



**Edward Milne
Community School**

Winter | Spring 2010

***Over 80 Great
Opportunities To:***

*learn, have fun, get healthy,
make friends, master a new skill,
try something you've never done before...*

**Community
Education Calendar**

Message from the Program Office

For many of us, each New Year brings renewed inspiration for self-improvement. At EMCS, our Community Education Programs offer a wide range of opportunities to try something new, acquire new knowledge or make an important change in your lifestyle.

As a community school, we operate on the belief that education is a cooperative effort among all members of our community and that learning is a life-long process. We have offered adult learning opportunities to the community of Sooke for over 20 years through evening and weekend courses. We also partner with community groups to develop programs that aim to build a healthy community and improve the quality of life of residents of the Sooke region.

We aspire to create positive learning opportunities for people of all ages: If active living is your interest, the Lean Team will guide you through lessons on good nutrition and give you the opportunity to work out with a personal trainer. If salty air and camaraderie are appealing to you, join the Maritime Program and learn to row and sail a replica, 18th century Spanish longboat. You can learn how to grow plentiful, organic veggies from seasoned gardeners by taking a course or volunteering in one of Sooke's community gardens. Whatever your age or interest, we hope that you embrace learning as a life long adventure!

Heather Walsh,
Edward Milne Community School Coordinator

Rose Steele,
EMCS Program Coordinator

What's new for 2010?

We have added new writing and song building workshops this semester to help you release your inner poet and a few 'feel good' courses for cultivating a positive outlook. We have also added some free financial seminars to guide you through tax season and plan your financial future.

In addition to these new courses, we continue to offer some of the time-tested favourites such as: teen yoga and meditation; a boater's certification course to prepare you for the upcoming changes to boating regulations; Spanish and French language classes for the traveller or cultural enthusiast; and a variety of computer courses for all skill levels. For more information on these and many other community programs, please visit our website at: www.emcsprograms.ca.

We are always looking for feedback on our programs and suggestions for new courses. Please don't hesitate to contact us with your ideas: 250-642.6371 or csc@emcsprograms.ca. We look forward to seeing you in 2010!

MONDAY MORNING LONGBOATERS

Community member and visitors are invited to join the crew for an outing in one of our two longboats, the Dona Rosa and the T'Sou'Ke. On most Monday mornings, weather permitting, the Coxswain and Crew set out from Sooke Marine Industries for two hours of rowing and sailing on the Sooke Basin. No experience is required and, aside from appropriate weather clothing, all equipment is supplied. Donations are accepted gratefully and all money is applied to the upkeep and moorage of the longboats.

Where: Sooke Marine Industries, Kaltasin Road.

When: Monday Mornings

Time: Be at the SMI boat shed by 8:45am.

Who is Eligible: Anyone, 14 years and older.

As space is limited, groups larger than 3 should contact the Program Office at Edward Milne in advance.

EMCS Society Board of Directors 2009-10

Roger Temple, President	Douglas Agar, Vice-President
Anne Bell, Secretary	Trudy Vermaas, Treasurer
Ellen Anderson, Rita Button, Jennefer Byrne, Tammi Dimock, Roberta Kubik, Caledonia Robertson	

Board meeting dates:

Feb 11, Apr 22, Jun 3 - 4:30 pm at EMCS

Registration begins **January 4**

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|--|---|--|
| <p>2 Welcome to EMCS
Welcome Message</p> <p>4 First Aid
Pediatric First Aid, OFA Level 1 (Workplace for BC), OFA Transport Endorsement, CPR "C" & AED, Standard First Aid & CPR "C" (Basic Plus "C"), CPR C & AED (Renewal), Standard First Aid & CPR "C" Renewal, Homeopathic First Aid.</p> <p>5 Food Safe, Computers
Foodsafe – Basic, Foodsafe – Advanced Computers For Older Beginners, Digital Camera I, Digital Camera II, Photoshop Basics, Word Level 1, Word Level 2, Excel Level 1, Excel Level 2.</p> <p>6 Computers, Gardening
File Management, Powerpoint, Mail Merge, Tips & Tricks MSWord, Computer Troubleshooting & Optimizing, Blogging, Blackberry 101- An Intro to Blackberry Lesson 1 and Lesson 2. Hypertufa Garden Project, Seed Saving, Planting Calendar Workshop.</p> <p>7 Gardening
Salad Throughout the Seasons: Winter into Spring, Grow Amazing Tomatoes, Edible / Medicinal Herb Walk, Plant Propagation, Salad Throughout the Seasons: Summer into Fall, The Winter Garden.</p> <p>8 Fitness & Yoga
Yoga Workshops with Alanda Carver: Kundalini Yoga for Prosperity, Kundalini Yoga for Weight Loss, Kundalini Yoga for Conquering Sleep, Detoxification, Emotional Stability, Fearlessness, Stress Relief, Brain Longevity, Empowerment, Empowerment, Relaxation, Relaxation, Radiance and Beauty, Creativity. The Lean Team - Plan on becoming a new you!, The Lean Team 2, Teen Weight Class.</p> | <p>9 Fitness & Yoga,
Teen Yoga Club, Kundalini Yoga, Nels Tae Kwon Do, Tibetan White Swan, Strong Seniors, Yoga for Moms and Daughters ages 9-13, Yoga Pilates Fusion, Pilates on the Ball, Ashtanga Yoga.</p> <p>10 Fitness & Yoga, FeelGood Classes, Arts
FeelGood Parenting/Families, FeelGood New Motherhood/ Parenthood, FeelGood at Work, FeelGood Mornings – Weekend Workshop, FeelGood Games, FeelGood Dream Big Workshop, Introduction to Shiatsu Therapy, Calligraphy, Pottery - Raku Firing.</p> <p>11 Arts
Ballroom Dancing for Teens, Ballroom Dancing for Beginners, Crocheting-UFO's, Crocheted Scrubbies, Crochet Project, Painting With Watercolours, Pencil Portraits, Soft Pastels, Earth Oven Building Workshop, Earth Oven Finishing and Baking Workshop, How Writers Write: Person and Tense in Fiction.</p> <p>12 Arts, Health & Wellness
Market Basket, Introduction to Wood Carving, Welding for Beginners, Guitar for Beginners, The Stars and You, Let the CARDS guide you!, Immune Boosters, Immune Boosters, Changeways Cognitive Behaviour Therapy Group.</p> <p>13 Health & Wellness, Cooking
Inner Peace is Possible!, Four Week Meditation Course for Teens Ages 16-19, Kitchen Basics, Soul Satisfying Soup, Bread Making, Healthy Lunches, One Pot Meals (for busy people), Entertaining Guests, Vegetarian Cooking</p> | <p>14 Financial Seminars, On The Water, General Interest
10 Point Tune Up For Your RRSPs, Comprehensive Financial Planning - An Overview, Money Skills: Financial Literacy Program, Could It Happen To Me, Looking Forward to a Brighter Future. Boat Certification Course, Radio Course ROC-M or (VHF) License, Landlord 101.</p> <p>15 General Interest, Pro-D Days
Spanish for Beginners -Level 1, Level 2 & Level 3, Conversational French for Beginners, Tricks Of The Trade , Building Effective Communication Skills – In Two Parts, City Survival, How To Build A Better Song, Fun With Lego Mindstorms, SPARCS.</p> <p>16 Registration</p> |
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EMCS

Recruiting Community Education Instructors

Each season, our course selection evolves to reflect the changing interests and talents in the community. We invite you to join the many people who have presented classes for us. Please bring your thought, ideas, resumes and other materials to Rose or Heather at the EMCS Program office, give us a call at 250-642-6371 or contact us through our website www.emcsprograms.ca.



First Aid with Guardian Emergency Training

Pediatric First Aid

This EMP Canada - Paediatric course is ideal for those studying in the child sciences programs, daycare workers, parents, and grandparents. It meets all the requirements for First Aid and CPR training in a daycare setting and is accepted by the Provincial Child Care Licensing Board of British Columbia. It covers CPR and choking for ALL age groups, introduction to AEDs (Automated External Defibrillators) bone and joint injuries, respiratory problems, seizures, allergic reactions, and more. Emphasis is also placed on personal protection including using pocket masks for rescue breathing. NO PRE-READING required.

Cost: \$85 **8 hours**

Sat Jan 16 8:30am-4:30pm
register by Jan 8 **Code: 231-477**

Sun Feb 28 8:30am-4:30pm
register by Feb 24 **Code: 231-488**

Sun May 16 8:30am-4:30pm
register by May 12 **Code: 231-489**

OFA Level 1 (Workplace for BC)

This 8 hour course is an Adult Care orientated program for employers looking for a quality one-day first aid course that meets the requirements for Work Safe BC. Material covered includes the ability to identify and perform appropriate interventions for CPR and choking on adults; introduction to AEDs (Automated External Defibrillators) spinal and neck injuries, burns, minor soft tissue injuries, and more. Emphasis is also placed on personal protection by using gloves and pocket masks effectively. NO PRE-READING required.

Cost: \$85 **8 hours**

Sat Jan 9 8:30am-4:30pm
register by Jan 6 **Code: 231-472**

Sat Feb 6 8:30am-4:30pm
register by Feb 2 **Code: 231-490**

Sat Apr 17 8:30am-4:30pm
register by Apr 13 **Code: 231-491**

OFA Transport Endorsement

Material covered in this 8 hour program is designed for First Aid attendants providing care at work sites that are more than 20 minutes from a hospital, or as required by WorkSafe BC. This course is designed to teach the skills necessary to apply a cervical collar effectively and immobilize a patient on a spine board and basket stretcher in order to transport the injured or ill worker to medical aid. Prerequisites: minimum age 16 years, OFA Level 1 or OFA Level 2 (Must provide certificate on course day)

Cost: \$100.00 **8 hours**

Sun Jan 10 8:30am-4:30pm
register by Jan 8 **Code: 231-484**

Sun Feb 7 8:30am-4:30pm
register by Feb 2 **Code: 231-492**

Sun Apr 18 8:30am-4:30pm
register by Apr 13 **Code: 231-493**

CPR "C" & AED

The focus is on providing lifesaving skills on ALL age groups. Material covered will include: Primary assessment, updated standards for choking, and CPR, control deadly bleeding, shock treatment, AEDs (Automated External Defibrillators) included, and more. NO PRE-READING required.

Cost: \$70 **8 hours**

Sat Mar 13 8:30am-4:30pm
register by Mar 5 **Code: 231-494**

Sat May 1 8:30am-4:30pm
register by Apr 27 **Code: 231-495**

Sat Jun 5 8:30am-4:30pm
register by Jun 1 **Code: 231-496**

Standard First Aid & CPR "C" (Basic Plus "C")

Material covered includes updated standards of CPR and choking ALL age groups, AED (Automated External Defibrillators) included, treat deadly bleeding, bone and joint injuries, respiratory problems, allergic reactions, seizures, spinal injuries and more. Two certificates issued on successful completion: Standard First Aid & CPR "Level C". NO PRE-READING required

Cost: \$122 **16 hours**

Sat/Sun Mar 13, 14 8:30am-4:30pm
register by Mar 5 **Code: 231-497**

Sat/Sun May 1, 2 8:30am-4:30pm
register by Apr 27 **Code: 231-498**

Sat/Sun Jun 5, 6 8:30am-4:30pm
register by Jun 5 **Code: 231-499**

CPR C & AED (Renewal)

This course is for people that hold a current certificate in CPR Level "B" and "C". The focus is on providing life saving skills on ALL age groups. Materials covered will include: primary assessment, updated standards of CPR and choking for adults, children & infants, introduction to AEDs and more. NO PRE-READING required.

Cost: \$45 **3 hours**

Tue Jan 19 6:00-9:00pm
register by Jan 14 **Code: 231-500**

Tue Mar 2 6:00-9:00pm
register by Feb 25 **Code: 231-501**

Thur Apr 15 6:00-9:00pm
register by Apr 9 **Code: 231-502**

Wed May 12 6:00-9:00pm
register by May 6 **Code: 231-503**

Standard First Aid & CPR "C" Renewal

This program is for people who only need to review the skills from a current recognized Standard First Aid course. A.E.D. (Automated External Defibrillator) certification included. No pre-reading required, books are handed out on course day and proof of previous certification is required. Two certificates issued upon successful completion Standard and CPR "C"/AED Renewal.

Cost: \$85

Sun Feb 28 8:30am-4:30pm
register by Feb 24 **Code: 231-507**

Sun May 16 8:30am-4:30pm
register by May 12 **Code: 231-508**

Homeopathic First Aid

Learn basic first aid using homeopathic medicine! Homeopathic medicine speeds healing by assisting the body to fix itself. Learn what remedies to use to handle most sprains, strains and injuries.

Instructor: Alanda Carver

Cost: \$21

Sat Feb 27 10:00am-12:00noon
register by Feb 22 **Code: 301-532**





Foodsafe

Foodsafe – Basic

Foodsafe, a sanitation program for food handlers, is now a required course for any individual wanting to work as a food handler in the public sector. Designed for the average restaurant worker, topics include types and characteristics of germs, food borne illnesses, personal hygiene and health, serving and dispensing, food protection and preparation, dishwashing methods and receiving and storing food safely. Certificates are provided by the BC Ministry of Health and take 5 to 6 weeks to be processed.

Instructors: Marlee Loiselle & Gerald Loiselle

Cost: \$75 **8 hours**
Tue/Thu **Feb 9, 11** **6:00-10:00pm**
register by Feb 4 **Code: 231-504**
Thur **Apr 15** **9:00am-5:00pm**
register by Apr 9 **Code: 231-505**

Foodsafe – Advanced

Covers food poisoning, food protection, housekeeping, pest control and the management of sanitary practices. This course will be of particular interest for managers, supervisors, and chefs. Course fee includes all materials. Upon successful completion, students receive a certificate for Foodsafe-Advanced. Note: you should have completed Foodsafe Basic prior to taking this course.

Instructor: Marlee Loiselle

Cost: \$135

Please call the program office to put your name on an interest list. Min 10 registrants required.

Computers

Computers For Older Beginners

This no stress approach allows seniors to learn about computers with a hands-on approach and suggests lots of practical applications. Learn how to use computers for family newsletters, researching hobbies, organizing information and lots more.

Cost: \$99.75 **5 sessions**
Sat **Jan 30-Feb 27** **10:00am-11:30am**
register by Jan 26 **Code: 210-435**

Registration begins January 4

Digital Camera I

This is an introductory tour around the digital camera for those who have just acquired one or for those who are thinking about purchasing one and don't know what to get – DVD Cam or simple digital camera. Whether you are interested in creating a family photo album, using digital photos on the web or making and using a photo disc – you will be introduced to the various types of cameras and different things you can do with them. You will also learn how computers can be used to work with digital camera images and where problems may arise. You will get tips on assessing your needs to select the camera that's best for you.

Instructor: Colin Davenport

Cost: \$37.45 **1 session**
Thu **Apr 8** **7:00-9:00pm**
register by Apr 1 **Code 210-436**

Digital Camera II

In this workshop you will create and work with digital camera images in a computer lab setting. Learn about lighting, colour correction, white balancing, removing red-eye and enhancing digital images. Find out about potential equipment compatibility and other problems you may run into and get some tips on troubleshooting. If you wish, you can bring your own digital camera and images to work on. However, we can't guarantee that all cameras will work with the equipment and software in the lab. Students will receive a CD with a demo version of photo editing software to enable digital photographs to be enhanced and corrected.

Instructor: Colin Davenport

Cost: \$72.45 **2 sessions**
Tue/Thu **Apr 20, 22** **7:00-9:00pm**
register by Apr 15 **Code 210-437**

Photoshop Basics

Create, retouch and manipulate original artwork, graphics and photos. Take a look at the Photoshop tools and what they do. Learn how to apply layering effects, use palettes, scan, select and modify objects, set type effects. Prerequisites: Good Windows skills.

Cost: \$149
Mon/Wed **Feb 22-Mar 3** **7-9:30pm**
register by Feb 17 **Code: 221-215**

Word Level 1

Explore the basic features of one of today's most popular word processing programs. This course will show you how to navigate in Word, and use the toolbars/desktop environment. You will create, edit and format documents, and move on to printing, reordering text, and use, find and replace features. Windows experience is required.

Instructor: Colin Davenport

Cost: \$189 **6 sessions**
Mon/Wed **Feb 1-17** **7:00-9:30pm**
register by Jan 27 **Code: 221-211**
Tue/Thu **May 4-20** **7:00-9:30pm**
register by Apr 28 **Code: 221-212**

Word Level 2

A more in-depth look into the higher functions. Learn to enhance the appearance of your documents with graphics, borders, tabbed tables, headers & footers. Also format tables, work with text frames, shading, columns and more.

Cost: \$149

Mon/Wed **Mar 15-Apr 7**
7:00-9:00pm **register by Mar 5** **Code: 221-216**

Excel Level 1

From graphs and charts to mathematical calculations, find out what spreadsheets are all about. Learn the fundamentals of creating, editing, labelling, formulas and numbers, addressing, saving, retrieving, and printing spreadsheets and graphs. Prerequisite: Familiarity with Windows.

Cost: \$189 **6 sessions**
Tue/Thu **Feb 16-Mar 4** **7:00-9:30pm**
register by Feb 10 **Code: 221-213**
Mon/Wed **May 3-19** **7:00-9:30pm**
register by Apr 28 **Code: 221-214**

Excel Level 2

Move on to the more advanced functions such as linking different sheets and consolidating worksheets, advanced formatting for customizing work areas and more.

Cost: \$149

Tue/Thu **Mar 16-Apr 6**
7:00-9:00pm **register by Mar 5** **Code: 221-218**

Registration begins **January 4**

File Management

Can't find your file? Learn useful tips on how to organize your files into folders, and where to find and place your internet files to avoid frustrating searches for misplaced files.

Cost: \$59 **2 sessions**
Mon/Wed Jan 25, 27 7:00-9:00pm
register by Jan 20 Code: 210-438
Tue/Wed May 25, 26 7:00-9:00pm
register by May 19 Code: 210-439

Powerpoint

Spruce up your presentations! Make appealing slide presentations and displays using Powerpoint. Learn how to insert text, bullets, charts, add colors, graphics, sound and animation. Prerequisite: Word Level 1 plus strong file management skills.

Cost: \$149
Mon/Wed Apr 12-26 7:00-9:00pm
register by Apr 7 Code: 221-219

Mail Merge

Discover how painless it can be to send out form letters, create envelopes and produce tables in MS Word.

Cost: \$39
Tue Apr 13 7:00-9:00pm
register by Apr 7 Code: 221-220

Tips & Tricks MSWord

Learn some of the powerful features of this program in a guided exploration. This multi-level course will provide you with a hands-on opportunity to try some time saving techniques that will maximize your effort and improve your word processing skills.

Cost: \$39
Thur Apr 29 7:00-9:00pm
register by Apr 22 Code: 221-221

Computer Troubleshooting & Optimizing

Are you having problems with your computer or is it running slow? Do you get frustrated with error messages or is your computer always crashing on you? Do you want to learn more about the hardware that makes up your computer? Then this is the class you won't want to miss!

Cost: \$39
Tue Apr 27 7:00-9:00pm
register by Apr 16 Code: 210-440

Blogging

Learn how to create blogs for fun to share your hobbies of family pics and events. A little lesson on twitter thrown in for good measure. Take-home workbook included.

Instructor: Laura Allard
Cost: \$26.25
Sat Feb 6 10:00am-12:00pm
register by Feb 1 Code: 210-441
Sat Mar 20 10:00am-12:00pm
register by Mar 15 Code: 210-442

Blackberry 101- An Intro to Blackberry

Session 1

You will learn the basics of the Blackberry. Participants are encouraged to bring their Blackberry's (any network), laptops, and questions. The facilitator will have handouts and a few working Blackberry's available for hands-on. (Non Blackberry owners are welcome).

The course will cover the following topics: Blackberry Overview, Adding Contacts and Appointments, Email Setup, sending and receiving, Top 10 Blackberry Tips/Tricks - Basic Tips for Buying a Blackberry.

Cost: \$21* **session 1**
Sat Jan 23 10am-noon
register by Jan 25 Code: 301-586
Wed Apr 7 7:00-9:00pm
register by Apr 1 Code: 301-587

Session 2

Participants will have an opportunity to explore more advanced features and functions of the Blackberry. Again, you are encouraged to bring their Blackberry's, laptops, and questions.

The course will cover the following topics Synchronizing and Backing Up Your Blackberry Messaging Options, Top 10 Blackberry Tips/Tricks - Advanced, Troubleshooting 101, Web Browsing Tips

Cost: \$21* **session 2**
Sun Jan 24 10:00am-noon
register by Feb 1 Code: 301-588
Wed Apr 14 7:00-9:00pm
register by Apr 9 Code: 301-589

*Take both classes for \$33.60

Gardening

Hypertufa Garden Project

Hypertufa translates to 'supersoft rock' and is made from a mixture of cement, peat moss & perlite. With this mixture you can do some shaping, moulding and carving to create unique garden pieces that are also relatively light weight. Learn to mix the formula to create a free-form object or planter for your garden. Materials are provided to complete one project; however it may be necessary for you to bring some supplies depending on your desired project. Instructor will contact you prior to the workshop to discuss your project. Bring a lunch.

Instructor: Marlene Barry
Cost: \$57.25
Sat Apr 24 10:00am-3:00pm
Sun Apr 25 3:00-4:30pm
register by Apr 16 Code: 301-430

Seed Saving

It is important and easy to save your own seed. By saving seed you will improve the quality of your seed and to save money. Learn how to select, harvest, clean and store seed from your favourite vegetables, herbs and flowers. Learn which varieties are easy to save and what are the tricks you can use to save those that a little more difficult. Practical and hands-on, taught by a farmer with 20 years experience. Participants go home with 5 varieties of seed.

Instructor: Mary Alice Johnson, ALM Farm
Cost: \$42.00
Sat Sep 11 1:00-4:00pm
register by Sep 7 Code: 301-515

Planting Calendar Workshop

Get the most out of your garden and take advantage of our mild climate. The key to having food from your garden year round is to create a good planting/seeding schedule. In this course we will create a planting calendar for the year. We will look at pushing planting dates in the spring and fall to extend the season and harvest, planning succession sowing for continual or extended harvest of certain vegetables, and getting more than one crop off a bed in the season. We will discuss materials and shelters that help to extend the season for the more delicate crops. Please bring a blank calendar to the course. Instructor: Marika Nagasaka at ALM farm

Cost: \$31.50
Sat Feb 13 10:00am-12:00pm
register by Feb 8 Code: 301-516

Salad Throughout the Seasons: Winter into Spring

Learn how to grow salad virtually all year. In this course we will talk about the different varieties that grow well through the winter and in early spring. We will also talk about shelter options for the greens, planting/succession dates, growth rates, and harvesting. Together we will pick and enjoy an early spring salad. Course includes salad seedlings ready to transplant in March. Bring your own lunch or enjoy an organic lunch for \$12.

Instructor: Marika Nagasaka at ALM farm

Cost: \$42

Sat Mar 13 10:00am-1:00pm
register by Mar 5 Code: 301-518

Grow Amazing Tomatoes

Have the earliest producing and greatest tasting tomatoes in your neighbourhood. Learn how to select the best varieties, propagate from seed, prepare the soil, transplant and train a variety of types of tomatoes. Also learn how to protect your crop from pests and save seed from your favourite tomatoes. Course includes 5 heirloom tomato seedlings ready to transplant in May.

Instructor: Mary Alice Johnson and Marika Nagasaka at ALM Organic Farm

Cost: \$42

Sat Mar 27 1:00-4:00 pm
register by Mar 22 Code: 301-517

Edible / Medicinal Herb Walk

Come walk and gather fresh edible "weeds" on ALM farm. We will identify some of the often neglected (and abundant) weeds and then talk about their edible and medicinal uses. Join us for an optional lunch where you get to taste the goods;- salad, soup and bread made with the wild foods we found.

Instructor: Holger Laerad at ALM farm

Cost: \$42

Sun Apr 11 10:00am-12:00 noon
register by Apr 6 Code: 301-520

Plant Propagation

Do you have these questions? Am I drowning my seedlings or keeping them too dry? When should I direct seed and when should I start my seedlings in a pot? Which plants need dark to germinate and which need light? Learn how to get vegetables, herbs and flowers started from seed, cuttings and divisions – even the hard ones. Save money and end up with healthier plants by growing them yourself from seed or taking cuttings or divisions from your neighbor's garden. Practical and hands on taught by a farmer with 20 years experience. Participant will go home with cuttings and newly seeded plants. Bring your own lunch or enjoy an organic farm lunch for \$14.

Instructor: Mary Alice Johnson and Marika Nagasaka at ALM Organic Farm

Cost: \$57.75

Sat Apr 24 10:00am-3:00pm
register by Apr 19 Code: 301-521

Salad Throughout the Seasons: Summer into Fall

Ensure you have salad even throughout the hot summer months! Choose the proper variety, and right space in the garden. Planting dates crucial for over wintering salad greens, challenges of having salad through the winter: pests, weather, low light, etc will be discussed. Pick and enjoy a summer salad. Salad seedlings ready to transplant in June included. Bring your own lunch or enjoy an organic lunch for \$12.

Instructor: Marika Nagasaka at ALM farm

Cost: \$42

Sat Jun 26 10:00am-1:00pm
register by Jun 21 Code: 301-519


The Winter Garden

Planting crops in the summer is essential to get plants established. Look at planning, prepping and planting the winter food garden. Discuss specific planting dates for a variety of crops, create a planting calendar, explore the importance of bed prep, and summer germination difficulty. Start some transplants & direct seed some crops for winter use. Transplants incl. Bring a lunch or enjoy an organic farm lunch for \$14.


Instructor: Marika Nagasaka at ALM Organic Farm~

Cost: \$57.75

Sat Jun 12 10:00am-3:00pm
register by Jun 7 Code: 301-522



The
Sooke Philharmonic Orchestra



Norman Nelson, Conductor & Music Director

The
2009-2010 Concert Season
continues with performances on
Sat., Feb 6; Sat., Mar 6; & Fri., June 25
Sooke Community Theatre
at EMCS
Also "A Sonic Celebration"
Sat., Apr 17 – Farquhar Auditorium, UVic

For details pick up our season brochure at the
EMCS Program Office, or call or email:
250-642-2849 - info@sookephil.ca
www.sookephil.ca

Yoga Workshops with Alanda Carver

Kundalini Yoga is the most ancient and most powerful form of yoga. It is the most direct form of yoga and it yields results in the shortest possible time. Kundalini Yoga was taught secretly until 1969 when Yogi Bhajan brought the sacred technology of Kundalini Yoga to North America. This fall, Alanda Carver is offering a wonderful mix of Kundalini Yoga Workshops focusing on a wide variety of topics.

Kundalini Yoga for Prosperity

Learn practical ways to increase your wealth, health and happiness through Kundalini Yoga techniques. Open the door to increased creativity and abundance through the practice of yoga, meditation and mantra.

Cost if registered before Jan 9: \$31.50

Cost after Jan 9: \$36.75

Sat Jan 16 10:30am-2:30pm
register by Jan 12 Code: 301-488

**See More new workshops

Kundalini Yoga for Weight Loss

Learn about simple Kundalini Yoga techniques to speed metabolism, increase weight loss and help you make those all important lifestyle changes.

Cost if registered before Jan 29: \$31.50

Cost after Jan 29: \$36.75

Sat Feb 6 10:30am-2:30pm
register by Feb 1 Code: 301-489

Kundalini Yoga for Conquering Sleep

Learn Kundalini yoga techniques to help clear your mind and prepare your body for sleep. And learn what you can do to energize your body if you have had a lack of sleep.

Cost if registered before Apr 9: \$31.50

Cost after Apr 9: \$36.75

Sat Apr 17 10:30am-2:30pm
register by Apr 12 Code: 301-490

Mini Kundalini Workshops with Alanda Carver

Cost: \$21.00

Detoxification

Exercises and meditations to cleanse your body and restore your liver.

Sat Jan 23 1:00-3:00pm
register by Feb 22 Code: 301-533

Emotional Stability

Kundalini yoga to help you excel during times of instability and stress.

Sat Feb 20 10:00am-12:00noon
register by Feb 15 Code: 301-534



Fearlessness

Kundalini yoga to help you relax and release your fear.

Sat Feb 20 1:00-3:00pm
register by Feb 15 Code: 301-535

Stress Relief

Clear stress before it builds up in your system.

Sat Mar 6 10:00am-12:00noon
register by Mar 1 Code: 301-536

Brain Longevity

Stress effects brain function - optimize your brain function with Kundalini yoga.

Sat Mar 6 1:00-3:00pm
register by Mar 1 Code: 301-537

Empowerment

Create an invincible spirit so you can be free to be who you are.

Sat Mar 20 10:00am-12:00noon
register by Mar 15 Code: 301-538

Relaxation

Kundalini yoga for getting the body out of distress.

Sat Mar 20 1:00-3:00pm
register by Mar 15 Code: 301-539

Radiance and Beauty

Beauty starts from within - enhance your beauty and radiance through Kundalini yoga.

Sat May 1 10:00am-12:00noon
register by Apr 6 Code: 301-540

Creativity

Enhance your creativity and move through barriers to progress

Sat May 1 1:00-3:00pm
register by Apr 6 Code: 301-541

Fitness/Yoga

The Lean Team -

Plan on becoming a new you!

Our team will focus on strength and conditioning exercises for 10 weeks to improve your overall fitness while shedding those extra inches. You will be working with personal trainer and a dietician to help you achieve your goals. We will meet twice a week for 10 weeks at the EMCS weight room and gym. Two extra sessions will be included separately with the personal trainer and registered dietician.

Instructor: David Ristau, a BCRPA Personal Trainer, 2nd Degree Black Belt - Karate, Sports Conditioning Specialist, Swati Scott, Certified Nutritionist

Cost: \$189 (20 sessions + 2 hrs with a registered dietician)

Winter Session

Tue/Thu Jan 12-Mar 18 7:30-8:30am
register by Jan 8 Code: 301-484

Thu & Sat Jan 14-Mar 25 5:45-6:45pm & 10:30-11:30am
register by Jan 8 Code: 301-485

Spring Session

Tue/Thu Apr 6-Jun 10 7:30-8:30am
register by Apr 1 Code: 301-486

Thu & Sat Apr 8-Jun 17 5:45-6:45pm & 10:30-11:30am
register by Jan 8 Code: 301-487

The Lean Team 2

Now that you have discovered the new you, continue working with Dave to maintain your active lifestyle.

Cost: \$75.50/month | drop-ins \$10/session

Tue & Sat beg Jan 5 8:00-9:00pm & 9:30-10:30am
Code: 301-491

Teen Weight Class

A challenging program that offers strength training, circuits, core work, balance and flexibility! A Personal Trainer will set the program out and you will learn to challenge yourself in a weight room setting. With this program and continued training you will improve your strength, endurance and muscle tone, along with more energy and a stronger focus in life and school.

Instructor: David Ristau

Cost: \$31.50 5 sessions

Girls

Tue Jan 19-June 22 3:30-4:30pm
Code: 301-593

Guys

Thu Jan 21-June 24 3:30-4:30pm
Code: 301-594

Teen Yoga Club

We all know it's a jungle out there... are you looking for something to help make sense in a chaotic world? Are you suffering from academic pressure? Join the teen yoga club! You will learn the essence of yoga, and classes will focus on breath work, postures, basic movements of Kundalini Yoga, HathaYoga, Yoga/Pilates, meditation and relaxation. Drop ins \$2.

Cost: \$12		8 sessions
Tue	Jan 12-Mar 2	3:30-4:15pm
register by Jan 8		Code: 301-501
Tue	Mar 16-May 4	3:30-4:15pm
register by Mar 5		Code: 301-502
Cost: \$10.50		7 sessions
Tue	May11-Jun 29	3:30-4:15pm
register by May 7		Code: 301-503
Wed	Jan 13-Mar 3	3:30-4:15pm
register by Jan 8		Code: 301-504
Wed	Mar 17-May 5	3:30-4:15pm
register by Mar 5		Code: 301-505
Cost: \$10.50		7 sessions
Wed	May 12-Jun 23	3:30-4:15pm
register by May 7		Code: 301-506

Kundalini Yoga

Kundalini yoga uses yogic technology to help you gain mental clarity, a stronger nervous system, calmer emotions, a stronger immune system, and a greater awareness of yourself and the world around you while working your physical body to increase strength and flexibility. Life is a wave - you can ride the wave or be swept up by it... Kundalini yoga helps us to ride the wave with grace and courage. The focus of the class is to help students develop their own practice. Beginner to Intermediate level. Drop-ins \$12.

Instructor: Alanda Carver

Cost: \$75.60		8 sessions
Tue	Jan 12-Mar 2	7:00-8:30pm
register by Jan 8		Code: 301-495
Tue	Mar 16-May 4	7:00-8:30pm
register by Mar 5		Code: 301-496
Cost: \$66.15		7 sessions
Tue	May11-Jun 29	7:00-8:30pm
register by May 7		Code: 301-497

Nels Tae Kwon Do

NELS style Tae Kwon Do will enable you to achieve, mental and emotional success while having fun and gaining self confidence. Nels Silva is a Certified Master Instructor and World Championship Medalist.

Cost: \$73.50		10 sessions
Mon	Jan 11-Mar 22	8:05-8:50pm
register by Jan 6		Code: 301-435

Tibetan White Swan

This ancient, gentle sequence of movement was created to invigorate and heal the mind and body. It's both graceful and strength-building; it massages the internal organs, as in tai chi, and gives the body the stretches of yoga. It focuses the mind. It is a pantomime of the human cycle (as seen through the eyes of the Tibetan culture) and in its repetition one can smooth out physical and mental traumas or discord. It's a peaceful and energizing short routine that enhances one's day or brings together fellow practitioners in a congenial way. Sorry, no drop-ins.

Instructor: Pomona Shea

Cost: \$50.40		(no class Apr 5) 6 sessions
Mon	Mar 15-Apr 26	7:00-8:00pm
register by Mar 5		Code: 301-301-591

Strong Seniors

This weight training class starts with a warm-up, moves on to strength and conditioning exercises designed for seniors, and is followed by a relaxing stretch program. You will be using the facilities of the EMCS weight room, including free weights, exercise machines and tubing. Please bring your own exercise mat. The workout will help you move, live and relax!

Instructor David Ristau is a BCRPA Personal Trainer, 2nd Degree Black Belt-Karate, Sports Conditioning Specialist, living in Sooke.

Cost: \$59		8 sessions
Tue/Thu	beg Jan 5	10:00-11:00am
register by Jan 27		Code: 301-592

Yoga for Moms and Daughters ages 9-13

Adults as well as children today are under a lot of stress. And just like their parents, kids today are turning to Yoga to help them relax. Yoga helps both kids and adults develop better body awareness, self-control, flexibility and coordination. Join together for a fun filled practice that includes stretching and strengthening and partner postures. Good times will be the focus while learning the fundamentals of yogic practice.

Instructor: Alanda Carver

Cost: \$88.20		8 sessions
Wed	Jan 13-Mar 3	6:30-7:45pm
register by Jan 11		Code: 301-498
Wed	Mar 17-May 5	6:30-7:45pm
register by Mar 5		Code: 301-499
Cost: \$77.18		7 sessions
Wed	May 12-Jun 23	6:30-7:45pm
register by May 7		Code: 301-500

Registration begins January 4

Yoga Pilates Fusion

Yoga Pilates fusion is a total mind/body workout that develops core muscle strength while increasing flexibility. The classes will blend the key techniques of both yoga and pilates with an emphasis on creating long lean muscles, strong bodies and relaxed minds. Classes are bare foot, dress comfortably and bring a blanket. Beginner to intermediate level. Drop-ins \$12.

Instructor: Alanda Carver

Cost: \$75.60		8 sessions
Tue	Jan 12-Mar 2	5:30-7:00pm
register by Jan 8		Code: 301-492
Tue	Mar 16-May 4	5:30-7:00pm
register by Mar 5		Code: 301-493
Cost: \$66.15		7 sessions
Tue	May11-Jun29	5:30-7:00pm
register by May 7		Code: 301-494

Pilates on the Ball

Using the stability ball, this class will add an extra challenge to your workout and provide a new dimension to your Pilates training. Check this one out if you would like some variety in your workout.

Cost \$75.60		8 sessions
Wed	Jan 13-Mar 3	5:30-6:30pm
register by Jan 8		Code: 301-525
Wed	Mar 17-May 5	5:30-6:30pm
register by Mar 5		Code: 301-526
Cost: \$66.15		7 sessions
Wed	May 12-Jun 23	5:30-6:30pm
register by May 7		Code: 301-527

Ashtanga Yoga

Power yoga offered at a beginner's level! Learn yoga techniques to increase flexibility, burn calories and strengthen your muscles. Emphasis will be on creating a practice that you can use at home.

Cost: \$75.60		8 sessions
Thu	Jan 14-Mar 4	7:45-9:00pm
register by Jan 11		Code: 301-528
Thu	Mar 18-May 6	7:45-9:00pm
register by Mar 5		Code: 301-529
Cost: \$66.15		7 sessions
Thu	May 13-Jun 24	7:45-9:00pm
register by May 10		Code: 301-530

FeelGood Classes with Jodie McDonald BA, BSW

This is a series of classes based on the principle that feeling grounded, connecting with our inner wisdom and cultivating a positive outlook can transform any situation. Based on counselling principles such as reframing, coaching, narrative therapy, harm reduction and appreciative inquiry, these classes give participants practical techniques for gaining relief from stress and achieving greater happiness, even if there is no immediate change in their external circumstances. FeelGood classes inspire and guide participants to a more positive frame of mind. FeelGood classes are light-hearted, inspiring, unconventional, and fun! Participants will take away a personalized, laminated card (produced in class) listing their top ten FeelGood activities for shifting their focus and gaining relief when faced with stressful situations.

FeelGood Parenting/Families

How to give up control, sidestep arguments and create a joyful family – starting with feeling good yourself. Class held at CASA.

Cost: \$21

Mon	Jan 25	9:30-11:30am
register by	Jan 20	Code: 301-568
Thur	Mar 18	9:30-11:30am
register by	Mar 15	Code: 301-569

FeelGood New Motherhood/Parenthood

How to let go, stop worrying or judging yourself, and savour the sweetness of this unique time in your life. (Babies welcome). Class held at CASA.

Cost: \$21

Mon	Feb 8	9:30-11:30am
register by	Feb 3	Code: 301-570
Thur	Apr 1	9:30-11:30am
register by	Mar 29	Code: 301-571

FeelGood at Work

How to rise above drudgery, conflicts and a sense of lack in order to feel better in your work environment. This class is also suited to those having trouble finding their ideal work situation.

Cost: \$36.75

Tue/ Thur	Feb 9, 11	7:00-9:00pm
register by	Feb 4	Code: 301-572
Tue/ Thur	Mar 30, 31	7:00-9:00pm
register by	Mar 24	Code: 301-573



FeelGood Mornings – Weekend Workshop

Life is meant to be joyful! And yet many of us live our day to day lives in survival mode, with fleeting moments of happiness lost among conflicts, stress, worry and fatigue. FeelGood Morning classes are designed to wake you up, inspire you and help you reconnect with the joy and abundance that is available to all of us.

Cost \$31.50

Sat	Feb 6	9:00am-12:00pm
register by	Feb 1	Code: 301-574
Sat	Apr 10	9:00am-12:00pm
register by	Apr 2	Code: 301-575

FeelGood Games

Play a fun board game designed to inspire positive thinking. Participants land on squares and draw cards from different categories, asking them to provide good-feeling responses and appreciation for various aspects of life.

Cost: \$21

Tues	Feb 16	7:00-9:00pm
register by	Feb 11	Code: 301-576
Thur	Mar 25	7:00-9:00pm
register by	Mar 19	Code: 301-577

FeelGood Dream Big Workshop

Many of us have forgotten how to connect with our deepest desires and hold life-affirming visualizations of these dreams, as the pressures of daily life make our goals seem unrealistic or impossible. However, a popular school of thought contends, "if you dream it, it will come!" Spend some time rediscovering what you really want out of life, and learn some techniques to keep your dreams alive on a daily basis.

Cost: \$36.75

Sat	Feb 27	9:00am-2:00pm
register by	Feb 22	Code: 301-578
Sat	Apr 24	9:00am-2:00pm
register by	Apr 16	Code: 301-579

Introduction to Shiatsu Therapy

In this introductory course you will learn the Basic Full Body Self-Shiatsu treatment as well as a 10 and 20-minute Chair Shiatsu routine. Namiikoshi Shiatsu is licensed in Japan by the Ministry of Health and is a recognized therapy for general stress relief and many other conditions such as headache, frozen shoulder, sciatica and stroke recovery. For those wishing to learn the Basic Full-Body Treatment, an Intermediate Level will follow.

Instructor: Judy Thompson, Shiatsu Instructor and Certified Shiatsu Instructor

Cost: \$103.95	6 sessions
Thur	Apr 1-May 6
register by	Mar 25
	7:00-9:00pm
	Code: 301-457

Arts

Calligraphy

Calligraphy, the art of beautiful writing, is a necessity for card makers, crafters, poetry lovers. This course will show you what makes graceful and beautiful and legible lettering, concentrating on the three most popular calligraphy type styles – Cursive, Old English, and Keltic. Demonstrations include ways to create your own type styles with the pen and brush. Supply list upon registration.

Instructor: Ed Araquel

Cost: \$68.25	3 sessions
Sat	May 1-15
register by	Oct 30
	1:00-3:00pm
	Code: 301-564

Ed Araquel paints the places and faces of Southern Vancouver Island and has conducted many workshops in portraits and watercolors. His paintings are in many fine galleries around Vancouver Island and Ontario. In the 2002 Sooke Fine Arts Juried Show, he won the Best From Sooke Award, and the Jurors Choice Award. Ed won the Jurors Choice Award again in 2004.

Pottery - Raku Firing

Learn about this alternative, low fire process and take home a treasure! Raku is a traditional Japanese firing technique that also enjoys a modern incarnation. History, kiln construction and firing techniques for raku will be discussed and students will have the opportunity to glaze a piece and participate in a raku firing.

Instructor: Madelin Emery at ALM farm

Cost: \$42	
Sat	Sep 18
register by	Sep 13
	10:00am-12:00pm
	Code: 301-523

Ballroom Dancing for Teens

Get together with your friends! Have some fun while you learn the basic steps of ballroom dance. Classes will cover Jive, Cha Cha and Waltz. Please bring indoor shoes for class.

Cost: \$67.20 8 sessions
Wed Jan 13-Mar 3 7:00-8:15pm
 register by Jan 8 **Code: 301-513**

Ballroom Dancing for Beginners

This Friday night social is an introductory program for couples to learn the basics steps of ballroom dancing. The classes will cover Waltz, Foxtrot, Jive and Cha Cha. No experience necessary to dance the night away! Everyone welcome but dance partner not guaranteed. Please bring indoor shoes for class.

Cost: \$67.20 8 sessions
Wed Jan 13-Mar 3 8:15-9:30pm
 register by Jan 8 **Code: 301-514**

Instructor Roman Yue has been teaching dance for ten years at numerous recreation centres and schools throughout Victoria and is a member of the Victoria Dance Society. He is an Associate Member of the Canadian Ballroom and Latin Dance Teachers Association and a Licentiate Member of the Canadian Dancesport Federation.

Crocheting-UFO's

These classes are for those of you who wish to complete your unfinished projects. The instructor will assist you and guide you to enable to finish your projects. If you are using a pattern, please bring that to class.

Instructor Beree Desfosses

Cost: \$26.25
Wed Feb 3-24 7:00-9:00pm
 register by Jan 28 **Code: 301-590**

Crocheted Scrubbies

Have you ever purchased a pot scrubber at a craft fair and wished that you had bought more? Don't be dismayed! Beree will be teaching a class this spring so you can learn to make your own scrubbies. All you need to know are a few basic crochet stitches (ch, ss, sc, hdc). Did you know that pot scrubbers can also be used to clean vegetables, clean between the tiles on kitchen floors and clean bugs off of car windshields? A supply list will be provided upon registration.

Instructor: Beree Desfosses

Cost: \$10.50
Fri Jan 8 9:00am-12:00pm (CASA)
 register by Jan 4 **Code: 301-432**
Wed Jan 13 6:30-9:00pm
 register by Jan 5 **Code: 301-433**

Crochet Project

Do you have a crochet item that you wish to make? A copy of the pattern needs to be given to instructor prior to the class.

Instructor: Beree Desfosses

Cost: \$26.25
Wed Feb 10-Mar 3 7:00-9:00pm
 register by Feb 5 **Code: 301-595**

Painting With Watercolours

For beginners and advanced students. Introduction to materials and the basics of watercolour painting and a challenge for experienced watercolourists to further their skills. The course will focus on composition, colour and design, painting philosophy, medium control and techniques. Each session starts with a demo on how to paint skies, water, mountains, trees and snow. Individual attention is given to each student according to his or her level. Supply list will be given upon registration.

Instructor: Ed Araquel

Cost: \$131.25 6 sessions
Sat Jan 30-Mar 6 10:00am-12:00pm
 register by Jan 26 **Code: 301-560**

Pencil Portraits

Learn the basis of drawing a portrait and how to achieve a startling likeness from life or from a photo. Course includes study of angles, distances mapping and measuring. Learn the use of values (lights and darks) to define planes of the face.

Instructor: Ed Araquel

Cost: \$131.25 6 sessions
Sat Mar 20-Apr 24 1:00-3:00pm
 register by Sep 21 **Code: 301-561**

Soft Pastels

Explore this neglected, colourful and exciting medium. As it is dry, there is no frustration of waiting for the paper or paint to dry. Pastel paintings emit an intensity of colour unmatched by any medium. Whatever you want to paint – portraits, landscapes or still life – you will be guided through composition, design, colour and techniques to a successful painting. A supply list will be given upon registration.

Instructor: Ed Araquel

Cost: \$131.25 6 sessions
Sat Mar 20-Apr 24 10:00am-12:00pm
 register by Oct 30 **Code: 301-562**

Registration begins January 4

Earth Oven Building Workshop

We are building a wood fired oven using local building materials including cob. Join us in community, learn by doing, and help build an oven. Holger will share various oven designs, materials, and techniques to inspire you to build your own. Bring your own lunch or enjoy an organic farm lunch for \$14.

Instructor: Holger Laerad at ALM farm

Cost: \$57.75
Sat July 31 10:00am-5:00pm
 register by Jul 23 **Code: 301-524**

Earth Oven Finishing and Baking Workshop

Time to put the finishing touches on the oven and test it out! This course will cover plasters, finishing and sculpting the oven, firing the oven and baking in it. Please bring your favorite pizza toppings to create your own edible masterpiece as this course includes making and baking pizzas.

Instructor: Holger Laerad at ALM farm

Cost: \$47.75
Sun Aug 22 10:00am-2:00pm
 register by Aug 13 **Code: 301-566**

How Writers Write: Person and Tense in Fiction

This course is for both readers and writers: readers who want to enrich their reading experience by understanding how certain effects are created, and writers who want to use person and tense to achieve certain effects. We'll look at excerpts from a selection of texts including Carol Shields' Swann and Guy Vanderhaeghe's An Englishman's Boy. All reading material is provided. More info upon registration.

Instructor: Shelly Loewen Gable, MA in English (Language). Shelly enjoys reading and analysis of the language of stories, and is keen to share her knowledge and insights into how writers use language. Her goal is to create a comfortable atmosphere where participants will enjoy themselves while learning how writers write.

Cost: \$96.60 5 sessions
Wed Mar 24-Apr 14 7:00-9:00pm
 register by Mar 17 **Code: 301-580**

Market Basket

This is a very sturdy rectangular splint woven basket with wood handle. It has an attractive plain and twill weave pattern and is a basket ready to be put to use. Great for shopping, garden produce, garden tools, storage etc. If you have never made a basket before this is a great place to start. Open to all skill levels. Tools to bring: sturdy scissors, measuring tape, an old towel, household cotton string, 10-12 clothes pins, swiss army knife or paring knife.

Instructor: Joan Carrigan, Saltspring IslandBasketry Guild

Cost: \$87.50 includes materials

Sat Apr 10 9:30am-5:00pm
register by Apr 1 Code: 301-567

Introduction to Wood Carving

This course is directed at those who are new to woodcarving and wish to learn the correct use of woodcarving chisels. Students will be taught the correct use of both traditional chisels and palm sized gauges. Knife techniques will also be demonstrated. Emphases will be placed on shop etiquette, safety, tool control and clean cuts. Students will be show both "Relief" and "In the Round" carving styles. Throughout the course tips and tricks learned in 40 plus years of whittling and woodcarving will be passed on in the hope you will learn to enjoy woodcarving for the great hobby that it is. Supply list upon registration.

Instructor: Barry Bell

Cost: \$105 8 sessions (no class Mar10)

Wed Feb 3-Apr 7 7:00-9:00pm
register by Jan 29 Code: 301- 585

Welding for Beginners

Here's a great opportunity to learn how to weld and create something special using your new skills. This course is designed for hobbyists who want to learn the fundamentals of Electric Arc Welding and Oxy-acetylene gas cutting, welding and brazing. There will be a strong emphasis on welding safety. Upon completion, the students will have the knowledge to be able to work on projects of their own. All students must provide their own coveralls, gloves and proper footwear and will be expected to complete a project of their choosing. Materials and supplies are extra.

Instructor: John Nicholson

Cost: \$204.75 (no class Mar 11) 10 sessions

Thu Feb 4-Apr 15 7:00-9:00pm
register by Jan 28 Code: 301-584

Guitar for Beginners

In this class students can expect to learn the most common chords and several songs in various styles (according to the tastes of the class), proper technique, ear training and some basic theory.

Instructor Gary Cherwonka has taught at Rogers State College, Oklahoma, Edmonton Separate School Board and numerous schools and local stores. He has performed with the Tulsa Philharmonic, Telluride Bluegrass Symphony as well as being a regular performer on a weekly television show "Oklahoma Swingin' Country"

Cost: \$105.00 (no class Mar 8) 8 sessions

Mon Jan 25-Mar 22 7:30-9:00pm
register by Jan 20 Code: 301-511

Mon Apr 12-Jun 7 7:30-9:00pm
register by Apr 6 Code: 301-512

Health & Wellness

The Stars and You

Learn more about yourself and astrology in this light hearted two hour session. It will provide insight and information on the basics of astrology and how it impacts individuals. Each participant receives an outline of their birth chart which highlights where each of the planets were positioned at the time of their birth. You will learn why two Pisces are not the same, the importance of knowing your rising sign and the significance of where the moon was at the time of your birth. Birth details: the time, date and place of birth must be received in advance. Time of birth is necessary if participants are interested in receiving their natal chart. Space is limited to eight participants per session

Presenter: Dory Montague. Astrology has been a passion of Dory's for over twenty years. Her curiosity and intense interest has served as the catalyst for the accumulation of her knowledge, which she shares in an effort to inspire others to have faith in themselves and to support them on their journey of self-discovery. For additional information visit www.c2be.ca

Cost: \$42

Sat Jan 16 1:00-3:00pm
register by Jan 8 Code: 301-543

Sat Jan 30 1:00-3:00pm
register by Jan 23 Code: 301-544

Sat Feb 13 1:00-3:00pm
register by Feb 5 Code: 301-545

Sat Feb 27 1:00-3:00pm
register by Feb 19 Code: 301-546

How To Make A Good Course Disappear...
Courses are cost-recovery dependant on a minimum number of students enrolled by the registration deadline.
Don't be disappointed... register early

Let the CARDS guide you!

Half hour sessions or hour sessions with Cedona and the beautiful and sacred 7 decks of cards she offers. You pick the cards. Cedona helps you ask helpful questions and helps you interpret the cards. These are FUN and illuminating sessions which can help you find the confidence you need to move forward in your life with assurance you are on your right path.

With Cedona Holly

Cost: By donation to Cedona and EMCSS

Sat Jan.16 10:00am-4:00pm
register by Jan 12 Code: 301-583

Immune Boosters

In this class you will learn all about natural immune boosters and what you should do at the first sign of illness to help improve your immune system before you get sick.

Instructor: Alanda Carver

Cost: \$21

Sat Jan 23 10:00am-12:00noon
register by Jan 18 Code: 301-531

Changeways Cognitive Behaviour Therapy Group

This program is designed to help you create positive change in your life. Using the skills and information in the class, you will decide which problems you wish to work on. With the help of your group facilitator you will create a plan for carrying out the changes you want to make. For some people this means coping with and overcoming problems such as depression or anxiety. For others it means dealing with a major life transition or a difficult life situation This group is professionally facilitated and is primarily based on a cognitive-behavioural approach. Each group has between ten to twelve participants and is designed for adults eighteen years and older who are willing to have their doctor authorize their attendance. (10 weeks)

Facilitator: Joyce Barwis, Registered Clinical Counsellor

Cost: \$131.25 (includes course materials)
Thu Feb 4-Apr 8 6:00-7:30pm
register by Jan 28 Code: 301-565

Registration begins January 4

Inner Peace is Possible!

This 8 week Course offers Meditation instruction and practice as well as spiritual guidance to help you awaken to the peace you already have within you. We will explore the meaning and purpose of our existence on Earth. Meditation and spiritual understandings are very practical! Inner peace creates a healthy body and a more productive life. (Held in quiet sacred space in Cedona's home)

Facilitator Rev Cedona Holly Cedona began meditating in 1980. She is a Spiritual Counsellor, Meditation Facilitator, Artist and Author of Meditation Manual for the Modern Day Mystic. Visit her website at www.eternaloneness.org to find out more.

Cost: \$105 **8 sessions**
Sat Feb. 6,13,20,27, 4-5:30pm
March 6,13,20,27
 register by Feb 1 Code: 301-581

Four Week Meditation Course for Teens Ages 16-19

Meditation Instruction is offered as well as Spiritual inquiry to help you find deeper meaning and purpose in life. Who are you? Why are you here? Can you contribute meaningfully to help our planet? Come find out and rest in the peace which is already within you. Wisdom, Insight, Inspiration!

With Cedona Holly

Cost: \$46.20
Mon Feb 8-Mar 1 4:00-5:00pm
 register by Feb 1 Code: 301-582

A new Toastmasters Club in Sooke! Sooke Spitters Toastmasters Club

Meetings every Wednesday
 7:00 - 8:30pm

Little Vienna Bakery

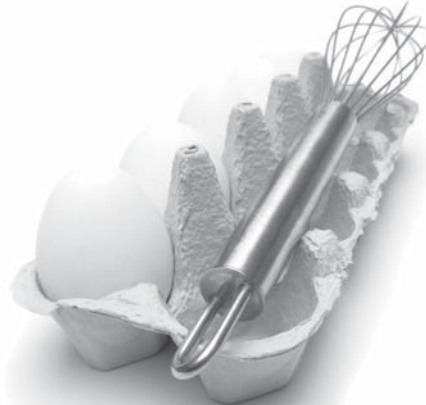
*Come check it out -
 meet new people and learn
 while you have fun!*

No require to join or speak
 until you are ready!
 For more info Liz 250-664-7343

Cooking with Joshua Koile

Joshua hails from Nova Scotia and graduated from Thames Culinary Arts in London, UK. He has travelled and cooked throughout Europe and is passionate about fresh and healthy food. He is currently at Sooke's newest food hotspot Farmers Daughter.

Join us for six hands-on cooking workshops where you will learn to prepare balanced and healthy meals using ingredients from your own kitchen! Cost: \$42 per session, sign up for 3 classes - save 10%, 5 classes - save 15%



Kitchen Basics

In this class you will be shown the basic tools you will need in order to prepare fast and easy dishes in your own kitchen. Learn from a professional how proper kitchen tools are essential for easy stress free cooking. If you have the basic utensils and a couple of extra pieces you can make anything. Learn the proper knife to choose-those not to use and much more.

Cost: \$16.05
Thur Jan 28 7:00-9:00pm
 register by Jan 22 Code: 301-553

Soul Satisfying Soup

Create fresh tasting healthy soups to warm you during the cold weather. Learn the secret to great stocks as well as purees and roux. Make biscuits and croutons.

Thur Feb 4 6:30-9:30pm
 register by Jan 29 Code: 301-554

Bread Making

If you have always wanted to make bread, then look no further. This is a wonderful skill to learn and this course will give you all the skills to make that perfect loaf and take home some wonderful baking. You will make traditional breads as well as non traditional and sprouted bread.

Thur Feb 18 6:30-9:30
 register by Feb 12 Code: 301-555

Healthy Lunches

Don't despair there's lots more to pack in your lunch other than just an ordinary sandwich. Josh will share his knowledge and skill and have you preparing and or packing a tasty, nutritious lunch for you and your family in a way you would never imagine!

Thur Mar 4 6:30-9:30pm
 register by Feb 26 Code: 301-556

One Pot Meals (for busy people)

One of the best ways to get dinner on the table in a hurry is to make a one dish meal. They're fast, easy to make ahead and store, and best yet, there is only one pot to clean. One-pot meals are the ideal solution for busy people who want wonderful food with minimum fuss and preparation time. In this class we will prepare easy and flavourful recipes that are good for entertaining and everyday meals.

Thur Mar 19 6:30-9:30pm
 register by Mar 5 Code: 301-557

Entertaining Guests

There is no better time to learn how to choose your menu and prepare for a smooth relaxing party for both you and your guests. Make healthy and delicious snacks for your guests with ease and incredible style without spending all your time in the kitchen.

Thur Apr 1 6:30-9:30pm
 register by Mar 26 Code: 301-558

Vegetarian Cooking

You will be introduced to a variety of vegetarian ingredients for both sweet and savoury dishes and shown how vegetarian meals can be interesting, nutritious and delicious.

Thur Apr 15 6:30-9:30pm
 register by Apr 9 Code: 301-559

Free Financial Seminars

All Seminars are free of charge

Hosted by: *Darren Fisk, Consultant & Jackie Mcmath, CFP; Investors Group Financial Services Inc.*

Please call to confirm your attendance. Darren Fisk, Consultant, 250-391-4737 ext. 33 or EMCS Program office 250-642-6371. There is no cost or obligation but seating will be limited.

10 Point Tune Up For Your RRSPs

This seminar discusses the "Top 10 RRSP Tips" individuals should know to take full advantage of RRSPs. Topics of the presentation include: the importance of early contributions, spousal RRSPs, making tax-efficient deduction decisions, resisting the "dip", home buyer and lifelong learning plans, designating a beneficiary through your will and more. Commissions, fees and expenses may be associated with mutual fund investments. Read the prospectus before investing. Mutual funds are not guaranteed, values change frequently and past performance may not be repeated.

Wed Jan 13 6:30pm
register by Jan 11 Code: 301-547

Comprehensive Financial Planning - An Overview

This program will give an overview of the financial planning process, the tools that can be used (including RRSPs, TFSA's, RESP's, insurance policies and tax planning). We will discuss how one should identify goals and concerns, and how to develop solutions that can help to meet those goals and concerns.

Wed Feb 10 6:30pm
register by Feb 5 Code: 301-548



Money Skills: Financial Literacy Program

Poverty is not only about money, it is also about not having access to the skills, resources, information, and choices necessary to get and maintain self-sufficiency. Money Skills will help people on very limited income build their skills and access information to effectively manage their money and plan for their future. In this 4-week program, you will learn about:

Banking – what are the different options and which ones are appropriate for you.

Budgeting – how to budget and get control over your money instead of your money controlling you.

Consumerism – how to make choices based on what is good for you.

Credit – Credit history is very important to achieve control of your finances. Learn how to make GOOD CREDIT possible.

Instructor: Heather Johnson has been working in a coaching role for over three years, supporting individuals to set reachable goals in the areas of employment and finances. Currently working as a Family Advisor with the Family Self-Sufficiency Program at Burnside Gorge Community Association, she enjoys the opportunity to watch people achieve their dreams and aspirations.

Cost: FREE
Tue Mar 23-Apr 13 6:30-8:30pm
register by Mar 17 Code: 301-480

Could It Happen To Me

This seminar has been designed to discuss three important protection issues facing Canadian families. The seminar discusses the need to protect yourself from a sickness or accident (disability insurance); to protect yourself from a life altering illness (critical illness insurance) and to protect yourself from premature death (life insurance).

Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company.

Wed Mar 24 6:30pm

Looking Forward to a Brighter Future

This seminar will discuss how debt consolidation can help you gain control of day-to-day finances and chart a course toward long-term financial goals.

Wed Apr 21 6:30pm
register by Apr 16 Code: 301-550
register by Mar 19 Code: 301-549

Registration begins January 4

On The Water

Boat Certification Course

Anyone operating vessels and personal watercraft with gas or electric motors must have a Pleasure Craft Operators Card (PCOC) as mandated by Transport Canada. This course provides all the necessary information and exam. Some homework is required. Please bring a snack or lunch for the break.

Instructor: Lesley Head of Heads up Navigation
Cost: \$110.00

Sat/Sun Apr 10, 11 9:00am-1:00pm
register by Apr 6 Code: 301-482

Radio Course ROC-M or (VHF) License

Anyone using a fitted or hand held VHF-DSC radio on their vessel must have their ROCM license to use it. This course provides the information and exam to obtain this license. Home study is required. Photo ID is required for all those writing the exam. Updates to cards issued prior to February 2006 are also available.

Instructor: Lesley Head of Heads up Navigation
Cost: \$105.00

Sun & Thu Apr 11 & 2:00-4:00pm
Apr 22 (exam) 7:00-9:00pm
register by Apr 6 Code: 301-483

General Interest

Landlord 101

There are many mortgage-helper suites out there. Maybe some of you are new landlords, or thinking about becoming one. This course will give you a basic introduction to rules around renting out your property, techniques for selecting good tenants, answers to your questions about being a successful landlord, and also describe the benefits of ROMS BC membership - currently enjoyed by 2000 landlords in BC.

Instructor: Al Kemp, CEO of the Rental Owners and Managers Society of BC (ROMS BC)
Cost: \$20

Wed Feb 17 7:00-8:30pm
register by Feb 9 Code: 301-481

Spanish for Beginners - Level 1

Designed for students who have no previous knowledge of Spanish and who wish to learn some of the vocabulary and acquire a command of the spoken and written language. This beginner's course will provide instruction in everyday usage of the Spanish language. The primary focus of the course will be the spoken language. Reading and writing in Spanish will be approached as tools to support the learning experience of communicating in the spoken language. Students are recommended to purchase the book "Spanish the Easy Way" by Barron's.

Instructor: Daniel Morgado

Cost: \$124.95 10 sessions
Tue/Thu Jan 26-Feb 25 7:00-9:00pm
register by Jan 21 Code: 301-507
Tue Apr 13-Jun 22 7:00-9:00pm
register by Apr 15 Code: 301-508

Spanish for Beginners - Level 2

Increase your conversational skills and understanding of the Spanish language with this follow up course. Students should have had previous contact with Spanish and possess some basic understanding of this language to follow the course.

Instructor: Daniel Morgado

Cost: \$124.95 10 sessions
Tue/Thu Mar 16-Apr 15 7:00-9:00pm
register by Mar 5 Code: 301-509

Spanish for Beginners - Level 3

Instructor: Daniel Morgado

Cost: \$124.95 10 sessions
Thu Apr 22-Jun 24 7:00-9:00pm
register by Apr 15 Code: 301-510

Conversational French for Beginners

Parlez-vous Francais? If not, you might want to take this class for absolute beginners. This course will provide you with the basic skills to be able to communicate in simple day to day situations. Perfect for French immersion parents. Be prepared for a fun time! No text required.

Instructor: Jodie McDonald

Cost: \$124.95 (no class Mar 8, Apr 5) 10 sessions
Mon Feb 8-Apr 16 Code: 301-600
register by Feb 3

Tricks Of The Trade

This course is designed for everyday homeowners who would like tips on how to do home repairs and renovations like the pros. The course teaches fun and fascinating tricks that one cannot learn in the text books. For example: straighten a 40' wall with two fingers; use a drop of water like a plumb bob; fix sagging doors; patch drywall holes like the pros; cut and paint straight lines and much much more.

David J.Slemin is a carpenter/foreman with a passion for construction tricks and techniques he feels anyone can learn. He has a broad scale of experience from "high-ball" framing in California, to setting marble in the Uplands. His teaching style is clear with an emphasis on visual examples.

Cost: \$95 (no class Mar 8) 6 sessions
Mon Feb 8-Mar 27 7:00-9:30pm
register by Feb 1 Code: 301-55

Building Effective Communication Skills - In Two Parts

This two-part course is intended to enhance the effectiveness of existing communication skills and to add new ones. Participants can expect to gain a deeper understanding of why different communication styles are more and less effective and how to create the habit of using more useful approaches. Part I focuses on basic skills and the dynamics behind them. Part II provides the opportunity for some focused practice on communicating in different situations. Part II can be taken independently from Part I, IF you have taken the Supporting Our Volunteers: Communications Workshop in Sooke in October / November 2009, or the Civilizing the Dialogue Course offered in Metchosin in 2008, or with the permission of the instructor.

Instructor Nancy Cooley is a professional planner, facilitator, and coach who specializes in designing and training people how to operate successfully in processes that use interest-based discussion and negotiation and consensus-based decision making for large, complex groups. She is also trained in Non-Violent Communication. Nancy will be available by email and phone for questions throughout the course.

Cost: \$50* Part I
Thu Feb 18, Mar 4, 18, Apr 1 7:00-9:30pm
register by Feb 11 Code: 301-596

Cost: \$50* Part II
Thu Apr 15, 22, 29, May 6 7:00-9:30pm
register by Apr 8 Code: 301-597

*Take both parts for \$90

City Survival

Preparing for a disaster is just as important as knowing what to do during a disaster. In this class you will first learn how to survive in the event of an emergency or natural disaster. Learn where to find water, how to stay dry and warm and much more. In the second class you will share tips and ideas of how to maintain good hygiene, avoid accidents, and protection from theft in urban environments.

Instructor: David J. Slemin

Cost: \$36.75 2 sessions
Mon Apr 12-26 7:00-9:00pm
register by Apr 6 Code: 301-552

How To Build A Better Song

Songwriter/ Producer Thom Southwood (Author/ Composer of Howl the musical) will be leading this workshop exploring techniques for composing, arranging and recording songs. Participants will learn how to improve their lyric and music writing skills as well as learning how to arrange and record music. Creating song demos and music publishing will also be covered.

Cost: \$40.95
Sat Feb 6 10:00am-3:00pm
register by Jan 29 Code: 301-542

Pro D Days for Kids

From the depths of the UVic laboratories! 2 pro D Day sessions for kids! Space is limited so register early to avoid disappointment!

Fun With Lego Mindstorms

Spend your ProD day with the robotic experts from UVic. Lego Mindstorms are programmable robotic Lego. Build and program your own "robot." No experience necessary. Just bring your creativity! Open to students grades 5-8.

Instructors: UVic WECS Program

Cost: \$45
Thur Mar 4 9:30am-3:30pm
register by Mar 26 Code: 301-598

SPARCS

SPARCS, the group that brought you "Program Your Own Wii Game" last spring, will be back with another great project for the computer. Open to students grades 5-8. No experience necessary.

Instructors: UVic SPARCS Program

Cost: \$20.00
Fri Feb 19 9:00am-12:00pm
register by Feb 12 Code: 301-599

Registration Form

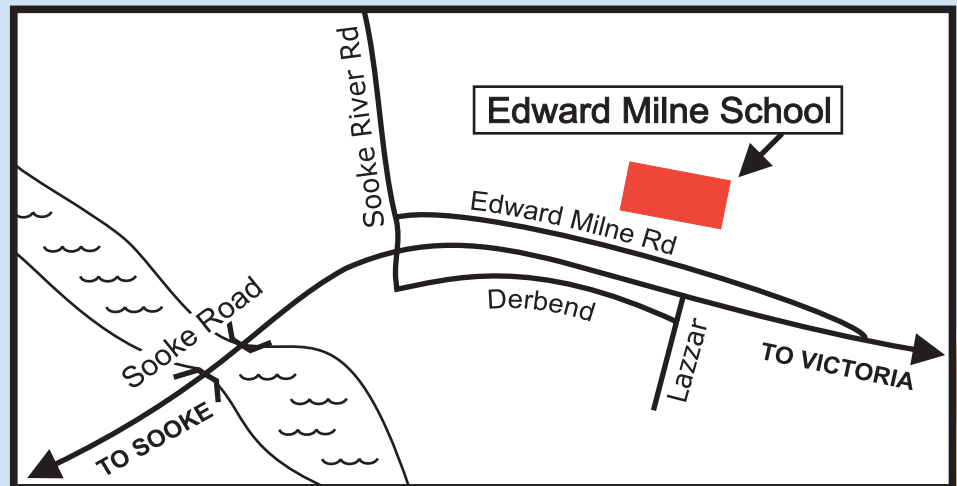
EMCS

Edward Milne Community School (EMCS)

is located at 6218 Sooke Road
just past Saseenos Elementary
School in Sooke.

Sooke Community Theatre
Located at EMCS

Sooke CASA
Located at 2145 Townsend Rd.



5 Ways to Register - It's so Easy!

By Mail: Send reg form to:

EMCS Society
PO Box 1010, Sooke, BC
V9Z 1J1

Pay by Mastercard, Visa, Cheque.

By Phone: 642-6371
Pay by Mastercard or Visa

By Fax: 642-7866
Fax in your reg form
Pay by Mastercard or Visa.

In person:
Drop by the Edward Milne
Community School Program Office:
6218 Sooke Road, Sooke, BC

Pay by Mastercard, Visa, Cheque,
Cash or Interac.

On the Web: www.emcsprograms.ca Email us your info, call in your Mastercard or Visa to 642-6371.

All cheques made payable to EMCS Society. A \$25 service charge will be applied to NSF cheques. **Cancellations:** The decision to cancel a program will be made three days prior to course start date, unless otherwise notified. Full refunds will be awarded if the course is canceled. **Refund Policy:** For courses of three classes or more, refunds will be subject to a 15% administration charge if withdrawal occurs three days or less prior to the beginning of the course. For courses of one or two classes, no refund will be awarded if Edward Milne Community School Program Office is notified less than three days prior to the beginning of the course. Non-attendance does not constitute withdrawal. For courses of 6 or more sessions, if the participant withdraws before the second session, 75% of the fee will be refunded. If withdrawing before the third session, 60% will be refunded. The program office must be notified of withdrawal BEFORE the second or third class for this policy to take effect. No refund will be given after the third session.

Registration Form

Name: _____ Tel: (H): _____ (W): _____ (C): _____

Address: _____ City: _____ Postal Code: _____

Course Name: _____ Code: _____ Fee: _____

Course Name: _____ Code: _____ Fee: _____

Total: _____

Payment Method: Cheque ___ M/C ___ Visa ___ Card # _____

Expiry ___/___ Name on card: _____ Signature: _____

www.emcsprograms.ca