nov. 8

7:00pm-10:00pm SCHOOL LIBRARY
TERRY SMALL \$42

HOW TO GET BETTER GRADES IN SCHOOL

Make this your child's best year ever in school! This amazing program shows your child how to take charge of his/her time at school! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped thousands of students to quickly excel in school. Guaranteed: better grades, self-confidence, more free time and fun in learning! Good grades have never been more important than today. Come and learn how to get them!

This course will benefit students of all abilities in Grades 4-12.

#BV90 1 Wednesday Oct. 3

7:00pm-9:00pm SCHOOL LIBRARY
TERRY SMALL \$42

BRAIN BOOSTING SECRETS

Your brain is involved in everything you do! 90% of what we know about the brain has been learned in the last two years and yet most people never think much about their brains. You simply trust your brain to do its job. Brain dysfunction is the #1 reason people fail in work, school and relationships. Your brain is the supercomputer that runs your life. This session has two bottom lines: when your brain works right you work right and everyone needs a little help. This session will give you the tools to boost brain power, improve your thinking and improve your health. Brain Boosting Secrets is packed with tips, stories, ideas and more.

#BV71 1 Tuesday Nov. 13

7:00pm-10:00pm ROOM 163
TERRY SMALL \$42

WRITE AND PUBLISH YOUR OWN BOOK IN 40 DAYS

Position yourself as the expert by writing a book. Consider this fact: "The prestige enjoyed by the published author is unparalleled in our society". Take advantage of this fact to make more money in your business or even in your career. This course will show you both how to write a book on a subject you are passionate about and how to have it published for little or no money. This could be the most important course you ever take. Taught by the millionaire entrepreneur and Amazon Best Selling Author of "101 Reasons Why You Must Write a Book".

A complete workbook included -- extra material available for purchase from instructor.

#BW41 1 Tuesday Nov. 13

6:30pm-9:30pm ROOM 123
BOB BURNHAM \$48

THE INDISPENSABLE LIFE BINDER

The Indispensable Life Binder - Getting Your Documents (and your life) in Order.

You've been meaning to get more organized. If you are sick, your partner is sick, or there has been a death - you need this binder to make sure things run smoothly. The binder is a handy reference about you, your family and friends, your property, your travel, your medications, finances, will, power of attorney, and lots more. Leave with all the contents you need for your binder. If your life goes ON FIRE, your binder is invaluable for those trying to keep everything going. Even if you have a different system, this workshop will remind you of items you may have forgotten to include. No time to waste!

#LA50 1 Monday Oct. 22

6:00pm-8:30pm ROOM 164
DIANA CRUCHLEY \$20

TUTORS, INC.

In this workshop you will learn how to start and successfully run your ESL tutoring business. You will learn the basics of what makes you a successful ESL tutor and entrepreneur. By the end of the workshop you will have valuable ready-to-use tools in the form of a portfolio that you can use directly with your students. Topics include marketing your service, teaching methods 1:1, setting your prices, lesson plans, resources, motivating your students, adding value to your service, common mistakes and problems, challenging your students, time-management and many more. Bring a lunch.

#BV87 1 Saturday Oct. 13

9:00am-3:30pm ROOM 160C
TEDDY PARVANOV \$58

BIBLE MEMORY COURSE

In this seminar you will be trained in strategies to remember extended passages from the Gospels word-perfectly (you will be amazed at how easy this is), recall favourite verses and have the content of entire books of the Bible at your fingertips. You will also be taught to read so that your mind does not wander so you get the details and remember them, and so you see the story and get the big picture. This amazing course will also teach you how to write personal reflections and to meditate on Scripture. Course fee includes online lessons to enable you to gain mastery of the systems. The course is open to adults and teens. A comprehensive course binder is available for \$20. Please bring a lunch.

#BV55 1 Saturday October 13

9:00am-3:30pm ROOM 182
GRAHAM BEST \$59

BUSINESS AND VOCATIONAL CLASSES

TURNING YOUR LIFE STORY INTO A MEMOIR **NEW!**

Each of us has a story to tell, a story that is uniquely ours. But wanting to write one's life stories or organize a written account of our family's history can be so daunting a task, we never begin. You will leave this workshop with a stronger awareness of how to organize your material, what to write and hundreds of ideas to jog your memory. You will have the opportunity to discuss your project and receive feedback from fellow participants. It's time to start. Your stories are worth it!

#BW63 1 Saturday Oct. 13
9:30am-3:30pm ROOM 231
RUTH KOZAK \$69

WRITING WITH THE MUSE **NEW!**

This course will show you how to get in touch with the Muse with story ideas from prompts. And, more importantly, how to keep going until you have completed a story. Suitable for novice writers as well as those who already have writing experience.

#BW61 8 Wednesdays starting Oct. 3
7:00pm-9:30pm ROOM 231
RUTH KOZAK \$120

GRAMMAR AND PUNCTUATION

This is a basic grammar and punctuation refresher course to help you recognize and correct common writing errors. You will learn about the parts of speech, capitalization, punctuation, and sentence structure. Great for adult students, business people and ESL students.

#BW31 2 Mondays starting Sept. 24
7:00pm-9:00pm ROOM 227
ANITA SMITH \$49

BUSINESS JUMPSTART GRAMMAR AND WRITING:

This is a 3-hour entry level course to help you jumpstart your writing. Learn rules to polish your writing for business. Excellent for new business owners, office assistants and managers who need to write more professionally.

#BW12 1 Saturday Oct. 13
9:00am-12:00 Noon ROOM 227
ANITA SMITH \$28

CREATIVE WRITING: JUMPSTART

This is a three-hour session to help the novice writer jumpstart and maintain his or her enthusiasm for writing. The fun writing exercises and group energy will help motivate you to get started or to work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

#BW10 1 Saturday Oct. 13
12:30 pm -3:30pm ROOM 227
ANITA SMITH \$28

WRITING JUMPSTART FOR CHILDREN:

An introduction to writing books and stories for children. Basic fiction writing techniques will be discussed, with particular application to writing for a younger audience.

#BW21 1 Thursday Nov. 1
7:00pm-9:30pm ROOM 227
ANITA SMITH \$26

Visit our Website www.ce40.ca

General Interest Programs

Registration starts Tues. September 4th 2012

Register online or call 604-517-6345

COMPUTER TRAINING

COMPUTER KEYBOARDING

If you have to search the keyboard for every key, your ability to learn is impeded and your ability to participate is limited. In order to increase your enjoyment of computer usage, we strongly recommend that you enroll in a Computer Keyboarding class. Classes run Mondays & Wednesdays. No class October 8th.

#CO93 4 Mon & 4 Wed starting Sept. 24
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$74

COMPUTER KEYBOARDING: FAST & ACCURATE IN A DAY

Designed for those familiar with typing basics but who need more time to build up skills. Students will improve speed and gain accuracy by using diagnostic software and corrective drills. Practice time will also be a key component. Basic typing skills are recommended before taking this course. Please bring a lunch.

#CO96 1 Thursday Sept. 13
9:00am-3:30pm ROOM 266
WANDA MADOKORO \$50

GETTING STARTED WITH COMPUTERS

This introductory course will cover all the basic functions of the Windows operating system. Topics include standard window components, running programs, managing folders and files, customizing Windows and accessories. Students should have some computer experience.

No class October 8.
#CO62 4 Mondays starting Sept. 17
6:45pm-9:45pm ROOM 255 \$150

COMPUTERS MADE EASY

(WINDOWS, WORD, EXCEL & INTERNET BASICS) Designed for the new user, this course begins with the basics of the Windows operating system, then moves on to basic functions of MS Word word processing, Excel spreadsheets and Internet browsing. This course is particularly suited to those who would like to develop a solid foundation in computer use and gain exposure to the most popular applications. Great for the home user.

#CO81 4 Tuesdays starting Nov. 20
6:45pm-9:45pm ROOM 255 \$175

WINDOWS XP FILE MANAGEMENT

Create and manage files on your computer by learning to save, retrieve, rename and find files, working with Windows Explorer or My Computer. Set up and organize and manage your personal filing system on the computer by creating folders and subfolders, copying and moving files, deleting files and folders. These are essential skills for all successful computer users. Prerequisite: a basic working knowledge of Windows.

#CO88 2 Mondays starting Oct. 22
6:45pm-9:45pm ROOM 255 \$75

ACCESS 2010 **NEW!** FOR BUSINESS

Access is a powerful business organizer and record keeper. Learn how to use this easy database program to manage data, find specific information, sort the data and create reports.

Prerequisite: Windows - or equivalent.
#CO37 2 Thursdays starting Nov. 29
6:45pm-9:45pm ROOM 257 \$75

COMPUTER TRAINING

MARKETING AND SOCIAL MEDIA

The immense popularity of social networking sites like Twitter, Facebook, and YouTube have opened up new marketing and promotional avenues for small business, personal, corporate, and non-profit organizations. Through this one-day introduction, discover strategies for effective marketing using these media, as well as some of the common pitfalls.

#CO86 2 Thursdays starting Nov. 1
6:45pm-9:45pm ROOM 257 \$75

MS OFFICE 2010 OVERVIEW

Working with the 2010 version of the Microsoft Office suite, you will gain basic skills in Word, Excel and PowerPoint. Learn how to create, edit, enhance, manage and print simple documents using this software. It is recommended that students have a working knowledge of Windows and are confident with computer fundamentals prior to taking this course.

#CO27 1 Saturday Oct. 13
9:00am-3:30pm ROOM 257 \$100

EXPLORING TOPICS IN MS EXCEL 2010

Working with lookup tables, create pivot tables, create macros and explore many more of Excel's advanced features.

#CO26 2 Thursdays starting Nov. 15
6:45pm-9:45pm ROOM 257 \$75

MS WORD 2010 FOR BUSINESS

Learn to create professional looking documents using this powerful word processing software. Learn the skills to create a document, format, change styles and fonts, cut/paste, import text and edit a document with confidence.

#CO25 2 Mondays starting Nov. 19
6:45pm-9:45pm ROOM 255 \$75

SIMPLY ACCOUNTING 2011

Learn how to navigate in each of the windows, create, setup, and customize a company, and record common journal entries for a business. You will experience processing day-to-day transactions such as: sales invoices, customer payments, bills and expenses, bill payments, credit cards, sales tax payments, banking, receivable and payables management, and financial statement reporting.

Basic accounting knowledge required.
#CO11 5 Thursdays starting Sept. 27
6:45pm-9:45pm ROOM 266 \$200

MS WORD 2010: LEVEL 1

You will learn how to work with different types of documents using a variety of core and intermediate features to create and format business documents such as letters, forms, newsletters, how to create and edit documents, save, open and close documents, apply formatting options and more. The course includes a participant workbook.

#MS10 4 Tuesdays starting Sept. 25
6:45pm-9:45pm ROOM 257 \$175

MS WORD 2010: LEVEL 2

A continuation of Level 1. This course is intended for participants who are familiar with Microsoft Office Word 2010. It is an intermediate level course for individuals that are interested in learning certain advanced concepts of word processing by using Word 2010. The pre-requisite for this course is Microsoft Word 2010: Level 1 or equivalent knowledge. The course includes a participant workbook and hands-on exercises.

#MS11 4 Tuesdays starting Oct. 23
6:45pm-9:45pm ROOM 257 \$175

MS WORD 2010 EXAM

Microsoft Office Specialist Certificate Word 2010 exam. To earn certification students must pass the (MOS) exam. See page 7 for more details.

#MS33 1 Monday Dec. 3
6:45pm-9:45pm ROOM 257 \$80

MS POWERPOINT

Microsoft PowerPoint 2010 is a powerful presentations application, which allows users to create intuitive presentations for paper, screen or web output. In this introductory PowerPoint class, students will learn to use PowerPoint 2010 to design basic presentations. LEARN TO: create and edit simple presentations, enhance presentations by formatting, use the drawing tools to create and edit logos and pictures, insert objects, apply Slide design, set up presentations for printing purposes and learn to create and automate screen shows. Please bring a lunch.

#MS14 1 Saturday Oct. 13
9:00am-3:30pm ROOM 266 \$100

MS POWERPOINT EXAM

Microsoft Office Specialist Certificate Powerpoint 2010 exam. To earn certification students must pass the (MOS) exam. See page 7 for more details.

#MS55 1 Monday Dec. 3
6:45pm-9:45pm ROOM 257 \$80



MS EXCEL 2010: LEVEL 1

In this course, you will use MS Office Excel 2010 to manage, edit and print data. You will create, edit, format and print basic spreadsheets. Explore the MS Office Excel 2010 environment and create a basic worksheet, perform calculations, modify a worksheet, format a worksheet and print workbook contents. The course includes a participant workbook and hands-on exercises.

#MS12 4 Wednesdays starting Sept. 26
6:45pm-9:45pm ROOM 257 \$175
#MS16 4 Wednesdays starting Nov. 21
6:45pm-9:45pm ROOM 257 \$175

MS EXCEL 2010: LEVEL 2

In Microsoft Excel: Level 2 students will use advanced formulas and work with various data analysis tools to get more from your spreadsheets. You will also organize table data, present data as charts, and enhance the look and appeal of complex workbooks by integrating graphical objects. The prerequisite for this course is Excel 2010: Level 1 or equivalent knowledge of the topics and tasks covered in the course. The course includes a participant workbook and hands-on exercises.

#MS13 4 Wednesdays starting Oct. 24
6:45pm-9:45pm ROOM 257 \$175

MS EXCEL 2010 EXAM

Microsoft Office Specialist Certificate Excel 2010 exam. To earn certification students must pass the (MOS) exam. See page 7 for more details.

#MS44 1 Monday Dec. 10
6:45pm-9:45pm ROOM 257 \$80



COMMUNITY FREE FORUMS

SPINAL CORD INJURY BC: RETURNING TO THE WORKFORCE **NEW!**

This four-evening workshop is targeted toward individuals with a disability or recovering from a disability. Learn job search strategies with resumé and cover letter writing, where to look for jobs and interview skills. We will run through the full job search and application process with practice interviews and how to handle disclosure about your disability.

#CF67 4 Tuesdays starting Sept. 25
5:00pm-6:00pm ROOM 148
MELISA CROSBY **FREE**

ARTHRITIS EDUCATION: TIPS, TRICKS AND TOOLS FOR JOINT PROTECTION

Normal movement places tremendous mechanical stress on our joints. If they're structurally weakened by arthritis even the simplest, every day activities can expose them to risk of injury. Join us for a free two-hour forum where we will learn strategies to protect our joints, ways to reduce pain, how to prevent further joint damage and deformity and how to use assistive devices.

#CF83 1 Monday Sept. 24
7:00pm-9:00pm SCHOOL LIBRARY
THE ARTHRITIS SOCIETY **FREE**

ARTHRITIS EDUCATION: CHRONIC PAIN MANAGEMENT WORKSHOP (CPM)

Multiple factors contribute to managing chronic pain. Whether it's medications, physical management, or mind-body connection strategies - you can learn about what you can do and how to work better with your healthcare professionals to manage chronic pain.

#CF84 1 Thursday Oct. 18
7:00pm-9:00pm SCHOOL LIBRARY
THE ARTHRITIS SOCIETY **FREE**

BACK TO LIFE: MAINTAINING A HEALTHY BACK

Come and learn why the health of your back is so critical to living a health life. Discover what causes back pain and most illnesses. You may be surprised. Then learn what you can do to make all the difference.

#CF78 1 Thursday Oct. 25
7:00pm-9:00pm ROOM 148
WAYNE JAKEMAN **FREE**

WOMEN'S WELLNESS: STRETCHING 101

Feeling a bit stiff these days?

Aches and pains got you down?

Stiff joints and muscles make us feel old before our time -- we know we should stretch but where to start? And what if you have arthritis, a bad back or knees that don't work properly? Stretching makes movement easier, you feel more relaxed, more graceful and it's even good for your arteries. Join Deanne and learn all about stretching, how to stretch safely, what stretches to do and when, etc., etc. Bodies that move easily simply feel more youthful -- doesn't that sound nice?

#CF89 1 Wednesday Oct. 10
6:30pm-8:30pm ROOM 164
DEANNE RAPACIOLI **FREE**

WOMEN'S WELLNESS: **NEW!** OSTEOPOROSIS UPDATE

In this important update Deanne will clarify the results of new research regarding calcium, bones and heart health. Lifestyle, activity, nutrition, supplements, etc. will be discussed, but no specific medical advice will be given.

#CF14 1 Wednesday Nov. 14
6:30pm-8:30pm SCHOOL LIBRARY
DEANNE RAPACIOLI **FREE**

MINDFULNESS INTRODUCTION

Our lives are mostly spent thinking about the past or planning for the future. So we often miss what is happening in the here-and-now. Mindfulness is about living consciously rather than living on autopilot.

#CF28 1 Thursday Sept. 27
7:00pm-8:00pm ROOM 228
SUNG YANG **FREE**

ENGAGING **NEW!** FILIPINO-CANADIAN YOUTH

Understanding Oneself Through Values Clarification -- A Lecture/Workshop: How do you deal with perceptions of culture clash with Canadian norms and practices? This is a fun-filled activity for young Filipino-Canadians (between 12-25 years old). Let us walk together in reviewing Filipino traits, characteristics and values. We'll use history and culture as instruments for self-discovery. By understanding ourselves better, we learn to uphold our identity while confirming shared values with Canadian culture.

#CF43 1 Saturday Oct. 13
9:00am-12:00noon ROOM 133B
BETH SORIANO **FREE**

ESTATE PLANNING AND ADMINISTRATION

Estate planning includes legal and tax consequences of transferring your property, including why you should execute a Will and a Power of Attorney. Administration planning means knowing your legal and tax responsibilities as an Executor and a Trustee - including your obligations to the beneficiaries. Your instructor is an experienced lawyer in the field.

#CF24 1 Thursday Sept. 27
7:00pm-9:00pm SCHOOL LIBRARY
KEVIN WESTWOOD **FREE**

REAL ESTATE FOR INVESTMENT

Learn the ins and outs of buying an investment property from industry experts. This to-the-point presentation guides you through the steps involved in finding and buying the right investment property, qualifying for a mortgage, how your credit scores are calculated and other helpful home buyer information for the purpose of investment and reselling. You will learn how to find an ideal investment property and where are the most profitable areas to invest. Thinking of flipping or buying and renting for investment? Looking for ways to increase capital for your children's education or your retirement?

#CF93 1 Tuesday Nov. 6
7:00pm-9:30pm ROOM 163
PAULINE PROBYN, B.A., REALTOR®,
ISABELLE BERTRAND, B.B.A.,
CYNTHIA HAMILTON, CGA, BAccS **FREE**

THE INS AND OUTS OF BUYING A CONDO OR TOWNHOUSE

Find out the top mistakes that buyers make when purchasing a strata property. Learn about strata rules/bylaws, financial statements and the home buying process. Understand buyer's responsibilities before and after the sale. Should you buy a previously leaky condo? In a building with rental restrictions? Pets? Learn how to secure your financial future by building your equity and the most common areas for strata legal disputes with an experienced REALTOR® and Mortgage Broker.

#CF91 1 Thursday Oct. 11
7:00pm-9:30pm ROOM 161
PAULINE PROBYN, B.A., REALTOR®,
ISABELLE BERTRAND, B.B.A. **FREE**

Please register for all FREE classes call: 604-517-6345 or online www.ce40.ca

COOKING CLASSES

BERNARDIN CANNING WORKSHOP

This workshop is intended for all canning enthusiasts who want to learn the most current methods for safe home canning. The workshop includes a complete demonstration of the boiling-water-bath method of canning, as well as a discussion of pressure canning. Participants will be able to sample at least three products which will be made during the workshop and they will each receive one jar of product plus canning recipes.

#CK12 1 Wednesday Oct. 17

6:30pm-9:00pm ROOM 236

DARLENE TANAKA \$25

A DINNER IN DELHI **NEW!**

You'll be learning all about the spices used in East Indian cooking and then preparing a meal that will include Spiced Lentil Soup, Lamb Curry with Apricots, Basmati Rice Pilaf and Coconut Custard with Chai Masala.

#CK56 1 Wednesday Sept. 19

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

A NIGHT IN NEW ORLEANS **NEW!**

Come and prepare a fabulous New Orleans dinner that will feature Prawns with Remoulade Sauce, Sausage and Chicken Jambalaya with Cajun Cornbread and Bananas Foster.

#CK35 1 Tuesday Oct. 2

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

TONIGHT'S

FABULOUS FRENCH **NEW!**

Tonight's fabulous French meal will include a seafood appetizer, Steak au Poivre with Cognac Sauce, accompanied with side dishes and Coffee Infused Pots de Creme with Almond Tuiles.

#CK53 1 Thursday Oct. 18

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

AN ITALIAN DINNER **NEW!**

On the menu tonight are Polenta with Roasted Red Pepper Pesto, Sambucca Prawns with Linguine and Italian Crepes with Orange Sauce.

#CK52 1 Tuesday Oct. 23

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

EASY AS PIE!

Having trouble making pastry? No problem! Come to this class and learn to make tasty, flakey pastry. Students will make and take home a fresh fruit pie ready to pop into the oven or freezer. Kathy will share lots of her favourite pie recipes and will make her famous Pumpkin Pie for all to taste. Please bring a paring knife to class.

#CK29 1 Monday Oct. 1 7:00pm-10:00pm ROOM 236 KATHY ROERING \$38

SENSATIONAL SOUPS FROM AROUND THE WORLD **NEW!**

Tonight's international selection of soups will include Hungarian Lentil, Caribbean Pumpkin, French Potage Parmentier, Moroccan Spiced Chick Pea, Italian Zuppa di Cavola and more.

#CK51 1 Thursday Nov. 1

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

SUSAGE MAKING 101 **NEW!**

Learn to make your own fresh sausages free of any fillers or preservatives. We'll use different meats and seasonings and even if you don't have sausage making equipment we'll show you what a little time and imagination can produce.

#CK33 1 Tuesday Nov. 13

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

ALL NEW! COMFORT FOODS

Tonight you'll be preparing a new selection of comfort foods from Kathryn's kitchen. On the menu are Savory Chicken and Dumplings, Swiss Steak with Garlic Mashed Potatoes, Peach Cobbler & more.

#CK49 1 Thursday starting Nov. 22

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

HOW ABOUT SOME PORK ON YOUR FORK? **NEW!**

Tonight you'll take a "porkalicious" journey as you prepare and sample pork dishes from around the world using several different cuts. Included will be Pork Cacciatore, Pork Satays with Peanut Sauce, Hungarian Pork Goulash and more.

#CK48 1 Thursday Nov. 29

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

INCREDIBLE CREPES

Just in time for the holidays you will learn how to make crepes and then turn them into a selection of appetizers, main courses and desserts like Asparagus and Ham Crepes with Mornay Sauce, Herbed Chicken and Mushroom Crepes with White Wine Sauce and Crepes Suzette.

#CK81 1 Tuesday Dec. 4

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

SINGAPORE AND MALAYSIAN

Come and learn how to make the hot and spicy signature dishes from Singapore and Malaysia. Don't miss out on taking part in this hands-on food preparation experience. Menu items include Malaysian Coconut Chicken, Prawn Laksa, Chicken Satay, Singapore Rice Noodles and Singapore Spare Ribs. Bring apron and containers.

#CK87 1 Thursday Sept. 20

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

DIVINE VIETNAMESE

Come and learn traditional Vietnamese cooking. Recipes include Lemon Grass Pork Chop, Beef Soup, Spring Rolls and Chicken. Impress your friends and family. Bring your apron and containers.

#CK11 1 Thursday Oct. 4

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

SENSATIONAL SUSHI

Join this popular class! Learn how to make basic sushi. Recipes include California Roll, Teriyaki Beef & Chicken Roll, Vegetarian Roll, Tempura Prawn & Vegetables, Tamago, etc. Impress your family and friends with these healthy recipes. Bring your apron and containers.

#CK98 1 Thursday Oct. 11

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

TERRIFIC THAI

Learn how to prepare Pad Thai Noodles, Green Curries, Tom Yam Kung Soup and Thai Sweet Corn Patties. This course will give you a hands-on experience. Impress your friends and family when you are able to prepare Thai food in your own home.

Bring your apron and containers.

#CK79 1 Tuesday Oct. 16

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

BREAD AND BUNS

Nothing smells and tastes as good as homemade bread! Learn to make whole grain, white & rye bread and buns, as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. Take home your own home-made loaf of bread and a pan of cinnamon buns. Please bring an aluminum foil loaf pan and a large zip-lock bag to the first class.

#CK91 2 Mondays starting Oct. 15

7:00pm-10:00pm ROOM 236

KATHY ROERING \$45

COOKING CLASSES

CHRISTMAS CAKES

NEW!

Fruit cakes have long been a special treat at Christmas. Come and learn the tricks to a rich, moist



cake and go home with a cake ready to bake and a variety of recipes, including light fruitcakes, dark fruitcakes and no-bake fruitcakes. Please come to the class with a sharp knife and a clean empty 796ml can. You will go home with a cake ready to be baked at home and the skills to make and give cakes as gifts.

#CK93 1 Wednesday Nov. 28

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$30

CHRISTMAS PUDDING AND SAUCES

The special finish to any Christmas feast is a rich Christmas pudding. Learn how to make and steam a pudding and go home with a variety of recipes from the original recipe that Charles Dickens was served for his Christmas dinner to a rich but simple carrot pudding. Please come to the class with a sharp knife and a clean empty 796ml can. You will go home with a pudding ready to be steamed at home and confidence to make many more as gifts.

#CK92 1 Wednesday Nov. 21

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$30

CHRISTMAS SHORTBREAD **NEW!**

Shortbread is associated with Christmas and in this class you will learn a variety of techniques on how to make and shape the three basic types of shortbread: whipped (that we always see shaped by a cookie press and wonder how to get those results), the basic Scottish shortbread and variations, and then the fruit and nut varieties. Each student will bake a different batch of cookies in class and then the results will be shared amongst the class members to take home. Please bring a container to take cookies home.

#CK94 1 Wednesday Dec. 5

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$30

WILTON CAKE DECORATING CERTIFICATE PROGRAM

CAKE DECORATING: LEVEL 1

The Wilton Method® Decorating Basics Course level 1 is the perfect place to start! Your instructor will show you the right way to decorate, step-by-step, so that you experience the excitement of successfully decorating your first cake. You'll understand how to bake a great cake, see how to make and color icing and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way for great results. Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes ... and of course cakes!

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CD01 4 Wednesdays starting Sept. 26

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

CAKE DECORATING: LEVEL 2 FLOWERS AND CAKE DESIGN

In Flowers and Cake Design, you'll explore sophisticated ways to bring your cakes and desserts to life! Your Wilton Method® instructor will teach you to create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet. Your amazing flowers will be framed by an impressive border treatment or basket-weave design. With the skills you learn here and your ability to make flowers in advance using gum paste and fondant or royal icing, you can create beautiful blooms at your convenience, ready to place on any cake.

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CD02 4 Wednesdays starting Oct. 24

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

CAKE DECORATING: LEVEL 3 GUM PASTE AND FONDANT

In Gum Paste & Fondant you'll discover one of the most exciting and satisfying ways to decorate a cake. Kimberley will lead you every step of the way as you create amazing hand shaped flowers, beautiful borders and bold accents using these easy-to-shape icings. As you learn each technique: an artful bow, mum, rose, carnation, calla lily, rosebud, daisy and embellished borders - you'll be closer to your crowning achievement: A Final Course Cake that showcases your skills. The confidence you'll gain as you decorate with gum paste and fondant will enable you to create cakes that will add excitement to your family celebrations for years to come.

Please request a list of required supplies when registering.

Decorating kit and book included in course fee.

#CD03 2 Mon & 2 Wed starting Nov. 19

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

CAKE DECORATING: LEVEL 4 ADVANCED GUM PASTE AND FONDANT

Students must have taken Gum Paste & Fondant Level 3 or equivalent to take this advanced Level 4. Students will continue to learn how to make amazing, life-like flowers and unique blooms.

Please request a list of required supplies when registering.

#CD05 2 Mon & 2 Wed starting Dec. 3

6:30pm-8:30pm

ROOM 235

KIMBERLEY MARCHUK

\$105

CAKE DECORATING: TALL CAKES

Cake Decorating Level 1 Basics is a prerequisite. Students will learn how to assemble, support, stack and decorate cakes with *two or more layers* using different techniques with the use of pillars and dowels. Stacking fondant-covered vs. butter cream-covered. Please bring all your cakes (*two or more*) to this class. Students will then assemble and decorate in class.

Please request a supply list when registering.

#CD09 1 Saturday October 13

11:00am - 2:00pm

ROOM 235

KIMBERLEY MARCHUK

\$28

CAKE DECORATING: **NEW!** HALLOWEEN CUPCAKES



Join Kimberley for bewitching Halloween cupcake recipes and ideas to find the perfect one for your next Halloween celebration.

Have a great time creating werewolves, pumpkins, eyeballs, spiders and many more fun and scary Halloween-themed cupcake treats!

Please request a supply list when registering.

#CD10 1 Monday Oct. 22

6:00pm-9:00pm

ROOM 235

KIMBERLEY MARCHUK

\$28

FIRST AID CLASSES

STANDARD FIRST AID AND CPR

In this comprehensive **two-session** course participants will learn: Red Cross History, Preparing to Respond Emergency Medical Services, Check, Call, Care, Airway Emergencies, Breathing and Circulation Emergencies, First Aid for Respiratory & Cardiac Arrest, Head and Spine Injuries, Bone, Muscle and Joint Injuries, Wound Care, Sudden Medical Emergencies, Environmental Emergencies.

#FA31 Saturday October 13 8:00am-4:00pm School Library
Monday October 15 6:00pm-9:30pm Room 164
FIRST AID HERO \$220

EMERGENCY CHILD CARE AND CPR B

Childcare providers will learn Emergency First Aid techniques, including how to deal with life-threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation, as well as critical interventions for each. In this course, we will deal with special considerations regarding child-oriented first aid situations.

#FA21 2 Mondays starting Oct. 15 6:00pm-9:30pm
SCHOOL LIBRARY FIRST AID HERO \$148

CPR C AND AED

In this course Cardio Pulmonary Resuscitation and Automated External Defibrillation lifesaving techniques are taught. Course content: Preparing to Respond, Emergency Medical Services, Check, Call, Care, Adult/Child/Baby CPR - 1 Rescuer, Adult/Child/Baby Choking, Barrier Device, Automated External Defibrillator (AED) and Adult/Child CPR - 2 Rescuer.

#FA35 1 Saturday Oct. 13 8:00am-2:00pm
SCHOOL LIBRARY FIRST AID HERO \$120

INFANT FIRST AID WORKSHOP (NON-CERTIFICATION)

This basic first aid workshop covers Airway, Breathing and Circulation problems and how to recognize them in infants 12 months and younger. Learn skills that can save your child's life with experienced Canadian Red Cross instructors in a relaxed atmosphere. Parents welcome to bring their infants!

#FA19 1 Wednesday Oct. 10 7:00pm-9:00pm
SCHOOL LIBRARY FIRST AID HERO \$44

WHAT EVERY BABYSITTER NEEDS TO KNOW

Offered in cooperation with St. John Ambulance Association. What every Babysitter should know. This course is designed to teach young people ages 11 and older how to babysit children and infants. The course will enhance knowledge of safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion. 1/2 hour lunch break.

Please bring a lunch.
#FA25 1 Saturday Oct. 13 9:00am-3:30pm
ROOM 123 ST. JOHN AMBULANCE \$62

HEALTH CARE PROVIDER CPR

This course is designed to meet requirements for physicians, nurses, paramedics and those in the health care field interested in knowing CPR C skills plus use of the Bag Valve Mask. Course Content: Preparing to Respond, Emergency Medical Services, Check, Call, Care, Adult/Child/Baby CPR- 1 Rescuer, Adult/Child/ Baby Choking, Barrier Device, Automated External Defibrillator (AED), Adult/Child CPR - 2 Rescuer, Bag Valve Mask.

#FA42 1 Saturday Oct. 13 8:00am-3:00pm
SCHOOL LIBRARY FIRST AID HERO \$130

PHOTOGRAPHY CLASSES

DIGITAL SLR

HANDS-ON PHOTOGRAPHY

This course will instruct you on the use and operation of your digital S.L.R. camera. Topics include basic functions of the camera, modes, shutter speeds, f-stops, depth of field, using flash and fill flash, exposure compensation, lenses, plus many other topics.

No "point-and-shoot" cameras please.

#PH45 5 Thursdays starting Sept. 27
7:00pm-9:00pm ROOM 164
WAYNE MCCARTNEY \$76

HOW TO USE YOUR DIGITAL COMPACT AND DSLR CAMERA

This course is designed for people who would like to know more about how to use their compact digital camera (SLR cameras are welcome as well). We will discuss basic functions of the camera, modes, flash, lenses, exposure, plus other topics. **Bring your camera and a lunch to class.**

#PH92 1 Saturday Oct. 13
9:00am-2:00pm ROOM 164
WAYNE MCCARTNEY \$50

PHOTOGRAPHING KIDS

This 3-session course will deal with flash photography indoors, candid shots of kids at play or nuzzled up with a family member, lighting and a proper setting for posed pictures, as well as capturing those unexpected shots that always seem to get away. This course will also deal with composition, cropping and backgrounds, as well as familiarize you with helpful camera settings. A Sunday fieldtrip to the park (with a loved one), will allow you to learn better ways to photograph them. A hand-out booklet included. Photographers of all levels are welcome.

(3 sessions) Tuesdays, September 18th and 25th (Fieldtrip is Sunday, September 23rd)

#PH85 2 Tuesdays Sept. 18th and Sept 25th
6:45pm-9:45pm ROOM 261 FRANK TOWNSLEY \$59

READY, AIM, SHOOT

An introductory, but comprehensive and fun approach to improving your digital, SLR or instamatic photography skills. Emphasis will be on learning simple procedures and lighting composition. You'll also learn skills such as time exposures, multiple exposures, use of filters, abstracts, improving your landscape compositions & more.

4 Tuesday evenings plus 2 Sunday outdoor field trips:

(October 14th and 21st). (6 sessions)

#PH84 4 Tuesdays starting Oct. 2
6:45pm-9:45pm ROOM 261 FRANK TOWNSLEY \$69



Registration starts: **Tuesday, September 4th 2012**
9:00 a.m. - 4:00 p.m. and 6:30 p.m. - 8:00 p.m.
Call: [604-517-6345](tel:604-517-6345) or register online www.ce40.ca

FOODSAFE/GARDENING/GUITAR CLASSES

FOODSAFE: LEVEL 1

Age 15+. Designed for those who are employed or seeking employment as restaurant staff, caterers, vendors or anyone handling food. This course covers procedures for preventing food-borne illnesses. Topics include: receiving, storing, preparing and serving of potentially hazardous foods, hygiene, cleaning/sanitizing equipment and workplace safety. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a FOODSAFE CERTIFICATE recognized by the B.C. Hotel & Restaurant Association. Handbook included.

#FO17 1 Saturday Oct. 13

8:00am-3:30pm ROOM 187
DEAN SCOVILL \$90

#FO16 2 Tuesdays starting Nov. 6

6:00pm-10:00pm ROOM 187
DEAN SCOVILL \$90

New! FOODSAFE: LEVEL 2

Prerequisite: FoodSafe: Level 1 and Module 1 of Managing for Food Safety: Food Safety Basics Online (please ask for further information when registering -- students must provide a Certificate of Completion at the first class).

Gain a competitive edge in the hospitality and food industries in B.C. Many students have gone on to find enjoyable employment. For those already employed, this is a great opportunity to seek promotions/ raises. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a FOODSAFE CERTIFICATE recognized by the B.C. Hotel and Restaurant Association.

Manual is included. 2 sessions

Tuesday, October 9th (6pm-10pm) and Saturday, October 13 (8am - 4pm).

#FO90 Tues Oct. 9 and Sat Oct. 13

6:30pm-10:00pm ROOM 186
DEAN SCOVILL \$110

HOME STAGING & REDESIGN HOME MAKEOVER

For better living or selling! Bring more Zen to your home environment through de-cluttering, energy-clearing, feng shui principles, use of colour, furniture placement and more. With her years of decorating and home staging experience, Brenda will show you how.

#HD29 6 Thursdays starting Oct. 4

7:00pm-8:30pm ROOM 232
BRENDA SINCLAIR \$90

GARDENING

LANDSCAPE DESIGN 101

If you are considering renovating your garden or starting from scratch, this course is for you. Autumn is a good time to start planning. Join Vern as he talks about sidewalks, patios, retaining walls and other landscaping features. Trees and shrubs, fences vs. hedging, and planting for colour and design. A brief look at water features. Please bring pencil, eraser, ruler, paper and colour pencils.

#GL44 2 Thursdays starting Oct. 11

7:00pm-9:30pm ROOM 169
VERN STAPLES \$56

PERENNIAL

VEGETABLES & SMALL FRUITS

Have you considered trying to grow vegetables such as rhubarb or small fruits such as blueberries? Learn to incorporate these into your vegetable garden.

#GL41 1 Wednesday Oct. 31

7:00pm-9:00pm ROOM 172
CONWAY LUM \$20

PRUNING YOUR WAY OUT OF A MESS

A look at how, when, what, etc., to prune in your garden.

#GL42 1 Wednesday Nov. 7

7:00pm-9:00pm ROOM 172
CONWAY LUM \$20

PUTTING YOUR GARDEN TO BED

Learn how to prepare your plants and soil for the upcoming winter season. Also, we'll look at some practices to rejuvenate your tired plants.

#GL40 1 Thursday Oct. 25

7:00pm-9:00pm ROOM 172
CONWAY LUM \$20

ELECTRIC GUITAR

ELECTRIC GUITAR FOR BEGINNERS

This course is for absolute beginners who are interested in learning the electric guitar, as well as students with some acoustic guitar experience interested in playing electric guitar style. Throughout the 8-week course students will learn various components of electric guitar playing, such as power chords, barre chords, scales, riffs and basic improvisation. The course will focus mostly on rock music, but may also branch out into other territories such as blues, jazz, country and alternative music where the electric guitar also had an important role. *Please bring your guitar and amp.*

#GU50 8 Thursdays starting Sept. 27

8:05pm-9:05pm ROOM 203
DANIEL KARRASCH \$96

ACOUSTIC GUITAR

ACOUSTIC GUITAR: LEVEL 1

This course is for absolute beginners who have never played guitar before. Learn basic chords, strumming patterns and finger picking patterns, along with the fundamentals of music theory for guitar (such as how to read guitar tablature and chord music). Students will also learn folk and rock songs by artists like Bob Dylan and Neil Young to get them started on their new-found musical journey. How to re-string and maintain your guitar will also be covered. Practicing throughout the week will ensure further growth.

(Enter from back of Massey Wing – gym.)

#GU10 8 Tuesdays starting Sep. 25

7:00pm-8:00pm ROOM 203
PETER ZAENKER \$96

ACOUSTIC GUITAR: LEVEL 2

This course is for those who have taken Acoustic Guitar: Level 1 or its equivalent. Students will continue with basic chords and learn songs with different strumming patterns. Single-note playing will also be introduced.

#GU30 8 Tuesdays starting Sept. 25

8:05pm-9:05pm ROOM 203
PETER ZAENKER \$96

READING MUSIC

INTRO TO READING MUSIC AND GENERAL MUSICIANSHIP

This course is designed for individuals interested in enriching their lives with an increased knowledge of and appreciation for music. It is designed for the absolute beginner, no previous knowledge necessary, with the intention of building basic musicianship skills. Over the course of 8 weeks, various musicianship topics will be covered, including learning to read notes, understanding different keys, basic music theory, and fundamental oral and aural (ear training) exercises. It should be noted that this course is not designed to teach you any instrument in particular (though examples will be given on piano or guitar). Instead, you will be learning valuable musical skills that can be translated to any instrument or simply enjoyed from the perspective of the music listener.

#GU78 8 Thursdays starting Sept. 27

6:30pm-8:00pm ROOM 203
DANIEL KARRASCH \$160

FITNESS AND RECREATION CLASSES

Large Massey Gym, Small Massey Gym, Yoga/Dance Studio and Massey Cafeteria are located inside New Westminster Secondary. Please enter from the back of the school across from the skating rink.

HULA HOOP EXERCISE ROUTINE **NEW!**

The most fun you will have burning fat. Don't let this workout throw you for a loop. The hula hoop is a serious piece of workout equipment that can strengthen your muscles, tone your thighs, abdominals, glutes and your arms. Janice will start off with a 15 min. gentle stretching then add in the hoops. Class size limited - so don't wait to try this amazing new workout.

#FS88 8 Thursdays starting Sept. 20
6:40pm-7:45pm Dance/Yoga Studio
JANICE STEVENS \$75

AEROBOX CARDIO BOX & KICK

High energy and motivating aerobic class with basic boxing and kickboxing moves (non-contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full-body workout, this is the class for you.

Bring your energy and let's have fun!

No class October 8 and November 12.

#FS03 8 Mondays starting Sept. 24
7:00pm-8:00pm Small Massey Gym
MARGARET MAXIM \$75

WORKING OUT WITH BALL AND BANDS

Enjoy an effective workout targeting all areas of the body using the most versatile piece of exercise equipment around - the stability ball!! You will learn proper form and technique for a variety of fun and effective exercises in a group atmosphere. Each week we will work on balance, strengthening core muscles, and challenging the upper and lower body. *Please bring your ball and energy and let's have fun!*

No class October 8 and November 12.

#FS94 8 Mondays starting Sept. 24
8:05pm-9:05pm Small Massey Gym
MARGARET MAXIM \$75



ABS, BUTTS, HIPS AND THIGHS

This is an exercise class designed to improve your abdominal muscles, tone your thighs and boost your butt. We'll target exercises to firm and lift.

#FS61 6 Tuesdays starting Sept. 25
6:15pm-7:00pm Massey Cafeteria
MELISA CROSBY \$50

SIMPLE HOME EXERCISE PROGRAM

You do not need a gym membership to do an effective workout! This fitness class will teach exercises that you can take home and do on your own. By the end of the class, you will have a full workout program you can do at home that will meet your fitness goals, whether it is overall fitness, toning or weight loss. This class is open to any level of fitness. Melisa will provide special exercises for those with chronic pain, but it is also directed to people who have no injury at all or a mild injury. Take charge of your health! Melisa is a Registered Rehabilitation Professional and Personal Trainer RRP,MBA,CRTWC. Please bring a mat to class.

#FS76 6 Tuesdays starting Sept. 25
7:00pm-8:30pm Massey Cafeteria
MELISA CROSBY \$60

LADIES FLOOR HOCKEY

She shoots - she scores! Ladies only. Tuesday night classes are recommended for those players with prior hockey **EXPERIENCE**. Please wear soft soled shoes. Eye guards, mouth guards and shin pads optional. Sportsmanlike conduct and fair play are expected.

#FS66 10 Tuesdays starting Sept. 25
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$89

LADIES FLOOR HOCKEY

SHE SHOOTS - SHE SCORES! Ladies only. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time. This class is geared towards beginners. **NON-COMPETITIVE**.

Equipment provided. Please wear soft soled shoes. Eye guards, mouth guards and shin pads optional. Sportsmanlike conduct and fair play are expected.

#FS67 10 Wednesdays starting Sept. 26
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$89

BHANGRA WORKOUT **NEW!**

Bhangra is an energetic and vigorous dance all about celebration and happiness for all ages. You don't need a partner to enjoy this heart pumping experience. Students are welcome to come to this class to become fit, have fun and learn Bhangra moves. The classes' focus will be to get you moving and get you sweating. Your legs, gluts, quads, arms and core will thank you. No class Oct. 8 and Nov.12.

#FS02 8 Mondays starting Sept. 24
7:00pm-8:00pm Massey Cafeteria
TARANJEET DHALIWAL \$75

ZUMBA GOLD®: A GENTLE WORKOUT

Zumba Gold® modifies the moves and pacing to suit the needs of the active older participant, those just starting their journey to a fit and healthy lifestyle or those who are just coming back to fitness. This class is filled with many options with low to no impact moves and is perfect for those who are wanting a gradual return to being fit. Zesty Latin music, like salsa, merengue, cumbia and reggaeton are exhilarating. Easy-to-follow moves make this dance-fitness class friendly, and most of all fun!

#FS75 8 Wednesdays starting Sept. 19
6:30pm-7:30pm Dance/Yoga Studio
JANICE STEVENS \$75

ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: Work out, love working out & get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

#FS72 8 Tuesdays starting Sept. 18
7:00pm-8:00pm Dance/Yoga Studio
JANICE STEVENS \$75
#FS78 8 Thursdays starting Sept. 20
7:00pm-8:00pm Small Massey Gym
RACHEL WOO \$75

See page 25 for Saturday Zumba classes.

FITNESS AND RECREATION CLASSES

BOLLYWOOD DANCE WORKOUT

Bollywood is a fun, lively and animated dance that anyone can do. This dance combines classical Indian pop and jazz. Warm-up and stretch techniques are also incorporated in a fun and informative style to give students a full rounded workout with tons of fun!

#FS85 8 Tuesdays starting Sept. 25
8:15pm-9:15pm Dance/Yoga Studio
SOPHIA SOO \$75

SELF DEFENSE **NEW!** FOR WOMEN AND TEENS

An opportunity for women to learn some basic self-defense moves. It will include awareness and mental rehearsal, as well as a practical component -- introducing targets on the body, strikes and releases. Minimum 12 years of age.

Wear comfortable loose-fitting clothes.

#FS84 1 Saturday Oct. 13
10:00am-12:30pm Small Massey Gym
INGRID \$49

YOGA-LATES

Can't decide between Yoga and Pilates? This class is a unique combination of basic Yoga and Pilates exercises to target muscle tone, core, balance and relaxation all in one workout! Achieve a leaner, toned, more flexible and youthful body with the effects of core-strengthening Pilates and Yoga. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat no more than 1" thick for these sessions. Students with previous neck and back injuries should consult their physician before starting a Pilates program. Anita has 30 years in the fitness industry and will instruct on how to modify the exercises to your individual needs.

#FS55 8 Wednesdays starting Sept. 26
7:45pm-9:15pm Dance/Yoga Studio
ANITA SMITH \$81

HATHA YOGA 101 **NEW!**

Cindy's yoga classes focus on working with integrating breath, mind and body. The classes incorporate breathing exercises, back strengthening, hip openers, mantras and tapping into personal power. Please bring a yoga mat, a small blanket, towel, water and a yoga block (optional). Open to all levels as a way to improve balance, flexibility and peace of mind. No class October 8th and November 12th. www.anahatayogachakra.com

#YO98 8 Mondays starting Sept. 24
6:30pm-8:00pm Dance/Yoga Studio
CINDY COUTURIER \$82

HATHA YOGA 102 **NEW!**

Cindy's evening Hatha yoga class is a gentle, restorative, rejuvenating practice, ending with meditation. It is relaxing, restful and contemplative. Please bring a yoga mat, a small blanket, a pillow to sit on and a yoga strap (optional). Open to all levels as a way to delve deeper into relaxation and wash away stress.

No class October 8th and November 12th. www.anahatayogachakra.com

#YO99 8 Mondays starting Sept. 24
8:05pm-9:35pm Dance/Yoga Studio
CINDY COUTURIER \$82

YOGA FOR ANYONE – **NEW!** DE-STRESS WITH YOGA

Our daily lives make it hard for us to relax. How can we relax when we have so much to do? Come and enjoy coming back to your breath and learn basic de-stressing techniques that you can take back to your work or home. Gentle Hatha Yoga to revitalize your body, mind and spirit. Bring a blanket and find your own place of peace and harmony. Check out Michele's website at azuryoga.net.

#YO79 1 Saturday Oct. 13
10:00am-12:00 Noon Dance/Yoga Studio
MICHELE LABELLE \$25

MINDFUL QIGONG **NEW!**

Learn the two powerful mind and body exercises, mindfulness and qigong, at the same time with simple gentle movements, which are easy to learn and enjoyable for all age groups for maintaining optimal health of body and mind. Practice of mindfulness and qigong (mindful qigong) have numerous beneficial effects such as calming, invigorating, rejuvenating, healing, improved attention, changing unwanted habits, strengthening your body including internal systems while reducing stress, anxiety, worries and chronic pain. This course is designed for those who are new to mindfulness and/or qigong as well as those who want to deepen their practice.

#HS57 8 Thursdays starting Oct. 4
7:00pm-8:30pm Massey Cafeteria
SUNG YANG \$82

MINDFULNESS IN ONE MINUTE

This class is designed to help you find peace in the midst of chaos or uncertainty and change unhealthy habits. The class teaches numerous simple and life enhancing mindfulness techniques that can be practiced just in 1 minute.

For info, visit LearnMindfulness.org.

#HS32 1 Saturday Oct. 13
9:30am-11:30am ROOM 228
SUNG YANG \$18

MINDFUL EATING

Do you eat to fight boredom, stress, loneliness or negative mood? Do you eat without experiencing the taste? Mindful eating provides an opportunity to develop healthy eating habits for care of the body and mind. In this casual mindful eating class, you will learn how to eat food mindfully. Discover and experience richness of present moment and the pleasure of eating. Bring your own food (a snack or meal) to practice mindful eating.

#HS58 1 Saturday Oct. 13
12:00 Noon-1:30pm ROOM 228
SUNG YANG \$18

MINDFULNESS TROUBLESHOOTING

Are you having a difficulty practicing mindfulness? For example, too many thoughts. Have you encountered an unexpected challenge while deepening your practice?. You will also learn how to avoid numerous common mistakes during mindfulness practice.

#HS59 1 Saturday Oct. 13
2:00pm-4:00pm ROOM 128
SUNG YANG \$18

INTRODUCTION TO TAOIST TAI CHI TM

NEW!

Taoist Tai Chi TM internal arts are founded upon a rich tradition of Taoist training. They are intended to return both body and mind to their original nature. According to Taoist teachings body and mind cannot be separated. Each step in the training is intended to help the mind return to stillness, clarity and wisdom, and the body to a balanced, relaxed and healthy state. Our form of Tai Chi is specifically designed to improve health. The gentle turning and stretching in each of the movements contributes to better balance and posture, increased strength and flexibility, and calmness and peace of mind. Tai Chi is learned by doing. An accredited volunteer instructor will demonstrate a move several times, then perform it with the class, and finally watch the students as they repeat it. People of all ages and conditions can learn. The moves can be performed in any comfortable clothing. It is recommended that you wear shoes that offer good support and balance, like comfortable walking shoes or sneakers.

#YO44 8 Wednesdays starting Sept. 26
7:00pm-8:00pm Massey Cafeteria TBA \$81

FITNESS / DANCE CLASSES

All dance classes offered on pages 24-25 are held at the Dance With Me Studio
Suite 230 - 50 Lorne Street, New Westminster For registration call 604-517-6345 or www.ce40.ca

Dance with Me Studio



dancewithmestudio.com

OPEN HOUSE!

Dance With Me Studio
230 - 50 Lorne Street
New Westminster BC

Saturday
September 8th, 2012
11:00 am TO 1:00 pm

- Dance Demonstrations!
- FREE Dance Lessons!
- Meet the instructors!
- Visit us at our new location!

SALSA DANCE: INTRODUCTION

Salsa is by far the most popular Latin dance today! Fast, playful, spicy are just a few words to describe this rhythmic spot dance which is characterized by subtle hip action, turns & spins. This dance originated from the Latin dance of Mambo and Cha Cha and is fun to dance.

DA11 8 Mondays starting Sept. 17
6:45pm-7:45pm JANICE \$75

LEARN ONE DANCE ONLY: JUST TANGO!

Learn the basics of this dance and begin to understand the passion generated by the dramatic dance of Tango.

DA41 6 Mondays starting Sept. 17
7:50pm-8:50pm JANICE \$60

BALLROOM & LATIN FOR BEGINNERS

This class introduces you to the world of social dance! Foxtrot, Waltz, Tango, and the Latin dances of Cha Cha, Rumba & Samba are introduced slowly over the next few weeks giving you an opportunity to learn how to lead and follow, timing to music, origins of each dance and why they are danced the way they are.

DA02 8 Tuesdays starting Sept. 18
8:00pm-9:15pm RAMONA \$75

SPECIAL OCCASION / WEDDING MIX

Are you getting married, going on a cruise, heading for a warmer climate where Latin dance is the thing to do? This class is for you! In this program you will learn the Jive, Rumba and Waltz to prepare for any social evening.

DA06 8 Wednesdays starting Sept. 19
6:30pm-7:30pm CHERYL \$75

LATIN DANCE FOR SINGLES

Tired of going to dance class by yourself and never having a partner to dance with? This class is designed for SINGLES ONLY and will allow you to meet others who share a genuine interest in learning to dance. Have fun while learning the Latin dances of Salsa, Swing, Cha Cha and Merengue, as well as how to ask for the dance, lead your partner to the floor and engage in conversation.

DA83 6 Saturdays starting Sept. 22
1:30pm-2:30pm JANICE \$65

SOCIAL DANCE: LEVEL 2

Designed for students who have completed a Social Dance: Beginner program and are wanting to review and add on. Leading, following and floor craft are reinforced.

DA04 8 Wednesdays starting Sept. 19
7:35pm-8:35pm CHERYL \$75

JIVE AND CHA CHA WORKSHOP

Going to a Christmas party, a cruise, an evening of dining and dance? This workshop is designed to get you going in both Cha Cha and Jive.

It's time to look good on the dance floor!
DA63 1 Sunday Oct. 14
3:00pm-5:00pm JANICE \$25

LEARN ONE DANCE ONLY - RUMBA

The beautiful, romantic Latin dance of Rumba. Typically what many couples choose for their wedding dance, this four week course will get you ready for that special day and give you the basics in this very easy dance.

DA03 4 Saturdays starting Nov. 17
1:30pm-2:30pm JANICE \$45

LEARN ONE DANCE ONLY -

SIMPLY SWING!

This class features two dances: Jive & East Coast Swing! Basic steps to a variety of underarm turns for both the lady and the man will be taught.

DA82 5 Mondays starting Nov. 19
7:50pm-8:50pm JANICE \$55

SENIOR'S BALLROOM 55+ -

EVERYBODY MAMBO! **NEW!**

Ah, the sexy but fascinating Mambo is a must for every dancer! Learn the basics to the dance that makes you want to get up and dance!

DA56 4 Fridays starting Sept. 21
11:00am-12:00pm MELODY \$39

SENIOR'S BALLROOM 55+ -

INTRO TO FOXTROT **NEW!**

The original social dance! Learn the basics to this elegant dance. This is one of the most common dances done today. Great for beginners.

DA57 4 Fridays starting Oct. 19
11:00am-12:00pm MELODY \$39

LINE DANCE

Come out and enjoy a foot stomping good time! Learn a variety of styles of line dance set to modern music, including some country. No partner required.

DA40 1 Sunday Sept. 30
11:00am-12:00pm MELODY \$15

COUNTRY LINE DANCING



Come out and enjoy a foot stomping good time!

Learn a variety of styles of line dance set to country music.

No partner required.

DA42 1 Sunday Oct. 14

11:00am-12:00pm
MELODY \$15

MORE LINE DANCE

Just as the title says, this is an opportunity to learn more line dance based on a variety of dance styles set to modern music. No partner required.

DA44 1 Sunday Oct. 28
11:00am-12:00pm MELODY \$15

MORE COUNTRY LINE DANCE

Just as the title says, this is an opportunity to learn more country-based line dances. Come kick up your heels and have a good time. No partner required.

DA46 1 Sunday Nov. 25
11:00am-12:00pm MELODY \$15

INTRO TO BELLY DANCE WORKSHOP

Interested in trying this dance form but reluctant to take a full session? This is a brief introduction to some of the basic moves. No dance experience necessary.

DA08 1 Sunday Sept. 9
1:00pm-3:00pm MELODY \$25

BEGINNER BELLY DANCE

A gentle way to exercise, a beautiful way to express yourself and a great way to have fun! Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance. Aerobic wear is recommended.

DA16 8 Wednesdays starting Sep. 19
7:00pm-8:30pm SHAY \$75

DAYTIME BEGINNER BELLY DANCE

A gentle way to exercise, a beautiful way to express yourself and a great way to have fun! Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance.

Aerobic wear is recommended.
DA20 8 Wednesdays starting Sept. 19
10:30am-12:00pm SHAY \$75

BELLY DANCE BRIDGING CLASS

Have you taken a Level 1 Belly Dance class but do not yet feel ready for Level 2? This class will help you to "bridge" the gap so you feel comfortable and confident moving up. It will review everything from Level 1 while adding layers and movement. This class will also focus on stylization and combinations.

DA22 8 Wednesdays starting Sept. 19
8:45pm-9:45pm SHAY \$75

BELLY DANCE: LEVEL 2

This class is for students who have completed beginner belly dance or the bridging class and wish to continue.

DA17 8 Fridays starting Sept. 21
5:30pm-6:30pm MELODY \$75

SHIMMY FIT WORKSHOP **NEW!**

This technique and drilling class is an excellent opportunity for students who have some experience to perfect their shimmies and layers while getting a full-body workout.

DA10 1 Sunday Sept. 30
1:00pm-3:00pm MELODY \$25

FITNESS / DANCE CLASSES

All dance classes offered on pages 24-25 are held at the Dance With Me Studio
Suite 230 - 50 Lorne Street, New Westminster For registration call 604-517-6345 or www.ce40.ca

STEAM PUNK

BELLY DANCE WORKSHOP

NEW!

This is the latest fusion belly dance to break out. Come check it out!

DA12 1 Sunday Oct. 14

1:00pm-3:00pm MELODY \$25

DA14 1 Sunday Oct. 28

1:00pm-3:00pm MELODY \$25

CRAZY 8'S

BELLY DANCE WORKSHOP

NEW!

Sorry! This is not the card game! Here we will work on an infinite number of 8's on any plane of movement you can imagine and maybe some you can't. This is an excellent opportunity to help increase your flexibility while working on technique.

DA18 1 Sunday Nov. 18

1:00pm-3:00pm MELODY \$25

*kick off your heels
and hit the dance floor!*



SENIOR'S BELLY DANCE 55+

A low impact class designed for all fitness levels. Start with a gentle warm-up and learn some of the graceful movements and intriguing rhythms for a gentle full body workout that will strengthen and improve your flexibility.

DA19 6 Mondays starting Sept. 17

3:30pm-4:30pm MELODY \$59

CHILDREN'S BELLY BUTTONS

BELLY DANCE WORKSHOP

NEW!

This is an opportunity for your little girl (ages 6-10) to dance like a princess! Help build core strength, balance and coordination while grooving to popular Middle Eastern rhythms. Moms are welcome to attend! Comfortable clothes or dancewear recommended.

DA50 1 Saturday Oct. 13

1:00pm-1:45pm MELODY \$15

CARDIO DANCE FIT

This is a low impact cardio class using several types of dance styles: Latin, Hip Hop, Broadway, African and Disco. No dance experience required. This class is all about having fun while you sweat. The time will fly!

DA27 6 Saturdays starting Sept. 22

9:00am-10:00am JANICE \$60

ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: Work out, love working out & get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Classes held at Dance With Me Studio.

DA99 8 Saturdays starting Sept. 22

10:05am-11:05am RACHEL \$75

TAI CHI

This is a simplified form of Yang-style Tai Chi used as exercise. It can also be used to channel your "chi" energy to help find your center balance and as meditation. Tai Chi can be done at any age and at any fitness level. We'll begin with a small warm-up then move into learning two sets of moves (or postures) each week and finish with a calming meditation.

DA48 12 Thursdays starting Sept. 20

6:30pm-8:00pm SHAY \$95

DOG TRAINING AND ANIMAL MASSAGE

BEGINNER DOG TRAINING



Dogs should be 5 months or older.

A beginner's course designed to teach you to train your own dog and understand how dogs learn. This course covers: on leash, heeling, sits, downs, staying, coming when called, as well as basic canine "good manners". *The first session is held at*

New Westminster Secondary School on Monday, September 17th from 7:00-8:30 p.m.

*in Room 182 (no dogs please). Remaining sessions are held outdoors. All dogs must be vaccinated. Please bring vaccination certificate on information night. **Aggressive dogs will be asked to leave the course.***

PT48 6 Saturdays starting September 22

9:00am-10:00am NWSS OUTDOORS

TODD KIER \$112

Note: Dog Training Beginner and Level 2 the first session (information night) is held at New Westminster Secondary on Monday, September 17th 2012 7:00-8:30 pm in Room 182.

Please do not bring your dog the first night. Instructor contact: www.k9assistance.com.

BASIC OBEDIENCE: LEVEL 2



Basic Obedience Level 2

is designed to take your skills and those of your dog to the next level. Distraction training is emphasized. The "stay", "focus" and "leave it" commands, as well as walking on a loose lead skills are honed. Level 2 will focus on improving your dog's attention and response time to the commands while working in higher distraction environments. Field trips to local off-leash parks and various New Westminster neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person and dog) are expected to have completed Basic Obedience Level 1.

Aggressive dogs will be asked to leave the course. *The first session is held at*

New Westminster Secondary School on Monday, September 17th from 7:00-8:30 p.m. in Room 182 (no dogs please).

PT65 6 Saturdays starting September 22

10:15am-11:15am NWSS OUTDOORS

TODD KIER \$112



ANIMAL MASSAGE AND ENERGY WORK



Animal Massage Practitioner, Daynna Major, brings you a fun, interactive, informational presentation that tells the things you should know about Animal Massage and Energy Work. She will join you, along with demo dog Willow to explain about the benefits of Animal Massage, Therapeutic Touch and other Energy Work modalities. See first hand a sample of what Animal Massage looks like. PLEASE DO NOT BRING YOUR PET.

PT92 1 Saturday October 13

11:00am-1:00pm ROOM 163

DAYNNA MAJOR \$27

Call 604-517-6345 for more information or registration.

HEALTH AND WELLNESS CLASSES

THE HEALING POWER OF HEAT AND COLD

Come discover how to use heat and cold therapies to heal your body. You'll learn about new exciting applications for chronic pain.

#HS66 1 Thursday Sept. 27
7:00pm-9:00pm ROOM 148
DR. WAYNE JAKEMAN \$25

PROSTATE CANCER

Come learn why this condition happens to so many men as they age. Find out what you can do to reverse and prevent the diagnosis.

#HS44 1 Thursday Oct. 4
7:00pm-9:00pm ROOM 149
DR. WAYNE JAKEMAN \$25

EXERCISES TO ELIMINATE AND PREVENT BACK AND NECK PAIN

Come learn about the scientific discoveries that are shaping the way we exercise and age. Find out why it is so important, and how to actually do the exercises that will get & keep you free of back and neck pain.

#HS22 1 Thursday Oct. 18
7:00pm-9:00pm ROOM 149
DR. WAYNE JAKEMAN \$25

BRAIN FITNESS: HOW TO AVOID ALZHEIMER'S DISEASE

Alzheimer's Disease: the epidemic of the next 30 years. This disease process is horrible for the sufferer and the entire family and caregivers. Find out what you need to do today to avoid losing your mind and stay sharp well into your 100's.

#HS81 1 Thursday Nov. 15
7:00pm-9:00pm ROOM 149
DR. WAYNE JAKEMAN \$25

YOU DO NOT HAVE TO DIET TO LOSE WEIGHT!

There is so much misinformation about what we need to do to regain our health and ideal weight. Thirty years of research have led to this amazingly simple program that will reset your metabolism, helping you release unwanted weight, changing your life.

#HS88 1 Thursday Nov. 29
7:00pm-9:00pm ROOM 148
DR. WAYNE JAKEMAN \$25

HELP FOR THE INSOMNIAC

Whatever the cause for your insomnia, Marie has several techniques conducive to conditioning your mind and body to a peaceful and restful sleep -- one in particular she favours and finds most effective at bedtime.

#HS11 1 Tuesday Nov. 6
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$22

REFLEXOLOGY

NEW!

Reflexology has been used for centuries to help normalize and balance the entire body through stimulation of reflexes in the hands and feet. This is a hands-on introductory class that will let you experience the benefits of giving and receiving this dynamic healing art. Please bring a towel and pillow. Short fingernails are a necessity.

Please bring a bag lunch.

#HS87 1 Saturday Oct. 13
9:30am-3:30pm ROOM 119
VIRGINIA SEVILLA \$49

MEDITATION

TO REDUCE PHYSICAL PAIN

Pain killers can't always do the job. For chronic pain or pain that persists, meditation has been successful in reducing this menace. Using induction & suggestion with loving-kindness meditation, the mind can shift out of pain when this is focused and prolonged. This course also provides guided meditations with progressive relaxation, the breath and movement exercises. Instructor is a former Theravadin Buddhist monk who has taught mindfulness for 15 years. Info: theravada.ca

#HS45 1 Saturday Oct. 13
9:00am-12:00 noon ROOM 127
BRIAN RUHE \$30

MINDFULNESS MEDITATION FOR WELL BEING

Are you burned-out, agitated, and unable to concentrate or sleep? Learn clinically shown effective mindfulness practices in a step-by-step way, which you can bring to daily life. Practice breath, walking meditation, loving-kindness contemplation to protect you from the harmful effects of stress, such as heart disease, high blood pressure, anxiety and depression. Results include an ability to relax, decreases in insomnia, greater energy and enthusiasm for life.

#HS55 3 Tuesdays starting Oct. 9
7:00pm-9:00pm ROOM 127
BRIAN RUHE \$60

PAIN MANAGEMENT

In this course, coping techniques, as well as what pain can teach us of life, will be presented while learning how to release emotional and physical pain. It will help you to learn how to be free of acute and chronic pain.

#HS24 1 Tuesday Oct. 9
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$22

CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Creative Visualization is one of most effective methods for behavior modification. When physicians were finding their treatments weren't effective, by coaching their patients to visualize creatively, they enhanced their healing rapidly and effectively. Creative Visualization can also be used for sports goals or manifesting your desires materially (your new vehicle, home, job, etc.).

#HS01 1 Tuesday Oct. 30
6:30pm-9:30pm ROOM 133B
MARIE PREISSEL, RN \$25

RELEASING PAST TRAUMAS

The techniques presented in this course are effective for emotional and physical traumas. Physical traumas can be the result of sports injuries, car accidents, industrial accidents or even abuse. Often, following physical traumas, our bodies hold onto their pain, stiffness, swelling, etc., for years, despite ongoing various therapies.

#HS19 1 Tuesday Oct. 23
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$22

OVERCOMING DEPRESSION WITHOUT MEDICATION

The devastating illness that can rob us of our energy, sleep, memory, concentration, zest for living and ability to work can be reversed. The program outlined in this course is the most promising treatment for depression as witnessed after years of clinical research and practice and it is done without medication. Give it a try.

#HS72 1 Tuesday Oct. 2
6:30pm-9:30pm ROOM 133B
MARIE PREISSEL, RN \$25

HO'OPONOPONO **NEW!**

A practice from ancient Hawaii of extended family members meeting for conflict resolution and forgiveness, Ho'o-ponopono corrects, restores and maintains good relationships among family members and with their gods or God by getting to the causes and sources of trouble. A modern version for "making things right again", this course will follow Dr. I. Hew Len's philosophy for holism -- any error that a person clears in their own consciousness should be cleared for everyone. That could include your cranky aunt, boss, child, wayward teenager, mother-in-law, etc., wherein you could actually help and heal them.

#HS41 1 Tuesday Nov. 13
7:00pm-9:00pm ROOM 133B
MARIE PREISSEL, RN \$25

HEALTH AND WELLNESS CLASSES

THERAPEUTIC TOUCH: LEVEL 1

Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a person's energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage.

A certificate will be issued at the end of the 4th session (12 hours).

#HS36 4 Wednesdays starting Sept. 26
7:00pm-10:00pm ROOM 133B
MARIE PREISSEL, RN \$75

THERAPEUTIC TOUCH: LEVEL 2

Prerequisite: Level 1. The overall goal of these workshops is to assist practitioners in deepening their understanding of Therapeutic Touch and themselves as healers. Will include meditation to create a centered experience, use of intention, safety for self and healer, using imagery with T.T., some specifics for working on very sick people. Current research will be discussed. Ample time for practice.

#HS35 4 Wednesdays starting Oct. 24
7:00pm-10:00pm ROOM 133B
MARIE PREISSEL, RN \$75

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for 29 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz.

THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Levels 1 and 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centers and human energy fields. We will focus on the intuitive processing for healing. Current research will be discussed. Ample time for practice.

#HS33 4 Wednesdays starting Nov. 21
7:00pm-10:00pm ROOM 133B
MARIE PREISSEL, RN \$75

JEWELLERY MAKING CLASSES

JEWELLERY MAKING: INTRODUCTION

This class is for BEGINNERS ONLY!

Students will learn the basic skills in jewellery making: bending, shaping, hammering, texturing and saw piercing.



You will also learn to do soldering. The work will be done in sterling silver, which can be purchased for a minimal sum on the first night of class - approximately \$15-\$20. We will try to make a ring, a pendant and a pair of earrings, depending on how quickly each student learns the skills. The instructor will bring basic tools to get students started. No class October 8 and November 12.

#JB10 8 Mondays starting Sept. 24
6:30pm-9:30pm ROOM 155
JIM KERR \$98

JEWELLERY MAKING: INTERMEDIATE

If you have taken the beginner's course, or have previous experience, you might want to continue on with this class, which teaches advanced techniques. Students decide on their own projects. The instructor will bring basic tools to get students started on their projects. Costs vary depending on your individual projects.

Students - please choose

Tuesday OR Wednesday -- not both.

#JB68 8 Tuesdays starting Sept. 25
6:30pm-9:30pm ROOM 155
JIM KERR \$98

#JB70 8 Wednesdays starting Sept. 26
6:30pm-9:30pm ROOM 155
JIM KERR \$98

BRENDALEE DESIGNS:

A SIMPLY ELEGANT CHAIN

BRACELET - BASIC SILVERSMITHING

Beginners welcome! Want to learn something new or take your design skills to the next level? Imagine the possibilities after this 3-hour class where you will discover the basics of silversmithing. Learn what it takes to successfully solder while creating a beautiful chain bracelet. We'll discuss different techniques for texturing and antiquing. All supplies included in course fee. Please bring a micro torch and butane (or contact the instructor at bee@silverbee.ca to reserve one).

#JB50 1 Thursday Nov. 1
6:30pm-9:30pm ROOM 155
BRENDALEE ASTELLS \$99

Visit BrendaLee's website (www.silverbee.ca) for more information, images and a list of required tools.

BRENDALEE DESIGNS:

SPINNING RING

Learn how to make a ring that has flare and a little spin too! First make a ring with sterling silver sheet, and then give it a spin with textured sterling silver or copper wire. Flare the ends to keep the spinner in place. All supplies included in course fee. Please bring a micro torch and butane (or contact the instructor at bee@silverbee.ca to reserve one). It is recommended that you consider bringing some of the following tools as there are a limited amount to share: digital calipers, round ring mandrel, rawhide or plastic mallet, ring bending pliers.

#JB72 1 Thursday Nov. 15
6:30pm-9:30pm ROOM 155
BRENDALEE ASTELLS \$114

WIRE AND BEAD

JEWELLERY MAKING 101

Have you ever wanted to make your own jewellery but didn't know where to start? Let Susan show you how in this fun and inspiring 3 hour class. She will take you through the basics of wire working, including what kind of wire and tools you will need. You will be making "findings" like jump rings, clasps and earwires and also creating two pairs of earrings. Everything you learn in this class will allow you to craft beautiful jewellery on your own. No experience is necessary. Use of tools and all materials are supplied. Additional supplies will be available for purchase.

#JB07 1 Thursday Oct. 4
6:30pm-9:30pm ROOM 163
SUSAN ALBERT \$50

CREATIVE

WIRE AND BEAD NECKLACE

Come join Susan for an evening creating a beautiful wire and bead necklace. Starting with plain wire you will learn how to loop and hammer it into a variety of shapes and then add beads to make your necklace an exceptional one-of-a-kind creation. Wire is very versatile and with the techniques learned in this class you can go on to create many more pieces of fabulous hand-crafted jewellery. All tools and materials supplied. Additional tools and materials will be available for purchase.

#JB87 1 Thursday Nov. 8
6:30pm-9:30pm ROOM 163
SUSAN ALBERT \$50

LANGUAGE CLASSES

FRENCH: LEVEL 1

These sessions will cover basic conversational skills, pronunciation and beginner vocabulary. For those who have no French or very basic French. Useful for travel in French-speaking countries and conversing with neighbours and friends. No class October 8 and November 12.

#LN12 8 Mondays starting Sept. 24
6:30pm-8:00pm ROOM 123
BEAU GABINIEWICZ \$89

FRENCH: LEVEL 2

This course is for those who have some knowledge of French and want to learn more. Students will be using the same text from Level 1. Approximately 70% of the course is devoted to oral, listening and conversation skills. Textbook is available for purchase (\$22) first night of class. No class October 8 and November 12.

#LN16 8 Mondays starting Sept. 24
8:05pm-9:35pm ROOM 123
BEAU GABINIEWICZ \$68

AMERICAN SIGN LANGUAGE

Join Ryan as he provides students with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our deaf community. This course will help you to communicate with your family, friends and community members. Acquisition of approximately 600 signs, finger-spelling, intro to deaf culture and history of deafness. This is not a certification course but students will receive a certificate of attendance.

#LN33 8 Wednesdays starting Sept. 26
6:30pm-9:30pm ROOM 160C
RYAN OLLIS \$150

CHINESE MANDARIN: LEVEL 1

Mandarin is the official language of China and Taiwan and is now the official language of Hong Kong. Come and learn the Roman alphabet as a basis for reading. This alphabet will help students with pronunciation and conversation.

#LN18 8 Tuesdays starting Sept. 25
7:00pm-9:00pm ROOM 268
YAN SUN \$70

CHINESE MANDARIN: LEVEL 2

Continue to study Mandarin, the official language of China, Taiwan and Hong Kong. You will improve your pronunciation and gain more knowledge of the culture.

#LN21 8 Thursdays starting Sept. 27
7:00pm-9:00pm ROOM 268
YAN SUN \$70

ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Text included.

#LN26 8 Thursdays starting Sept. 27
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$88

ITALIAN: LEVEL 2

A continuation of Level 1 Italian. It is recommended that students have taken an introductory Italian class; some degree of fluency and understanding is required for participation in this class. Textbook is available for purchase (\$22) first night.

#LN29 8 Thursdays starting Sept. 27
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

JAPANESE: LEVEL 1

This course is designed for those who have an interest in the Japanese language and culture, as well tourists visiting Japan. You will learn greetings, basic conversation, grammar, vocabulary and an introduction to Hiragana characters. The material will be presented using visual aids and real-life situation role plays in a fun atmosphere. Textbook "Ganbatte! Vol. 1" is included.

#LN17 8 Tuesdays starting Sept. 25
7:00pm-9:30pm ROOM 117
AKIYO HORIE \$99

PORTUGUESE: LEVEL 1

This course is for those who want to expand their horizons by visiting a Portuguese-speaking country such as Brazil, Portugal or parts of Africa. During our fun and dynamic course you will learn how to greet people and make simple conversations, which will make your trip so much better. Even if you are not planning a trip and just want to learn a new language and culture, you are welcome to this course.

#LN68 6 Wednesdays starting Sept. 19
6:30pm-9:00pm ROOM 148
FLAVIA MARTINS \$65

PUNJABI: LEVEL 1

This course will provide an introduction to conversation in Punjabi. It is appropriate for people working with Punjabi-speaking clients and those who have an interest in Punjabi culture and language. Basic vocabulary and common sentence patterns used in daily conversation will be taught.

#LN87 6 Wednesdays starting Oct. 3
7:00pm-8:30pm ROOM 267
TARANJEET DHALIWAL \$59

RUSSIAN: LEVEL 1



This course is intended for students who have no previous knowledge of the Russian language. This course emphasizes reading, writing, speaking, listening skills and Russian culture and traditions. Grammar will be presented as a necessary tool for communication. All levels are welcome -- if you speak Russian and want to improve, you are invited to register as well.

#LN85 8 Wednesdays starting Sept. 26
7:00pm-8:30pm ROOM 127
LIUDMILA RODOVA \$65

SPANISH: LEVEL 1

Achieve a basic degree of fluency and understanding. Your visit to a country where Spanish is spoken will be greatly enhanced by your ability to converse with the native people. Text included.

#LN43 8 Mondays starting Sept. 24
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting Sept. 25
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$89

#LN92 8 Wednesdays starting Sept. 26
6:30pm-9:00pm ROOM 149
MAGDALENA HANSEN \$99

SPANISH: LEVEL 2

A continuation of Level 1 Spanish using the same text. It is recommended that students have taken an Introductory Spanish class - some degree of fluency and understanding is required for participation in this class. Text not included but may be purchased (\$22) first evening.

#LN22 8 Tuesdays starting Sept. 25
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$68

TAGALOG: LEVEL 1

Filipino (Tagalog) is the national language of the Philippines and the cultural thread that keeps Filipinos all over the world in touch with their roots. Tagalog is the lingua franca of Filipinos anywhere in the world. Most Southeast Asian scholars use Tagalog as a tool for research in the Philippines. It is the language of major works in literature and that of Philippine films and songs.

#LN41 8 Thursdays starting Sept. 27
7:00pm-9:30pm ROOM 229
FE ANDAYA \$75

LEISURE ACTIVITIES

JOURNALING: JOURNEY TO THE CHRISTIAN HEART

Find out the three most common mistakes Christians make that cause them to feel drained, discouraged and disconnected to God. Learn why faith sharing is so important to your own growth. Find out the five simple steps to hope and happiness. Most importantly, practice how to incorporate scripture into your own life through journaling so you feel refreshed and renewed. Please bring your own bible. SketchaJournal included with fee.

#JR25 1 Monday Sept. 24

6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

JOURNALING: THE THREE BIGGEST MISTAKES

Did you know that your mind works at about 1,000 words per minute? When you write your mind slows down to about 100 WPM. You've heard that journaling helps you to achieve clarity, balance and healing, but do you know the three mistakes that will keep you from achieving your goals? By the end of this session you will know the top five reasons to journal, the four-step process to journaling and the three best journaling techniques to achieve your goals. SketchaJournal included with fee.

#JR15 1 Tuesday Sept. 25

6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

JOURNALING: TRANSITION THROUGH CHANGE, LOSS AND GRIEF

Learn about three common myths that keep you struggling with sadness and the number one secret to emotional healing. At the end of this session you'll learn the function of the right and left brain in the healing process, and how to transform feelings of uncertainty, fear and loneliness to clarity and wellness.

SketchaJournal included with fee.

#JR35 1 Monday October 1

6:30pm-9:30pm ROOM 149
DIANE DOYLE \$42

ANGELS, GUIDES AND ORBS

Every human has guardian angels and spirit guides. We will discuss the ways in which they relate to each other and help us humans through, example coincidences and direction in emergencies. Participants will be encouraged to share and discuss their experiences of angels, guides and unexplainable events.

#LA86 1 Tuesday Nov. 6

7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$27

EMPIRE OF ATLANTIS

Topics covered: refugees from the destruction of Lemuria, life in Atlantis and the spiritual characteristics of the people, classes of Atlantean society, the scientific projects of the technician class, the Atlantean empire, the destruction of Atlantis -- how it was foretold, how it happened; what happened to the survivors, the second Atlantis and the impact of the destruction of Atlantis on our lives today.

#LA88 1 Tuesday Nov. 20

7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$27

THE SOURCE OF CREATIVITY

An exploration of the process of co-creation with your Guides. Topics covered include: coincidence, inspiration for artists and scientists, creative problem solving, research and invention, your personal quantum field and the Cosmic Lattice and reality co-creation.

#LA98 1 Tuesday Nov. 27

7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$27

PENDULUM DOWSING

Three methods of working with your pendulum are explored: testing environmental energy, various ways to get a "yes" or a "no" answer and conversations with your Guides. A simple pendulum and charts will be provided.

#LA87 1 Tuesday Nov. 13

7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$27

TEACUP AND CARD READING **NEW!**

Learn to read tea leaves and modern symbol cards as a focus point for your psychic communication. This workshop is great for the beginner to learn about his or her abilities of medium ship. Main topics include symbols, arrangement of leaves, time placement in cup, card arrangements and interpretation, using your intuition and being responsible and ethical.

#LA30 1 Saturday Oct. 13

9:00am-12:00 Noon ROOM 263
BARBARA LEONARD \$12

PALMISTRY

Learn about hand shapes, main lines and mounts to put together amazing information about yourself and others. This workshop is designed to give basic knowledge for fun and enjoyment. Main topics include hand and finger shapes and size analysis, mounts, lines and markings, the hand and the psychic contact, destiny, fate and interpretations, being responsible and ethical.

#LA40 1 Saturday Oct. 13

1:00pm-4:00pm ROOM 263
BARBARA LEONARD \$12

TAKE YOUR STAND – LIVE THE LIFE YOU'VE IMAGINED!

Introductory workshop to the 12 Pillars of Intuition – the art of intuitive follow through. Gut instinct and intuitive hunches are great...but only if you follow-through on them and use discernment to ensure you're working with the highest quality of information possible.

#LA62 1 Monday Sept. 24

6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

GODDESS, THE MOON & INTUITION

What is goddess energy? How does it tie into the moon and its cycles? This is a workshop for women wanting to harness the power of mystical, magical moon energy in their intuitive process.

#LA61 1 Monday Dec. 3

6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

INTRO TO NUMEROLOGY

Everything in life is veiled in numbers! Find out why you are here and how your birth date affects your purpose and how far through a cycle you are. Let's unravel the secrets of numerology and learn to apply it to the everyday.

#LA96 1 Monday Oct. 15

6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

INTUITION AND DREAMS

We open our minds to many different levels of unconsciousness in the dream state. We have access to a storehouse of resources that rarely come to conscious awareness. Understanding our dreams helps us with self-knowledge, provides practical guidance and awareness of the psychic realms we are connected to. Learn techniques to enhance dream recall, record, interpret and incubate your dreams and create your own personal dream dictionary.

#LA09 1 Monday Nov. 5

6:30pm-9:30pm ROOM 133B
CHERYL BREWSTER \$28

CHINESE FACE READING

Features on a face can tell you a lot about a person's personality, outlook and what future awaits you. Based on traditional Chinese face reading (Mian-Xiang), this course introduces a few techniques often used in choosing friends, mates, partners in business or employees.

#LA20 1 Saturday Oct. 13

12:30pm-3:30pm ROOM 265
SAN CHANG \$25

LEISURE AND PERSONAL ENRICHMENT

CHINESE FORTUNE TELLING **NEW!**

This course introduces various Chinese fortune telling methods, including I-Ching divination and philosophy, as well as how to harness nature's energy to enhance fortune & reduce troubles and ways to improve relationships, careers, etc. Your Chinese Fortune Chart may be done if birth time is known-enhance your learning experience.

#LA19 1 Saturday Oct. 13
9:00am-12:00 noon ROOM 265
SAN CHANG \$25

BRIDGE: ABSOLUTE BEGINNER

Everybody's playing bridge - but you? Join Sally for a three hour workshop of no bidding bridge. Total beginners welcome. Learn the basics of bridge play in a fun and relaxing atmosphere. For students wanting to learn more, a book will be available for purchase.

#LA83 1 Tuesday Oct. 9
6:30pm-9:30pm ROOM 265
SALLY CRAIG \$27

BRIDGE: BASIC BIDDING:LEVEL 1

Geared for students who know the mechanics and need to review bidding. Emphasis will be on learning/updating your bidding. Review the basics and play for fun. (6 sessions - twice a week)

#LA82 3 Mon & 3 Wed starting Oct. 15
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$60

BRIDGE: BASIC BIDDING LEVEL 2

A continuation of Basic Bidding Level 1 and a refresher for Basic Bridge Level 2 players. (6 sessions - twice a week)

#LA84 3 Tues & 3 Thurs starting Oct. 16
6:30pm-8:30pm ROOM 265
SALLY CRAIG \$60

STAND-UP COMEDY

Do you think you have what it takes to be a stand-up comedian? Now is the time to step out of your comfort zone. Join Janice for 6 weeks and learn the art of performing stand-up comedy. You will learn how to write stand-up comedy material, develop your timing, adding act-outs and how to use the mic and work the stage. Learn how to develop your own unique comedy persona by turning your life experiences into authentic comedy material. At the end of the course you will perform a showcase at a live comedy club.

Please bring a pen and notebook.
#LA66 6 Wednesdays starting Sept. 12
7:00pm-10:00pm ROOM 161
JANICE BANNISTER \$125

ASTROLOGY AND ROMANCE COMPATIBILITY **NEW!**

Is he/she the right partner for you? How compatible are you with your friends, family, children, co-workers, boss, etc.? Astrology will give you a better understanding of yourself and others. Through the 12 Zodiac signs you will discover your/their strengths and weaknesses and have a greater appreciation of the unique qualities we all have to offer. *When registering please provide the following information: birth date, time of birth and place of birth.* Each person will have their chart done for the class. (2 sessions)

#LA81 Mon Sept 24 and Tues Sept. 25
7:00pm-9:00pm ROOM 127
BRENDA SCHAUER \$48

AWESOME AUSTRALIA

Join George as he introduces you to one of his favourite places to wander within and learn how to make your visit to Australia one you will never forget. Whether it's the people, the scenery, the flora and fauna, you will surely be as fascinated as George is. Sample itineraries and travelling tips included.

#TR64 1 Tuesday Oct. 16
7:00pm-9:00pm ROOM 163
GEORGE BELL \$24

BOATING, BARGING AND CRUISING ON EUROPEAN WATERWAYS

Rare is the vacation that offers it all from fantastic scenery and historical sites to cultural experiences and wonderful people. The rivers and canals of the UK and Europe offer exceptional vacations for family and friends. Whether you choose to drive yourself in a chartered narrow-boat, a cabin cruiser or Pénichette or have the luxury of being pampered while aboard a comfortable 10 passenger barge or 150 passenger river ship, you will come home with wonderful memories and experiences. Choose from England, Scotland, Ireland, Holland, France, Italy and many other countries to tantalize your taste buds, sample local wines and cheeses, experience history and meet new friends. Come and learn about this very popular vacation experience. It is one of George's favourite holiday experiences.

#TR65 1 Wednesday Oct. 17
7:00pm-9:00pm ROOM 164
GEORGE BELL \$24

CRYSTALS, GEMS AND CHAKRAS

Discover the holistic healing properties of 10 chakra gems that will be discussed in this workshop. Bring a yoga mat and your favorite stone as the class will practice a crystal lay-out.

Reference materials will be provided.

#PE76 1 Wednesday Nov. 14
6:00pm-8:30pm ROOM 164
MARY JANE GOTTSCHLAG \$20

LEARN ABOUT YOUR COLOUR, CHAKRA AND AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras, Colour and the "Rainbow Diet". Mary Jane is a Holistic Colour Consultant, using colour therapy to teach students what the colours of their aura mean. By incorporating the Biopulsar-Reflexograph, which is European computerized biofeedback aura testing, it is possible to see your energy in colour and you can learn how to improve your health, your mind and your spirit by understanding the aura colours you are vibrating out into the world. Have fun and learn more about you and see your own aura energy. Please bring \$5 for workbook (paid to instructor) and a bag lunch.

#PE21 1 Saturday Oct. 13
9:30am-4:00pm ROOM 161
MARY JANE GOTTSCHLAG \$54

COLOUR, CHAKRA AND AURA: CONTINUATION **NEW!**

November 7 and 21 (2 sessions) -- no class November 14. In this Level 2 class, we learn more about this science as our thoughts also produce an array of colours, described as the Aura. It has been discovered that as we think and feel, our emotions vibrate out into the world energy, thus attracting into our space the results of such thoughts whether it be positive or negative depending on our expectations. This class will teach in-depth Aura Energy through bio-feedback testing. You will receive a before and after aura photo of your body's energy. Also included will be reference material explaining your aura colours, and of course, homework in colour for class two. You will learn about and better understand what your true strengths are for your life. Recommended course book available for sale: Colour Energy Author: Inger Naess - price \$27.

#PE22 2 Wednesdays Nov. 7 & Nov. 21
6:00pm-8:30pm ROOM 164
MARY JANE GOTTSCHLAG \$53

MONEY / SEWING CLASSES

ALL-TERRAIN INVESTING: PREPARING FOR VARYING MARKET CONDITIONS

Markets are sometimes smooth and easy to navigate, but other times the investment landscape is rocky and progress is slow. This seminar will show you ways to:

1. Smooth out the fluctuations in your portfolio.
2. Capitalize on periods of market uncertainty.
3. Make your money work harder for you.

#MM95 1 Monday Oct. 29

7:00pm-9:00pm ROOM 121
NICK CHENG \$28

FOCUS ON FIXED INCOME

Taking an interest in bonds may help provide interest for your future. Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you reach your financial goals. At this Focus on Fixed Income seminar, you'll learn more about:

- Bond characteristics and features
- The relationship between interest rates and bond prices
- How bonds may help you weather fluctuating markets

#MM73 1 Monday Oct. 1

7:00pm-9:00pm ROOM 121
NICK CHENG \$28

MAKING YOUR MONEY LAST: 10 PRINCIPLES FOR LIVING IN RETIREMENT

Will your money last through retirement? Whether you are nearing retirement or have already retired, you know saving money is just the first step. You also have to make it last. Making Your Money Last: 10 Principles for Living in Retirement provides you with practical ways to manage your money in retirement with the goal of providing a reliable income. As you may spend more than 20 years in retirement, it's our goal to help ensure your money lasts as long as you need it.

#MM83 1 Monday Oct. 22

7:00pm-9:00pm ROOM 121
NICK CHENG \$28

TAKE STOCK IN THE MARKET

Learn common sense rules for common stocks. Investing in stocks can be easier than you think. At this Take Stock in the Market seminar, you'll learn basic stock terminology, as well as time-proven strategies created to help you reach your financial goals.

#MM87 1 Monday Oct. 15

7:00pm-9:00pm ROOM 121
NICK CHENG \$28

MAKE A SOCK MONKEY!

Remember those adorable hand made monkeys made from the grey wool socks with the red heels (discontinued) that made the monkey's big red lips? Join Jan for this fun evening. The socks Jan uses are equivalent. The kids love them! Please bring thread, needles, scissors and thimble to class. All other supplies are included.

#SK51 1 Wednesday Oct. 3

6:30pm-9:30pm ROOM 163
JAN TRUBER \$48

RUG RUGS

Join Jan for this 2 night workshop to recycle and make an attractive rug. Learn the prairie art of making something out of nothing. During this hands-on class you will have the opportunity to make a round and an oval rug. Materials are provided by the instructor and included in the course fee. Jan will give you lots of extra ideas.

#SK50 2 Wednesdays starting Oct. 10

6:30pm-9:30pm ROOM 163
JAN TRUBER \$54

BASIC SEWING

This class is designed for the new sewer, as well as for those with some experience. Learn to adjust a pattern to your own measurements and to construct a simple skirt or blouse. Please bring a tape measure, pencil and paper to the first class.

#SK16 8 Tuesdays starting Sept. 25

6:45pm-9:15pm ROOM 237
KAREN HARBICK \$120

INTRO TO PATTERN DRAFTING

Learn pattern drafting at its most basic level. This includes learning what the correct measurements are, how to take measurements, understanding your pattern pieces and how they are put together. Students will learn a viable formula of pattern drafting that they can use in their daily lives and apply to manipulating and sizing commercial patterns, as well as creating their own designs from scratch. Students must bring to class scissors, notepaper, calculator, measuring tape and a ruler (18").

All other supplies included.

No class October 8 and November 12.

#SK33 8 Mondays starting Sept. 24

6:30pm-9:30pm ROOM 237
SOPHIA SOO \$95



SEWING: ALTERATIONS 101

Customize your fit! Come and learn the industry's tips and tricks to find and fix problem areas in your clothes and create that great fit! There is nothing more flattering than clothes that fit well. Students please bring a piece of clothing that you wish to alter. Please bring a seam ripper, chalk, measuring tape and pins to every class.

#SK25 8 Thursdays starting Sept. 27

6:45pm-9:15pm ROOM 237
SOPHIA SOO \$120

CROCHET: BEYOND BEGINNER

While exploring more techniques in crochet, such as shaping through increase and decrease, pattern formations and clusters and adding beads, you will be making a hat, shawl or capelet, ending with a small item selected from a choice of patterns. Supplies available at first class (approximately \$20 cash per project payable to the instructor at the beginning of each project).

Basic crochet skills required.

#SK75 6 Thursdays starting Sept. 27

6:30pm-9:00pm ROOM 234
SHIRLEY MOORE \$99

KNIT A WINTER SCARF

No experience is necessary. Join Sarah for this full day of fun! Learn to knit a beautiful chunky weight scarf to keep or give as a gift for a friend. Once you learn this simple and quick knit, you will be making scarves all winter long. You will be able to choose one of six beautiful colours for your scarf. Kits will be distributed at the start of the class. Intermediate knitters welcome!

All supplies included in course fee.

Please bring a lunch.

#SK82 1 Saturday Oct. 13

9:00am-3:30pm ROOM 167
SARAH WETHERED \$63

KNITTING: BEYOND BEGINNER

Take your knitting skills a step further and explore cables, lace and modular knitting. Learn to demystify patterns and understand "knit speak". Make a hat with cables, a lacy scarf and a bag using modular knitting. Supplies available at first class (approximately \$20.00 cash per project payable to the instructor at the beginning of each project). Basic knitting skills required.

#SK55 6 Tuesdays starting Sept. 25

6:30pm-9:00pm ROOM 234
SHIRLEY MOORE \$99

FIVE WAYS TO REGISTER

ALL CLASSES, EXCEPT WHERE INDICATED ARE HELD AT NEW WESTMINSTER SECONDARY



ON-LINE

You may now register ON-LINE

www.ce40.ca

with **VISA** or **MASTERCARD**

OR WALK-IN

CONTINUING EDUCATION
New Westminster Secondary
835 Eighth Street,
New Westminster, B.C. V3M 3S9

Pre-registration is advised but registrations are accepted the first night of the course if space is available.



PHONE-IN

You may phone in your registration by using

VISA or **MASTERCARD**

Have credit card number and expiration date ready when you call.

CONTINUING EDUCATION OFFICE

604-517-6345

Your receipt will be issued by your instructor at the first class.



MAIL-IN

Simply complete the registration form and enclose cheque payable to:

NEW WESTMINSTER SCHOOL BOARD

and mail with completed registration form(s) to:
Continuing Education
835 Eighth Street
New Westminster, B.C.
V3M 3S9

Your receipt will be issued by your instructor at the first class.



FAX-IN

Please complete the registration form with your registration form with your **VISA** or **MASTERCARD** number printed clearly on the form.

Please FAX to:
CONTINUING EDUCATION OFFICE

604-517-6302

Your receipt will be issued by your instructor at the first class.

OFFICE HOURS

Registration starts: Tuesday, September 4th 2012
ongoing Monday - Thursday
9:00 a.m. - 4:00 p.m. & 6:30 p.m. - 8:00 p.m.
Friday office hours 9:00 a.m. - 3:30 p.m.

WITHDRAWALS, REFUNDS and COURSE CANCELLATIONS

REFUNDS ARE SUBJECT TO AN ADMINISTRATIVE CHARGE OF \$10. Refunds must be requested in writing **before the second class commences. Sorry NO credits.** Requests for refunds must state reasons and be accompanied by your original receipt.

For one and two session classes, refunds must be requested two days before the start date of the class.

Please allow three weeks for processing any refunds. Fee payments made by charge card are refunded by means of a credit to your account. **All other refunds are made by cheque.**

Continuing Education reserves the right to cancel courses due to unavailability of instructors, facilities or insufficient enrollment. Each course has a minimum enrollment requirement and is subject to cancellation if this number is not met. Register early to avoid disappointment. Should Continuing Education cancel a class, every effort is made to contact all the students enrolled. Students from a cancelled class, who wish to transfer to another class may do so at this time or receive a FULL refund.

Our night school classes are offered to adult learners 16 years of age or older. Classes allowing younger learners are indicated in the course description. HST included when applicable.
Open parking is available in the evening in front of the school.

REGISTRATION FORM

Use form for Mail-In or Fax-In

Last Name

First Name

Address

City

Postal Code

Home Phone

Cell or Work Phone



Note: We do not mail out confirmation receipts. Mark your course date and time on your calendar. Please phone to confirm at 604-517-6345.

COURSE #	COURSE NAME	FEE
TOTAL \$		

Cheque Visa Mastercard

Card #

Expiry

Name on the card