



VANCOUVER ISLAND  
UNIVERSITY  
POWELL RIVER

## CONTINUING EDUCATION

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### INTEREST LIST

Don't see the course you want?  
Call us! If there are a number of people interested in the same course, we can schedule it for you. New and upcoming courses will be advertised in the Powell River Peak throughout the semester. You can also indicate your interest on the web:  
[www.pr.viu.ca/ce/interest.asp](http://www.pr.viu.ca/ce/interest.asp)

## Custom Training @ VIU Employers...

Need training for your staff?

We can help!

- + Save money
- + Increase productivity
- + Motivate your Employees, and
- + Get the training you need in Powell River



Learn how at [www.pr.viu.ca/custom](http://www.pr.viu.ca/custom) or contact Julie at 604.485.8032 or email [Julie.Clarke@viu.ca](mailto:Julie.Clarke@viu.ca)

### 3 EASY WAYS TO REGISTER

**Call us** 604.485.2878  
1.877.888.8890

**Drop by** 3960 Selkirk Ave  
Powell River

**Online** [www.pr.viu.ca](http://www.pr.viu.ca)  
& click on  
Continuing Education,  
Register Now

### REFUND POLICY

You are eligible for a refund when you withdraw at least 7 days before the course starts. If we cancel your course, a full refund will be given plus a \$10 credit towards your next Continuing Education course.

## TRADES

# CAREER & PROFESSIONAL DEVELOPMENT

## RESIDENTIAL HOUSING PROFESSIONAL PROGRAM

The **Canadian Home Builders' Association of British Columbia (CHBA-BC)** is offering residents of Powell River access to courses which lead to the **Registered Housing Professional (RHP)** designation. The RHP courses provide the residential construction industry with a solid foundation of business and technical skills to meet the demands and needs of the industry, and reflect good local building practices. Participants will enjoy a flexible schedule with both online and in-classroom learning. Some participants may qualify for funding provided through the Canada-British Columbia Labour Market Agreement.



### Course Schedule

#### Business Planning & Managing

Thu-Fri, Oct 22-23/09  
Registration cut-off: Oct 8/09

#### Construction Law

Wed, Dec 2/09  
Registration cut-off: Oct 21/09

#### Project Management

Wed, Jan 20/10  
Registration cut-off: Dec 2/09

#### Built Green™ BC Builder Training Workshop

Wed-Thu, Mar 24-25/10  
Registration cut-off: Feb 15/10

#### Marketing & Sales

Wed, Apr 14/10  
Registration cut-off: Mar 3/10

#### Financial & Business Management

Wed, May 26/10  
Registration cut-off: Apr 14/10

#### BC Building Code – Part 9: An Introduction

Tue, June 29/10  
Registration cut-off: May 26/10

#### Certified Energy Advisor Training Course

Mon-Thu, Mar 29-Apr 1/10



### CONTACT

Visit [www.chbabc.org](http://www.chbabc.org) for more information on the RHP designation. To register and apply for funding, visit [www.elearning4u-chba.com](http://www.elearning4u-chba.com)

Tel: 1 800-933-6777 Fax: 604 432-9038  
Email • [support@elearning4u-chba.com](mailto:support@elearning4u-chba.com)

## COMPUTERIZED BOOKKEEPING

### Computerized Bookkeeping Essentials (Statement of Program Completion)

This program will put you in a good position to work as a bookkeeper, either in your own business or as an employee. Upon successful completion, you will receive a Statement of Program Completion. (Please note that this program does not give you any official accounting designation.) A \$35 fee is applicable to this program in order to receive the Statement of Program Completion.

### Bookkeeping Essentials

The first and most important management tool! Learn the accounting cycle from posting journal entries to closing entries and post-closing trial balance. Required text and student workbook available at the Campus Bookstore. (Approx. \$120)

BMBK 010 • F09R01 • Ros Sherrard  
14 sessions: We, Sep 9-Dec 2; 7:00-9:30 (no class Nov 11)  
Classes also Mo, Sep 14 & Mo, Oct 5 \$379

### Simply Accounting Essentials

An introduction to accounting and bookkeeping using the popular Simply Accounting for Windows. Prerequisite: Bookkeeping Essentials (BMBK 010) or equivalent, or permission from instructor. Required textbook available at the Campus Bookstore (approx \$120).

CRSA 001 • S10R01 • Ros Sherrard  
11 sessions: We, Jan 13-Mar 10; 6:30-9:30. Classes also Mo, Feb 1 & Mar 1 \$369

### Bookkeeping Essentials Project

Pull together what you've learned in both the Bookkeeping and Simply Accounting courses into an instructor-supervised project in which you'll demonstrate your skills. Textbook same as for Simply Accounting. Prerequisite: Simply Accounting Essentials (CRSA 001).

BMBK 003 • S10R01 • Ros Sherrard  
Self-study project: Mar 29 – April 9 \$119

# COMPUTERS

## How to Get the Most Out of Your Digital Camera

Knowledge is power! It's easy to take snapshots, but with a little bit of knowledge about how your camera works and the principles of photography, your snapshots can become beautiful photographs. Avoid common mistakes, and get some tips about travelling with your camera. The focus will be on digital photography, but the basic principles of photography can also be applied to film cameras. Bring your camera!

CRDC 001 • F09R01 • Emma Levez Larocque  
2 sessions: Tu, Sep 22 & 29; 6-8:30  
\$69+GST

## Basic Photo Editing: Photoshop Elements

Learn fundamental image editing techniques using the popular Photoshop Elements software which can be applied to most imaging software. Bring in some photos taken with your digital camera or bring a few photo prints to scan in class, then learn to edit the image and save it for use in MS Word, Publisher, email, or the internet! Fix old photos, add text and textures, resize your images, and optimize your files so that they work easily with the format you've chosen. Prerequisite: Introduction to Computers or equivalent. **This class is a budget buster special! Tuition is half the regular price as our gift to you in these tough economic times. See you on campus!**

CRDS 001 • F09R01  
• Jessica Colasanto  
3 sessions: We, Oct 14-28;  
6:30-9:30  
\$50+GST  
**ElderCollege price:**  
\$39+GST



## Intermediate Photography: **NEW!** Mastering Your Digital Camera

Have you achieved a level of comfort with your digital camera, and now feel that you're ready to move to the next level? Learn how to use more advanced camera features, such as manual modes, and how best to use focus and exposure options. Practice exercises included. We will discuss additional equipment for single-lens reflex (SLR) cameras, like lenses and flashes, and techniques and tips to improve your photography. Prerequisite: "How to Get the Most out of Your Digital Camera" OR basic understanding of how the automatic features on your camera work. Required: bring your digital SLR camera, or compact camera with easily accessible manual functions.

ARIP 001 • F09R01 • Emma Levez Larocque  
2 sessions: Tu, Nov 17 & 24; 6-8:30  
\$69+GST



## Introduction to Computers (MS Windows Vista)

This 12-hour hands-on course will introduce you to the computer skills needed in business today. A brief overview of computer hardware and software components, a good grounding in Windows Vista, and an introduction to word processing are included along with a look at typical office suite components and the Internet. A common prerequisite for most other computer courses. Familiarity with keyboard recommended.

CRCB 003 • F09R01  
• Judy Scott  
4 sessions: Mo & We,  
Sep 28-Oct 7; 6:30-9:30  
\$139+GST

**JOSEPH MCLEAN** owns and operates his own computer store. He has extensive experience with both PC and Macintosh computers, and enjoys teaching and talking 'Mac'.

## Introduction to Macintosh Computers

Are you new to the Macintosh, or are your Mac skills out of date? Learn the basics of the latest Mac operating system, and about the programs included with new Macs, such as iTunes, Safari, iPhoto, and Mail. Learn how to organize and edit photos, download and install programs, get online, and get things done—in style! Includes help for "Switchers" —people switching from Microsoft Windows. Also covers basic troubleshooting and maintenance. Bring your own Mac laptop.

CRMT 001 • F09R01 • Joseph Mclean  
4 sessions: We, Oct 14-Nov 4; 6:30-8:30  
\$89+GST



## SCHOOL & COMMUNITY SUPPORT WORKER PROGRAM



**APPLY NOW FOR FALL START-UP**

## DESKTOP & WEB PUBLISHING WORKSHOPS **ONLINE**

Familiarize yourself with the basics of desktop publishing using Adobe InDesign, Photoshop and Illustrator. Learn basic Dreamweaver concepts for web design, and get an introduction to the web applications of Photoshop. Learn about the many uses of Acrobat. Take one course or the entire program (\$30 discount/course if enrolled in program). Go to [www.pr.viu.ca/dwpw](http://www.pr.viu.ca/dwpw) for more information.

### Design Concepts/Designing Documents

DWPW 001 • Carol Ramsay • \$419  
F09W01 Sep. 8 – Oct. 30, 2009  
S10W01 Jan. 4 – Feb. 26, 2010

### Adobe InDesign

DWPW 002 • Carol Ramsay • \$369  
F09W01 Sep 28 – Nov 13, 2009

### Adobe Dreamweaver

DWPW 003 • Jessica Colasanto • \$369  
S10W01 Jan 18 – Mar 5, 2010

### Adobe Photoshop

DWPW 004 • Jessica Colasanto • \$429  
S10W01 Jan 11 – Mar 12, 2010

### Adobe Illustrator

DWPW 005 • Carol Ramsay • \$335  
S10W01 Mar 8 – Apr 9, 2010

### Adobe Acrobat

DWPW 006 • Julie Clarke • \$369  
F09W01 Nov 2 – Dec 11, 2009

### Portfolio Prep

DWPW 007 • Carol Ramsay/Jessica Colasanto • \$425  
I10W01 Mar 29 – May 14, 2010

The **Desktop & Web Publishing Workshops** Program will give you a Vancouver Island University **Statement of Program Completion**, a portfolio of work to show potential employers, and invaluable knowledge of the most popular desktop publishing and web design software on the market today.

## UNSURE ABOUT ONLINE LEARNING?

Try your course out for one week free of charge before you pay. Non-credit online courses only. To get started, just go to [www.pr.viu.ca/online/freeweek](http://www.pr.viu.ca/online/freeweek)

## Microsoft Office Skills Training (MOST)

18 Month Part-Time Certificate Program

[www.pr.viu.ca/most](http://www.pr.viu.ca/most)

**ONLINE**



Get the Microsoft Office skills you need to become a valuable employee in today's workplace, or to get your feet wet and prepare to move on to more advanced training such as VIU's Applied Business Technology Program. Currently we are training using Microsoft Office 2007.

### Required Courses:

- + Microsoft Word: Level I
- + Microsoft Excel: Level I
- + Microsoft Access: Level I
- + Microsoft PowerPoint
- + Microsoft Office Integration

### Elective Courses (choose 3):

- + Microsoft Word: Level II
- + Microsoft Excel: Level II
- + Microsoft Access: Level II
- + Microsoft Publisher
- + Microsoft Outlook

Now available ONLINE • See [www.pr.viu.ca/most](http://www.pr.viu.ca/most) for the current course schedule

Course delivery • Students must complete the program within 18 months to qualify.

Start dates • Courses may be taken at any time, on an ongoing basis.

Application dates • No application is required. Simply register for the courses.

Program Requirements • *Introduction to Computers* or equivalent skills. Minimum keyboarding speed of 25 wpm recommended.

## 3 EASY WAYS TO REGISTER

- Call us** 604.485.2878 or 1.877.888.8890
- Drop by** 3960 Selkirk Ave, Powell River
- Online** [www.pr.viu.ca](http://www.pr.viu.ca) & click on Continuing Education, Register Now

# CULINARY ARTS

## Vietnamese Cuisine

Vietnamese cooking is one of the most highly developed and successful fusion cuisines in the world. Chinese influence is apparent by the use of woks and chopsticks, cooking techniques such as stir frying and steaming, and foods such as noodles and spring rolls. However, baguettes, crepes and asparagus, which are of French origin, can also be found in Vietnamese cooking. An Indian influence is reflected in the use of spices, especially in the south where curries are popular. Vietnamese cooking relies on raw vegetables and herbs as counterpoints to cooked foods. Grilled meats and seafood are combined on the plate with raw vegetables and herbs referred to as "table salad". Tonight we will be making: Rice Noodle Soup with Beef (Pho bo), Shrimp Summer Rolls (Cold), Pork Spring Rolls, Stuffed Crab Shells, Shrimp Dumpling, Sweet-Sour and Spicy Fish Sauce, Peanut Sauce.

COVC 001 • F09R01 • Xavier Bauby  
1 session: Tu, Oct 20; 6-9  
\$75 + \$18 lab fee + GST

## Culinary Travels in Brittany

Text as a placeholder only for this course. Mod eugiat praestie modolor autpatet prat. Ut praessim dolor sumsandre te tatum delit incilit nos duisl utpat lum ing ecte facilisi tatinci liquis dolum commy nibh eugait augait iniat. Olent autate tating exero del in hent prat aci blamet augue tie eum dolorem volortio delis nullandre magnim dolobor tionullam veratetum il ulputat aliquat, sum niat. Ut prat. Ut ut ero od er augiam zzzrilisim zzzrilit incidunt in ectet ut velis esse feugait vel etummy num doloboreetue dolent lan henim inciduis erit lumsan henim quisi tat. Tum vendre vulla feugait ipit inisim veliqui tetum alisit vent velenit erilisciduis. Olent autate tating exero del in hent prat aci blamet augue tie eum dolorem volortio delis nullandre magnim dolobor tionullam veratetum il ulputat aliquat, sum niat. Ut prat.

COVC \_\_\_\_ • F09R\_\_ • Xavier Bauby  
1 session: Day, Mo ; 6-9  
\$\_\_ + \$\_\_ lab fee + GST



# DRIVER TRAINING

## Air Brakes Certification

Prerequisite to Class 1, 2 or 3 license. To drive an RV, small truck or bus with air brakes, this course is also required. Includes 16 hours theory and four hours practical, including practice on air brakes training board and a pre-trip vehicle inspection. ICBC exam must be written (computerized test) within 30 days of course completion, resulting in a Code 15 (Air Brake Endorsement) on your current class of license. Prerequisite: minimum Class 5 License.

QAIR 001 • F09R01 • Cumberland Transportation  
3 sessions: Fr, Oct 2, 6-10 & Sa-Su, Oct 3-4: 8-4:30 \$399

## REFUND POLICY

You are eligible for a refund when you withdraw at least 7 days before the course starts. If we cancel your course, a full refund will be given plus a \$10 credit towards your next Continuing Education course.



## Transportation of Dangerous Goods **ONLINE**

For those who handle dangerous good on our roadways, this online course covers basic knowledge required for shippers, drivers and handlers. Participants are given two (2) attempts only to pass the final test; passing grade is 85%. For detailed information and system requirements, go to [www.pr.viu.ca/onlinejob](http://www.pr.viu.ca/onlinejob). Course may be done on campus (call to book an appointment). May be completed at more than one sitting, 2-4 hours.

QTDG 002 • C09W01 \$69

# ElderCollege

Vancouver Island University

## ABOUT ElderCollege

Exercise your mind! ElderCollege is an opportunity for people 50+ to engage in classes for self-development and fun. Join life-long learners for interesting and stimulating courses.

ElderCollege operates over two semesters. Your membership is valid from September-May each year and allows you access to the low-priced ElderCollege courses.\* You must be a member in order to register for ElderCollege courses. Memberships are \$11. Call **604.485.2878**, apply in person at **3960 Selkirk Avenue** or visit us online at [www.pr.viu.ca/eldercollege](http://www.pr.viu.ca/eldercollege)

\* Course tuitions vary — some also have lab fees for materials or kits.

## COMPUTERS

### Introduction to Computers

This three-session course is designed for students who are largely unfamiliar with computers. It introduces essential Windows skills such as mouse and keyboard manipulation; what an Operating System is and basic Windows components. We will discuss Windows Explorer and File Management, Internet Browsers and using email as well as simple maintenance tasks to keep your computer running effectively.

ELDR 050 • F09R01 • Charles Maceli  
3 sessions: Tu, Oct 6-20, 9-11 am

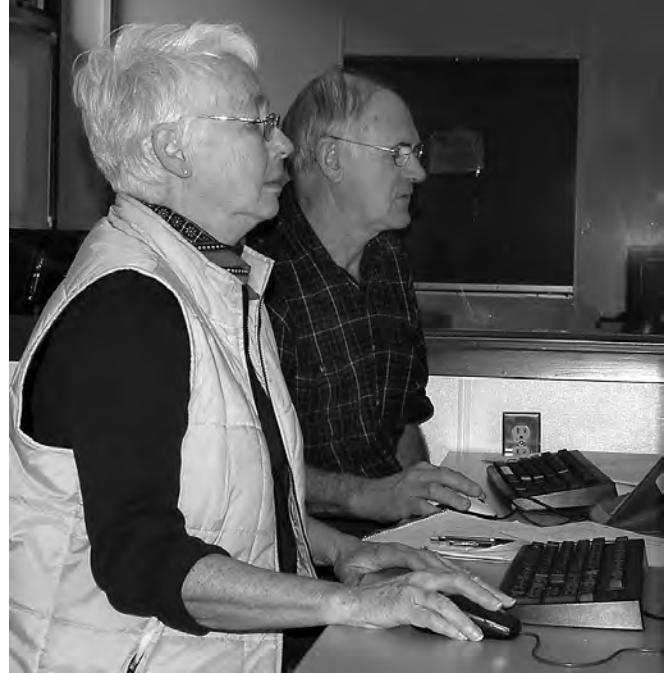
\$25 + GST

### Keyboarding Basics

Is the "hunt and peck" method of keyboarding slowing you down? Do you dream of becoming more familiar with the computer keyboard? Come learn the basics of the QWERTY keyboard and feel more comfortable keying while doing e-mail, word processing and internet searches. In four classes, you will work on skill development and technique, improve your style, increase your speed and feel more confident as you use the keyboard on your computer. This is an ideal class to prepare for Introduction to Computers.

ELDR 051 • F09R01 • Carol Sansburn  
4 sessions: Fr, Oct 2-23, 10-11:30

\$30 + GST



### Microsoft Word 2007 Basics

This course is designed to familiarize the student with the basic as well as with some of the more advanced features of Word Processing, using Microsoft Word 2007. The skills you will learn are easily transferable to earlier versions of Word as well as other Word Processors. However, students are expected to have a copy of Microsoft Word at home so that they may complete assignments given. Students will learn how to create, format, save and email documents as well as applying other features like tabs, headers, footers, bulleted and numbered lists. It is essential that students are comfortable using a mouse and have adequate keyboarding skills to take this course. It is also important for students to commit to taking all sessions in order to get the most of this course and build your skills and confidence.

ELDR 037 • F09R01 • Charles Maceli  
7 sessions: Th, Oct 29-Dec 10, 10-11:30

\$35 + GST

## Create a 3-Minute PowerPoint Presentation

Need to learn to put together your photos for presentations for group events such as weddings, family reunions or retirements? In this two hour class, participants will create a short PowerPoint presentation using Microsoft Office 2007. Topics include how to:

- Create slides and add text.
- Insert pictures and other content.
- Apply a theme for the presentation's overall look.
- Save the presentation.
- Prepare to give the show.

Basic computer skills **STRONGLY** recommended.

ELDR 058 • F09R01 • Judy Scott  
1 session: Fr, Nov 27; 10-noon \$15+GST

## Facebook Fun!

Facebook is a social networking tool that is available for all computer users who have an e-mail account (we can get you one\*). Users are able to instant message, search for friends, share photos, have discussions and much more. If you are a grandparent, Facebook is a great way to receive pictures of grandchildren who are at a distance and to share the pictures with your friends. It is also an easy way to share travel pictures! The class will review privacy settings, how to set your profile and how to upload pictures. Come and find out if Facebook is for you!

\* If you need an email account, please contact Carol before the first class.

ELDR 044 • F09R01 • Carol Sansburn  
2 sessions: Fr, Nov 6-13, 10-11:30 \$25+GST

## Basic Photo Editing: Photoshop Elements

Please see full description on page 4.

ELDR 079 • F09R01  
3 sessions: We, Oct 14-28; 6:30-9:30  
ElderCollege price: \$39+GST

## What they're saying:

*ElderCollege classes are very informative and lots of fun. Nowhere else would you pay so little and reap so much for your dollar, and all done by volunteers. WOW!*

Diana Holm, ElderCollege member



## PERSONAL INTEREST

### Beginner's Quilt Block

Learn to make a multi-purpose quilting block and transform it into a pillow. Terri will guide you step-by-step as you learn this beginner technique. Fabric, pillow form, pattern, and templates will be supplied, they are included in the tuition. Please bring your own sewing machine, zipper foot (if you have one), scissors, rotary cutter and mat, bobbins for your machine and thread, and most importantly your sense of humour.

ELDR 055 • F09R01 • Terri Williams  
3 sessions: We, Nov 18-Dec 2, 10:30-12:30  
\$50+GST

### Boxes, Bags & Bookmarks

A make-and-take class, reusing and recycling "stuff" found around the home to produce a memory book, a couple of gift bags, and a box that becomes a card for holding a small gift. Instructor will contact participants individually to talk about supplies.

ELDR 056 • F09R01 • Lorraine Parkinson  
2 sessions: Mo, Nov 9 & 16; 10-Noon  
\$20+GST

### Five Visits to the Opera Alphabet

Opera returns to Elder College with an eclectic mix of operas, composers, opera characters and singers, each presentation linked by a letter of the alphabet. There will be background information on the operas, biographical information on the composers and singers and plot synopses. Extensive DVD and CD excerpts will illustrate each session.

ELDR 057 • F09R01 • John Silver  
5 sessions: Tu, Nov 10-Dec 8; 1-3 pm  
\$35+GST

### Flights of Fancy

Step back into your childhood once again through the magic of storytelling. Hold your breath in wonder, gasp in delight, and marvel at the genius of six classics: The Lion, the Witch and the Wardrobe; The Little Prince; The Jungle Book; The Wizard of Oz; Winnie the Pooh; and Peter Pan. Classes are two weeks apart, and the books will be ordered through the public library. Be prepared for unbridled enthusiasm and shocking biographical facts in our animated classroom discussions.

ELDR 034 • F09R01 • Wendy Thomas  
6 sessions: every other Mo,  
Oct 5-Dec 14, 1-2:30 \$35+GST



**JOHN SILVER** is an opera enthusiast who has presented previous opera talks for ElderCollege. He currently presents *Opera Insights*, a lecture series on operas which are broadcast live from the Metropolitan Opera. For two years John hosted JUMP Radio's weekly program *The Opera Hour*.

## Genealogy

Genealogy is one of the fastest growing hobbies. Discover the steps to researching your family history. There will be an opportunity for each participant to receive one on one help with their family tree. Please bring a pencil, pen and paper.

ELDR 048 • F09R01 • Pamela Voss

3 sessions: We, Nov 18-Dec 2; 1:30-3:30

\$25+GST

## Living Longer, Living Well

This course explores the lifestyle factors contributing to improved health and longevity. These two sessions will educate individuals about diet, physical activity, stress, social relations and spirituality, and how they contribute to longevity. The class will also explore exciting new "Blue Zones" or clusters of people who consistently live long lives. The communities and cultures of Sardinia, Italy, the islands of Okinawa Japan, the Seventh-Day Adventists from Loma Lida California and Ikaria, Greece will be explored. Participants will develop an understanding of what steps can be taken to enhance their health and what changes can be made to help develop Powell River into a Blue Zone.

ELDR 036 • F09R01 • Chris Bratseth

2 sessions: Tu, Oct 13-20, 4-6 pm

\$15+GST

## Mr Pip, In-depth

Join Eileen as she guides students through an in-depth novel study. Students will discuss the novel, the literary references, as well as modern-day current events that reflect the political climate of the novel. Eileen will share "how-to" tips in investigating the background of the novel and author.

ELDR 039 • F09R01 • Eileen McKinnon

6 sessions: Tu, Nov 3-Dec 8, 10:30-12:30

\$35+GST

## Townsite Heritage Walk

Have you ever wondered about the history of Dwight Hall, The Rodmay Hotel, the two churches at Ash and Sycamore and the Triangle Garden? Take a stroll through Powell River's historic Townsite which was designated a National Historic District in 1995 and learn about these and many more. The Townsite which originated in 1910 was built on the English "Garden City" concept and was built mainly for mill workers and their families. You will find out what determined the design of the Townsite and about the history of many notable buildings and homes during the walk as well as have the opportunity to ask questions. Meet at the "Postmaster's House" at 5865 Ash Avenue to start the tour. Wear comfortable shoes and be prepared to walk some hills! Learn what you can before the Townsite's centennial in 2010!

ELDR 078 • F09R01 • Townsite Heritage Society (Peter Sansburn)

1 session: Mo, Oct 19; 10-Noon

\$10+GST

## Sharing the Journey

This class will focus on writing, sharing and reflecting on the experiences of our unique journey. Learn new ways of expressing yourself in a comfortable and supportive setting. Have fun. Be creative. Share ideas. Enjoy the company.

ELDR 059 • F09R01 • Carmen Kuczma

4 sessions: Th, Oct 1-22; 10:30-12:30

\$35+GST

## Watching the Blues

This course will explore the history, influence and feeling of the blues by watching and discussing the highly moving PBS series of documentary films: Martin Scorsese Presents The Blues. Oscar winning director Scorsese gathered together six noted film directors and set them the task of each making a highly personal, full-length documentary about the blues. Then he added a seventh of his own to kick off the series. Along the way these seven directors created a remarkable history of Black America's struggle against repression and prejudice. They also documented a major contribution to popular music's development the world over. Learn about slaves' work hollers, the juke joints of Memphis, the recording studios of Chicago and the 12-bar blues form. Enjoy performances by musicians like Big Bill Broonzy, John Lee Hooker, Bonnie Raitt, Cassandra Wilson, Muddy Waters and Little Richard. The first three films by directors Scorsese, Wim Wenders and Richard Pearce will be viewed in the fall term. No musical ability is required. "The blues are the roots; everything else is the fruits." — Willie Dixon

ELDR 035 • F09R01 • Bob Butkus

6 sessions: We, Sep 30-Nov 4, 1:30-3:30

\$35+GST



## Survival Spanish for Snowbirds

This is a conversational course for people interested in visiting a Spanish speaking country. Useful vocabulary as well as basic grammar will be covered. Also included will be tips on travelling south of the border.

ELDR 002 • F09R01 • Carmen Kuczma

5 sessions: We, Oct 7-Nov 4; 10:30-12:30

\$35+GST

## THE ARCTIC:

Digital pictures with Heather Harbord... who never saw a live polar bear.

### The Mid-Arctic at Bathurst Inlet Lodge (2005)

A retired RCMP Officer bought an old Hudson Bay post and, together with the local people, a botanist and an Anglican bishop, converted it into a lodge offering tours aboard a pontoon boat and evening lectures plus a local fashion demonstration. It's been called "the best value for money in the Arctic."

ELDR 029 • F09R01 • Heather Harbord

1 session: Fr, Oct 23; 10-Noon

\$10 + GST

### The High Arctic on a Russian icebreaker (2008)

Starting at Resolute, helicopters and zodiacs took me to see the Franklin graves at Beechy Island, old RCMP posts, four fabulous stops in Greenland amidst a parade of ice bergs, then north through the Kane Basin to Canada's most northerly park at Fort Conger and on to 82°N in the Lincoln Sea. I trod in the steps of Franklin, Nares, Greeley, Peary, Cook, Rasmussen, Sverdrup and A.Y. Jackson.

ELDR 054 • F09R01 • Heather Harbord

1 session: Fr, Nov 20; 10-Noon

\$10 + GST

## Rough Travel in the Arctic:

### By water and foot

Join Judy as she talks about seeing the Arctic by water and foot. Judy lived in Yellowknife, Iqaluit and Nunavut, and travelled extensively. Judy will share her adventures with both discussion and photos of kayaking on Great Slave Lake, rafting on Burnside River, canoeing in Thelon River, as well as living and hiking on Baffin Island. If time permits, Judy will share her adventures about paddling on Soper River, hiking on Ellesmere Island and camping on the ice in June in north Baffin.



ELDR 033 • F09R01

• Judy Watts

1 session: Fr, Dec 4; 10-Noon

\$10 + GST

## Never the same road twice...

### Walking the Camino de Santiago

Have you ever wanted to leave the ordinary behind for awhile and choose your own path? Follow an ancient and historic road to a distant city full of legends? For 30 days in the spring of 2008, Brenda Allan walked 770 km. on a road in the north of Spain called the Way of St. James or the Camino de Santiago. This route which has been in existence since the Middle Ages, is walked and cycled by thousands of people each year. Brenda set out solo and found that it was not only possible for a woman on her own, but a wonderful experience that turned out to be challenging and uplifting at the same time.

ELDR 009 • F09R01 • Brenda Allan

1 session: Th, Oct 22; 1-4 pm

\$10 + GST

## Volunteers Make ElderCollege A Success

Volunteer your time as an instructor and/or member on the committee. Contact Dawn McLean at 604.485.2878 or email dawn.mclean@viu.ca

## Why is ElderCollege DIFFERENT?

- ☞ A participatory learning experience
- ☞ No quizzes or grades
- ☞ Lively, fun and full of discussion

[www.pr.viu.ca/eldercollege](http://www.pr.viu.ca/eldercollege)

UNIVERSITY

# FIRST AID & SAFETY

## Traffic Control/Flag Person

Get the necessary skills and knowledge to work as a traffic controller for construction, maintenance and utility work. This is the only approved TCP training course for all roads in B.C. Bring lunch, passport size photo (2"x2") for ID card, CSA safety boots and dress for the weather. No pre-reading required.

QFLG 001 • F09R01 • John Marriott

2 sessions: Th & Fr, Nov 19 & 20; 8:30-4

\$279 + \$20 lab fee

## Foodsafe Level 1

A must for kitchen staff and dining room attendants but worthwhile for anyone who handles food. You will learn about illnesses, personal hygiene and health, serving food, food protection and preparation, receiving and storing food safely, ware washing and storage methods. Students must attend all sessions.

QFOO 001 • F09R01 • Dan Glover

4 sessions: Tu & Th, Oct 13-22; 7-9:30

\$95+\$17 lab fee

## Foodsafety for Food Handlers™

**ONLINE**

Course can be taken online at any time. Exam must be supervised by qualified proctor. For more information, see: [www.pr.viu.onthejob/foodsafety.asp](http://www.pr.viu.onthejob/foodsafety.asp)

QFOO 001 • C09W01 • Knowledgeware

\$79

## WHMIS

**ONLINE**

Can't make it to the classroom? WHMIS 101 is the most comprehensive training available on the web. This course will meet your company or personal WHMIS (Workplace Hazardous Materials Information System) education needs, while meeting the legal requirements of WCB/WHMIS legislation. Course takes approximately two hours to complete.

QWMS 001 • C09W01

\$39



## LECTURE SERIES

## WORKSAFE **WORK SAFE BC**

*If your organization employs more than nine people, you are required under the Workers Compensation Act to establish a joint health and safety committee (20+ employees) or designate a worker health and safety representative (9-19 employees). We have partnered with WorksafeBC to provide you with health and safety courses — helping to keep you and your employees safe in the workplace. Courses can be customized for your workplace needs and group rates are available.*

To put your name on our interest list, call **604.485.2878** or go online to [www.pr.viu.ca/ce/interest.asp](http://www.pr.viu.ca/ce/interest.asp).

### Available courses:

- Occupational Health & Safety in Small Business
- Preventing Workplace Violence
- Responsibilities of Joint Health & Safety Committees
- Hazard Recognition & Control
- Preventing & Investigating Musculoskeletal Injury (MSI)
- Supervisor Safety Management

## 3 EASY WAYS TO REGISTER

- Call us** 604.485.2878 or 1.877.888.8890
- Drop by** 3960 Selkirk Ave, Powell River
- Online** [www.pr.viu.ca](http://www.pr.viu.ca) & click on Continuing Education, Register Now

# FIRST AID & SAFETY

## Workplace Emergency First Aid & CPR

Equivalent to WorksafeBC's Occupational First Aid Level 1, this course meets Occupational Health & Safety regulations for Basic First Aid. For individuals who want an overview of first aid & CPR for the workplace or home, including skills needed to recognize, prevent and respond to cardiovascular emergencies for adults, CPR Level A, AED certification and topics such as: choking; airway, circulation and breathing emergencies; and prevention of disease transmission. Minimum age 16 years. Wear casual clothing, long hair tied back; bring two pieces of ID (one photographic). Red Cross certificate issued upon successful completion of practical skills & written test, valid 2 years.

QWFA 001 • F09R01 • Debbie Ivanic

1 session: Fr, Nov 6; 8:30-5:30

\$99



## Basic Rescuer (CPR "C")

For health care professionals and professional rescuers, includes CPR (adult, child, infant; one and two rescuer CPR) and AED, as well as signs, symptoms, and risk factors for heart attack and stroke. CPR "C" is a prerequisite for the LPN program and for HSRCA. Red Cross Certificate issued; valid for 3 years.

QCPR 001 • S10R01 • Janet Welsh

2 sessions: Tu & Th Jan 26 & 28; 6-10

\$89

## Emergency Child Care First Aid & CPR (formerly "ChildSafe")

For parents, babysitters and childcare workers. Includes recognition of home hazards, accident prevention and safety education. Those who are re-certifying are required to take the full course. Skills focus on rescue breathing, CPR, choking, bleeding management and common first aid situations and medical emergencies. Approved by the Provincial Community Care Facilities Licensing Board. Canadian Red Cross Certificate issued, valid 3 years.

QCHI 001 • I10R01 • Janet Welsh

2 sessions: Tu, May 4 & 11; 6-10

\$99

## Marine Basic First Aid

Please see information in 'Marine' section on page \_\_\_14?\_\_\_

## Construction Safety Training System

BC's construction industry is one of the most hazardous to work in. To reduce accidents and injuries, employers must ensure that all workers are trained in basic workplace safety. This CSTS course is delivered via an interactive computer program which is easy to use - it is the only construction safety training that is endorsed by the Construction Safety Association of BC (ask about the CSABC STAR COR Program — your company could receive a 5% rebate on its WCB annual base assessment). CSTS has been customized for BC in consultation with WCB, and covers 12 topics, from the law at work, to personal protective equipment, to emergency response. For employees, CSTS is available at any time the Campus is open and will give you an advantage in the construction job market. For employers CSTS takes care of your due diligence requirements, saves time on repetitive training of new employees, and can help lower your WCB costs. Certificate issued, valid 3 years. Call 604-485-2878 for a training appointment. Course takes 3-6 hours, and may be completed at more than one sitting.

SWSA 001 • C09R01

\$50 + GST

## HEALTH & HUMAN SERVICES

### Nursing Foot Care I and II

**NEW!**

Designed for nurses responsible for foot care in facility and community settings. **Part I:** theoretical and practical instruction in non-invasive foot care, emphasizing the healthy foot. **Part II:** focuses on specific conditions and foot care needs. Topics include a holistic approach to foot care, overview of foot care within the scope of nursing practice, and an introduction to private practice foot care. **Prerequisite:** Open to Registered Nurses or Licensed Practical Nurses ONLY.

HHFC 023 • F09R01 • Susan Tremble

\$589 + \$35 lab fee

5 sessions: Mo-Fr, Oct 5-9; 9-4

(Lab fee non-refundable)

### Introductory Medical Office Assistant Training Program — INTERESTED?

Provides knowledge and training in the medical administrative field and is intended for those wishing to upgrade their skills; staff currently employed in the medical field who require cross training, professional development, retraining; and individuals new to the field. Career opportunities include hospitals, public health offices, long term care facilities, medical offices, specialists' offices, nursing services (scheduling), insurance companies, government offices with medical-related departments. Offered on a part-time basis over two semesters and consists of four core courses leading into the specialty stream for a total of 303 hrs. Approx. \$3600. Program may be offered for 2010-11 depending on demand. Call 604.485.2878 to add your name to the Interest List. For more information see: [viu.ca/ccs/certificates/medicalofficeassistant.asp](http://viu.ca/ccs/certificates/medicalofficeassistant.asp).

Look for Medical Terminology course  
scheduled for Spring 2010!

# LANGUAGE & WRITING

## Children's Writing Workshop

with Trina Wiebe

Spend six weeks with author Trina Wiebe as she shows you the ins and outs of getting a children's book published. Explore the world of children's publishing, learn what makes a good story great, and experience being part of a classroom critique group. The weekly lessons and assignments will give you an opportunity to workshop a story of your own, taking it through the process of writing, editing and revising. At the end of the course you can submit your story to the author/instructor for a private, in-depth critique.

LLFC 003 • S10W01 • Trina Wiebe  
6 weeks: Jan 25-Mar 5

**ONLINE**



\$249 + GST

## Business Writing Workshop

Communicating effectively in a business setting has never been more important. Everyday business tasks include writing emails, proposals, reports, promotions, descriptions, the list goes on and on. Improve your business writing skills and learn to write effectively for your intended audience.

MSBW 007 • F09W01 • Greg Spira  
6 weeks: Oct 5-Nov 13

**ONLINE**

\$269 + GST

### REFUND POLICY

You are eligible for a refund when you withdraw at least 7 days before the course starts. If we cancel your course, a full refund will be given plus a \$10 credit towards your next Continuing Education course.

ABT

## TECHNICAL COMMUNICATION **ONLINE**

### 2 Year Part-Time Online Certificate Program

*'Am I a Technical Writer?'* This is a question you may be asking yourself if you are spending most of your working time writing any of the following:

- training manuals
- product documentation
- instructional materials/curriculum
- procedures
- specifications
- 'how-to' lists
- software/hardware instructions
- online help screens
- table of contents
- indices

As an expert in your field, you may be moving into the role of technical writer without even realizing it. Make it a smooth move with focused training in the field of technical communication.

### Course Delivery

A parttime, non-credit Certificate Program, offered completely online. Students have 2 years to complete their certificate.

### Start Date

The program runs year-round. Core courses are scheduled to run at least twice per year, and electives are scheduled to run at least bi-annually. Registration for courses is ongoing. Students can start at any time.

### Free Moodle Orientation (Recommended)

A free Moodle Orientation is included with these courses. Students who have never taken an online course using Moodle are advised to take this online Orientation before starting their first course.

For program details call toll-free:  
1.877.888.8890 (Powell River)  
or [www.pr.viu.ca/techcomm](http://www.pr.viu.ca/techcomm)

### WHAT OUR STUDENTS SAY

*"...I'm just finishing the Technical Communication program and it has been a wonderful experience. The instructors are "out there" in the real world working as technical communicators. It is plain to see that they have worked hard on the lecture materials to make the topics easy to digest but still current. And the caring attitude that they bring to the discussion forums makes it easy for even the shyest people to ask questions or state opinions."*

— Dr Robert R.W. Hodgins

## MED: Small Non-Pleasure Vessel Safety (Formerly MED A3)

This is a basic personal safety training Marine Emergency Duties certificate course which is mandatory for persons working as crew members of fishing vessels or small commercial vessels not greater than 12 metres in length, operating not more than 25 miles offshore. Transport Canada requirements state that: "Every member of the complement of a vessel shall, before the member has completed six months on board ships, obtain a certificate of the member's successful completion of training, at a recognized institution, in marine emergency duties with respect to basic safety."

QMAR 003 • S10R01

• Maritime Education Associates

1 session: Mo, Jan 18; 8:30-5 \$205

## Small Vessel Operator

Basic theoretical knowledge to take charge of a passenger or commercial vessel under five (5) gross tonnage or a fishing vessel under 15 gross tonnage, operating in designated waters. Note: you must hold or obtain a minimum of MED – Small Non-Pleasure Vessel Safety (formerly MED A3) in order for the SVOPC to be considered valid by Transport Canada. Minimum age 18 years.

QMSV 001 • S10R01 • Maritime Education  
3 sessions: Tu-Th, Jan 19-21; 8:30-5 \$508



## Marine Basic First Aid

This course combines the Red Cross Standard First Aid and Workplace Emergency First Aid & CPR (equivalent to WCB Occupational First Aid Level 1). Provides an overview of first aid & CPR techniques with scenarios taken from the marine/fishing industry for individuals who need a basic training level in first aid & CPR for the marine industry. The course develops skills needed to recognize and respond to cardiovascular emergencies for adults, CPR Level A, and other topics including choking, airway and breathing emergencies and prevention of disease transmission.

QMBF 001 • S10R01 • Debbie Ivanic

2 sessions: Fr & Sa, Jan 22 & 23;

8:30-5:30

\$239

## FISHING MASTER 4 / FISHING MATE / MASTER LIMITED

Transport Canada now requires any vessel which is away from the dock for more than 24 hours to have a second person on board. In effect, a second Watchkeeper is now required for larger boats over 15 gross tons. Get your certification with these courses tentatively scheduled for Spring 2010:

- ♦ **MED – Basic & Small Passenger Vessel Safety** (formerly MED A1 & A2): Mar. 8-10, \$612
- ♦ **Master Ltd 60 Ton/Fishing Master 4/Fishing Mate:** Mar. 11-24 (no class Mar. 14 & 21), \$1850 (includes the SEN Ltd. course).
- ♦ **Simulated Electronic Navigation Ltd** Mar. 20-24 (no class Mar. 21), \$742
- ♦ **Restricted Operator Certificate Maritime Commercial:** Mar. 25-27, \$584
- ♦ **Marine Advanced First Aid:** TBA, \$709

Call us at 604.485.2878 to put your name on the Interest List for these courses!

If you are unsure of which certifications you need for your personal work situation, please check directly with Transport Canada Ship Safety, Nanaimo, at 250 754-0244.

# EDUCATION TO GO **ONLINE** COURSES

Update your skills, pursue an interest or discover a new talent. Work at your own pace in these instructor-led, non-credit online courses offered and taught by Education to Go. All courses start a new section each month, and each course runs for 6 weeks consisting of 12 lessons (about two hours per lesson).

We offer a huge variety of courses in areas such as Computers, Internet & Web Design, Computer Graphics, Writing, Personal Interest, Sales & Marketing, Health Care, Certification Prep, Start Your Own Business and much more!

Visit [www.ed2go.com/viu](http://www.ed2go.com/viu) to see all the courses, and for more information.

The first week with Education to Go is always FREE — Try it out at no risk: [www.pr.viu.ca/online/educationtogo.asp](http://www.pr.viu.ca/online/educationtogo.asp) Click on: First week FREE Ed2Go

all 604.485.2878 or go to [www.pr.viu.ca/ce/registration.asp](http://www.pr.viu.ca/ce/registration.asp) to register for any of the following start dates:

SEP 16/09 • OCT 21/09 • NOV 11/09 • DEC 9/09

## COMPUTER COURSES

### Computer Skills for the Workplace

Gain a working knowledge of the computers skills you'll need to succeed in today's market.

### Introduction to MS Project 2007

Experienced project manager reveals how to use the world's most popular tool for planning, implementing, and controlling projects.

### Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

### Basic A+ Certification Prep

Take that first step to becoming an excellent PC technician. Prepare for the CompTIA A+ certification exams that debuted in late 2006.

### Introduction to PHP & MySQL

Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

## INTERNET & WEB DESIGN

### Creating Web Pages

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

### Creating Web Pages II

Learn to develop polished and interactive pages complete with tables, forms, frames, audio, and CSS.

### Designing Effective Websites

Learn powerful graphic design techniques and build websites that are both attractive and wickedly effective.

### Learn to Buy & Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

## COMPUTER GRAPHICS

### Photoshop Elements 6.0 for the Digital Photographer II

Master the most advanced features of Photoshop Elements 6.0 for Windows and take your photo editing skills to the next level!

### Discover Digital Photography

Learn how you can get the most out of one of the friendliest and most popular design programs on the market. Create a variety of projects that you can put to immediate use, including greeting cards, stationary sets, and more.

### Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

### Introduction to CorelDRAW X3

Learn how CorelDRAW can help you create dazzling logos and other artwork for print or the Web.



## FOR WRITERS

### Writeriffic I: Creativity Training for Writers

Banish creativity blocks forever with these tricks from the published writer's toolbox. Writeriffic liberates the inventive bolts of genius that are inside everyone. If you've ever dreamed of hearing your writer's voice, this class will make it happen.

### Beginning Writer's Workshop

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

### A Writer's Guide to Descriptive Settings

Develop your eye for detail and improve your writing with vivid descriptions, memorable settings, and believable characters.

## PERSONAL INTEREST

### Goodbye to Shy

Want to learn skills for overcoming shyness? Now you can — from someone who has been there! Become more confident in social, professional, and romantic situations.

### Speed Spanish I

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

### Become a Veterinary Assistant

Do you love animals? Have you ever thought about a career as a veterinary assistant? This course, taught by a practicing veterinarian and college instructor, will give you the information you need to prepare for work in veterinary hospitals.

# OUTDOORS & ENVIRONMENT

## CORE Hunter Training for Licence

Theory and practical training in wilderness survival, animal and bird identification, firearms safety, hunting ethics and regulations, wildlife management, and first aid. Course is prerequisite for those applying for their hunter's licence. Administration fee of \$30 payable to the BC Wildlife Federation upon successful completion of course exams. Textbook included.

QCOR 001 • F09R01 • Wendell Beeching  
10 Sessions: Tu & Th, Sep 8-Oct 6; 7-9:30 & Sa, Oct 3; 9-4 \$139 + \$10 lab fee + GST

## CYA Safe Boating

The Pleasure Craft Operator Card (PCOC) will be required by law as of Sept. 15/09 for everyone operating a pleasure craft. This is the official Canadian Coast Guard boating safety course standard. Topics include rules and regulations, emergency procedures and seamanship skills, and the required theory necessary to safely operate a power driven pleasure vessel. Local lake and ocean conditions will also be covered. PCOC issued upon successful completion. Children under 14 years of age must be accompanied by an adult who is also registered in the course. Book and certificate are included in the fee.

QBOA 001 • F09R01 • Paul McIsaac  
2 sessions: Tu & Th, Sep 8 & 10; 6-9:30 \$119



**RANDY MITCHELL** is the Search and Rescue instructor in Powell River. His SAR work involves search tactics, survival methods and navigation. He has been an outdoor enthusiast for decades.

## Navigation with Map & Compass

**NEW!**

This course will cover the basics of backcountry navigation. Learn simple tools to know where you are, and how to plot a good course in, so you can safely find your way back. Learn how to use a topographical map and compass, and Garmin GPS, and how to coordinate the three. (Note: intro to basic GPS only — the main focus will be map & compass.) This course is good for all outdoor activists: hikers, quad users, snowmobilers, and others — including beginners to the outdoors! Bring your compass or GPS if you own one. If you are new to backcountry travel, the course will cover which is best compass & GPS to buy. Pick up supply list at registration.

OEMC 002 • F09R01 • Randy Mitchell  
6 Sessions: We, Oct 7-Nov 18; 6:30-8:30  
(No class Nov 11) \$79 + GST

## Small Farm Development

**NEW!**

Learn the business of being a small lot farm operator, whether you are just starting out or planning to expand. A large part of new development in agriculture in South Coastal B.C. is in niche market, small scale, cottage industry type operations, producing local product to support new trends such as the 100-Mile Diet. The vast majority of farms on Vancouver Island and the Sunshine Coast are small. The land is often under-utilized, yet the area produces less than 10% of the food consumed locally. So how do you make a go of a small farm these days? Topics include: Goal setting, production, marketing, financial planning, rules and regulations that affect farmers, environmental issues and concerns, trends that will affect farmers in the future.

Instructor Gary Rolston is a professional agrologist with more than 25 years' experience working with farmers on the south coast. For 10 of those years, he was the district agriculturalist with the BC Ministry of Agriculture in Courtenay, assisting farmers on the North Island and in Powell River. For the past 11 years, Gary has been offering courses & services for small farm operators, including: developing sustainable agricultural practices; assisting local farmers' markets; farm business planning and assessments; succession planning, and more. See his website at: [www.ftgu.bc.ca](http://www.ftgu.bc.ca). The tuition for this course has been kept low due to the generous financial support of the Farmers Institute of Powell River.



OESF 001 • F09R01 • Gary Rolston  
2 sessions: Th & Fr, Nov 5 & 6; 8:30-4:30

\$79 + GST

### GREEN STEPS FOR HOUSING: Sustainable building/renovating for homeowners

How do you know which home energy efficiency upgrades make the most sense? How “green” can you build and still be able to afford to finish the house? How do you make sense of the multitude of “green” options out there and wade through the “greenwashing” to practical solutions? Learn which financial rebates are available for building or renovating your home to environmentally-sustainable standards and learn how to go about doing your own research and becoming informed on the whole process. Learn to:

- Lower energy costs
- Lower water consumption
- Improve indoor air quality
- Lower maintenance costs
- Increase market and resale value of your home
- Lower environmental impact and build responsibly

#### REFUND POLICY

You are eligible for a refund when you withdraw at least 7 days before the course starts. If we cancel your course, a full refund will be given plus a \$10 credit towards your next Continuing Education course.

Bring questions about your own potential building project in order to help focus the discussion. CaroleAnn Leishman is Built Green™ certified and has worked in residential construction as a project manager, architectural designer, carpenter's assistant and as owner-builder of her own home. This course won't give you all of the answers, but it will show you where to look and how to decide on the green building solutions that are right for you.

OEGS 010 • F09R01 • CaroleAnn Leishman  
2 sessions: Tu, Oct 20 & 27; 7-9

\$59 + GST

### 3 EASY WAYS TO REGISTER

**Call us** 604.485.2878 or 1.877.888.8890

**Drop by** 3960 Selkirk Ave, Powell River

**Online** [www.pr.viu.ca](http://www.pr.viu.ca) & click on Continuing Education, Register Now

## Enjoy the Journey!

