

Register  
Online **NOW!**

Edward Milne  
Community School

# Community Education Calendar



# Fall 2011

**Over 100 Great Opportunities To:**  
*learn, have fun, get healthy, make friends,  
master a new skill, try something you've  
never done before...*



[www.emcsprograms.ca](http://www.emcsprograms.ca)



The EMCS Society is launching a new website!  
 Find out what's new at: [www.emcsprograms.ca](http://www.emcsprograms.ca)

**Our new website features:**

**Facility bookings made easier!**

Rent our facilities online, reserve space for your meeting or practice in our facilities scheduling module

**Course registration at your fingertips!**

Search our courses, register and pay for your course online

**What's new?** features of upcoming community programs and courses

**Calendar of events:** Announcing upcoming productions in the Sooke Community Theatre

**We want to know what you think!**

Share your opinions in our monthly surveys

**Join our Social Networks:** stay up to date with what's happening at the Community School through our facebook group and twitter feeds.

**EMCS Fitness/Yoga Schedule Fall 2011 At A Glance**  
 Class descriptions start on page 7

Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>Lean Team</b> 7:30-8:30am <i>Register or Drop-in</i>		<b>Lean Team</b> 7:30-8:30am <i>Register or Drop-in</i>	<b>Lean Team</b> 9:30-10:30am & <b>Lean Team 2</b> 10:30-11:30am <i>Register or Drop-in</i> <i>Yoga workshops * check brochure for dates and times</i>
<b>Pilates</b> 5:15-6:30pm <i>Register or Drop-in</i>	<b>Yoga</b> 5-6:15pm <i>Register or Drop-in</i>	<b>Ashtanga</b> 5:15-6:30pm <i>Register or Drop-in</i>	<b>Lean Team</b> 5:45-6:45pm <i>Register or Drop-in</i>	
<b>Kundalini for a Healthy Lifestyle</b> 6:30-8pm <i>Register or Drop-in</i>	<b>Lean Team 2</b> 7:30-8:30pm <i>@ Ecole Poirier</i> <i>Register or Drop-in</i>	<b>Restorative Yoga for Better Sleep</b> 6:45-7:45pm <i>Register or Drop-in</i>	<b>Jazzercise</b> 7-8pm <i>call Samantha for details 250-474-6884</i>	
	<b>Jazzercise</b> 7-8pm <i>@ Journey Middle school call call Samantha for details 250-474-6884</i>			
	<b>Drop-In Badminton</b> 7:30-9pm <i>call Gail for details 250-642-3288</i>			

**Check out our new  
online registration**  
[www.emcsprograms.ca](http://www.emcsprograms.ca)



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**Have an idea for a course you'd like to take or teach?**

Contact Rose Steele, Program Coordinator:  
[rsteale@sd62.bc.ca](mailto:rsteale@sd62.bc.ca) or call (250) 642-6371

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**Program Registration Begins August 31**

## Evening Academic Programs are coming to EMCS...

*Starting September 6, 2011 Westshore Centre for Learning and Training will be offering an Adult Graduation program at Edward Milne Community School. Attend scheduled classes instructed by a teacher, once or twice per week in the evenings. Courses will be available for school age or adult students.*

*Take one or more teacher-instructed courses for graduation completion. Manage your learning around work and family commitments. Classes start in September and February.*

## Who is eligible for the BC Adult Graduation Diploma?

You are eligible if you are 19 years or older. If you are 18 and have been out of school for at least a year, you may be admitted into the Adult Graduation Program with approval.

## Steps to Register for Academic Programs

Call 250-391-9007 to make an appointment to talk to an academic advisor.

*Your high school diploma may be just around the corner!*

## Evening Academic Programs

Whether your goal is a path to graduation, general academic upgrading or prerequisites for post-secondary education, we can help. Call to make an appointment with our counsellor to develop your personal learning plan.

### The program features:

- Evening classes
- Face-to-face teacher instruction and guidance
- Group discussion and activities
- A relaxed learning environment
- Supportive teacher facilitation in the learning process

### Tuition is free if you are:

A Canadian citizen or landed immigrant and resident of BC. A refundable textbook deposit is required for most classes. A post-dated cheque or credit card is required for a text deposit.

## Evening Academic Course Schedule for September 2011 – January 2012:

SUBJECTS:	SCHEDULE:
Communications 12	Tuesdays 6 – 8:30 pm
Apprenticeship and Workplace Math 11	Thursdays 6 – 8:30 pm
Homework support for all classes	Wednesdays 6:00 – 8:30 pm

If you are an adult your path to graduation might not take as long as you think...

## Adult Graduation Requirements

*Students 19 and over who enroll in the BC Adult Graduation Dogwood require 20 credits.*

1	Language Arts 12	4 credits
1	Math 11	4 credits
3	Grade 12 courses OR	12 credits
2	Grade 12 courses AND	8 credits
1	Social Studies 11 OR	
	BC First Nations 12	4 credits

*For more information on the - Adult Graduation Program and Adult Grad FAQ check the Ministry of Education website:  
[http://www.bced.gov.bc.ca/graduation/adult\\_graduation.htm](http://www.bced.gov.bc.ca/graduation/adult_graduation.htm)*



## First Aid with Alert First-Aid

*Alert First-Aid has been offering quality, enjoyable first-aid and CPR training to Vancouver Island and Vancouver for over twelve years. They believe in making first-aid courses as enjoyable and stress-free as possible. It is their experience that students who enjoy their first-aid training retain this valuable life skill.*

### Standard First-Aid & CPR Level C

This hands-on interactive 2 day first-aid and CPR training course includes adult CPR, child CPR, infant CPR, two person CPR (Level C) and choking procedures as well as emergency scene management, dealing with shock, spinal injuries, heart attack, angina, stroke, bleeding, broken bones, seizures, heat related illness, hypothermia, allergic reactions, poisons and burns. Students will be orientated to the use of an Automated External Defibrillator. Participants spend the majority of the course doing hands on first-aid, and participating in first-aid scenarios. This first-aid course is recognized by the Adult and Child Licensing Care Board. Canadian Red Cross first-aid and the CPR certification is valid for 3 years.

**Cost: \$135.00** 14 hours  
**Sat/Sun** **Oct 29, 30** **8:30am-4:30pm**  
 For this class please register online at [www.alertfirstaid.com](http://www.alertfirstaid.com) or call 250-595-5323.

### Standard First Aid and CPR Level C Recertification

If you have taken this course in the last 3 years then you are eligible for a recertification. This course does not include a manual.

**Cost: \$80** 8 hrs  
**Sun** **Oct 30** **8:30am-4:30pm**  
 For this class please register online at [www.alertfirstaid.com](http://www.alertfirstaid.com) or call 250-595-5323.

### Emergency Childcare First-Aid and CPR Level C

This course deals with injury prevention, safety education, choking, breathing problems, adult CPR, child CPR, infant CPR and two person CPR (Level C). Also, burns, fractures, poisoning and injuries from falls and other childhood related emergencies will be covered. Students will also be orientated o the use of an Automatic External Defibrillator. This Emergency Childcare course is approved by the BC Provincial Community Care Facilities Branch. Canadian Red Cross certification is

valid for 3 years. If you have taken this course within the last 3 years you are eligible for recertification. If this is your first time taking this course there is a lot of first-aid information. We recommend students get their first-aid manual before the course and do a short pre course assignment. This is not mandatory. The first-aid manual and pre course assignment will be sent out by mail at no extra cost.

**Cost: \$90** 8 hrs  
**Sun** **Oct 30** **8:30am-4:30pm**  
 For this class please register online at [www.alertfirstaid.com](http://www.alertfirstaid.com) or call 250-595-5323.

### Adult Caregiver First-Aid and CPR Level A

This motivational and hands-on first-aid course includes a Canadian Red Cross Emergency First-Aid with CPR (Level A) certificate approved by the Adult Care Licensing Board. Training includes emergency scene management, adult, child CPR and choking procedure. Other topics include seizures, heart attack, stroke, burns, diabetes, anaphylactic shock, bleeding, broken bones, sprains and strains. Special attention will be given to situations which apply to adult caregivers. First-aid and CPR Certification is valid for 3 years.

**Cost: \$90** 8 hrs  
**Sat** **Oct 29** **8:30am-4:30pm**  
 For this class please register online at [www.alertfirstaid.com](http://www.alertfirstaid.com) or call 250-595-5323.

## Job Training

### 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: \$79**  
**Tue/Thu** **Oct 11/13** **6:00-10:00pm**  
**register by Oct 6** **Code: TR-FS-100**  
**Tue/Thu** **Dec 13/15** **6:00-10:00pm**  
**register by Dec 8** **Code: TR-FS-101**

### 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.*

### Bookkeeping & Simply Accounting

This 'hands-on' course will be divided into 2 parts. The first 15 hours will be spent learning how to manually record business transactions using the accrual-based, double-entry bookkeeping system, and will cover journals, posting to ledger accounts, taking off a trial balance, developing a beginning understanding of financial statements, payroll preparation and various other fundamentals. The second 15 hours will be dedicated to setting up books on Simply Accounting, learning how to record transactions and generate a variety of financial reports, and general computer troubleshooting.

**Instructor: Frances O'Donovan**

**Cost: \$305** 12 sessions  
**Tue/Thu** **Oct 11-Nov 17** **6:30-9:00pm**  
**register by Oct 5** **Code: TR-BK-100**

### Traffic Control Person (TCP)

This course is required for construction and road maintenance workers for those who deal with traffic as part of their work. You will cover the newest Ministry of Transportation and Highways & WCB regulations, plus safe traffic control procedures and set-ups. Upon successful completion of the course participants will receive a temporary certificate valid for 90 days. A permanent wallet card with photo identification is mailed within 90 days. The successful participant is then registered as a Traffic Control Person for 3 years with the BC Safety Network. Requalification is necessary every 3 years. Must wear approved footwear, and dress appropriately for the weather as the class will be outside for part of the time.

**Instructed by Roadmasters Satety Group**

**Cost: \$230**  
**Sat/Sun** **Oct 29/30** **9:00am-5:00pm**  
**register by Oct 20** **Code: TR-TC-100**



## Computers

### 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+HST

**Mon** Nov 16 7:00-9:00pm  
register by Nov 16 Code: TR-DC1-100

### 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:** \$69+HST

**Tue/Wed** Dec 6/7 7:00-9:00pm  
register by Dec 1 Code: TR-DC11-100

### 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:** \$156

**Mon/Wed** Oct 12-24 7:00-9:00pm  
register by Oct 7 Code: TR-PS-100

### 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:** \$198

**Mon/Wed** Sept 19-Oct 5 7:00-9:00pm  
register by Sep 15 Code: TR-WL1-101

### 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:** \$156

**Mon/Wed** Nov 21-30 7:00-9:00pm  
register by Nov 17 Code: TR-WL2-100

### 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:** \$198

**Tue/Thur** Sept 20-Oct 6 7:00-9:00pm  
register by Sep 15 Code: TR-EX-100

### 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:** \$156

**Tue/Thur** Nov 22-Dec 1 7:00-9:00pm  
register by Nov 17 Code: TR-EX-101

### Introduction to Social Media

#### Facebook and Twitter for Seniors

*Get started with Facebook* – create an account and get your face on facebook. Find friends, children or grandchildren. Start sharing your life by building a profile and upload photos, videos etc. Join groups or create your own interest group. Schedule an event, gathering, birthday etc. Learn about privacy concerns, privacy settings and how to protect your identity and that of your friends and family. Third party applications – games and advertising and how it affects you.

*What is Twitter?* Set up an account, find people to follow, choose an avatar and customize your profile page. Discuss other Social Network Alternatives such as Flickr, YouTube and Photo Share.

**Sat** Sep 24, Oct 1 9:30-11:30am  
register by Sep 20 Code: TR-SM-100

**Tue/Thu** Nov 15/17 7:00-9:00pm  
register by Nov 9 Code: TR-SM-101

### 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:** \$156

**Tue/Thur** Oct 25-Nov 3 7:00-9:00pm  
register by Oct 20 Code: TR-PW-100

### Keyboarding

This class is for computer users who would like to improve their typing skills. You will master the keyboard using the touch method and increase your confidence and speed. Typing speed upon completion varies with individuals.

**Instructor:** Cath Krutz

**Cost:** \$65

**Tue/Thur** Oct 11-20 7:00-9:00pm  
register by Oct 6 Code: TR-KB-100

**Mon/Wed** Oct 31-Nov 9 7:00-9:00pm  
register by Oct 27 Code: TR-KB-101

**Check out  
our new online  
registration**

[www.emcsprograms.ca](http://www.emcsprograms.ca)



### The Lean Team 2

Now that you have discovered your new, fit and healthy self, continue working with Dave to maintain your active lifestyle, learn new exercises and stay motivated!

**Cost: \$79+tax/mnth | Drop-ins \$11+tax/session**  
**Tue/Sat Beginning Sep 3 Tue 8:00-9:00pm**  
**Sat 9:30-10:30am**

**Wed Mar 30-May 11 5:15-6:30pm**  
**register by Mar 18 Code: 301-754**  
**Mon May 16-June 27 5:15-6:30pm**  
**register by May 13 Code: 301-752**  
**Wed May 18-June 29 5:15-6:30pm**  
**register by May 13 Code: 301-755**

### Yoga Punch Card

Not sure you can attend a full session? Purchase a yoga punch card and attend any of our scheduled classes. Drop-ins are \$15.

**Cost: \$105 + tax / 10 sessions**

### Kundalini Yoga for a Healthy Lifestyle

Kundalini yoga stimulates the nervous system, glandular system and the immune system as it centres the mind and opens the spirit. These results are achieved through specific yoga posture sets that include relief from stress, enhanced creativity, lymphatic cleansing, liver detoxification while balancing the heart and mind and developing will-power. Join us in this series of classes that will include special exercises and meditations in class to boost your physical and mental well-being. There will be a discussion after each class to support your efforts in achieving a healthier lifestyle.

**Cost: \$76+tax | Drop ins \$15 8 sessions**  
**Mon Sept 5-Oct 24 6:30-8:00pm**  
**register by Code: F-YK-100**

**Cost: \$66.50+tax 7 sessions**  
**Mon Oct 31-Dec 12 6:30-8:00pm**  
**register by Code: F-YK-101**

### Registration begins August 31

### Restorative Yoga for Better Sleep

This is a gentle supported practice specializing in the art of non-doing. Suitable for all levels. Particularly good for replenishing energy and relaxing the body. Gentle stretching, relaxation, breath work and meditation will be the focus of the classes.

**Instructor: Alanda Carver**

**Cost: \$76+tax 8 sessions**  
**Wed Sept 7-Oct 26 6:45-7:45pm**  
**register by Sep 14 Code: F-YR-100**

**Cost: \$66.50+tax 7 sessions**  
**Wed Nov 2-Dec 14 6:45-7:45pm**  
**register by Oct 26 Code: F-YR-101**



Jazzercise helps me  
DANCE my way to a  
BETTER BODY.

When's the last time  
YOU danced?

**Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout.** Real results. Pure fun.

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- Student and senior pricing (First pass discount not valid with this pricing)
- Referral program that puts cash back in your pocket!
- Bring weights, a mat and water (limited extras on hand)
- 7 Additional classes in Metchosin

Contact Sam for more info  
[jazzercisesooke@shaw.ca](mailto:jazzercisesooke@shaw.ca)  
**Facebook:**  
**Jazzercise Metchosin-Sooke**  
[jazzercise.com](http://jazzercise.com) •  
**(800)FIT-IS-IT**

**jazzercise®**

#### SCHEDULE

Sundays @ 9:15am, Sooke Legion  
 Tuesdays @ 7pm, Journey Middle School  
 Thursdays @ 7pm, Edward Milne  
 Community School

## Community Education Calendar

### Health & Wellness

#### Homeopathic Medicine for Sports Injuries

Homeopathy is a safe, inexpensive and effective alternative to choosing pain killing drugs when you or your children have a sports injury. Homeopathic remedies work by stimulating your body's natural ability to heal itself. Learn how to support your body's natural healing ability after a sports injury through the use of homeopathic medicine.

**Instructor:** Alanda Carver

**Cost:** \$21+tax

**Sat**  
register by Oct 1

Oct 8

10:00am-12:00pm  
Code: OW-HS-100

#### Homeopathic Medicine for Pets

Homeopathy is a safe, inexpensive and effective alternative to help your pets have a healthier life. Homeopathic remedies work by stimulating your pet's natural ability to heal itself. Whether your pet has an acute injury or a longer term more chronic problem the appropriate use of homeopathic support can stimulate your pet's natural healing ability.

**Instructor:** Alanda Carver

**Cost:** \$21+tax

**Sat**  
register by Oct 17

Oct 29

10:00am-12:00pm  
Code: OW-HP-100

#### Meditations For An Awakening World

*Cedona Holly is a Meditation Facilitator trained in many meditation modalities. She is the author of two books: "Meditation Manual for the Modern Day Mystic" and a children's book - "Over the Sun - How the White Lions Saved the World". Her website is: [www.EternalOneness.org](http://www.EternalOneness.org).*

Life becomes manageable when we have an oasis of peace to come home to. It is always available to us and is found right within us. Life's events can pass through our awareness, and yet we don't have to be swept up into the dramas. We can choose peace.

We will meditate for 45 minutes and explore spiritual questions. What is spiritual awakening? How can I know if this is happening to me? How can I help the world through my meditation practice? Am I really more than my thoughts, beliefs and body? What is my true nature beneath my thoughts? Come explore the great mysteries of life and discover the peace within you. This class will be held in Cedona's home, conducive to self inquiry.

**Cost:** \$125+tax

**Sat**  
register by Nov 1

Nov 5-26

10:00am-12:00pm  
Code: OW-MED-100

#### Understanding Anger: Expression and Management

This course was developed for those who have difficulty expressing and/or controlling anger. In this group, participants will be exploring beliefs, discussing responses, and participating in educational exercises to gain awareness and resources. Communication skills will be practiced, practical tools will be offered and handouts will be given to assist in learning. A short phone intake interview by one of the facilitators upon registering will give the participant an opportunity to see if the group is right for them and any questions or concerns may be clarified.

**Facilitators:** Kimberly Anderson BA, MA, RCC & Jennifer Ducharme BA, MC, RCC, CHT

**Cost:** \$180+tax

**Thur**  
register by

Sep 29-Nov 17


20 hours  
6:45-9:00pm  
Code: OW-VA-100

## Sooke Dance Studio

presents

# The Nutcracker in a Nutshell

A family friendly version of the traditional holiday ballet, classical with a "twist".



A fundraiser for  
Sooke Family Resource Society

Saturday, December 17, 5 pm  
Sunday, December 18, 2 pm

Sooke Community Theatre

Adults \$15  
Children/Seniors \$10

Information: 250 642-6607  
[www.sookedancestudio.com](http://www.sookedancestudio.com)



## Sooke Philharmonic

NORMAN NELSON Conductor & Music Director



### JOIN US FOR THE 2011 / 2012 CONCERT SEASON

5 CONCERTS • 10 PERFORMANCES  
PLUS...

Don Chrysler Concerto Competition for Young Musicians  
The Philharmonic Fling • Sooke's Secret Garden Tour  
and other special events

SOOKE • METCHOSIN • VICTORIA

FOR CONCERT & EVENT INFO... OR TO RECEIVE OUR 2011/2012 SEASON BROCHURE:  
250-642-2849 • [sookephil.ca](http://sookephil.ca) • [info@sookephil.ca](mailto:info@sookephil.ca)

## The Joy of Being You

*Four Weeks That Change Your Life...*

Have you given any thought to where your life will be at 70? Are you going to follow in your parents footsteps? Will you be one of the sad statistics of chronic disease? Or do you choose to live the life of your full potential? Adventure, joy and vitality at 70 or pain, insomnia, weight gain and little energy? You have control over which path you choose. If your choice is to engage in a health-full life, Intentional Wellness provides you with two vital tools; a comprehensive wellness plan tailored to you and the skills to give a profound 15 minute reflexology treatment. This ancient tradition of reflexology is both blissful and therapeutic. Turn your resolutions into a way of life. Permanently.

**Facilitator:** Lee Hindrichs RN, Reflexologist

**Cost:** \$145+tax

**Tue** Sep 27-Oct 25

7:00-9:00pm  
register by Sep 22  
Code: OW-RFX-100

**Tue** Jan 24-Feb 21

7:00-9:00pm  
register by Jan 19  
Code: OW-RFX-101

## Changeways Cognitive Behaviour Therapy Group

Changeways is a 10-week program for people experiencing depression and anxiety, or who want to make major positive changes in their lives. Based on a cognitive-behavioural therapy approach, Changeways helps you identify problems in your life and transform them into goals for change, aided by the weekly support of the group and facilitator. Participants learn a variety of self-care concepts and lifestyle management skills, including identifying negative and defeating thought patterns, managing mood through activity, and elements of a sustaining lifestyle. Designed for adults 18 years and older, the course is facilitated by a professional counsellor and includes a 92-page workbook. Groups have between six and twelve participants. Participants can be referred by their physician through the Sooke Integrated Health Network (IHN) or simply register with EMCSS without a referral.

**Facilitated by** Jodie McDonald, MSW, RSW

**Cost:** \$125+tax

**Wed** Oct 5-Dec 7 7:00-8:30pm  
register by Sep 22 Code: OW-CHW-100



## Registration begins August 31

### Being There: A Changeways Guide to Assertiveness Skills

Many people experiencing anxiety and depression also have difficulty being assertive. Some are passive and find it challenging to set the interpersonal boundaries they might like to have; others are aggressive, finding it difficult to set boundaries without alienating or attempting to control others. This course helps participants develop essential assertive communication skills, such as making effective requests, dealing with confrontation, giving and receiving positive feedback, coping with criticism and saying "no." This course is suitable for people experiencing depression, anxiety, anger control problems, marital and/or child-rearing problems, or those simply aware that they would benefit from strengthening these skills. Facilitated by a professional counsellor, this 8-week course includes a 128-page workbook. Participants can be referred by their physician through the Sooke Integrated Health Network (IHN) or simply register with EMCSS without a referral.

**Cost:** \$125+tax

**Thu** Sep 29-Nov 17 7:00-9:00pm  
register by Sep 22 Code: OW-CHW-101

## Arts

*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.*

### 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:** \$72+tax

**Sat** Oct 15-29 1:00-2:00pm  
register by Oct 7 Code: GI-SP-100

### Pencil Portraits

Draw your friends and family! Learn the basics of drawing a portrait and how to achieve a startling likeness from life or from a photo. This course includes study of angles, distances mapping and measuring. You will learn the use of values (lights and darks) to define planes of the face.

**Instructor:** Ed Araquel

**Cost:** \$130+tax

**Sat** Sep 24-Oct 29 1:00-2:00pm  
register by Sep 23 Code: GI-PP-100

## Community Education Calender

### 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:** \$130+tax

**Sat** Sep 24-Oct 29 10:00am-12:00pm  
**register by Sep 23** Code: GI-AWC-100

**Sat** Nov 5-Dec 10 1:00-2:00pm  
**register by Sep 23** Code: GI-AWC-101

### 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:** \$130+tax

**Sat** Nov 5-Dec 10 10:00am-12:00pm  
**register by Oct 28** Code: GI-SP-100

### Wine Glass Charms

Make your own beautiful set of 6 beautiful beaded wine charms. You can use them for the holidays, or for any time of year! Cost of the session includes education, use of tools and materials for basic pieces to make the finished wine glass charms. Materials used include gemstones, metals, glass, acrylic beads, and more.

**Instructor:** Sarah Wilson

**Cost:** \$21+hst

**Sat** Nov 5 2:30-5pm  
**register by Oct 27** Code: GI-WGC-100

**Sun** Dec 11 1:00-2:15pm  
**register by Dec 5** Code: GI-WGC-101

### Holiday Centrepieces

Make your own beautiful Christmas centrepiece. In this workshop, you will learn tips and techniques for making your very own holiday centrepiece featuring a large candle. At the end of the workshop, you will leave with your own beautiful and hand-made centrepiece for your home or for a gift for a friend. You will be provided with everything that you need to make the centrepiece. You may wish to bring your own winter foliage, or branches from your yard. Cost of the session includes education, use of tools, and materials for basic pieces to make the centerpiece. Materials used include candles, decorative plate foliage, ribbon, and more. Advance registration is required as the workshop will be limited to a small number of participants.

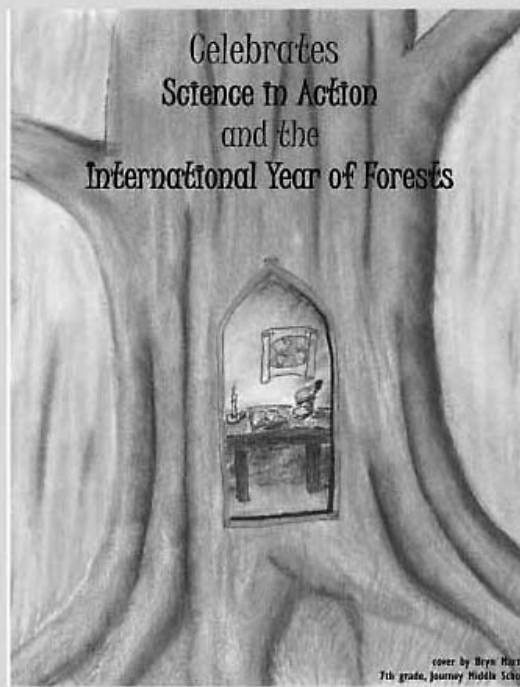
**Instructor:** Sarah Wilson

**Cost:** \$37+tax

**Sat** Nov 12 2:30-3:45pm  
**register by Nov 4** Code: GI-HW-100

**Sun** Dec 11 2:30-3:45pm  
**register by Dec 2** Code: GI-HW-101

## Sooke Fall Fair 2011



September 10th & 11th

### Job Options BC Program

**Opportunity for unemployed non-EI  
 British Columbians 18 years of age or older**  
**WorkLink**

Your Community Employment Centre

#### Eligibility for Job Options BC:

- Unemployed, non-EI British Columbians who are Landed Immigrants or Canadian Citizens and are not attending school
- A non-EI individual is one who has not established a regular Employment Insurance claim in the last three years; and, has not established a maternity or parental claim in the past five years
- Individuals who are most likely to benefit from long term job search help, supported work experience and follow-up support services

#### Program offers:

- 4 to 6 weeks of facilitated group work followed by 4 to 6 weeks of work experience options to a maximum of 10 weeks
- Training allowances for 4 to 6 weeks of group work
- Preparation for employment, or where appropriate, further training and up to 6 months follow up support
- Opportunity to train and work with a BC employer

**Recruiting Now For October 31st, 2011  
 and January 23<sup>rd</sup>, 2012 Intake**

**For more information please call or drop in at:  
 WorkLink, Unit D, 6625 Sooke Road  
 250-642-3685**

Working together to help keep BC strong

Funding provided through the Canada-British Columbia Labour Market Agreement

Canada



BRITISH  
 COLUMBIA  
 The Best Place on Earth

## Registration begins August 31

### Christmas Wreaths

In this workshop, you will learn tips and techniques for making your very own natural holiday wreath creation. At the end of the workshop, you will leave with your own beautiful and hand-made wreath to decorate your door or to gift to a friend. You will be provided with everything that you need to make your own large wreath, suitable for both indoors or outdoors. You may wish to bring your own winter foliage, branches from your yard, or any other bits and pieces that you have at home that you would like to incorporate into your wreath. Advance registration is required, as the workshop will be limited to a small number of participants.

**Instructor:** Sarah Wilson

**Cost:** \$47+tax

<b>Sat</b>	<b>Nov 19</b>	<b>1:00-3:00pm</b>
<b>register by Nov 10</b>		<b>Code: GI-CW-100</b>
<b>Sun</b>	<b>Dec 4</b>	<b>1:00-3:00pm</b>
<b>register by Nov 28</b>		<b>Code: GI-CW-101</b>

**Check out our new online registration**  
[www.emcsprograms.ca](http://www.emcsprograms.ca)

## Less time driving means more time studying . . . and other fun stuff.

Six popular university transfer courses are coming to the West Shore. Register now for September!

- **Introduction to Anthropology** (ANTH 104-006)  
6-9pm Thur Sept 8-Dec 8
- **Computer Concepts** (COMP 156-005A/B)  
4-6pm Wed/Thurs/Fri Sept 7-Dec 9
- **The Criminal Justice System** (CRIM 154-004)  
6-9pm Mon Sept 12-Dec 5
- **English Composition** (ENGL 150-046)  
6-9pm Tues Sept 6-Dec 6
- **Introduction to Philosophy** (PHIL 100-006)  
6-9pm Wed Sept 7-Dec 7
- **Contemporary Issues** (PSYC 130-005)  
6-9pm Tues Sept 6-Dec 6

Ready for your next step?  
Take it at Camosun.  
[camosun.ca/westshore](http://camosun.ca/westshore)



### Woodworking: Beginner and Intermediate

This class is for those who want to learn woodworking or have little experience, or for those who have completed the beginner component of the class (in another session) and want to try their hand at their own project.

For beginners the class is designed to help you learn basic woodworking skills. You will be fabricating one or perhaps two products depending on time. However, the emphasis is on learning to perform basic wood working operations rather than making sophisticated finished products. At the end of the course you will be able to perform basic hand tool and machine tool operations using layout tools, hand planes, chisels, abrasives, radial arm saw, jointer, planer, band saw, table saw, drill press, power sanders, and more. Materials for the first project are included in the price and the first project will be a small decorative box.

Intermediate - For those who have completed the beginner component in another session, they will be welcome to build a project of their choice. Some plans are available in the class but students should come prepared with pictures and dimensions of the type of project they think they may want to construct and the type of material they are interested in. It must be kept in mind that projects must be able to be completed or nearly completed in eight sessions. For the first session students will discuss their projects and be advised where to purchase the necessary materials if not available from EMCS.

**Cost:** \$109+tax **8 sessions**  
**Mon/Wed** **Oct 17-Nov 9** **7:00-9:00pm**  
**register by Oct 11** **Code: GI-WW-100**

### Sculpting with Hypertufa and Colour!

Hypertufa (super-soft rock) is made from cement, peat moss, and perlite. Whether you have worked with this medium or not, you will enjoy moulding and carving to create unique, lightweight garden pieces. We will be using 'white cement' and colours to create a sculpted, free-form object or wall hanging. Materials are provided to complete one project. Bring a lunch. The class will meet again for 1 hour on the Monday evening after the class only if it is deemed necessary by participants. Required supply list available upon registration.

**Instructor:** Marlene Barry

**Cost:** \$73+tax  
**Sat** **Oct. 22** **10:00am-2:00pm**  
**register by Oct 17** **Code: GI-HYP-100**

## 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.

**Cost: \$105 (no class Oct 10)**

**Mon** Sept 26-Nov 21 7:30-9:00pm  
**register by Sep 21** Code: GI-GB-100

## Guitar for Beginners Level 2

Learn how to teach yourself with an emphasis on enjoying the process. Songs, strumming and picking techniques will be tailored to the tastes of the class. Learn how to understand the fingerboard, play by ear, practice skills and more. Prospective students should know some basic chords and strumming.

**Cost: \$105**

**Mon** Jan 9-Feb 27 7:30-9:00pm  
**register by Jan 4** Code: GI-GB-101

*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"*

## Ballroom Dancing for Beginners

This Wednesday 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: \$64+HST** 8 sessions  
**Wed** Sept 21-Nov 9 7:00-8:00pm  
**register by Sep 15** Code: GI-BD-100

*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.*

## Jewellery Making for Everyone

Would you like to learn some basics about jewellery making? Have you ever seen a pretty piece of jewellery and thought, "I could probably make that"? If so, then one (or more) of these sessions is for you. Learn to design and create a piece of jewellery to take home. I will guide you through the process and we will have fun while crafting a piece of jewellery. Select a session below and I look forward to seeing you there! Cost of the session includes education, use of tools, and materials for basic pieces to make a finished product. Materials used include a variety of findings, chain, gemstones, shells, metals, glass, acrylic beads, and more. Every session will be devoted to a unique piece. Cost in brackets if Sterling Silver findings are preferred instead of standard steel.

**Instructor: Sarah Wilson**

### Earrings

**Cost: \$21+tax**

**Sun** Oct 2 1:00-2:00pm

**register by Sep 26** Code: GI-EST-100

**Sun** Oct 30 1:00-2:00pm

**register by Oct 17** Code: GI-EST-101

### Earrings Sterling Silver

**Cost: \$26+tax**

**Sun** Oct 2 1:00-2:00pm

**register by Sep 26** Code: GI-BSS-100

**Sun** Oct 30 1:00-2:00pm

**register by Oct 17** Code: GI-BSS-101

### Bracelet

**Cost: \$26+tax**

**Sun** Oct 2 2:00-3:30pm

**register by Sep 26** Code: GI-BST-100

**Sun** Oct 30 2:00-3:30pm

**register by Oct 17** Code: GI-BST-101

### Bracelet Sterling Silver

**Cost: \$31.50+tax**

**Sun** Oct 2 2:00-3:30pm

**register by Sep 26** Code: GI-BSS-100

**Sun** Oct 30 2:00-3:30pm

**register by Oct 17** Code: GI-BSS-101

### Necklace

**Cost: \$31+tax**

**Sun** Oct 16 1:00-2:30pm

**register by Oct 11** Code: GI-NST-100

**Sat** Nov 5 1:00-2:30pm

**register by Oct 31** Code: GI-NST-101



### Necklace Sterling Silver

**Cost: \$36+tax**

**Sun** Oct 16 1:00-2:30pm

**register by Oct 11** Code: GI-NSS-100

**Sat** Nov 5 1:00-2:30pm

**register by Oct 31** Code: GI-NSS-101

## 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

## General Interest

### Maximize your retirement income and learn the tax saving tips the pros use!

Come join a fun, interactive, multimedia discussion. Learn how prepare for and optimize your retirement by adding to your pension, minimizing your taxes, and maintaining the lifestyle you desire during retirement. Have you ever wondered how RRSP's, Tax Free Savings Accounts and other investments can best be combined with your pension to create "Your Retirement Paycheque?" Learn these things and more with the top 10 ideas for maximizing your retirement potential. Prepare yourself for the future by learning about your financial health today. Attendees will leave with a participation package filled with both timely information, tax tips and a few surprises as well. Enter your name in a draw for a door prize too...

*Facilitated by Rana Weisz, Evan Ridell, Investors Group Financial Services*

Cost: FREE

Tue Sept 27 7-8:30pm register by Sep 22  
Code: GI-RP-100



### The Secrets of Financial Success for Navigating Turbulent Markets.

Over the past few years we have seen enormous fluctuations in international markets. These volatile markets make planning extremely difficult. How much closer to realizing your dreams will you be ten years from now? Come join us for an interactive workshop packed with tips and strategies to get you closer to your goals. What actions should you be taking during these volatile markets? What strategies are available to protect your investments? What needs to be tweaked in your overall financial plan? We will focus on giving you the knowledge and confidence to take the right action with your financial plan. We will cover many basic principles and advanced techniques to accelerate your progress. Attendees will leave with a package with timely information, tax tips and a few surprises as well. Enter your name in a draw for a prize that will be handed out at the end of the workshop.

*Facilitated by Rana Weisz, Evan Ridell, Investors Group Financial Services*

Cost: FREE

Tue Oct 4 7-8:30pm register by Sep 29  
Code: GI-FS-100

### 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.

*Instructor: Daniel Morgado*

Cost: \$119+HST

Tue/Thu Oct 4-Nov 3 7:00-9:00pm  
register by Sep 29 Code: GI-SB-100

### 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: \$119+HST

Tue/Thu Nov 8-Dec 8 7:00-9:00pm register by Sep 29  
Code: GI-SB-101

**SOOKE HARBOUR PLAYERS PRESENTS**  
8 SHOWS ONLY

**the PIRATES of PENZANCE**

EDWARD MILNE COMMUNITY THEATRE, 6218 SOOKE ROAD, SOOKE

FRIDAY NOV 4, 18 AT 7:00PM  
SATURDAY NOV 5, 12, 19 AT 7:00 PM  
SUNDAY NOV 6, 13, 20 AT 2:00 PM (MATINEE)

TICKETS \$20 ADULTS, \$12 CHILDREN/STUDENTS/SENIORS  
AVAILABLE AT:

LOCALLY IN SOOKE -  
SHOPPERS DRUG MART  
EMCS BOX OFFICE  
SALVATORE'S HAIR DESIGN  
BILL'S FOOD & FEED - EAST SOOKE

Select Tickets  
WWW.SELECTYOURTICKETS.COM  
FOR MORE INFORMATION VISIT - WWW.SOOKEHARBORPLAYERS.CA

## Space - The High Frontier

*Dr. Kumar is an Aerospace Engineer whose career has spanned over forty years working in the Aviation and Space sectors in Government, Industry and Academia. His twenty years of experience with the Canadian Space Programme covers establishing Canada's role in the International Space Station (ISS) in the early 1980's, to establishing the Canadian scientific research programme for enabling scientists to do research in microgravity onboard the ISS, to setting up the first training programme for Canadian Astronauts and being their Deputy Director General.*

*He has lectured in Universities and High Schools all across Canada as well as for Continuing Education Programmes at Carleton University and the University of Victoria. He brings a wealth of hands-on experience to his lectures. He has lived and worked in seven countries and, now retired, lives with his wife in Sooke.*

### Free Lecture

This lecture aimed at the general public will show how space-related activities have impacted our daily lives. Since the first artificial satellite to orbit the Earth some sixty years ago we have come a long way in our exploration and utilization of space. Humans have landed on the Moon, can now live permanently in space on the International Space Station, and are looking to visiting Mars within the next few decades. Artificial satellites have, of course, travelled to the far reaches of the Solar System and brought us images of far flung planets and asteroids. Space Telescopes have looked even further into the early days of the formation of the Universe. All these technologies have found applications in countless areas here back on Earth, giving us a quality of life hitherto only imagined in science fiction! The Lecturer will take you on a space odyssey to bring this High Frontier closer to you and, hopefully, stimulate the younger generation to take up science and engineering as a future career.

**Facilitated by Dr. Parvez Kumar, P.Eng., FCASI**

**Cost: FREE**

**Thur Sep 29**  
**register by Sep 26**

**6:30-7:30pm**  
**Code: GI-SHF-102**

**Thur Oct 13**  
**register by Oct 6**

**6:30-7:30pm**  
**Code: GI-SHF-100**

### A Short Course in Space Studies

This is the first pioneering Lecture Series, on the topic of Space, being offered in this Programme. The Short Course comprising six two-hour lectures will cover all aspects of Space Technologies and the fascinating areas of doing Research In Space, On Space and From Space. Topics covered will include a Historical Perspective, the Space Environment, Space Propulsion, Orbital Mechanics, Thermal Design, Spacecraft Power, Technical Requirements for Manned Spaceflight, the Space Shuttle and the International Space Station, Space Sciences (including Materials Science and Life Sciences), Remote Sensing, and Spinoffs and Applications of Space Technologies on Earth. The Lectures will be easily understood by the general public and one does not have to be a Rocket Scientist in order to attend! Summary Lecture Notes will be made available to those attending this Course so that they may refer to them during the lectures or in the future. No charge for seniors and students who register with an adult.

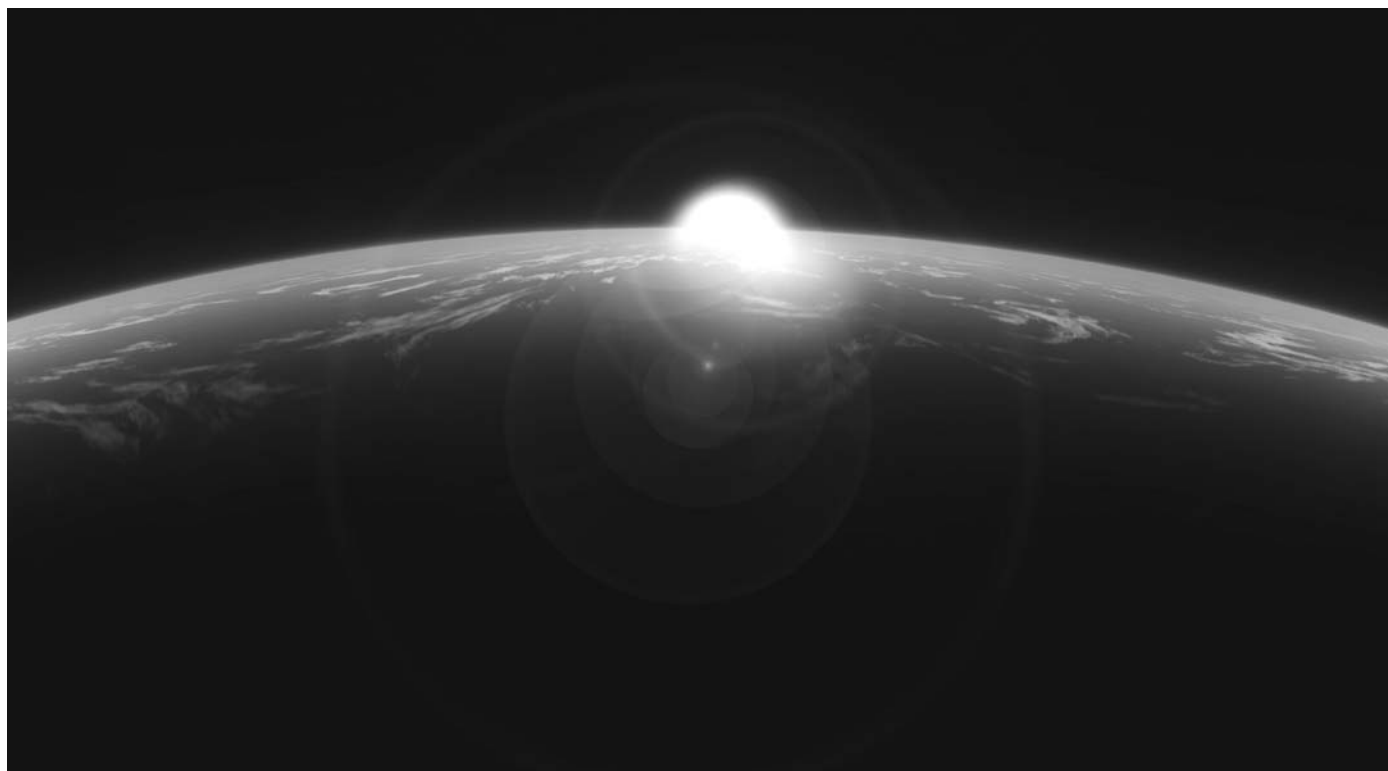
**Instructor: Dr. Parvez Kumar, P.Eng., FCASI**

**Cost: \$25+HST**

**6 sessions**

**Thur Oct 20-Nov 24**  
**register by Oct 14**

**6:30-8:30pm**  
**Code: GI-SHF-101**



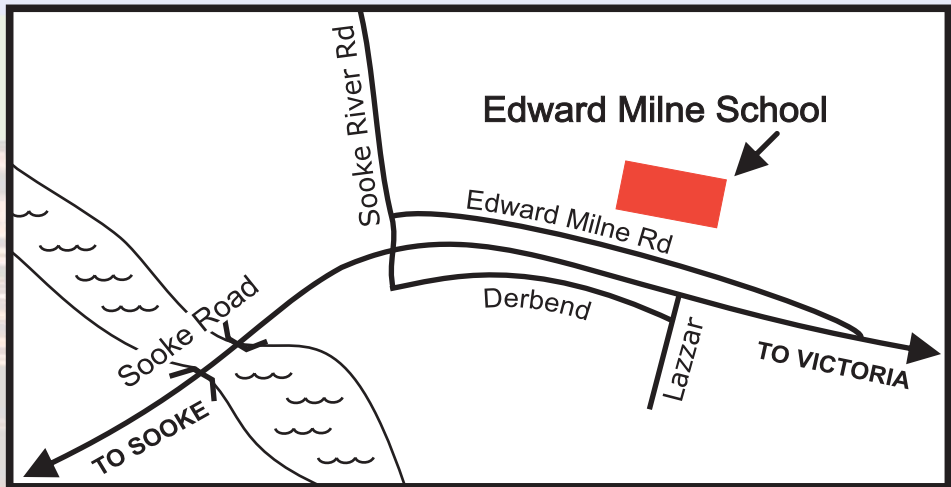


# Registration Form

## Edward Milne Community School (EMCS)

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

**Sooke Community Theatre**  
Located at EMCS



## 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.

**register online at [www.emcsprograms.ca](http://www.emcsprograms.ca)**

**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](http://www.emcsprograms.ca)