

**NEW WESTMINSTER SCHOOL DISTRICT #40**

# **Continuing Education**



**WINTER  
2013**

Photo Supplied by: Cypress Mountain  
Photo by: Claire Halley

**Registration starts Monday, January 7th 2013**

**Call 604-517-6345 or**

**Register Online: [www.ce40.ca](http://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 8<sup>th</sup> Street New Westminister, BC  
 New Westminister Secondary  
 Portable Complex - Room 2 on 10<sup>th</sup> Avenue  
 Phone: 604-517-6286 Fax: 604-517-6294

#### Continuous Weekly Registration

Register every Thursday

1:00 p.m. or 7:00 p.m.



#### Winter Hours 2013

Monday to Thursday: 8:30 am to 9:30 pm  
 Friday: 8:30 am to 3:00 pm

#### Winter 2013 Registration

Thurs. January 10 or Thurs. January 17 at  
 1:00 pm or 7:00 pm and

Wed. January 30 or Thurs. January 31  
 9:30 am, 1:00 pm, 4:00 pm & 7:00 pm

Visit our website <http://www.palc.net>

or phone 604-517-6286

## Columbia Square

### Adult Learning Centre

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

#### Continuous Weekly Registration

Register every Wednesday

1:00 p.m. or 7:00 p.m.



#### Winter Hours 2013

Monday to Thursday: 10:00 am to 9:00 pm  
 Friday: 10:00 am to 3:00 pm

#### For the most up-to-date information on:

- classroom and online courses
- hours of operation

Visit our website <http://www.sd40.bc.ca/alc/>

or phone 604-517-6191



### 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.

**Students are required to provide documents from each of the columns below.**

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

**Please note: It is important to provide documents from each of the columns above.**

\* 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

All new students must complete an assessment.

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

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. **See page 2.**

No Registration Fee. **FREE Tuition for BC Residents.**

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

**Registration is every Thursday**

Thurs. January 10 or Thurs. January 17 at  
1:00 pm or 7:00 pm and  
Wed. January 30 or Thurs. January 31  
9:30 am, 1:00 pm, 4:00 pm & 7:00 pm

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

**Registration is every Wednesday**

starting Wednesday January 9<sup>th</sup> 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

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

Date: Monday February 4<sup>th</sup> to Thursday June 13<sup>th</sup> 2013

Class time: 2:30 – 4:00 pm Pearson ALC NWSS

#### Course #PE24-2 Late Afternoon classes: Monday-Thursday

Date: Monday February 4<sup>th</sup> to Thursday June 13<sup>th</sup> 2013

Class time: 3:45 – 6:15 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

#### Course #PE44-2 Evening classes: Monday-Thursday

Date: Monday February 4<sup>th</sup> to Thursday June 13<sup>th</sup> 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

#### Course #PE52-2 Afternoon classes: Monday & Tuesday

Date: Monday February 4<sup>th</sup> to Tuesday June 11<sup>th</sup> 2013

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

#### Course #PE54-2 Evening classes: Monday-Thursday

Date: Monday February 4<sup>th</sup> to Thursday June 13<sup>th</sup> 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

#### Course #CE14-2 Evening classes: Monday-Thursday

Date: Monday February 4<sup>th</sup> to Thursday June 13<sup>th</sup> 2013

Class time: 6:30 pm – 9:00 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

#### Course #CE34-2 Evening classes: Monday & Wednesday

Date: Monday February 4<sup>th</sup> to Wednesday June 12<sup>th</sup> 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 February 4<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

#### Course #CE54-2 Evening classes: Tuesday & Thursday

Date: Tuesday February 5<sup>th</sup> to Friday June 14<sup>th</sup> 2013

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

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

# ACADEMIC CREDIT COURSES

➔ For Information / Registration call 604-517-6286 or online [www.ce40.ca](http://www.ce40.ca)

*All students will be assessed and assigned to appropriate classes as necessary.*

*Documents needed to register for courses: Proof of Canadian Status, Proof of BC Residency & Photo ID.*

COURSE NAME	COURSE#	DAYS	TIME	DATE 2013	LOCATIONS
Accounting 11	P01S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	CO12-4	Mon & Wed	12:00 - 2:30 PM	Feb 4 – June 12	ALC Columbia Square
	C01S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
Accounting 12	P02S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	P022-4	Tues & Thurs	12:00 - 2:30 PM	Feb 5 – June 13	Pearson ALC - NWSS
Biology 11	P07S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D07V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Biology 12	BJ14-4	Mon & Wed	6:30 - 9:30 PM	Feb 4 – June 17	New West Secondary
	P081-4	Mon & Wed	9:00 AM -11:30 AM	Feb 4 – June 12	Pearson ALC - NWSS
	P08S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	P084-4	Tues & Thurs	6:30 - 9:30 PM	Feb 5 – June 13	Pearson ALC – NWSS
	D08V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Business Computer Applications 11	C103-4	Mon/Tue/Thurs	2:45 - 4:30 PM	Feb 4 – June 13	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	BJ21-4	Tues & Thurs	6:30 - 9:30 PM	Feb 5 – June 11	New West Secondary
	P15S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P153-4	Tues & Thurs	4:00 – 6:30 PM	Feb 5 – June 13	Pearson ALC – NWSS
	D15V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Chemistry 12	BJ22-4	Mon & Wed	6:30 - 9:30 PM	Feb 4 – June 17	New West Secondary
	P16S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D16V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Communications 11	BJ01-4	Tue & Thurs	6:30 - 9:30 PM	Feb 5 – June 11	ALC Columbia Square *NEW!
	C212-4	Mon/Wed/Fri	12:00 - 2:30 PM	Feb 4 – June 14	ALC Columbia Square
Communications 12	BJ02-4	Mon & Wed	6:30 - 9:30 PM	Feb 4 – June 17	New West Secondary
	C221-4	Mon/Wed/Fri	9:30 AM -12:00	Feb 4 – June 14	ALC Columbia Square
	P221-4	Tues & Thurs	9:00 AM -11:30 AM	Feb 5 – June 13	Pearson ALC - NWSS
	P224-4	Mon & Wed	6:30 - 9:00 PM	Feb 4 – June 12	Pearson ALC - NWSS
	P22S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	D22V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Data Management 12	C253-4	Mon/Tues/Thur	2:45 – 4:30 PM	Feb 4 – June 13	ALC Columbia Square
	P252-4	Mon & Fri	12:00 - 2:30 PM	Feb 4 – June 14	Pearson ALC – NWSS
	P25S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC – NWSS
	C25S-1	Mon to Fri	9:00 AM – 8:30 PM	Continuous Intake	ALC Columbia Square Self-paced
Drama 12 (FILM/TELEVISION)	C492-4	Tues & Thurs	12:00 - 2:45 PM	Feb 5 – June 13	ALC Columbia Square
	P493-2	Thursdays	2:30 – 5:00 PM	Feb 7 – June 13	Pearson ALC - NWSS
English/Math/ Social Studies Science Upgrading (for adults 19+)	P11	Mon to Fri	9:00 AM -11:30 AM	Feb 4 – June 14	Pearson ALC - NWSS
	P11	Mon to Fri	12:00 - 2:30 PM	Feb 4 – June 14	Pearson ALC - NWSS
	P11	Mon to Thurs	6:30 - 9:00 PM	Feb 4 - June 13	Pearson ALC - NWSS
	CE1-7	Mon to Friday	9:00 AM - 11:30 AM	Feb 4 – June 14	ALC Columbia Square
	CE1-7	Mon to Friday	12:00 - 2:30 PM	Feb 4– June 14	ALC Columbia Square
	CE1-7	Mon to Thurs	6:00 - 9:00 PM	Feb 4– June 14	ALC Columbia Square
English 10	PE71-4	Tue & Thurs	9:00 - 11:30 AM	Feb 5 – June 13	Pearson ALC - NWSS
	PW72-4	Mon & Tue	12:00 - 2:30 PM	Feb 4 – June 11	Pearson ALC - NWSS
	PE74-4	Mon to Thurs	6:30 - 9:00	Feb 4 – June 13	Pearson ALC - NWSS
	D35V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 11	BJ41-4	Tues & Thurs	6:30 - 9:30 PM	Feb 5 – June 11	New West Secondary
	P372-4	Wed & Fri	12:00 - 2:30 PM	Feb 6 – June 14	Pearson ALC - NWSS
	D37V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
English 12	BJ47-4	Mon & Wed	6:30 - 9:30 PM	Feb 4 – June 17	New West Secondary
	BJ42-4	Tues & Thurs	6:30 - 9:30 PM	Feb 5 – June 11	New West Secondary
	BJ45-4	Mon & Wed	6:30 - 9:30 PM	Feb 4 – June 17	ALC Columbia Square *NEW!
	P391-4	Wed & Fri	9:00 AM -11:30 AM	Feb 6 – June 14	Pearson ALC - NWSS
	P39S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	C391-4	Mon/Wed/Fri	9:00 AM -11:30 AM	Feb 4 – June 14	ALC Columbia Square
	D39V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Entrepreneurship 12 <i>NEW!</i>	D94V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Family Studies 12	P43S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P432-4	Tues & Thurs	12:00 – 2:30 PM	Feb 5 – June 13	Pearson ALC - NWSS
	D43V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual

# ACADEMIC CREDIT COURSES

Documents needed to register for courses: Proof of Canadian Status, Proof of BC Residency & Photo ID

COURSE NAME	COURSE#	DAYS	TIME	DATE 2013	LOCATIONS
First Nations Studies 12	D40V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
French 11 <i>NEW!</i>	D50V-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	P542-4 D54V-1	Mon & Wed Available	12:00 - 2:30 PM 24/7 Online	Feb 4 – June 12 Continuous Intake	Pearson ALC - NWSS ALC Columbia Square Virtual
Math 10 Foundations and Pre-Calculus Math 10	CM82-4 D62V-1	Tues & Thurs Available	12:30 - 3:00 PM 24/7 Online	Feb 5 – June 13 Continuous Intake	ALC Columbia Square ALC Columbia Square Virtual
Math 10 Apprenticeship & Workplace Math 10	D61V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Math 11 Apprenticeship & Workplace Math 11	D65V-1 P65S-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
Math 11 (Pre-Calculus) Graphing calculator required for Math 10, Math 11, Math 12 Pre-Calculus	BJ55-4 P66S-1 P663-4 C662-4 D66V-1	Tues & Thurs Mon to Fri Mon & Wed Tues & Thurs Available	6:30 - 9:30 PM 8:30 AM – 9:30 PM 2:30 - 5:00 PM 12:30 - 3:00 PM 24/7 Online	Feb 5 – June 11 Continuous Intake Feb 4 – June 12 Feb 5 – June 13 Continuous Intake	New West Secondary Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square Virtual
Math 12 (Pre-Calculus) Graphing calculator required	BJ56-4 P70S-1 D70V-1	Tues & Thurs Mon to Fri Available	6:30 - 9:30 PM 8:30 AM – 9:30 PM 24/7 Online	Feb 5 – June 11 Continuous Intake Continuous Intake	New West Secondary Pearson ALC - NWSS ALC Columbia Square Virtual
Physics 11	BJ31-4 P80S-1 D80V-1	Mon & Wed Mon to Fri Available	6:30 - 9:30 PM 8:30 AM – 9:30 PM 24/7 Online	Feb 4 – June 17 Continuous Intake Continuous Intake	New West Secondary Pearson ALC - NWSS ALC Columbia Square Virtual
Physics 12	BJ32-4 D81V-1	Tues & Thurs Available	6:30 - 9:30 PM 24/7 Online	Feb 5 – June 11 Continuous Intake	New West Secondary ALC Columbia Square Virtual
Planning 10	D03V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Planning 12 (Adults only)	D97V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Science 10	D88V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Science & Technology 11	D89V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Social Studies 10	D74V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
Social Studies 11	P91S-1 D91V-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
Writing 12	P933-4 C931-4	Tues & Thurs Tues & Thurs	4:00 – 6:30 PM 9:00 AM -11:30 AM	Feb 5 – June 13 Feb 4 – June 14	Pearson ALC - NWSS ALC Columbia Square

## REGISTRATION INFORMATION:

- To Register for BC courses please register in person or telephone 604-517-6286.  
New Westminster Secondary School 835 8<sup>th</sup> 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. (BC Residents)
- NO COURSE FEE for ADULT students working towards their graduation. (BC Residents)
- Special fee structure for Visa students – please consult Academic Programs staff.
- Students must be born before July 1<sup>st</sup> 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 FOLLOWING THE END OF YOUR COURSE)
- \$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.

**For more information  
check out 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.*



- ✓ 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
- ✓ Student-paced or teacher-paced models

**Year Round!**

## GRADE 10

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

## GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ FRENCH 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
- ◆ ENTREPRENEURSHIP 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](http://www.virtualschoolbc.com) for adults or  
[www.nwvss.ca](http://www.nwvss.ca) for students under 19



**New Westminster  
ACADEMIC  
Night School**

## **ACADEMIC NIGHT SCHOOL**

*Are you looking for a way to finish high school or  
upgrade your marks for post-secondary education?*

*Why not enroll in a Ministry of Education academic night school class with the  
New Westminster School District?*

**Free Tuition for BC Residents - Call us at 604-517-6286**

Biology 12 – Chemistry 11&12 – Communications 11&12 – English 11&12 – Pre-Calculus 11&12 – Physics 11&12

Courses offered at New Westminster Secondary School and Columbia Square.

All courses 6:30-9:30 Monday/Wednesday or Tuesday/Thursday

*Please see Page 4 of our Brochure for more details!*

## **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](http://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](http://www.islanddiscovery.ca)



Please call [604-517-5917](tel:604-517-5917) or email [homelearners@sd40.bc.ca](mailto:homelearners@sd40.bc.ca) for more information.

**New!**

# MICROSOFT OFFICE SPECIALIST

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

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

New Westminster 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 Westminster Secondary School, 835 Eighth Street, New Westminster.

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](http://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 Westminster Secondary School  
835 Eighth Street, New Westminster, 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 #MS87	MS POWERPOINT 2010	Fee: \$38
Course #MS88	MS WORD 2010	Fee: \$38
Course #MS89	MS EXCEL 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 January 22<sup>nd</sup>**  
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 February 19<sup>th</sup>**  
6:45 – 9:45 pm Room 257 Fee: \$175

## MS WORD 2010 EXAM Microsoft IT certification

**Course #MS33 1 THURSDAY March 14<sup>th</sup>**  
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 January 23<sup>rd</sup>**  
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 February 20<sup>th</sup>**  
6:45 - 9:45 pm Room 257 Fee: \$175

## MS EXCEL 2010 EXAM Microsoft Certification

**Course #MS44 1 THURSDAY March 14<sup>th</sup>**  
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.

Students please bring a bag lunch  
**Course # MS14 1 SATURDAY February 23<sup>rd</sup>**  
9:00am – 3:30 pm Room 266 Fee: \$100

## MS POWERPOINT 2010 EXAM Microsoft certification

**Course # MS55 1 THURSDAY March 14<sup>th</sup>**  
6:45 – 9:45 pm Room 257 Fee: \$80

**Check out our website: [www.ce40.ca](http://www.ce40.ca) or call 604-517-6345 for more information**

# ART

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

## DRAWING & SKETCHING: LEVEL 1

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.

#AP35 8 Thursdays starting January 24  
7:00pm-9:30pm ROOM 187  
MARK ANTHONY \$80

## 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 request a supply list when registering or go online [www.ce40.ca](http://www.ce40.ca) to check it out.*

#AP87 9 Wednesdays starting January 16  
6:45pm-9:45pm ROOM 209  
FRANK TOWNSLEY \$162

## WATERCOLOUR WORKSHOP: FOG **NEW!**

There are so many instances in watercolour painting where you either wish to paint a photo of a foggy scene, or transform a scene by adding some fog. Hopefully this workshop will guide you to a finished 'foggy' scene that you will be happy with. There are no pre-requisites and supplies and photos will be provided.

#AP79 2 Tuesdays starting January 29  
6:45pm-9:45pm ROOM 209  
FRANK TOWNSLEY \$52

## WATERCOLOUR WORKSHOP: BUTTERFLIES **NEW!**

Along the theme of a recently introduced workshop on Swans & Herons, this workshop will be technically easier and certainly more colourful. The instructor has several good images to paint from, but you are welcome to bring an image of your own. All supplies are included and there are no pre-requisites.

Students, please bring a bag lunch.  
#AP77 1 Saturday February 23  
9:00am-3:30pm ROOM 209  
FRANK TOWNSLEY \$52

## 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. 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 February 11. Family Day  
#AP33 8 Mondays starting January 21  
7:00pm-9:00pm ROOM 161  
MIMI KEMBALL \$105

## SOAPSTONE CARVING

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 only) is payable to the instructor the first night of class.

#AP72 6 Tuesdays starting January 29  
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 a 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 January 24  
7:00pm-9:00pm ROOM 154  
MARK GAUTHIER \$125

**TO REGISTER CALL  
604-517-6345**

## CHINESE BRUSH PAINTING WORKSHOP FOR BEGINNERS

Enjoy 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 lunch.

#AP82 1 Saturday February 23  
9:00am-3:30pm ROOM 210  
EILEEN FONG \$98

## OIL PAINTING WITH DARLA: LANDSCAPES

No experience necessary! This class is great for both beginners and more advanced painters. You will complete four landscape paintings. Bring your brushes from Darla's previous flower or landscape class and \$25 (CASH ONLY) per painting for shared paints and 16x20 canvas. \*Students now have the option to bring their own choice of canvas **OR** purchase four 16x20 inch Buzz Slim canvas for \$35 (CASH ONLY) from Darla. New students should also bring \$35 (CASH ONLY) for appropriate brushes. No class Feb. 11.

#AP08 5 Mondays starting January 21  
6:30pm-10:00pm ROOM 210  
DARLA ZARY \$135

## INTRODUCTION TO ACRYLICS WITH DARLA

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 \$25 for shared paint and Buzz Slim canvas and \$25 for brushes (or bring your own brushes, although some may not be suitable). \* Students now have the option of purchasing their own canvas of choice **OR** purchase 4 Buzz Slim canvas from Darla for \$35 (CASH ONLY).

#AP15 5 Thursdays starting January 24  
6:30pm-10:00pm ROOM 210  
DARLA ZARY \$135





# ART

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

## OIL PAINTING WITH DARLA: SPRING TULIPS

No experience necessary. For ease, purchase supplies in class from instructor (BRUSHES \$10) or purchase from Michaels the "Simply Simmon's" brushes: 1" or 3/4" flat wash and 1/2" flat angle, and a 16"x20" artist quality canvas. *\*Option - students may purchase canvas and paint \$15 CASH from Darla.*

PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

#AP54 1 Wednesday February 6  
6:30pm-10:00pm ROOM 210 \$36

## OIL PAINTING WITH DARLA: FIELD OF WILDFLOWERS LANDSCAPE

No experience necessary! Students can bring brushes from other classes. For ease, purchase supplies in class from instructor (BRUSHES \$10) or purchase from Michaels the "Simply Simmon's" brushes: 1" flat, 1/2" angle and #10 filbert. *\*Option - students may purchase canvas and paint \$15 CASH from Darla.*

PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

#AP59 1 Tuesday February 5  
6:30pm-10:00pm ROOM 210 \$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 Simmon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and one 16"x20" artist quality canvas. PAINT MUST BE PURCHASED IN CLASS FOR \$10. (CASH)

#AP86 1 Wednesday January 23  
6:30pm-10:00pm ROOM 210 \$36

## OIL PAINTING WITH DARLA: HYDRANGEAS

No experience necessary! For ease, purchase supplies in class from instructor (BRUSHES \$25, CANVAS \$10) CASH ONLY or purchase from Michaels the "Simply Simmon's" brushes: 1" flat wash, 1/2" flat angle, #10 filbert, liner and palette knife, and one 16"x20" artist quality canvas. PAINT MUST BE PURCHASED IN CLASS FOR \$10 (CASH ONLY).

#AP90 1 Tuesday January 22  
6:30pm-10:00pm ROOM 210 \$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 of your choice and \$10 CASH for shared paint.

*\*Option - students may purchase canvas and paint for \$20 CASH from instructor.*

#AP71 1 Tuesday January 29  
6:30pm-10:00pm ROOM 210 \$36

## OIL PAINTING WITH DARLA: MAGNOLIAS

Prerequisite: Lilacs & Daisies OR Hydrangeas (one class). Create this beautiful, horizontal (12"x24") painting with step-by-step instructions. Bring your brushes from the prerequisite classes and an artist quality 16"x20" canvas of your choice and \$10 CASH for shared paint.

*\*Option - students may purchase canvas and paint for \$20 CASH from instructor.*

#AP05 1 Wednesday January 30  
6:30pm-10:00pm ROOM 210 \$36

# ART HISTORY *NEW!*

*Alexandra Lezo is an Art Historian specializing in Asian Art and the Classical world. She obtained her MA in Art History from the University of London in 2000 and has been teaching within the Los Angeles Community College District since 2001.*

## INTRO TO CHINESE CERAMICS

In the Chinese tradition, ceramics are regarded as a high art form, like painting or sculpture in the Western world. The class explores the reasons behind the elevated status of ceramics in China as well as the manufacturing process and evolution of popular styles such as Blue and White and enamel ware.

#AP93 1 Wednesday February 13  
7:00pm-9:30pm ROOM 161  
ALEXANDRA LEZO \$20

## A TOUR OF THE FORBIDDEN CITY (IMPERIAL PALACE)

The Imperial Palace in Beijing was given the nickname of the "Forbidden City" by Western observers fascinated by the secretive existence of its inhabitants. Explore the history, architecture and tales of intrigue from Beijing's Imperial Palace with art historian, Alexandra Lezo, from the Yuan dynasty-1911.

#AP96 1 Thursday March 7  
7:00pm-9:30pm ROOM 163  
ALEXANDRA LEZO \$20

## GREAT WESTERN ARCHAEOLOGIST AND THEIR DISCOVERIES

The tales behind the discoveries of some of the world's greatest archaeological finds are almost as fascinating as the treasures unearthed. Would Tutankhamen be a household name were it not for the tenacity of Howard Carter? Imagine that Troy would have remained a place of imagination if Heinrich Schliemann had not believed in the accuracy of a book written almost 3,000 years ago. This class explores Troy, The Palace at Knossos, The Tomb of Tutankhamen and sites from Ancient Mesopotamia.

#AP91 1 Thursday January 31  
7:00pm-9:30pm ROOM 160C  
ALEXANDRA LEZO \$20

## INTRO TO BUDDHIST ART

Explore the differences between the Mahayana, Hinayana and Vajrayana forms of Buddhism and their artistic manifestations.

#AP94 1 Thursday February 21  
7:00pm-9:30pm ROOM 163  
ALEXANDRA LEZO \$20

## THE HISTORY OF THE SILK ROAD

The first connection between East and West was made over the Silk Road more than 3,000 years ago. Developing as a trade route between Rome, China and India, the oasis towns which dotted the silk road were melting pots of religion, languages and art. This class will explore the history of the silk road through an examination of the art produced at various sites and the impact of this area on world history.

#AP92 1 Thursday February 7  
7:00pm-9:30pm ROOM 163  
ALEXANDRA LEZO \$20

## INTRO TO CLASSICAL SCULPTURE

Did you know that the ancient Greeks and Romans painted their sculptures? The elegant, stark white marbles that we associate with the ancient Classical world were originally painted in bright primary colors.

#AP95 1 Thursday February 28  
7:00pm-9:30pm ROOM 163  
ALEXANDRA LEZO \$20

# BATH AND BEAUTY CARE

## 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.

#BB60 1 Wednesday January 30

6:30pm-9:30pm ROOM 236 CHERYL THEILADE \$62

## NATURAL SKIN AND HAIR CARE

Struggling with eczema, psoriasis or dermatitis? Using herbs, essential oils, organic butters and botanicals, customize your own skincare! Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes on hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners.

ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB69 1 Wednesday March 13

6:30pm-9:30pm ROOM 175 CHERYL THEILADE \$62

## HEMP MAKES SCENTS

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil, high in essential omega fatty acids and proteins, absorbs well into the skin and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath n' Body Oil and a Hemp Seed Soap.

Recipes for healing salves and body washes. ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB61 1 Thursday February 7

6:30pm-9:00pm ROOM 235 CHERYL THEILADE \$62

## TOTAL NATURAL BODY CARE

Take care of your skin naturally and the results are amazing! Make and take home a chamomile face cleanser, aloe toner, almond oatmeal face scrub, face cream, hair gel, mint tooth paste, mouth wash, solid herbal deodorant, aromatherapy body spray, and a sole soother foot gel. Recipes for facial powders, hydrating facial spray, wholesome facial mask and a night repair serum.

ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB63 1 Saturday February 23

11:00am-4:00pm ROOM 235 CHERYL THEILADE \$62

## SHEER BEAUTY WITH MINERALS

Make mineral makeup for a fraction of the cost? Using earth elements, butters, oils, waxes, and pre-blended bases, learn how to make your own mineral makeup! Make a lip gloss (wand applicator), lipstick, mineral face powder, and mineral eye shadow. Learn alternatives to toxic chemicals that are in mainstream cosmetics. Discussions on blending colours, mineral makeup benefits and ingredient knowledge. Also receive recipes on liquid foundation and makeup remover.

ALL SUPPLIES INCLUDED IN COURSE FEE.

#BB67 1 Monday March 4

6:30pm-9:30pm ROOM 175 CHERYL THEILADE \$62



## 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 is 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 February 23

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 of 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 Classes starting Mon. January 28<sup>th</sup>

6:00pm-10:00pm ROOM 176  
BARRY DALLAS Fee: \$350

# BUSINESS AND VOCATIONAL

## ACCOUNTING & 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 January 15  
7:00pm-9:30pm ROOM 263  
BALJIT DHALIWAL \$167

## ACCOUNTING & BOOKKEEPING LEVEL 2 **NEW!**

In Level 2 of accounting & bookkeeping, students will learn advanced methods of Inventory & Merchandising recordings in journals, how to set up and understand specialized journals like computers to improve efficiency, different types of inventory methods for the many commercial activities in today's economy, and Internal Controls in Cash which emphasizes the importance of reconciling your bank statements and credit cards.

Prerequisite Level 1.

No class February 11. Family Day

**#BV69** 8 Mondays starting January 21  
7:00pm-9:00pm ROOM 263  
BALJIT DHALIWAL \$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 January 24  
7:00pm-9:30pm ROOM 263  
BALJIT DHALIWAL \$130

## TAKING THE FEAR OUT OF PUBLIC SPEAKING

Expressing yourself well positively impacts career success. Improve your credibility and 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 this course.

**#BV65** 8 Thursdays starting January 24  
7:00pm-9:00pm ROOM 164 TOM JONES \$76

## INCOME TAX PREPARATION

Learn in one day how to prepare your basic tax return with confidence. A thorough step-by-step explanation will be provided to help you save taxes, increase benefits, split incomes between spouses, maximize refunds with RRSP planning, child care expenses, caregiver amounts, HST credits, Child Tax Credits and much more. Government programs will be discussed. Bring your own T4's to prepare. Find solutions to your questions.

**#BV81** 1 Saturday February 23  
9:00am-3:30pm ROOM 265  
BALJIT DHALIWAL \$52

## 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 and action. Web page site:

[google.com/site/economicsdemystified](http://google.com/site/economicsdemystified).

**#BV59** 3 Tuesdays starting February 12  
7:00pm-9:00pm ROOM 228  
GUY A. DUPERRAULT BGS ASCT \$54

## BANKS SKANKS

"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 February 21  
7:00pm-9:00pm ROOM 265  
GUY A. DUPERRAULT BGS ASCT \$54

## CASHIER TRAINING WORKSHOP

Designed for those wanting to learn basic cashiering skills using a manual cash register, 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 February 23  
9:00am-2:00pm ROOM 148  
IQBAL LALANY \$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 February 7  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

## 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** Mon - Thurs starting March 4  
6:30pm-9:30pm ROOM 176  
BARRY DALLAS \$150

**TO REGISTER CALL  
604-517-6345**

# BUSINESS AND VOCATIONAL

## BECOME MORE ASSERTIVE AND CONFIDENT AT HOME AND AT 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 Thursdays starting February 21  
6:30pm-9:30pm ROOM 149  
WENDY LAWSON \$82

## VOICEOVER ANNOUNCING: INTRODUCTION



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 and 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. Who knows? This may be the beginning of a new career for you!

#BV86 6 Tuesdays starting January 22  
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. Students must also have an email address.

#BV88 6 Thursdays starting January 24  
6:30pm-9:30pm ROOM 161  
PAM WILLMER \$112

## CAREER SEARCH **NEW!**

This course will give you the knowledge and confidence you need to succeed in your job search. Topics include research techniques/resources for job search, interview preparation/practice, cover letter/resumé writing. You will practice role playing interview situations and finish the course with a professional cover letter and resumé. If you have already chosen jobs to apply for, bring the postings with you to class so you can tailor your cover letter/resumé.

#BV41 2 Wednesdays starting February 6  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$48

## BUSINESS COMMUNICATIONS

This course is designed for new business people, those in pursuit of management or wanting to improve their business communication: business writing, leadership, meetings and team skills will all be discussed.

#BV50 2 Wed starting February 20  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$48

## MANAGING DIFFICULT PEOPLE

This course focuses on how to manage difficult employees, supervisors and customers. Strategies and techniques discussed can be used for professional and personal application. A great course for anyone dealing directly with others or involved in conflict situations.

#BV14 2 Thursdays starting February 28  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$48

## UNDERSTANDING MOTIVATION

Understand motivation and identify the factors that motivate people at work, and apply them to yourself and your team in the workplace. Students will explore how to understand motivation and gain knowledge about the characteristics of goal setting and discipline in the achievement of success.

#BV95 1 Wednesday January 30  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$24

## 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 2 Thursdays starting March 7  
7:00pm-9:30pm ROOM 133B  
JANYSE HRYNKOW, MA, CCC \$63

## THE INDISPENSABLE LIFE BINDER

The Indispensable Life Binder - Getting Your Documents (and your life) in Order. You've been meaning to get more organized. Now is the time. 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. You will receive a list of how to organize your binder and a list of the contents that should go in 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. Diana Cruchley is a "regular person" and a popular speaker...who was inspired to create this workshop when her own life went "on fire." Students may purchase a "ready to go" binder from the instructor for \$20.

#BV53 1 Monday February 25  
6:00pm-8:30pm ROOM 149  
DIANA CRUCHLEY \$20

## WHAT I LEARNED ABOUT DOWNSIZING – THE INSIDE STORY

Imagine 30 years of stuff, 6 weeks to stage, sell and empty the house, going from 3000 square feet to 1750 square feet. Learn what Diana Cruchley learned about mental attitude, staging, pricing, bargaining, garage sales, selling to friends, Craig's List, Kijiji, three auction houses, consignment stores, renting lockers, dumps and charity donations, selling old gold and silver and more. Not a general to-do list but real local "naming names" information on "how it works" in the Lower Mainland. Not from a real estate person or anyone selling a service, but a "regular person" who went through the firestorm and came out the other side with a cheery smile.

#LA53 1 Tuesday February 26  
7:00pm-9:15pm ROOM 164  
DIANA CRUCHLEY \$20

# BUSINESS AND VOCATIONAL

## 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 January 21  
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.

No class March 18 (Spring Break).

**#BV78** 4 Mondays starting February 25  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$98

## 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. These strategies are tried and true and leave people wondering why they weren't taught these things years ago. The results are instant and amazing!!! 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. The course is open to adults and teens. *A comprehensive course binder is available at the course for \$20.*

Please bring a lunch.

**#BV55** 1 Saturday February 23  
9:00am-3:30pm ROOM 182  
GRAHAM BEST \$59

## TUTORS, INC.

In tough economic times, we try to find sources of extra income. 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. Please bring a bag lunch.

**#BV87** 1 Saturday February 23  
9:00am-3:30pm ROOM 160C TEDDY PARVANOV \$58

## CANADIAN UNIVERSITY ADMISSIONS 101

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, humour, and grace. Please bring a copy of your student's school schedule.

**#BV61** 1 Thursday February 21  
7:00pm-9:30pm ROOM 127  
EDWIN LIEW \$26



## US UNIVERSITY ADMISSIONS 101

If your student is interested in attending university in the United States, this session is a must. Each year in the US 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 February 7  
7:00pm-9:30pm ROOM 127  
EDWIN LIEW \$26

## 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 Thursday January 31  
7:00pm-9:00pm SCHOOL LIBRARY  
TERRY SMALL \$42

## 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 Tuesday March 12  
7:00pm-10:00pm ROOM 164  
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 Wednesday March 13  
7:00pm-10:00pm ROOM 163  
TERRY SMALL \$42

# BUSINESS AND VOCATIONAL

## BUSINESS GRAMMAR AND

### WRITING: JUMPSTART

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 February 23  
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 February 23  
12:30pm-3:30pm ROOM 227  
ANITA SMITH \$28

### WRITING FOR CHILDREN: JUMPSTART

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 February 21  
7:00pm-9:30pm ROOM 227  
ANITA SMITH \$26

### 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 Thursdays starting January 24  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

### ACADEMIC WRITING

This course will focus on basic academic writing skills such as how to write a proper paragraph and essay for academic purposes: paragraph organization/formatting, outlining, basic grammar/sentence structure and types of paragraphs/essays will be covered.

Writing exercises and feedback provided.  
#BW62 2 Wednesdays starting March 6  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$49

### WRITING WITH THE MUSE

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 Wed starting January 23  
7:00pm-9:30pm ROOM 231  
RUTH KOZAK \$120

### TURNING YOUR LIFE STORY INTO A MEMOIR

Each of us has a story to tell, a story that is uniquely yours. 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.

#BW63 1 Saturday February 23  
9:30am-3:30pm ROOM 229  
RUTH KOZAK \$69

### 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 Wednesday February 20  
6:30pm-9:30pm ROOM 123  
BOB BURNHAM \$48

### MODERN BUSINESS AND SOCIAL 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.

#BV83 1 Tuesday February 12  
7:00pm-9:00pm ROOM 123 ANN ELIZABET BURNETT \$27

## JOURNALING

### 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 Wednesday February 13  
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 February 12  
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 February 18  
6:30pm-9:30pm ROOM 149  
DIANE DOYLE \$42

# COMPUTER TRAINING

## KEYBOARDING

### 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. No class Feb. 11 – Family Day.

Classes run Mondays & Wednesdays.

#CO93 4 Mon & 4 Wed starting Jan. 21  
7:00pm-9:00pm ROOM 266  
WANDA MADOKORO \$74

## KEYBOARDING

### 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 bag lunch.

#CO96 1 Saturday February 23  
9:00am-3:30pm ROOM 255  
WANDA MADOKORO \$50



### WINDOWS XP: LEVEL 1

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 Feb 11. Family Day.

#CO62 3 Mondays starting January 28  
6:45pm-9:45pm ROOM 255 \$120

### WINDOWS 7: LEVEL 1

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.

#CO64 3 Tuesdays starting January 22  
6:45pm-9:45pm ROOM 266 \$120

### 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 Thursdays starting February 28  
6:45pm-9:45pm ROOM 255 \$75

### 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 January 22  
6:45pm-9:45pm ROOM 255 \$175

### 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.

Student please bring a bag lunch.

#CO27 1 Saturday February 23  
9:00am-3:30pm ROOM 257 \$100

### 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 February 7  
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 January 22  
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 February 19  
6:45pm-9:45pm ROOM 257 \$175

### MICROSOFT OFFICE SPECIALIST CERTIFICATE 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 Thursday March 14  
6:45pm-9:45pm ROOM 257 \$80

### 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 February 18  
6:45pm-9:45pm ROOM 257 \$75

### ACCESS 2010 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 February 7  
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 January 24  
6:45pm-9:45pm ROOM 257 \$75

## MS POWERPOINT 2010

Microsoft PowerPoint 2010 is a powerful presentations application, which allows users to create intuitive presentations for paper, screen or web output. 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 bag lunch.

#MS14 1 Saturday February 23  
9:00am-3:30pm ROOM 266 \$100

## MICROSOFT OFFICE SPECIALIST CERTIFICATE POWERPOINT 2010 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 Thursday March 14  
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 / hands-on exercises.

#MS12 4 Wednesdays starting January 23  
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 February 20  
6:45pm-9:45pm ROOM 257 \$175

## 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 Mondays starting March 4  
6:45pm-9:45pm ROOM 257 \$75

## MICROSOFT OFFICE SPECIALIST CERTIFICATE 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 Thursday March 14  
6:45pm-9:45pm ROOM 257 \$80

## WORDPRESS: LEVEL 1 NEW!

Learn about WordPress.com and how to create a blog; add photos, clippings, sound, and videos. Learn about themes, adding pages, and widgets. Learn the ten tips for good blog writing.

Manual is included.

#CO40 4 Tuesdays starting Feb. 12  
6:45pm-9:45pm ROOM 266 \$175

## IPAD FOR BEGINNERS NEW!

In this class, you will be instructed on how to use your iPad with confidence. After an overview of iPad fundamentals, you will learn how to manage and edit your photos and videos. We will also explore some of the ways you can use your iPad as an e-book reader and discover how to get various types of media on and off of your iPad. We will take a look at iCloud and make sure that it is working effectively on your iPad and that your iPad is safe and secure. By the end of this course, you will have a solid understanding of what you can do with your iPad and how to use it with confidence. Please bring a bag lunch.

Be sure to bring your iPad and prepare to download some free apps.

#CO45 1 Saturday February 23  
9:00am-3:30pm NWSS PORTABLE \$100

# COMMUNITY FREE FORUMS

## WOMEN'S WELLNESS: GROWING WITH AGE NEW!

Aging is inevitable; growing old is a choice. Science has shown us that our beautiful minds can continue to grow and thrive despite aging. Aging and disease are different and do not have to come together. With knowledge, we make better choices making it more likely that we will enjoy physical good health, a sharp mind and a happy heart for years to come. Learn how a few simple changes can help us make life wonderful at any age.

#CF51 1 Wednesday February 13  
6:30pm-8:30pm SCHOOL LIBRARY  
DEANNE RAPACIOLI FREE

## WOMEN'S WELLNESS: HEALTHY HEDONISM NEW!

This form of hedonism is not about gluttony and avarice - instead this presentation will introduce women to a new vision of healthy, ethical hedonism. By employing some basic principals and making small lifestyle changes, we can work to restore balance and harmony in our lives. Most women are SELF-LESS and this can lead to distress and disease. By learning how to practice the art of extreme self care without guilt we can reach our full potential for well-being and bring more joy to every day.

#CF52 1 Wednesday February 27  
6:30pm-8:30pm SCHOOL LIBRARY  
DEANNE RAPACIOLI 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 Monday March 4  
7:00pm-9:00pm SCHOOL LIBRARY  
THE ARTHRITIS SOCIETY FREE

Please call 604-517-6345 to register for FREE classes.



# COMMUNITY FREE FORUMS

## BULLYING - WHAT IS IT???

Handling bullying behavior takes courage and know how! There are many bullies in schools, in the workplace, and in many other social situations. Let's talk about standing our ground, respecting ourselves, and setting clear boundaries at the beginning before it's too late. Learn about acting sooner rather than later.

#CF65 1 Thursday January 24

7:00pm-9:00pm SCHOOL LIBRARY  
JANYSE HRYNKOW, MA CCC **FREE**

## PERSONAL INJURY CLAIMS: WHAT DO YOU NEED TO KNOW?

As the innocent victim of a car crash in BC, you will find yourself dealing with the Insurance Corporation of British Columbia (ICBC). This lecture is presented in a simple and straightforward way to help you understand the complicated legal relationship between yourself and ICBC. In order to ensure you are treated fairly, you require an objective explanation of the motor vehicle compensation system in BC. You need to know your rights and responsibilities as well as those of ICBC. The decisions you make may cost you thousands of dollars. This lecture will help you develop an understanding of the roles played by ICBC's adjusters, investigators and lawyers, as well as that of the careless driver and the legal system. You will also learn practical tips to help you prove your claim.

#CF22 1 Tuesday January 22

7:00pm-9:00pm SCHOOL LIBRARY  
CAMPBELL, RENAUD **FREE**

## UNDERSTANDING MORTGAGES AND YOUR CREDIT HISTORY

An independent mortgage broker explains the ins and outs of getting the right mortgage and the importance of your credit history. Both first-time home buyers and long-time homeowners will learn about mortgage types and features, managing debts and developing sound financing strategies. Attendees will also learn how to check their credit history, how credit scores are calculated and how to re-establish credit.

#CF03 1 Wednesday January 23

7:00pm-9:30pm SCHOOL LIBRARY  
INGRID FAISAL **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 February 21

7:00pm-9:00pm ROOM 133B  
KEVIN WESTWOOD **FREE**

## SO YOU WANT TO BE A LANDLORD?

Are you thinking of building a rental suite in your home? Do you have a rental suite and have experienced problems with your tenants? Have you had a suite in your home for years and never had a problem? As with any business, it pays to know your rights and responsibilities under the law. The Residential Tenancy Branch would like to help you become a successful landlord! Come and join us for this two-hour session that will provide you with information, materials and best practice ideas.

#CF30 1 Thursday February 21 **FREE**

7:00pm-9:00pm SCHOOL LIBRARY  
PROVINCIAL GOVERNEMENT  
RESIDENTIAL TENANCY BRANCH

## MY FIRST PLACE: WHAT I WILL NEED TO KNOW AS A RENTER

How much can a landlord charge for a security deposit? How do you get it back when you move out? What do you do when something in the suite isn't working and your landlord isn't fixing it? Do I move out on the last day of the month or the first day? Get the answers to these questions, as well as learning about all of your rights and responsibilities under the law. A senior information officer from the Residential Tenancy Branch will lead this two-hour session which will include time for your questions.

#CF31 1 Thursday March 7 **FREE**

7:00pm-9:00pm SCHOOL LIBRARY  
PROVINCIAL GOVERNEMENT  
RESIDENTIAL TENANCY BRANCH

## 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?

This course is for you.

PAULINE PROBYN, B.A., REALTOR®,  
ISABELLE BERTRAND, B.B.A.,  
CYNTHIA HAMILTON, CGA, BAccS

#CF93 1 Tuesday February 19

7:00pm-9:30pm ROOM 163 **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.

PAULINE PROBYN, B.A., REALTOR®,  
ISABELLE BERTRAND, B.B.A.

#CF91 1 Monday February 4

7:00pm-9:30pm SCHOOL LIBRARY **FREE**

## BACK TO LIFE: MAINTAINING A HEALTHY BACK

Come and learn why the health of your back is so critical to living a healthy 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 February 28

7:00pm-9:00pm ROOM 133B  
WAYNE JAKEMAN **FREE**

**Please register for all FREE classes call: 604-517-6345 or online [www.ce40.ca](http://www.ce40.ca)**

# COOKING

## ARTISAN CHEESE MAKING

**NEW!**

Demo. Learn to make your own delicious artisan cheeses. Learn about milk composition, cheese ripening bacteria, coagulation processes and aging of cheese, and sourcing of supplies and ingredients. Debra and her family own a small dairy farm in the Fraser Valley and is an award winning artisan cheese maker.

Debra is a member of the *Guilde des Fromagers Confrerie de St. Uguzon*.

Students, please bring a bag lunch.

**#CK47** 1 Saturday February 23

10:00am-3:00pm ROOM 236

DEBRA AMREIN-BOYES \$59

## BERNARDIN CANNING WORKSHOP

This workshop is intended for all canning enthusiasts who want to learn the most current methods for safe, enjoyable 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 February 27

6:30pm-9:00pm ROOM 236

DARLENE TANAKA \$25

## SINGAPORE & 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 a container to take home leftovers and let's have fun!

**#CK87** 1 Thursday January 24

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 to take home leftovers.

**#CK98** 1 Thursday February 7

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. You will impress your friends and family when you are able to prepare Thai food in your own home. Please bring an apron and some containers and be prepared to have some fun!

**#CK79** 1 Thursday February 28

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

## INDONESIAN

Come and learn how to make the hot, spicy, and exotic signature dishes from Indonesia. Recipes include Indonesian Fried Rice, Vegetable Salad, Baked Fish and Dry Meat Curry. Impress your friends and family! Please bring an apron & some containers.

**#CK13** 1 Thursday February 14

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

## DIM SUM

Enjoy cooking and tasting traditional Chinese Dim Sum in this class. Recipes include Sui Mai, Bean Curd Sheet Roll, Spring Roll and Steamed Sticky Rice with Chicken. You will impress your friends and family when you prepare Dim Sum in your home! Please bring an apron and container to this hands-on class.

**#CK14** 1 Thursday March 14

6:30pm-9:30pm ROOM 236

MICKEY TSE \$38

## EUROPEAN CULINARY TOUR **NEW!**

Tonight's menu will feature some of the best recipes from a selection of European countries - Italian Bread Salad with Grape Tomatoes, Bocconcini and Lemon Basil Vinaigrette, Hungarian Chicken Paprika with Noodles, Belgian Chocolate Pots de Creme and more.

**#CK15** 1 Thursday January 31

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## FLAVOURS OF JAPAN **NEW!**

For this Japanese inspired meal, you will prepare Miso Soup, Steamed Gyoza with Dipping Sauce, Teriyaki Chicken Skewers with Shitakes and Rice, and Ginger Creme Brulee.

**#CK16** 1 Tuesday February 5

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## A DINNER IN PARIS **NEW!**

Tonight you will prepare and consume a fabulous French meal that will consist of Field Greens with a Citrus Honey Vinaigrette Dressing, Pork Tenderloin with Roasted Garlic and Sun-Dried Tomato Sauce, Moussy Chocolate Cake with Creme Anglais and Fresh Berries. Perfect for Valentine's dinner!

**#CK17** 1 Tuesday February 12

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## GRAINS, GLORIOUS GRAINS **NEW!**

Come and help prepare a selection of dishes that use grains as the main ingredient, whether it be in their whole form, or as pasta or flour. We will use some of the new super grains like quinoa and amaranth along with some lesser used grains like millet and buckwheat as well as more familiar ones like barley and wild rice to create some delicious and nutritious dishes.

**#CK18** 1 Thursday February 21

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## COOKING WITH SPIRITS AGAIN **NEW!**

A variety of alcoholic spirits will be used in the preparation of tonight's menu which will include Sweet Potato Vichyssoise enhanced with White Wine and Lime, Chicken with a Creamy Marsala Sauce and Tequila Flamed Mangoes with Ice Cream.

**#CK54** 1 Thursday March 7

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## ANOTHER GREEK DINNER

Tonight's meal will feature some all-time favourites like Spanokopita with Tzatziki Sauce, Greek Meatballs, Greek Style Rice, Salad, Greek Honey Cake and more.

**#CK20** 1 Tuesday March 12

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$38

## CLASSIC CHEESECAKES **NEW!**

Demo with some hands-on. An evening of fun making your favorite New York Style Baked Cheesecake – a rich and creamy cheesecake for those cream cheese lovers. Experience making the versatile chilled cheesecake and different ways of presenting it in cupcake form like an Oreo cupcake cheesecake or the traditional Blueberry cheesecake.

Please bring 2 containers to class.

**#CK77** 1 Wednesday March 13

6:30pm-9:30pm ROOM 236

KIMBERLY TADA \$36

# COOKING

## 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 Tuesday January 29

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$38

## BREAD AND BUNS

Nothing smells and tastes as good as home-made 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 February 25

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$45

## SOURDOUGH & SPONGE STARTER

Come and learn how to make sponges for breads such as Ciabatta, Country French and Danish Rye and Amish Friendship Starter and Sourdough Starter that take up to two weeks to create. Each student will take home a pan of Sourdough biscuits and some Sourdough Starter. Other recipes will include Focaccia, Bauernbrot, and Ekmek -- a Turkish flatbread. Please bring to class a 9"x13" foil baking pan and a 500ml plastic container with a secure lid.

#CK19 1 Monday March 11

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$38

# INTRO TO RAW LIVING CUISINE

## INTRODUCTION TO RAW LIVING CUISINE **NEW!**

Demo. Any meal that you enjoy cooked can be made RAW! All foods are organic, dairy-free, vegan and gluten-free. They contain no sugar and - most important - they are uncooked! We will help you discover the magic of creating fabulous organic RAW VEGAN foods for optimum health and rejuvenation! Come meet the Chef, interact with the raw food community and sample delicious culinary creations! Bring your questions. What you will learn and sample: green cocktail, how to make almond milk and green tea mocha latte, kale chips, cheese dip, chocolate balls, zucchini pasta with marinara sauce, avocado chocolate cream with fruit salad, and more surprises. Lovena will talk about the basic equipment and supplies used in a raw food kitchen: food processors, dehydrators, and the use of other important culinary equipment.

#CK43 1 Monday January 28

6:30pm-9:30pm

ROOM 236

LOVENA GALYIDE

\$64

## MAKE YOGURT AND CHEESE WITHOUT DAIRY **NEW!**

Demo. Do you want the benefit of live enzymes in your food? Love cheese but don't like to have milk? Raw mozzarella is possible! In this demonstration by Lovena Galyide from Indigo Raw Food, learn the process for making raw, vegan cheese and yogurt from raw, organic coconuts, nuts and seeds. Unlike traditional cheese recipes, the cheese is never heated much beyond a 115 degree F temperature, so you get succulent cheese with all the nutritional benefits of the original raw nuts and seeds. Learn how to make (and sample) raw coconut kefir, coconut sour cream and yogurt, almond cheese, macadamia pesto cheese, goat and feta cheese, macadamia mozzarella, onion-garlic cheese, garlic bread.

#CK45 1 Monday February 18

6:30pm-9:30pm

ROOM 236

LOVENA GALYIDE

\$70

*\* Always bring a container to the cooking classes for leftovers.*

## HOW TO MAKE RAW ORGANIC DESSERT **NEW!**

Demo. NO Animal Products, NO Sugar and Gluten Free. Any Dessert that you enjoy cooked can be made RAW! All Raw desserts are organic, dairy-free, vegan and gluten-free. They contain no sugar and - most important - they are uncooked! We will help you to discover the magic of creating fabulous organic RAW VEGAN desserts for optimum health and rejuvenation! Imagine eating cheese cakes, ice cream, chocolate, cookies, cakes and pies every day. In this class you will discover how to make cheesecakes, raw chocolates, cookies, pies, and even ice-cream using nothing but raw ingredients. Delicious, Gourmet, Raw Food meal included! What you will learn and sample: How to make Raw tempered chocolate; cacao crackers; Raw cheese cake; ice cream sandwiches; coconut cream pie; green tea ice cream from green tea mocha; strawberry romanoff and more.

#CK44 1 Monday February 4

6:30pm-9:30pm

ROOM 236

LOVENA GALYIDE

\$70

# WINE APPRECIATION WITH JOHN GERUM

*Age 19 and over. Students are advised to use public transit or arrange for alternative transportation.*

## WINES OF ITALY **NEW!**

**Age 19+.** Enjoy an evening sampling four different styles of wine and learning what makes them great wines of Italy. The selections will be from various regions that are highly respected for producing trademark wines. The unique wines will be matched with gourmet cheese samples to enhance your tasting experience.

#WB81 1 Wednesday February 6

7:00pm-9:00pm

ROOM 149

JOHN GERUM

\$48

## WINES OF SOUTH AFRICA **NEW!**

**Age 19+.** Many people are surprised by the quality of wines produced in South Africa. Join us for an evening exploring some of the best wines produced in this area. We will sample two whites and two reds and discuss what makes them different than wines produced in North America.

#WB83 1 Thursday February 28

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$48

## WINES OF SOUTH AMERICA **NEW!**

**Age 19+.** The wine producing nations of South America are making great strides in improving the quality of their product. The wines of Chile and Argentina are the most common from this area. We will sample four quality wines and learn what makes them unique.

#WB85 1 Thursday March 7

7:00pm-9:00pm

ROOM 148

JOHN GERUM

\$48



# COOKING

## 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 January 23  
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 February 20  
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** 4 Mondays starting February 18  
6:30pm-8:30pm ROOM 235  
KIMBERLEY MARCHUK \$105

# FIRST AID

*Please bring a bag lunch for Saturday 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 February 23 8:00am-4:00pm School Library  
Monday February 25 6:00pm-9:30pm School Library  
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** 1 Saturday February 23 8:00am - 4:00pm  
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 February 23 8:00am-2:00pm  
SCHOOL LIBRARY FIRST AID HERO \$120

### 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 February 23 8:00am-3:00pm  
SCHOOL LIBRARY FIRST AID HERO \$130

### 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 February 20 7:00pm-9:00pm  
SCHOOL LIBRARY FIRST AID HERO \$44

### WHAT EVERY BABYSITTER NEEDS TO KNOW

Offered in co-operation 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.

**#FA25** 1 Saturday February 23 9:00am-3:30pm  
ROOM 123 ST. JOHN AMBULANCE \$62

# FOODSAFE AND GARDENING

## FOODSAFE: LEVEL 1

### 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 February 23 *(Please bring a lunch)*

8:00am-3:30pm ROOM 187

DEAN SCOVILL \$90

**#FO16** 2 Tuesdays starting January 29

6:00pm-10:00pm ROOM 187

DEAN SCOVILL \$90

## FOODSAFE: LEVEL 2

**FOODSAFE: LEVEL 2** Prerequisite: FoodSafe: Level 1.

Foodsafe level 2 is a 16 hour course. (3 sessions)

Tuesdays, February 19 & 26 (6pm-10pm) *and*

Saturday, February 23 (8am - 4pm).

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.

**#FO90** 2 Tuesdays Feb. 19 & Feb. 26 *plus* Saturday Feb. 23

Tuesday, February 19 & 26 (6pm-10pm) *and*

Saturday, February 23 (8am - 4pm). *(Please bring a lunch)*

ROOM 186 DEAN SCOVILL \$160



## GARDENING

### THE ABC'S OF PRUNING



Neglecting your garden? Pruning is the most intimidating of all gardening tasks for many homeowners, but there are lots of good reasons why you should prune trees and shrubs. Knowing when to prune is just as important as knowing

why. Never know where to cut? When to cut?

This class will answer your questions about pruning.

The where, when, what, how, why, etc.

**#GL30** 1 Tuesday February 12

7:00pm-9:00pm ROOM 169

CONWAY LUM \$20

### PERENNIAL VEGETABLES AND SMALL FRUITS

Have you considered trying to grow vegetables such as rhubarb or small fruits such as blueberries?

Learn how to incorporate these into your vegetable garden.

**#GL41** 1 Thursday starting March 7

7:00pm-9:00pm ROOM 169

CONWAY LUM \$20

### PLANNING YOUR FIRST VEGETABLE GARDEN

Learn the basics of starting a backyard or container vegetable garden. Even with a small balcony you can still have a vegetable garden throughout the year. Conway will provide simple steps and guidelines like choosing the proper site, preparing the soil, plant selection, how to start and care for your new veggie plants.

**#GL31** 1 Tuesday March 12

7:00pm-9:00pm ROOM 169

CONWAY LUM \$20

# PHOTOGRAPHY

### BEGINNER DIGITAL SLR 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 Jan. 31

7:00pm-9:00pm ROOM 228

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 February 23

9:00am-2:00pm ROOM 228

WAYNE MCCARTNEY \$50

### PHOTOGRAPHING KIDS

This workshop 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 workshop will also deal with composition, cropping and backgrounds, as well as familiarize you with helpful camera settings. A hand-out booklet included. Photographers of all levels are welcome.

**#PH85** 1 Tuesday March 12

6:45pm-9:45pm ROOM 261

FRANK TOWNSLEY \$29

### 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.

*(2 Sunday outdoor field trips Feb 24<sup>th</sup> and March 3<sup>rd</sup>)* 6 sessions

**#PH84** 4 Tuesdays starting February 12 *plus* Feb 24<sup>th</sup> & March 3<sup>rd</sup>.

6:45pm-9:45pm ROOM 261

FRANK TOWNSLEY \$69

# FITNESS AND RECREATION

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.

## AEROBOX

### CARDIO BOX AND 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 February 11. Family Day

#FS03 8 Mondays starting January 21

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 February 11. Family Day

#FS94 8 Mondays starting January 21

8:05pm-9:05pm Small Massey Gym

MARGARET MAXIM \$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! Classes held in New Westminster Secondary School Dance Studio.

#FS75 8 Wednesdays starting January 23

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 January 22

7:00pm-8:00pm Dance/Yoga Studio

JANICE STEVENS \$75

#FS78 8 Thursdays starting January 24

7:00pm-8:00pm Small Massey Gym

RACHEL WOO \$75

**Check out page 24 & 25 for more Zumba, Dance & Fitness classes.**

## HULA HOOP

### EXERCISE ROUTINE

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, gluteus and your arms. Janice will start off with a 15 min. gentle stretching then add in the hoops. Class size is limited - so don't wait to try this amazing new workout. Classes held in the school Dance Studio.

#FS88 8 Thursdays starting January 24

6:40pm-7:45pm Dance/Yoga Studio

JANICE STEVENS \$75

## BHANGRA WORKOUT

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, gluteus, quads, arms and core will thank you. No class February 11.

#FS02 8 Mondays starting January 21

7:15pm-8:15pm Massey Cafeteria

TARANJEET DHALIWAL \$75

## BOOTCAMP WORKOUT **NEW!**



Bootcamp is a challenging free-weight circuit workout for your entire body increasing strength and improving your definition while working muscular endurance. Incorporates balance, strength and flexibility using small equipment not limited to free-weight stability balls, BOSU, bands and you! Perfect for all fitness levels; everyone welcome.

Focus is on working the entire body.

#FS06 8 Tuesdays starting January 22

7:15pm-8:15pm Massey Cafeteria

TARANJEET DHALIWAL \$75

## LADIES FLOOR HOCKEY

### SHE SHOOTS - SHE SCORES!

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

#FS66 8 Tuesdays starting January 22

7:00pm-8:30pm Small Massey Gym

BERTHA LANSDOWNE \$79

## 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 8 Wednesdays starting January 23

7:00pm-8:30pm Small Massey Gym

BERTHA LANSDOWNE \$79

## 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! Classes held in the school Dance Studio.

#FS85 8 Tuesdays starting January 22

8:15pm-9:15pm Dance/Yoga Studio

SOPHIA SOO \$75

# FITNESS AND RECREATION

## HATHA YOGA 101

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. [www.anahatayogachakra.com](http://www.anahatayogachakra.com)

#YO98 8 Mondays starting January 21

6:30pm-8:00pm Dance/Yoga Studio CINDY COUTURIER \$82

*No class February 11. Family Day*

## HATHA YOGA 102

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

#YO99 8 Mondays starting January 21

8:05pm-9:35pm Dance/Yoga Studio CINDY COUTURIER \$82

## INTRODUCTION TO TAOIST TAI CHI™



Taoist Tai Chi™ 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. 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. (walking shoes or sneakers)

#YO44 6 Wednesdays starting January 30

7:00pm-8:00pm Massey Cafeteria TAOIST SOCIETY \$82

# GUITAR AND MUSIC

## ACOUSTIC GUITAR FOR BEGINNERS

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.

#GU10 8 Tuesdays starting January 22

7:00pm-8:00pm ROOM 203 DANIEL KARRASCH \$96

## 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. Course will focus mostly on rock music, some blues, jazz, country and alternative music where the electric guitar has also had an important role.

Please bring your guitar and amp.

#GU50 8 Thursdays starting January 24

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

## 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 with 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. Examples will be given on piano or guitar. Students will learn valuable musical skills that can be translated to any instruments or simply enjoyed from the perspective of the music listener.

#GU78 8 Thursdays starting January 24

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

## 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 January 22

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

## CREATING ELECTRONIC MUSIC FOR BEGINNERS **NEW!**

This is a course for musicians, technology lovers, or anyone who loves the sounds a Computer can make. We will be exploring the power of a laptop computer to make interesting music and sounds in a fun and hands-on environment. *No previous knowledge necessary; the only requirement would be that each student brings a laptop or appropriate portable computer device (Mini PC, Tablet PC, etc).* This class will be focused on how to use free, open source, computer programs to explore the possibilities of computer music. Topics we will explore will include recording and manipulating sounds with our computer, synthesizing new sounds, and organizing those sounds into Electronic Music.

Come have fun with the endless ways a computer can make sounds!

#GU61 8 Wednesdays starting January 23

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

## INTRODUCTION TO MUSIC COMPOSITION **NEW!**

Learn the skills to begin expressing yourself through Creative Musical Composition! This class is for anyone who has some experience with playing music, or for those who have taken the introduction to Reading Music and Musicianship course. We will discuss various ways to creatively approach writing Music, beginning with a series of simple exercises in melody, chord, and rhythm construction, and eventually work our way up to a final project which would be a free composition by each student. Some understanding of Music or experience playing music will be assumed, however all concepts will be explained and broken down in a fun and approachable manner.

#GU60 8 Wednesday starting January 23

8:00pm-9:30pm ROOM 203 DANIEL KARRASCH \$160

**Note: Room 203 - Please enter from the back of the school - Massey Gym doors.**

# FITNESS AND 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



## OPEN HOUSE!

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

**Saturday**  
**January 12<sup>th</sup> 2013**  
**12 noon to 2:00 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 rhythmical 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 Jan. 21**  
**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 Jan. 21**  
**7:50pm-8:50pm JANICE \$65**

### 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 Jan. 22**  
**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 6 Wednesdays starting Jan. 23**  
**6:30pm-7:30pm CHERYL \$65**

### 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 Jan. 19**  
**12:00 pm-1:00pm 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 Jan. 23**  
**7:35pm-8:35pm CHERYL \$75**

### MINI SOCIAL DANCE CLASS

Join us for this brand new workshop of partnered dance, the perfect Valentines gift. In this class you will begin to understand the importance of leading and following any dance, the difference between ballroom and Latin dances and will try out Bachata, Rumba & Waltz. This class covers only the basics but allows you the opportunity to do something fun together!

**DA25 1 Saturday, Feb. 23**  
**1:00pm-3:00pm JANICE \$25**

### QUICKSTEP

This flashy, fast-moving dance will get you off your seats and onto the dance floor. The basics and how to move on the dance floor will be covered. Be ready for a whole lot of fun.

**DA29 1 Sunday, Feb. 24**  
**3:00pm-5:00pm JANICE \$25**

### LEARN ONE DANCE ONLY -

#### SIMPLY SWING! THE BASICS & MORE

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 Saturdays starting Mar. 2**  
**12:00pm-1:00pm JANICE \$55**

### SOCIAL DANCE 55+

#### BACHATA

**NEW!**

Romantic, sexy and easy to learn. Join us for this brand new Latin basic class!

**DA56 5 Fridays starting Jan. 18**  
**11:00am-12:00pm MELODY \$45**

### SOCIAL DANCE 55+ -

#### TANGO

**NEW!**

Tango is the passion behind the dance; fun to learn and a great place to start!

**DA57 5 Fridays starting Feb. 22**  
**11:00am-12:00pm MELODY \$45**

### 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 Jan. 27**  
**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 Feb. 10**  
**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 Feb. 24**  
**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 Mar. 10**  
**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 Jan. 13**  
**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 Jan. 16**  
**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 Jan. 16**  
**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 Jan. 16**  
**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 5 Fridays starting Jan. 18**  
**DA21 5 Fridays starting Feb. 22**  
**5:15pm-6:15pm MELODY \$55**

### 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 Feb. 10**  
**1:00pm-3:00pm MELODY \$25**



# FITNESS AND 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](http://www.ce40.ca)

## STEAM PUNK

### BELLY DANCE WORKSHOP **NEW!**

This is the latest fusion belly dance to break out of Bellydance. This is your opportunity to bring out your cheeky side while exploring the lighter irreverent side of Steam Punk Belly Dance. Come check it out!

**DA12 1 Sunday Mar. 10**  
1:00pm-3:00pm **MELODY \$25**

### SMOOTH MOVEMENTS & UNDULATIONS

Learn how to create those sweeping movements & sensual curves. Each movement will be broken down while exploring the transition to take you smoothly through the dance..

**DA14 1 Sunday Feb. 24**  
1:00pm-3:00pm **MELODY \$25**

### CRAZY 8'S BELLY DANCE WORKSHOP

We will work on an infinite number of 8's on any plane of movement you can imagine and maybe some you can't. An opportunity to help increase your flexibility and technique.

**DA18 1 Sunday Jan. 27**  
1:00pm-3:00pm **MELODY \$25**

### TWO LEFT FEET

Do you feel that you are doomed to be klutzy, unco-ordinated and always a step behind the group? We will break it down to the most basic foundational fitness class moves and show you all the tricks to keep you moving with the crowd. .

**DA09 1 Sunday Feb. 3**  
1:00pm-3:00pm **\$25**

### 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 5 Mondays starting Jan. 14 3:30pm-4:30pm MELODY \$45**  
**DA23 5 Mondays starting Feb. 25 3:30pm-4:30pm MELODY \$45**

## 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 co-ordination while grooving to popular Middle Eastern rhythms. Moms are welcome to attend! Comfortable clothes or dancewear recommended.

**DA50 1 Saturday Feb. 23**  
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 8 Saturdays starting Jan. 19**  
9:00am-10:00am **JANICE \$75**

### DANCER'S CORE TRAINING WORKSHOP

All forms of dance require balance, and balance comes from a strong core. You will learn to identify your core as well as how to strengthen it and use it effectively. A handout is included. Bring your yoga mat or a towel.

**DA59 1 Sunday Feb. 17**  
1:00pm-3:00pm **\$25**

*"Some people seem to think that good dancers are born, but all good dancers I've know are taught and trained."*



.....Fred Astaire

## GENTLE RELAXING YOGA WITH MEDITATION

**NEW!**

Slow moving with breath work; unwind; let go of stress. Find your bliss; relax the body and the mind. Suitable for everybody.

**DA61 8 Saturdays starting Jan. 19**  
4:00pm-5:15pm **CINDY \$75**

### FAMILY YOGA

**NEW!**

A great way for parents and kids to enjoy time together doing something fun and healthy. Some gentle poses, some more challenging, lots of smiling. Suitable for kids age 4 and up, no limit on age of parents.

**DA64 8 Sundays starting Jan. 20**  
11:00am-12:15pm **\$75**  
Children 6 & Up **CINDY \$35**

### YOGA FOR MEN (Men only)

**NEW!**

Many athletes are discovering the benefits of adding yoga to their practice: More flexibility in range of motion, greater focus, and overall balance. This class is designed to open the tight muscles of shoulders and hips and to help align the knees.

**DA62 8 Tuesdays starting Jan. 22**  
7:00pm-8:15pm **CINDY \$75**

### TAI CHI (held at Dance With Me Studio)

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 Jan. 24**  
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, January 21<sup>st</sup> 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 January 26**  
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, January 21<sup>st</sup> 2013 7:00-8:30 pm in Room 182.**



Please do not bring your dog the first night.  
Instructor contact: [www.k9assistance.com](http://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.** Please attend the information night.

**PT65 6 Saturdays starting January 26**  
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 February 23**  
11:00am-1:00pm **ROOM 163**  
**DAYNNA MAJOR \$27**

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

# HEALTH AND WELLNESS

*Janyse Hrynkow, MA, CCC is a psychotherapist, a wellness speaker in Vancouver and also co-ordinates the Health and Wellness Seminars in North Vancouver for CMHA. Janyse spends much of her time promoting mental and emotional wellness in the many communities.*

## BULLYING - WHAT IS IT???

See page 17 for complete details.

#CF65 1 Thursday January 24

7:00pm-9:00pm SCHOOL LIBRARY  
JANYSE HRYNKOW, MA CCC **FREE**

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

EFT, or Tapping, is an exciting new self-healing technique that is based on the principles of acupuncture. By using your fingertips to tap on specific acupuncture points you can gain relief from dozens of physical and emotional issues. In this introduction to the basics of EFT, you will learn to tap on yourself and learn how to relieve your own physical pains, food cravings and unpleasant memories or worries. EFT has been used in thousands of cases to relieve the symptoms associated with fears, phobias, panic, anxiety, stage fright as well as physical issues like headaches and other physical pains. This workshop will be a fun and exciting exploration into this tapping technique.

#HS46 2 Thursdays starting February 7  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$63

## RELAXATION METHODS: SELF HYPNOSIS

Mindfulness Exercises for Self Regulation. A hands-on course to learn to change your physiological state and enhance calmness to enable you to think more clearly and release tension.

#HS68 2 Thursdays starting February 21  
7:00pm-9:30pm ROOM 123  
JANYSE HRYNKOW, MA, CCC \$63

## HIGHLY SENSITIVE PEOPLE AND ANXIETY **NEW!**

Have you always felt that you were a highly sensitive person? People have said to you, "you are so sensitive, or too shy, or you need to not take things so seriously"? Join us to learn new strategies to feel more confident to cope with others who seem difficult, judgmental or just less sensitive.

#HS67 1 Thursday January 31  
7:00pm-9:00pm ROOM 133B  
JANYSE HRYNKOW, MA, CCC \$42

## 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 January 31  
7:00pm-9:00pm ROOM 149  
WAYNE JAKEMAN \$25

## SUPPLEMENTS:

### DO WE REALLY NEED THEM

Come find out what the scientist are saying. Learn which are critical to health and longevity. Understand any conflicts with medication. Learn what to look for in order to get the highest quality brand.

#HS85 1 Thursday February 7  
7:00pm-9:00pm ROOM 148  
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 lead to this amazingly simple program that will reset your metabolism, helping you release unwanted weight and change your life.

#HS88 1 Tuesday February 12  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN \$25

## EAT WELL TO LIVE WELL INTO YOUR 100'S

Come and learn what the scientific community is saying about the foods we eat. You might be surprised at how badly you are eating. But you will get up-to-date information about what and how to eat so that you can live a long and healthy life while avoiding: Cancer, Diabetes, Arthritis, Heart Disease, Osteoporosis & Alzheimer's.

#HS86 1 Thursday February 21  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN \$25

## 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 January 29  
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, you'll be happy that you did.

#HS72 1 Tuesday January 22  
6:30pm-9:30pm ROOM 133B  
MARIE PREISSEL, RN \$25

## DEALING WITH ANXIETY ATTACKS

Thousands of North Americans are affected by panic attacks to some degree. Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our lives. *A suggestion: affirm before you come to class that you will be in a safe environment and that you will be in marvelous control of your personal self.* After one session with Marie, people are able to control their anxiety despite upcoming stressful events.

#HS42 1 Tuesday February 5  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$25

## CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Creative Visualization is one of most effective methods for behaviour 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 February 19  
6:30pm-9:30pm ROOM 133B  
MARIE PREISSEL, RN \$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. She has taught this method to patients who have been insomniacs for decades and they then successfully slept through the night.

#HS11 1 Tuesday February 26  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$22

# HEALTH AND WELLNESS

## 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 Jan. 23  
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 Feb. 20  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL, RN \$75

## HO'OPONOPONO

A practice from ancient Hawaii, of extended family members meeting for conflict resolution and forgiveness. Ho'oponopono 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 March 5  
7:00pm-9:00pm 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. Marie has taught many people to successfully release their traumas, emotional and physical, even after decades of suffering.

**#HS19** 1 Tuesday February 12  
7:00pm-9:00pm ROOM 133B  
MARIE PREISSEL, RN \$22

## 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 and 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. His latest book is A SHORT WALK ON AN ANCIENT PATH – A Buddhist Exploration of Meditation, Karma and Rebirth, \$14.95 and CD \$14 are extra.

**#HS45** 1 Saturday February 23  
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 and loving-kindness contemplation to protect you from the harmful effects of stress, such as heart disease, high blood pressure, anxiety and depression. Results experienced by many include an ability to relax, decreases in insomnia and greater energy and enthusiasm for life.

**#HS55** 2 Tuesdays starting February 5  
7:00pm-9:00pm ROOM 127  
BRIAN RUHE \$54

## INTRO TO BUDDHIST PHILOSOPHY

Learn the principles and practices of Buddhism, such as karma & the round of rebirth, ethics, plus how to live in the world. Expect some humor, too! The instructor, Brian Ruhe, has taught Buddhism for 15 years. He is the author of two books and a CD, which will be available.

Info: theravada.ca.

**#PE94** 1 Thursday March 14  
7:00pm-9:00pm ROOM 127  
BRIAN RUHE \$45

## MINDFUL QIGONG

Maintain optimal health of body and mind with gentle, invigorating, yet healing movements, which are easy to learn and enjoyable for all age groups. Practicing qigong and mindfulness (mindful qigong) promotes strength, flexibility, stamina, balance, coordination and calmness. It also improves attention and strengthens body internal systems while reducing stress, anxiety, worries, depression and chronic pain. For more info, visit LearnMindfulness.org. This program is designed for those who are new to qigong and/or mindfulness as well as those who want to deepen their practice.

\* NO class January 31, 2013.

**#HS57** 7 Thursdays starting January 17  
7:00pm-8:30pm ROOM 117  
SUNG YANG \$72

## STRESS REDUCTION WITH MINDFULNESS

Learn simple stress reduction techniques that are clinically shown effective in reducing stress. Also learn how to deal with the ordinary and extraordinary challenges of life with balance and peace of mind. Please bring your lunch for mindful eating practice"

**#HS56** 1 Saturday February 23  
9:00am-4:00pm ROOM 117  
SUNG YANG \$48

## MINDFULNESS TROUBLESHOOTING

Have you encountered an unexpected obstacle or difficulty while deepening your practice? For example, too many thoughts or restless mind. This class will help you overcome obstacles and difficulties in your mindfulness practice. Also learn how to use obstacles as stepping stones and avoid numerous common mistakes in mindfulness practice.

**#HS59** 1 Thursday March 14  
7:00pm-9:00pm ROOM 117  
SUNG YANG \$18



IN THE EVENT OF SEVERE WINTER WEATHER.  
Classes are cancelled only in severe circumstances.  
Any cancelled classes due to weather will be made up.  
Please call the Night School office at 604-517-6345.

# LANGUAGE



## 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 come.

#LN85 8 Wednesdays starting January 23  
7:00pm-8:30pm ROOM 127  
LIUDMILA RODOVA \$65

## 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.

#LN68 8 Wednesdays starting January 23  
7:00pm-9:00pm ROOM 265  
FLAVIA MARTINS \$69

## CHINESE MANDARIN: LEVEL 1

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

#LN18 8 Thursdays starting January 24  
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.

No class February 11. Family Day  
#LN21 8 Mondays starting January 21  
7:00pm-9:00pm ROOM 268  
YAN SUN \$70

## 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 January 22  
7:00pm-9:30pm ROOM 117  
AKIYO HORIE \$99

## 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 February 11. Family Day

#LN12 8 Mondays starting January 21  
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 February 11. Family Day

#LN16 8 Mondays starting January 21  
8:05pm-9:35pm ROOM 123  
BEAU GABINIEWICZ \$68

## 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 January 21  
No class February 11. Family Day  
6:30pm-9:00pm ROOM 160C  
MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting January 22  
6:30pm-8:00pm ROOM 121  
JAMES STOCCO \$89

#LN92 8 Wednesdays starting January 23  
6:30pm-9:00pm ROOM 160C  
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 January 22  
8:00pm-9:30pm ROOM 121  
JAMES STOCCO \$68

## ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Join James for this 8-week course where you will better understand the basics of Italian.

Text included.

#LN26 8 Thursdays starting January 24  
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 (\$22.00) first night of class.

#LN29 8 Thursdays starting January 24  
8:00pm-9:30pm ROOM 121  
JAMES STOCCO \$68

## TEEN ETIQUETTE

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

This class will incorporate: introductions and greeting people; setting the table; the correct use of cutlery; eating at the table; conversation, communication – Social aspects of a well-mannered dining experience to be proud of!

#BV02 1 Tuesday February 5  
6:30pm-8:00pm ROOM 123  
ANN ELIZABET BURNETT \$22

### 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, listening skills and table etiquette are put into practice.

#BV12 1 Tuesday February 26  
6:30pm-8:30pm ROOM 123  
ANN ELIZABET BURNETT \$27

### MODERN BUSINESS AND SOCIAL ETIQUETTE

See page 14 for more details.

#BV83 1 Tuesday February 12  
7:00pm-9:00pm ROOM 123  
ANN ELIZABET BURNETT \$27

# JEWELLERY AND LEISURE ACTIVITIES

## 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 February 11 – Family Day

**#JB10** 8 Mondays starting January 21  
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 January 22  
6:30pm-9:30pm ROOM 155 JIM KERR \$98

**#JB70** 8 Wednesdays starting January 23  
6:30pm-9:30pm ROOM 155 JIM KERR \$98

## WIRE AND BEAD CREATIONS FOR YOUR HOME

Beginners welcome. Let Susan show you how to jazz up your salad spoons or your plain wine glasses using wire and beads. Your dinner table will never look better. Course includes a set of wine glass markers plus wire and bead wrapped serving spoons and wine glasses - which also make wonderful candle holders. Once you're hooked on this craft, your imagination will be the only limit to what you can design. Please bring a shoe box to carry home your creations. Use of tools and all materials are supplied.

Additional supplies will be available for purchase (cash only).

**#JB09** 1 Thursday January 31  
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$50

## CREATIVE WIRE AND BEAD NECKLACE

Beginners welcome. 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 Monday February 18  
6:30pm-9:30pm ROOM 163 SUSAN ALBERT \$50

## 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. No class Feb 11. Family Day.

**#LA66** 6 Mondays starting January 28  
7:00pm-10:00pm ROOM 164  
JANICE BANNISTER \$125

## WOMEN'S INTUITION: **NEW!** WHAT IS IT? IS IT REAL?

Women's Intuition? Do you believe in it? Is it real or is it a myth? Do you have it? Women's Intuition is probably the most widely known and studied form of intuition. A women's intuition can be highly accurate, especially with age and experience to back it up. Something that every woman has and *where you just know*. Join Cheryl as she helps unravel the mysteries of Women's Intuition. Never doubt this feeling!!

**#LA63** 1 Wednesday February 6  
6:30pm-9:30pm ROOM 148  
CHERYL BREWSTER \$28

## 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.

**#LA83** 1 Wednesday February 13  
6:30pm-9:30pm ROOM 182  
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 Feb. 18  
6:30pm-8:30pm ROOM 182  
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 Feb. 12  
6:30pm-8:30pm ROOM 182  
SALLY CRAIG \$60

## PENDULUM DOWSING

Three methods of working with your pendulum are explored: testing environ-mental 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 February 26  
7:00pm-9:00pm ROOM 148 MALCOLM SMITH \$27

## 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, for 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 February 19  
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 worldwide Atlantean empire; the destruction of Atlantis -- how it was foretold, how it happened and what happened to the survivors, the second Atlantis and the impact of the destruction of Atlantis on our lives today.

**#LA88** 1 Tuesday March 5  
7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$27



# MONEY AND PERSONAL ENRICHMENT

## 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 March 12  
7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$27

## REINCARNATION....

### FACT OR FICTION

Have you ever wondered about "Other Life Experiences"? Have you actually lived in another time in the past? Could you also be experiencing a parallel existence...or are you able to link with an existence in projected future time? Come and join Barbara Leonard and have "the adventure of your present lifetime."

#LA35 1 Saturday February 23  
9:00am-12:00noon ROOM 263  
BARBARA LEONARD \$12

## PALMISTRY

Learn about hand shapes, main lines and mounts to put together amazing information about yourself and others. 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 and being responsible and ethical.

#LA40 1 Saturday February 23  
12:30pm-3:30pm ROOM 263  
BARBARA LEONARD \$12

## ASTROLOGY AND ROMANCE COMPATIBILITY

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.

#LA81 Mon. Feb. 4 and Tues Feb. 5  
7:00pm-9:00pm ROOM 148  
BRENDA SCHAUER \$48

## LEARN ABOUT YOUR COLOUR, CHAKRA AND AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras, Colour and the Sound. 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. Have fun and learn more about yourself. Please bring \$5 for workbook (paid to instructor) and a bag lunch.

#PE21 1 Saturday February 23  
9:30am-4:00pm ROOM 161  
MARY JANE GOTTSCHLAG \$54

## CRYSTALS, GEMS AND CHAKRAS

Join rock hound and colour therapist, Mary Jane, for a night of fun as you explore the world of gemstones. 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.

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

## COLOUR, CHAKRA AND AURA: CONTINUATION

The sun and moon are pure energy shining on the earth with colours that we see and feel at different frequencies and powers. 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 2. Recommended course book available for sale: Colour Energy Author: Inger Naess -- student price \$27.

(no class February 6th)  
#PE22 Wed Jan 30 & Wed Feb 13  
6:00pm-8:30pm ROOM 164  
MARY JANE GOTTSCHLAG \$53

## MONEY

### KEEPING THE FAMILY COTTAGE IN THE FAMILY

If you have a cottage in your family, it is time to look at the tax consequences! With the rise in property values in B.C. and across Canada, most people are unaware of the Capital Gains cost on these properties. Ultimately, this might mean that the much-loved family cottage will have to be sold, as the taxes may be unaffordable for your heirs. This course is a must for anyone owning recreation property.

#MM15 1 Wednesday January 30  
7:00pm-9:00pm ROOM 148  
MICHAEL PRETO \$20

### YOUR MONEY, YOUR RETIREMENT, ARE YOU READY?

We learn by making mistakes, but that can be expensive. It is a lot cheaper to learn from all of the mistakes that others have made while preparing for retirement.

#### The course will cover:

- how to prepare yourself financially for retirement;
- what to expect from the government pensions;
- how to make sure that you never sell low and buy high; and
- last but certainly not least, what you can do to help prepare yourself emotionally for retirement.

#MM16 1 Wednesday February 13  
7:00pm-9:00pm ROOM 148  
MICHAEL PRETO \$20

### UNDERSTANDING MORTGAGES AND YOUR CREDIT HISTORY

*See page 17 for more details.*

#CF03 1 Wednesday January 23  
7:00pm-9:30pm SCHOOL LIBRARY  
INGRID FAISAL FREE

### THE INS AND OUTS OF BUYING A CONDO OR TOWNHOUSE

*See page 17 for more details.*

#CF91 1 Monday February 4  
7:00pm-9:30pm SCHOOL LIBRARY FREE

### REAL ESTATE FOR INVESTMENT

*See page 17 for more details.*

#CF93 1 Tuesday February 19  
7:00pm-9:30pm ROOM 163 FREE

# SEWING AND TRAVEL

## SEWING

### 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 January 22  
 6:45pm-9:15pm ROOM 237  
 KAREN HARBICK \$120

### 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. *Students are encouraged to bring their serger machine if they have one.*

**#SK25** 8 Thursdays starting January 24  
 6:30pm-9:30pm ROOM 237  
 SOPHIA SOO \$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 February 11. Family Day.

**#SK33** 8 Mondays starting January 21  
 6:30pm-9:30pm ROOM 237  
 SOPHIA SOO \$95

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

### RAG RUGS

Join Jan for this two-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 Wed starting February 13  
 6:30pm-9:30pm ROOM 163  
 JAN TRUBER \$54

### INTRO TO KNITTING SOCKS

Students must have some experience in knitting to take this class. Knitting socks is the hottest trend in knitting at the moment. Work with Sarah as she guides you through your first pair of socks. The principles taught while creating a baby sock can easily be transferred to an adult-sized sock. Once you've knit your first pair, you'll be hooked. Students must be able to cast on, knit, purl, decrease, and cast off.

**#SK22** 1 Saturday February 23  
 9:00am-3:30pm ROOM 167  
 SARAH WETHERED \$50

### 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 cash per project payable to the instructor at the beginning of each project).

*Basic knitting skills required.*  
**#SK55** 6 Tuesdays starting January 22  
 6:30pm-9:00pm ROOM 234  
 SHIRLEY MOORE \$99

### 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 caplet, 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 Jan. 24  
 6:30pm-9:00pm ROOM 234  
 SHIRLEY MOORE \$99



## TRAVEL

### NEW DISCOVERIES IN AWESOME AUSTRALIA

After many trips down under I still return to Canada feeling I have experienced an exciting and wondrous country that still offers much to fascinate. Join me as I introduce you to three great states 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 I am. Sample itineraries and travelling tips included.

**#TR64** 1 Tuesday January 22  
 7:00pm-9:00pm ROOM 163  
 GEORGE BELL \$24

### BOATING ON THE WATERWAYS OF EUROPE

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 & Europe offer exceptional vacations for family and friends. Whether you choose to drive yourself in a chartered narrowboat, 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 & 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 January 23  
 7:00pm-9:00pm ROOM 164  
 GEORGE BELL \$24

### BE A VANCOUVER TOUR GUIDE: INTRODUCTION

Showing people from other countries around Vancouver is a wonderful experience. I have been doing this for 38 years and perhaps you'd like to try it. This introductory session will explain the professional and personal qualifications necessary to enter this satisfying part-time endeavor. Do you speak another language and would like to use it?

You can be by being a City Tour Guide.  
**#TR67** 1 Thursday January 24  
 7:00pm-9:00pm ROOM 163  
 GEORGE BELL \$24

# 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](http://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

**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: Monday, January 7th 2013

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