pursue your passion
courses for personal development

- art & design
- cooking
- health & wellness
- languages
- law
- money matters
- music
- passions & pastimes

chinook learning services
pursue your passion

At the Calgary Board of Education, we proudly offer a variety of programs and courses for you to enjoy. Whether your passion is to develop new skills, refresh old ones, or simply experience the joy of learning, Chinook Learning Services has hundreds of courses designed with you in mind.

Chinook Learning Services offers many programs for your life and your career. We continually update our course offerings to stay fresh and relevant. I strongly encourage you to continue your lifelong learning journey with us.

Pursue your passion with Chinook Learning Services.

Naomi Johnson
Chief Superintendent of Schools
Calgary Board of Education

PS. We also offer many programs for your professional development too.

ed2go Online Learning – Personal Development

Accessible, flexible & affordable — one course at a time

It’s easy to learn something new with a Chinook Learning Services online course. Chinook Learning Services, in partnership with ed2go, is pleased to provide you with a wide selection of online courses designed to give you the flexibility and convenience of learning on your own time.

Our Internet-based classes are fully interactive with instructor-led sessions and student discussion areas where you and fellow students can connect and discuss the course.

CHOOSE FROM THESE SUBJECT AREAS:
- Health Care & Medical
- Language & Arts
- Personal Development
- Writing & Publishing

For a complete listing of online classes, visit ChinookLearningServices.com

Online Learning Courses are value priced at $119!
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|  | *DON’T DELAY, REGISTER TODAY*
|  | Register early to avoid the disappointment of having a great learning experience cancelled due to insufficient enrolment.*

### NEW COURSES

#### Art & Design
- Collage Impressions
- Daily Still Life Painting
- Life Journey in Collage
- Oil Painting – Landscape
- Paint Acrylics the Watercolour Way

#### Cooking
- French Cuisine
- Moroccan Cuisine
- Spanish Cuisine

#### Health & Wellness
- Divine Feminine – An Exploration
- Healing Mudras
- Medication Safety
- Pranic Healing
- Sacred Spaces

#### Law
- Basics of Employment Law
- Small Claims Court
- Youth & Employment: Know Your Rights

#### Money Matters
- Financial Literacy
- Women: Develop Financial Resiliency
- Women: Navigating Transition
- Women: Working with a Financial Advisor

#### Music
- Ukulele Info Session

#### Passions & Pastimes
- Night Photography
- Photograph Your Products or Projects
- Soap Stone Carving – Inuksuk

**Drawing**

**Drawing: Line Into Form**
Do you like to doodle but don’t know how to take it to the next level? This course moves you from scribbles through the fundamentals of drawing and into a whole new confidence in your sketch skills. Learn about line, shape, shadowing, composition and perspective for artists. Explore a range of techniques through pencil, charcoal, conte and eraser. Work from observation, acquire solid skills and enjoy the visual language of drawing. Basic drawing kit included. Instructor: Debra Ward (see profile on our website)

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<th>4 Classes</th>
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<td>74301  Tue, Wed, Thu, Fri  9:30 a.m.-12:30 p.m.  Feb 19 - 22</td>
<td>Viscount Bennett Centre S.W.</td>
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**Drawing Freedom: Make Your Mark**
Generate new ways of understanding the mark in this expressive drawing course! Experiment with three fundamental drawing processes: representational drawing, creative marks as descriptive shorthand, and abstract arrangements on paper. Explore line and mark, spatial balance, contemporary tools and techniques, and additive/reductive drawing methods. Bring a house painting brush (1.5 x 2 inches wide) and your drawing kit. This is not a beginner course. Instructor: Debra Ward (see our profile on our website)

<table>
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<tr>
<th>4 Classes</th>
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<td>74302  Tue, Wed, Thu, Fri  9:30 a.m.-12:30 p.m.  Mar 5 - 8</td>
<td>Viscount Bennett Centre S.W.</td>
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**Art Journaling For Travellers**
Going away on holidays? Consider art journaling. It’s part art scribbles, part travel notes, part memory bank and all inspiring. In this workshop, learn about combining doodling and text, using acrylics and mediums, using watercolour pencils & reservoir pens, collage elements with found papers and photos, inventing backgrounds and working on more than one two-page spread. Some materials provided with a suggested supply list posted online. Instructor: Debra Ward (see profile on our website)

<table>
<thead>
<tr>
<th>4 Classes</th>
<th>Fee: $179</th>
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<td>74408  Mon  9:30 a.m.-12 p.m.  Jan 21 - Feb 11</td>
<td>Viscount Bennett Centre S.W.</td>
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**Fashion Design & Sewing**
We supply machines for courses that require them. You have the option of bringing your own, if you wish.

**OUR TEAM OF SEWING INSTRUCTORS**
Donna Colter, Jacqueline Hawrelak, Judy Keen (see profile on our website), Judy Mahon (see profile on our website), Michelle Roberts (see profile on our website) and Carol Van Ee Branner.

**Make Your Own Dress Form**
A dress form or dressmaker's dummy is an invaluable tool for anyone who enjoys sewing. Commercial dress forms can be rather expensive. Join our professional fashion designer to create a dress form that is unique to your body and saves you money.

Instructor: Michelle Roberts (see profile on our website)

<table>
<thead>
<tr>
<th>1 Class</th>
<th>Fee: $129</th>
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<td>74354  Sat  9 a.m.-3 p.m.  Mar 2</td>
<td>Spectacular Saturdays  Ernest Manning High School S.W.</td>
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**Millinery**
Millinery is the art of hat making. Join our expert milliner to design and make three free-formed and/or blocked hat projects. Learn to block millinery buckram covering it with the fabric of your choice. This is not a sewing course but some hand sewing is involved. Whether you are an amateur or budding costume designer or just want a fun night out, this class is for you. Instructor: Carol Van Ee Branner

<table>
<thead>
<tr>
<th>8 Classes</th>
<th>Fee: $319</th>
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<td>74361  Mon  7 p.m.-9 p.m.  Jan 28 - Apr 8</td>
<td>Viscount Bennett Centre S.W.</td>
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**Sewing - Get Started**
Haven't sewn since you were in school or have never sewn before? Enjoy the relaxed atmosphere in this beginner sewing course. Starting with the basics, make a tote bag or an easy skirt and learn how to use and maintain your sewing machine. Make samples of the techniques to keep for future reference. See and try the little tricks to make your sewing experience fun and relaxing.

<table>
<thead>
<tr>
<th>8 Classes</th>
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<td>74386  Thu  7 p.m.-9:30 p.m.  Feb 21 - Apr 18</td>
<td>Sir Winston Churchill High School N.W.</td>
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**Sewing - Advanced Beginner**
Now that you've got the basics, you can continue with more intricate projects such as a blouse, seam finishes and zipper application skills. Make samples of the techniques to keep for future reference. Learn to choose fabrics and patterns, do fitting adjustments, cut out garments, and sew like a professional. As you master the basic skills and techniques, you can add new projects in child, teen or adult sizes. Learn lots of tricks to make your sewing experience fun and relaxing.

<table>
<thead>
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<th>20 Classes</th>
<th>Fee: $625</th>
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<td>74384  Wed  7 p.m.-9:30 p.m.  Jan 23 - Jun 12</td>
<td>Henry Wise Wood High School S.W.</td>
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“Art enables us to find ourselves and lose ourselves at the same time.” – Paul Rand

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**Spectacular Saturdays**
Take a little time to learn a lot

Choose from dozens of full-day and half-day courses that can be completed on a single Saturday. For a complete listing of these courses, see the center section.

- **March 2, 2013 - Ernest Manning High School**
  20 Springborough Blvd. S.W.

- **May 11, 2013 - Sir Winston Churchill High School**
  5220 Northland Dr. N.W.

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To register call 403-777-7224

For information call 403-777-7550
### Jewelry

#### Byzantine Bracelet
Learn to create an impressive chainmaille bracelet using the byzantine pattern to create a dense, dimensional design suitable for both men and women. Supply kit included in fee. Instructors: Candace Prather (see profile on our website)
- **1 Class**
- **Fee:** $169
  - 74275 Sat 10 a.m.-3:30 p.m. Mar 2
  - Spectacular Saturdays
  - Ernest Manning High School S.W.

#### Columbus Chain Bracelet
This flat, thick weave is one of the Half Persian styles of chainmaille. The simple yet intricate pattern has a good weight and would be a suitable bracelet for both men and women. It is recommended to have previous experience such as the Byzantine Bracelet as this style is complex for beginners. Bring your chainmaille tools to class. The base metal supplies for the bracelet can be purchased at class from the instructor for $20.
- **1 Class**
- **Fee:** $125
  - 74284 Sat 11 a.m.-2:30 p.m. Mar 16
  - Viscount Bennett Centre S.W.

#### Kumihimo (Japanese Braiding) Bracelet
Discover kumihimo, a Japanese braiding method. Use a variety of glass-drop beads to make abundantly colourful bracelets. Learn stringing technique, setting up your disc, weaving, and finishing ends. Leave this class well prepared to make more projects using this habit-forming art! All supplies included.
- **1 Class**
- **Fee:** $135
  - 74345 Sat 10 a.m.-3:30 p.m. Feb 9
  - Viscount Bennett Centre S.W.

#### Precious Metal Clay - Silver Jewelry
Using Precious Metal Clay (PMC), create your own unique, beautiful pieces of fine silver jewelry. This hands-on course includes construction of flat free-forms, hollow beads and moulds as well as stone setting, sintering and finishing techniques. This course is for anyone interested in creating unique silver jewelry. Silver supplies of approximately $175 are NOT included in the fee. This amount may fluctuate due to the price of silver.
- **2 Classes**
- **Fee:** $275
  - 74383 Sat 9 a.m.-3:30 p.m. Mar 2 & 16
  - Viscount Bennett Centre S.W.

#### Silversmithing - Hammered Ring
Make a beautiful silver ring using the hammered and/or weave texture. You will be amazed at what you can make in this 3-hour workshop. You will learn to correctly measure and cut the ring blank, the correct and safe way to use jewelry tools and torches and how to do a very unique soldering technique. If making a ring for someone else, please make sure that you have the person's ring size. All materials included in fee.
- **1 Class**
- **Fee:** $99
  - 74392 Sat 10 a.m.-1 p.m. Feb 23
  - Viscount Bennett Centre S.W.

### Art Works - Silk & Paper
Use assorted papers. Brilliant dyes provide rich or soft tones in random patterns resulting in endless possibilities for projects. Take away at least four art pieces plus embellished papers which may be used for book covers, covered boxes and paper dolls.
- **1 Class**
- **Fee:** $149
  - 74257 Sat 9 a.m.-3:30 p.m. Mar 2
  - Viscount Bennett Centre S.W.

### Painting

#### Acrylics - A Taste
Looking for a beginning painting class? Acrylics are easy to paint with, easy to learn to use, and are a great medium for beginners. Acrylics are rich, vibrant and expressive, more forgiving than watercolours, fast-drying, and unlike oil paints, they don’t fill up the room with toxic fumes. In this introductory class, aimed at absolute beginners, learn how to mix and blend colours, use brushes, play with colour, paint forms that have depth and dimension, and paint some familiar objects. All supplies included.
- **1 Class**
- **Fee:** $149
  - 74256 Sat 9:30 a.m.-4 p.m. Mar 2
  - Spectacular Saturdays
  - Ernest Manning High School S.W.

#### Acrylic Painting - Get Started
Learn the principles of drawing a variety of subjects employing common drawing materials. Once a basic level of drawing skill has been achieved, learn to paint with the versatile acrylic medium and create finished work employing your developing drawing and painting skills. This course is aimed at beginners but is also suitable for those with limited experience who wish to refresh and improve upon their skills. Expect to complete several drawings and/or paintings during the course. Basic supplies are provided.
- **8 Classes**
- **Fee:** $399
  - 74254 Thu 7 p.m.-9:30 p.m. Feb 21 - Apr 18
  - Viscount Bennett Centre S.W.

#### Art Works - Silk & Paper
Learn to 'paint with paper' in this intensive three-day workshop. Create painted papers which may be used for book covers, covered boxes and paper dolls.
- **1 Class**
- **Fee:** $149
  - 75323 Thu, Fri, Sat 10 a.m.-3 p.m. Feb 7 - 9
  - Erton Campus S.W.

#### Collage Impressions NEW
Learn to paint with paper in this intensive three-day workshop. Create painted papers to use as collage material, applying them to an underpainting to craft a highly original and colourful work of art. For experienced beginners to advanced artists.
- **3 Classes**
- **Fee:** $229
  - 75320 Mon, Tues, Wed 10 a.m.-3 p.m. Mar 18 - 20
  - Erton Campus S.W.

#### Daily Still Life Painting NEW
Learn the big benefits of establishing a daily (or almost daily) art practice. Work from still life objects on small supports in a limited amount of time. This method allows for maximum growth, exploration and fun. For experienced beginners to advanced artists.
- **3 Classes**
- **Fee:** $229
  - 75320 Mon, Tues, Wed 10 a.m.-3 p.m. Mar 18 - 20
  - Erton Campus S.W.

For information about our Student Showcase, see page 16.
**Fearless Abstract Painting**
Join a professional artist as she shares her unique method of painting using rollers instead of brushes, tables instead of easels, lots of water and acrylic paint to create a watery, ethereal effect by manipulating large canvases and using plaster to create a fantastic texture. This 15-hour course includes a basic overview of acrylic paints, mediums & colour, the art critiquing process, choice of subjects & themes and an introduction to art history. Whether you are a beginner or experienced painter, you will be encouraged to explore your own artistic style in a safe supportive environment.

_Instructor: Samantha daSilva (see profile on our website)_

**Fearless Abstract Painting Workshop**
Join a professional artist as she shares her unique method of painting using rollers instead of brushes, tables instead of easels, lots of water and acrylic paint to create a watery, ethereal effect by manipulating large canvases and using plaster to create a fantastic texture. Leave this workshop with two or three finished pieces. Immerse yourself in the exciting and innovative movement that has captivated both beginner and experienced painters.

_Instructor: Samantha daSilva (see profile on our website)_

**Cake Decorating - Buttercream**
This hands-on course is all about decorating cakes with buttercream. Learn how to make buttercream, and then level, layer and 'smooth ice' a cake with it. Also, make a variety of piped borders and piped buttercream flowers.

_Instructor: Estelle Stensby (see profile on our website)_

**Cake Decorating - Flowers & Royal Icing**
This hands-on course is all about gum paste flowers and royal icing. Learn to make gum paste, and create edible roses from it. Combine the roses together with other flower varieties that you make into a small bouquet of flowers. Also, learn to create royal icing decorations including piped borders, delicate lace and run-out pieces.

**Oil Painting - Landscape**
This course is an introduction to the elements of traditional oil painting. It also reinforces basic principles to fill any gaps in your knowledge base. Colour theory, edge control, paint application and composition are discussed. Suitable for all levels.

_Instructor: Dan Laba. (see profile on our website)_

**Paint Acrylics The Watercolour Way**
Discover how fluid acrylics are a superior choice to traditional watercolours. Paint both landscape and floral subjects on watercolour paper using freely flowing colour. Acrylic paint included. For experienced beginners to advanced artists.

_Instructor: Sharon Lynn Williams (see profile on website)_

**Paint Acrylics The Watercolour Way - Landscape**
This course is an introduction to the elements of traditional oil painting. It also reinforces basic principles to fill any gaps in your knowledge base. Colour theory, edge control, paint application and composition are discussed. Suitable for all levels.

_Instructor: Dan Laba. (see profile on our website)_

**Life Journeys in Collage**
Create cards using your own photographs and magazine clippings embellished with dyes, paints, stamps and special papers. Your cards tell your story, recalling and celebrating real life events that can be springboards for journaling or storytelling. Guided meditations allow ideas to surface, helping with decisions about the imagery for each card. These cards are a window into your past, a celebration of the present, dreams for the future and the beginning of many enjoyable hours.

_Instructor: Gillian Loban (see profile on our website)_

**Watercolour Basics**
This one-day workshop introduces you to several ways of painting landscapes in watercolour. Learn different techniques such as direct painting, wet-into-wet and pen & ink. Learn to paint landscape elements such as trees, mountains and water. Basic colour mixing and composition & design will be covered. All supplies provided for this fun experience! Suitable for painters of all levels.

_Instructor: Sharon Lynn Williams (see profile on website)_

**Watercolor Basics**
This course is an introduction to the elements of traditional oil painting. It also reinforces basic principles to fill any gaps in your knowledge base. Colour theory, edge control, paint application and composition are discussed. Suitable for all levels.

_Instructor: Dan Laba. (see profile on our website)_

**Libraries, Museums & Archives**
For information call 403-777-7550

**For Stained Glass - Get Started, see page 17.**

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**“Get people back into the kitchen and combat the trend toward processed food and fast food.” – Andrew Weil**

**Desserts & Sweets**

**Cake Decorating - Buttercream**
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_Instructor: Estelle Stensby (see profile on our website)_

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_Instructor: Estelle Stensby (see profile on our website)_

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To register call 403-777-7224

For information call 403-777-7550
Cooking Just for the Guys (Dinner)
A wonderful guys' night out learning the basics of cooking in a relaxed, fun environment. Prepare and enjoy a full brunch menu including Potato Pancakes, Herb and Cheese Biscuits, Stuff French Toast, and much more. Our chef discusses topics from food safety to shopping lists and shows how to implement many skills to move you toward being king of your kitchen. Instructor: Amy Omelusik (see profile on our website)
1 Class
Fee: $99
74285 Tue 6:30 p.m.-9:30 p.m. Feb 26
Sir Winston Churchill High School N.W.

Cooking Just for the Guys (Brunch)
Hey guys, have a night out to learn the basics of cooking in a relaxed, fun environment. Prepare and enjoy full dinners including Roast Chicken and Chicken Cacciatore. Our chef discusses topics from food safety to shopping lists and shows how to implement many skills to move you toward being king of your kitchen. Instructor: Amy Omelusik (see profile on our website)
1 Class
Fee: $99
74286 Tue 6:30 p.m.-9:30 p.m. Mar 19
Sir Winston Churchill High School N.W.

Fabulous Fish
There is so much more to fish than 'salmon with dill'? Learn how to add fish to your diet: choose from a variety of fish such as orange roughy, tilapia, and grouper; incorporate several cooking methods; then, taste-test the results. This demonstration-style course includes tips on selecting and handling fish. Fish tacos, anyone?
Instructor: Louise Gourdine
2 Classes
Fee: $139
74303 Thu 6:30 p.m.-9:30 p.m. Mar 7 & 14
Sir Winston Churchill High School N.W.

Super Foods for Optimal Health
You’ve heard a lot about what you should be eating to obtain optimal health. Join Angela, our Holistic Nutritionist, who will demonstrate how to prepare these ‘super foods’ while maintaining the highest nutritional potential. Look outside of your common culinary choices and incorporate the healing power of nature's super foods into your everyday life.
Instructor: Angela Bewick Johnston, Holistic Nutritionist (see profile on our website)
3 Classes
Fee: $139
74399 Wed 7 p.m.-9 p.m. Feb 6 - 20
Central Memorial High School S.W.

World Cuisine
French Provençal Cuisine  NEW
Discover Provence in this new French cooking course! In one evening, our instructor, born in the south of France, demonstrates delectable Provençal cuisine such as Bouillabaisse. Learn how the south of France has its own distinct style of cooking - not heavy on the butter, but rather using olive oil, vegetables and Provençal lavender, rosemary, and thyme. Instructor: Lionel Bourret-Juda (see profile on our website)
1 Class
Fee: $89
75228 Thu 6:30 p.m.-9:30 p.m. Feb 21
Lord Beaverbrook High School S.E.
Indian Samosas
Learn to make authentic Indian samosas using meat, chicken and vegetarian fillings in this hands-on class. Taste the unique flavours of Northern India and discover appropriate accompaniments for the samosas. Some demonstration by instructor.
_Instructor: Shammi Khokhar (see profile on our website)_

1 Class  Fee: $89
74340 Thu 6:30 p.m.-9:30 p.m.  Feb 7
Lord Beaverbrook High School S.E.

Indian Vegetarian Cuisine
When it comes to vegetarian cooking nothing can compare to the delicious, nutritious, fragrant dishes of Indian cuisine. Learn the authentic way to make dishes such as Aloo Gobi, Daal and Roti. Whether you are an experienced cook or a beginner, join Shammi and learn to make flavorful and tasty vegetarian dishes in this hands-on course.
_Instructor: Shammi Khokhar (see profile on our website)_

1 Class  Fee: $89
74341 Tue 6:30 p.m.-9:30 p.m.  Feb 5
Central Memorial High School S.W.

Italian - La Dolce Vita
Our Italian Cooking Instructor/Cookbook Author, Lisa Oliverio, will inspire you with her favourite desserts, homemade pasta, including gnocchi, and many more of her authentic Southern Italian recipes. Our classes are small, intimate, hands-on cooking lessons designed to let you hone your skills and learn new recipes and techniques. True to the Italian way of eating, the instructor will endeavour to use fresh seasonal produce and quality local ingredients. 
_Instructor: Lisa Oliverio (see profile on our website)_

3 Classes  Fee: $189
74343 Thu 6:30 p.m.-9:30 p.m.  Feb 7 - 28
Sir Winston Churchill High School N.W.

Lebanese Cuisine
This class will delight your palate and satisfy your curiosity about this ancient cuisine. Lebanese food is healthy, versatile and very economical. Learn how to make a variety of dishes including Fattoush Salad, Baba Ghannoush, Kebbe, and much more. Join our Lebanese-born instructor for this hands-on and delicious experience.
_Instructor: Violette Feghali (see profile on our website)_

2 Classes  Fee: $149
74350 Thu 6:30 p.m.-9:30 p.m.  Jan 31 & Feb 7
Central Memorial High School S.W.

Moroccan Cuisine  NEW
Journey to Morocco in this one-night demonstration-style cooking course. Experience cuisine that is a blend of the most delectable Arabic, Berber, French and Spanish influences. Learn about tagines, couscous, and the spices that make Moroccan food distinct. 
_Instructor: Lionel Bourret-Juda (see profile on our website)_

1 Class  Fee: $89
75231 Thu 6:30 p.m.-9:30 p.m.  Mar 7
Lord Beaverbrook High School S.E.

Spanish Cuisine  NEW
Enjoy this unique cooking course and discover the secrets of Spanish traditional cuisine. Our instructor spends every year in the south of Spain cooking with his family. Learn how to cook some of Spain’s authentic, typical dishes such as Paella, Gazpacho and Tapas. This demonstration-style course is a cultural experience as well as a culinary one. 
_Instructor: Lionel Bourret-Juda (see profile on our website)_

1 Class  Fee: $89
75246 Thu 6:30 p.m.-9:30 p.m.  Mar 14
Lord Beaverbrook High School S.E.

Sushi
Come and enjoy a taste of Japanese culture. In this hands-on class, prepare and sample many delicious kinds of sushi. Learn not only how to make and roll the sushi, but where to purchase the ingredients. The second class is an Iron Chef night at a sushi restaurant. Fee includes food and entertainment! 
_Instructor: Hiro Atari_  
2 Classes  Fee: $169
74400 Tue 7 p.m.-9:45 p.m.  Jan 29
Central Memorial High School S.W.

Zen Restaurant  103, 414 - 3 Street S.W.
Mon 6:30 p.m.-9:30 p.m.  Feb 4
Zen Restaurant 103, 414 - 3 Street S.W.

75198 Tue 7 p.m.-9:45 p.m.  Feb 26
Central Memorial High School S.W.

Zen Restaurant 103, 414 - 3 Street S.W.
Mon 6:30 p.m.-9:30 p.m.  Mar 4
Zen Restaurant 103, 414 - 3 Street S.W.

Tex Mex Night
Tex Mex is a combination of Mexican and Spanish cuisine made Texas style. Join our chef as she teaches new culinary techniques and great recipes that include Guacamole, Quesadillas, Sante Fe Chicken and much more. Afterwards, join your fellow cooks to enjoy a Tex Mex meal. 
_Instructor: Amy Omelusik (see profile on our website)_

1 Class  Fee: $99
74403 Thu 6:30 p.m.-9:30 p.m.  Feb 21
Central Memorial High School S.W.

Custom Training Solutions
At Chinook Learning Services, we offer face-to-face training designed with the working adult learner in mind. Our training approach is based on sound planning and presentation principles which ensure your employees get a learning experience that is highly interactive, practical, and current.

Your staff can attend our scheduled courses, or we can bring them directly to your workplace. As well, we will conduct formal or informal needs assessments to help identify the knowledge your staff requires to effectively respond to challenges they are facing in the workplace.

Some topics that may interest you:
- Business writing and grammar
- Proofreading
- Customer service
- Leadership skills
- Time management
- Microsoft® Office Training
- Teambuilding

Ongoing professional development ensures that your employees and your business continue to grow. How can we help you meet your employees' and business needs? As industry experts, our instructors, in consultation with you, can create a dynamic solution-focused product.

Call Franca Best at 403-777-7575 Ext. 2513 to find out more information on Corporate Training.
Complementary Health

Take Energy - Five Minutes to Better Health and receive a 10% discount when you register for Energy - Advanced Techniques.

Energy - Five Minutes to Better Health
Learn an easy five-minute daily routine to help increase your energy. In this demonstration and practical course, learn techniques to help restore energy flows that are weak or unbalanced.

Instructor: Lori Crabbe-Giesbers, Physiotherapist, Reg. Acupuncturist, B Sc PT (see profile on our website)
1 Class Fee: $55
74145 Sat 10 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Energy - Advanced Techniques
Learn more techniques to assist in your individualized energy, health and wellness needs. Prerequisite: Energy - Five Minutes to Better Health.

Instructor: Lori Crabbe-Giesbers, Physiotherapist, Reg. Acupuncturist, B Sc PT (see profile on our website)
1 Class Fee: $55
74144 Sat 12:30 p.m.-2:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Healing Mudras NEW
Open energy channels (meridians) to different parts of the body by doing seals with your fingers and thumbs. The fingers represent different elements of nature -- earth, water, fire, air and space. By balancing these elements, you can address health issues such as weight, skin conditions and blood impurities. The healing mudras help increase energy flow to the brain to calm the nerves, improving concentration.

Instructor: Anjna Brahmbhatt
3 Classes Fee: $59
75332 Tue 7 p.m.-8 p.m. Jan 22 - Feb 5
Viscount Bennett Centre S.W.

Heating Strategies for Boomers
Learn strategies for improving communication no matter where you are on the path of managing your hearing loss. Using hearing aids is an important step in addressing hearing loss, but it is not the only step. Have fun and learn about tools such as lip reading, auditory training and communication strategies. Bring a friend or caregiver for free.

Instructor: Sandra Vandenhoff, Au.D, R.Aud (see profile on our website)
1 Class Fee: $79
74167 Sat 9 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Massage for Partners
Ease your partner's daily stresses and aches in a healthy, happy way. Learn the proper massage techniques to relieve common aches and pains in the body. Fee is per couple.

1 Class Fee: $79
74186 Wed 6:30 p.m.-9:30 p.m. Feb 20
Viscount Bennett Centre S.W.

Medication Safety NEW
Get education with your medication. Learn the important questions to ask your doctor or pharmacist about using your medication safely: what you need to know about your medication, how to take your medication, and what to watch out for. Learn about the role of food, physical activity and body weight in maintaining health. Bring a friend or caregiver for free.

Instructor: Anamaria Muresan, PhD Pharm, BSc Pharm, Registered Pharmacist
1 Class Fee: $55
75334 Sat 12:30 p.m.-3 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Meditation - An Introduction
This short introductory class shows you what meditation is all about. Give it a try and learn how to relax. The benefits of meditation include increased blood flow, slower heart rate, decreased muscle tension, an enhanced immune system, and increased mental clarity and concentration.

Instructor: Carrieanne Fonger (see profile on our website)
1 Class Fee: $49
74188 Mon 7 p.m.-9 p.m. Jan 28
Henry Wise Wood High School S.W.

Meditation
Learn how to be in the moment to achieve greater inner peace and relaxation. Through meditation, find stability, confidence, contentment, happiness and a way to de-stress. Several techniques for meditation will be presented.

Instructor: Carrieanne Fonger (see profile on our website)
3 Classes Fee: $99
74189 Mon 7 p.m.-9 p.m. Feb 25 - Mar 11
Henry Wise Wood High School S.W.

Pranic Healing - An Introduction NEW
Pranic healing is a method of healing physical and mental diseases without medicines, side effects, pain or touch. Energy present in the universe is used for the treatment of human aura (bio-plasmic body). It is believed that disease first manifests in aura and then in the physical body, so cleansing and energizing the aura heals.

Instructor: Anjna Brahmbhatt
3 Classes Fee: $99
75330 Wed 7 p.m.-9 p.m. Feb 13 - Feb 27
Viscount Bennett Centre S.W.

Qi Gong
Qi Gong is the practice of aligning your breathing, movement and mental focus to unblock and balance your qi (energy flow). Learn how to relax, heal, and improve life balance and serenity. Improve energy during the day and experience deeper, more peaceful sleep at night.

Instructor: Robert Clark
1 Class Fee: $59
74198 Sat 12:30 p.m.-3:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Tai Chi - An Introduction
Tai Chi is an ancient Chinese art form consisting of slow, flowing movements which exercise and relax your mind, body and spirit in harmony. Treat your whole body to a gentle and relaxing workout. Reduce the stress and tension in your body. Learn to increase your energy, concentration, balance, flexibility and strength.

Instructor: Junping Zhai, Tai Chi Master
1 Class Fee: $55
74240 Sat 9:30 a.m.-11:30 a.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

For Super Foods for Optimal Health, see page 5. For Personal Directives/Power of Attorney, see page 13.
Personal Well-Being

Archetypal Symbolism
The collective unconscious runs on archetypal symbols. Uncover the secrets of symbols that present themselves as individual life lessons. Discover the archetypal journey that everyone must get through in their lifetime and where you are right now. Come on a journey into the subconscious and learn how to recognize and decipher the symbols that create your world. Instructor: Carrieanne Fonger (see profile on our website)

1 Class Fee: $55
74124 Mon 7 p.m.-9 p.m. Feb 4
Henry Wise Wood High School S.W.

Assertiveness & Self-Esteem
Do you have a hard time saying no? Are you afraid to ask for what you want? It is possible to be more confident and effective in your communication. Assertiveness is a skill that you can learn. Through discussions and exercises learn strategies for effective, assertive communication while improving your self-esteem. Believe in yourself. Instructor: Tina Thrussell

3 Classes Fee: $99
74126 Thu 7 p.m.-9 p.m. Feb 21 - Mar 7
Viscount Bennett Centre S.W.

Attitude of Gratitude
Learn how to improve your emotional well-being and general happiness by focusing on the people and things you are grateful for. An attitude of gratitude can make a real difference in your ability to feel positive mentally, emotionally and physically. Discover the keys to cultivating positive states of alertness, enthusiasm, and attentiveness. Instructor: Carrieanne Fonger (see profile on our website)

1 Class Fee: $49
74127 Wed 7 p.m.-9 p.m. Mar 6
Central Memorial High School S.W.

Auras
Everyone has an aura. Learn how to see the colours that reflect the vibrations of the soul. Develop an understanding of the language of colour and decode the information in your own aura and in the auras of those around you. Instructor: Carrieanne Fonger (see profile on our website)

1 Class Fee: $59
74128 Mon 7 p.m.-9 p.m. Mar 18
Henry Wise Wood High School S.W.

Automatic Writing
Learn this powerful technique for accessing the subconscious mind. Many styles of automatic writing are covered including dumping mental clutter, developing mental focus, seeding the subconscious, and connecting with personal guides and your higher self. Instructor: Carrieanne Fonger (see profile on our website)

1 Class Fee: $59
74129 Wed 7 p.m.-9 p.m. Mar 13
Central Memorial High School S.W.

Brain Gym
Brain Gym is a series of quick, fun and energizing activities that are effective in preparing any learner for specific thinking and coordination skills. If you want to improve your coordination, concentration, your golf game or study habits, reduce stress or sleep better, Brain Gym could be the start of something smart. Instructor: Steven Ockey, Certified Brain Gym Instructor & Practitioner (see profile on our website)

1 Class Fee: $65
74131 Sat 9 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Chakras - An Introduction
Understand the functions, characteristics and clearing of the seven main chakras. Increase your intuitive awareness of chakras and learn how to close them for protection. A variety of approaches from scanning with your hands, use of a pendulum, visual meditation and crystals will be used. Balanced chakras strengthen your personal energy and increase your intuition and spiritual awareness. Instructor: Maureen Durant

1 Class Fee: $69
74134 Wed 6:30 p.m.-9:30 p.m. Mar 6
Viscount Bennett Centre S.W.

Divine Feminine - An Exploration NEW
The Black Madonnas of Europe, the Taras of Asia, the Goddesses from mythology and times past – all of these women are part of the Divine Feminine energy that people are becoming aware of today. Learn about them and discuss how this knowledge can assist you in your life. Instructor: Karen McDermott

1 Class Fee: $49
75372 Sat 10 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Drum & Mallet Making
Create your own hoop drum and mallet using a 12” diameter maple hoop with a natural deer-hide or elk-hide drum skin. Explore the spiritual nature of drums and create a drum in a sacred way. An introduction to the teachings of the medicine wheel and the seven directions are included. Instructor: Maureen Durant

1 Class Fee: $150
74141 Sat 1 p.m.-4 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Energize - Emotional Freedom Technique
Attract abundance! Lose weight! Feel great! Heal faster! People all around the world have improved their lives using Emotional Freedom Technique (EFT), a simple acupressure technique that clears the body’s energy meridians. Bring a friend for free. Instructor: Christine Loziak, BA Sc., EFT Advanced Certificate

1 Class Fee: $79
74143 Sat 1 p.m.-3:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Intuition - Develop Your Inner Wisdom
Ignite your 6th sense! Get intu-it! Learn practical techniques to help increase your intuition and access your own unique built-in guidance system on a daily basis. Learn how your intuition works, what blocks and increases it, and how to hear your own inner wisdom. Instructor: Carrieanne Fonger (see profile on our website)

1 Class Fee: $59
74172 Sat 9 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.
Reincarnation & Past Life Regression
Have you ever felt that you lived before? Have you ever met someone new to whom you have an instant connection? Is it possible that we are reborn again and again? Learn the purpose of reincarnation and where it is found in religious and contemporary writings. Experience a past life regression meditation and see what comes up for you.
Instructor: Carrieanne Fonger (see profile on our website)
2 Classes Fee: $75
74201 Wed 7 p.m.-9 p.m. Jan 23 & 30
Central Memorial High School S.W.

Right Brain Thinking
Step outside your box! Learn how to activate the right side of your brain and think more creatively. Discover how to tackle real life situations through mental and physical exercises that expand your way of thinking. Reduce stress and enjoy all life experiences.
Instructor: Carrieanne Fonger (see profile on our website)
1 Class Fee: $59
74206 Sat 12:30 p.m.-3:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Sacred Spaces NEW
People think of sacred space as being a church, temple or ancient site like Machu Pichu or the pyramids in Egypt. Did you know that you have a sacred space within you where you can find harmony and love? Learn what sacred space is, how to create it, and how to practice peace and fulfillment in the quietness of a moment.
Instructor: Karen McDermed
1 Class Fee: $49
75368 Sat 12:30 p.m.-2:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Spirit Guide Connection
We all have angels and spirit guides that are available to us for support and wisdom. Learn the basic principles and techniques of making a connection and engage in exercises to strengthen your communication with your own personal angels and guides for support and guidance.
Instructor: Carrieanne Fonger (see profile on our website)
1 Class Fee: $59
74237 Wed 7 p.m.-9:30 p.m. Feb 27
Central Memorial High School S.W.

languages

“Open your mind, arms and hearts to new things and people, we are united in our differences.”  - The Holstee Manifesto

GET STARTED courses are for those with very little or no formal training in the language. No one should expect to become fluent in any foreign languages in a short time, but you can make a good start at it now!

FORGOTTEN WHAT YOU’VE LEARNED? If you have taken a Get Started Language course with us in the past year and want to brush up, take the same course again for half the price! Bring your textbook and handout with you. Space is limited for this offer and it does not apply to one-day courses.

ADVANCED LEVEL COURSES in French, German, Italian and Sign Language not listed in this guide will be offered dependent on sufficient interest. Advise your instructor of your wish to continue your learning or call 403-777-7550 to have your name placed on a list of interested students. We will contact you when we have enough students to offer a course.

RESUMES are being accepted for instructors in our language programs on an ongoing basis. Please contact Donna Crowe at 403-777-7575 Ext. 2516.

French
No extra shopping required! All required textbooks and course materials are included in our language course fees. Your instructor will bring them to your first class.

OUR TEAM OF FRENCH INSTRUCTORS  Ilda Andaluz (see profile on our website), Lisa Brawley, Lisa Kirby, Cheryl Pelletier, Olga Primak and Suzanne Shaw (see profile on our website)

French - Get Started (Evenings)
Voulez vous apprendre français? Acquire a fund of related core French expressions, vocabulary and verb forms to help you get the most from your interest in the French culture. Early acquisition of good pronunciation and comprehension skills will be a priority in this beginner course. Textbook included.
8 Classes Fee: $250
74158 Wed 7 p.m.-9:15 p.m. Jan 23 - Mar 13
Central Memorial High School S.W.

Conversation Café en Français
If you have taken a beginner French course, come and practice French in a fun and supportive environment. In this conversation only class, you can practice with a native speaker each week.
Instructor: Ilda Andaluz (see profile on website)
4 Classes Fee: $109
74138 Tue 7 p.m.-8:30 p.m. Jan 22 - Feb 12
Henry Wise Wood High School S.W.

French - Level 2
You’ve acquired some familiarity with core French vocabulary, concepts and structures, so now emphasis will be placed on expanding your range and competence. Learn in a friendly, non-intimidating environment. Bring your textbook and handout from beginner level. Recommended prerequisite: a beginner level French, Conversation Café en Français or equivalent.
8 Classes Fee: $225
74159 Tue 7 p.m.-9:15 p.m. Jan 22 - Mar 12
Central Memorial High School S.W.

German - Get Started

Learn ‘Wie geht’s?’ and much more. Your communication with family, friends and business acquaintances will be enhanced. Learn some of the basics of greeting people, ordering food and drink, asking for directions, etc. Textbook included.

8 Classes Fee: $250
74164 Mon 6:45 p.m.-9 p.m.  Feb 25 - Apr 29
Viscount Bennett Centre S.W.

Italian - Get Started (Evenings)

Benvenuti! Parla italiano? Learn basic conversational Italian, important expressions, greetings, simple questions and general vocabulary related to travelling, shopping and eating. Interact with other participants with exercises that are fun while you learn grammar and vocabulary. This course is great if you are travelling to Italy or just wish to experience the cultural flavour of Italy. Textbook included.

8 Classes Fee: $250
74174 Wed 7 p.m.-9:15 p.m.  Jan 23 - Mar 13
Central Memorial High School S.W.

Italian - Level 2

Broaden your knowledge of Italian vocabulary and structures as you strengthen your skills through conversation and activities. Continue the fun of interacting in Italian. Bring your textbook and handout. Recommended prerequisite: a beginner level Italian or equivalent.

8 Classes Fee: $225
74175 Tue 7 p.m.-9:15 p.m.  Jan 22 - Mar 12
Central Memorial High School S.W.

Italian for Travellers in One Day

‘Ciao’ and ‘grazie’ are two small words that can assist you in your visit to an Italian-speaking country. Learn many other words to help you have fun and enjoy your trip. Handy travel dictionary and phrase book included.

1 Class Fee: $99
74176 Sat 9 a.m.-3:30 p.m.  Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Spanish - Get Started (Daytime)

¿Quieres aprender español? Acquire core Spanish expressions, vocabulary and verb forms to help you get the most from your interest in the Spanish culture. Early acquisition of good pronunciation and comprehension skills will be a priority. Textbook included.

Instructor: Silvia Acevedo (see profile on our website)

8 Classes Fee: $250
74220 Wed 9:30 a.m.-11:45 a.m.  Jan 23 - Mar 13
Erlton Campus S.W.

Spanish - Get Started (Evenings)

¿Quieres aprender español? Acquire core Spanish expressions, vocabulary and verb forms to help you get the most from your interest in the Spanish culture. Early acquisition of good pronunciation and comprehension skills will be a priority. Textbook included.

8 Classes Fee: $250
74224 Thu 7 p.m.-9:15 p.m.  Jan 17 - Mar 14
Lord Beaverbrook High School S.E.
74221 Tue 7 p.m.-9:15 p.m.  Jan 22 - Mar 12
Sir Winston Churchill High School N.W.
74223 Tue 7 p.m.-9:15 p.m.  Jan 22 - Mar 12
Central Memorial High School S.W.
74222 Wed 7 p.m.-9:15 p.m.  Jan 23 - Mar 13
Henry Wise Wood High School S.W.
74225 Wed 7 p.m.-9:15 p.m.  Jan 23 - Mar 13
Crescent Heights High School N.W.

Conversation Café en Español

If you have taken a beginner Spanish course, come and practice Spanish in a fun and supportive environment. In this conversation only class, you can practice with a native speaker each week. Instructor: Ilda Andaluz (see profile on website)

4 Classes Fee: $109
74137 Tue 7 p.m.-8:30 p.m.  Feb 19 - Mar 12
Henry Wise Wood High School S.W.

Spanish - Level 2 (Daytime)

Broaden your knowledge of Spanish vocabulary and structures as you strengthen your skills through conversation and fun activities. Bring your textbook and handout from the beginner level. Recommended prerequisite: beginner level Spanish, Conversation Café en Español or equivalent.

Instructor: Silvia Acevedo (see profile on our website)

8 Classes Fee: $225
74226 Tue 9:30 a.m.-11:45 a.m.  Jan 22 - Mar 12
Erlton Campus S.W.

Spanish - Level 2 (Evenings)

Broaden your knowledge of Spanish vocabulary and structures as you strengthen your skills through conversation and fun activities. Bring your textbook and handout from the beginner level. Recommended prerequisite: beginner level Spanish, Conversation Café en Español or equivalent.

8 Classes Fee: $225
74227 Tue 6:30 p.m.-8:30 p.m.  Jan 22 - Mar 12
Viscount Bennett Centre S.W.
74228 Wed 7 p.m.-9 p.m.  Jan 23 - Mar 13
Henry Wise Wood High School S.W.
Spanish - Level 3
You are ready to speak Spanish more in class and improve your understanding of grammar, verbs and idiomatic expressions. Recommended prerequisite: Spanish - Level 2 or equivalent.
8 Classes Fee: $225
74229 Wed 6:30 p.m.-8:30 p.m. Jan 23 - Mar 13
Viscount Bennett Centre S.W.

Spanish - Continuing On
Practice listening, speaking, reading and writing as you improve your vocabulary and grammar knowledge. It's hard work, but the result is much improved fluency. Prerequisite: a minimum of three levels of Spanish or the equivalent.
Instructor: Betty Beltran
8 Classes Fee: $225
74219 Thu 6:30 p.m.-8:30 p.m. Jan 17 - Mar 14
Viscount Bennett Centre S.W.

Spanish for Travellers in One Day
‘Hola’ and ‘gracias’ are two small words that can assist you in your visit to a Spanish-speaking country. Learn many other words to help you have fun and enjoy your trip. Handy travel dictionary and phrase book included.
1 Class Fee: $99
74236 Sat 9 a.m.-3:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Sign Language - Get Started
Here's an introduction to the alphabet of ASL, which gives you an excellent start to express a basic vocabulary in ASL through body movement, gestures and facial expressions including finger spelling and basic signs. Begin to put sentences together and convey messages. Learn vocabulary through a variety of activities, practice and visual presentations. This course covers Chapters 1-4 of A Basic Course in American Sign Language. Textbook and study guide included. It is essential to attend the first class as it provides the necessary understanding of the deaf culture.
10 Classes Fee: $299
74212 Tue 7 p.m.-9 p.m. Jan 15 - Mar 19
Central Memorial High School S.W.
74213 Wed 7 p.m.-9 p.m. Jan 16 - Mar 20
Crescent Heights High School N.W.
74211 Mon 7 p.m.-9 p.m. Feb 25 - May 13
Henry Wise Wood High School S.W.

Sign Language - Level 2
Enhance your expressive ability and expand your vocabulary to communicate with the deaf community. This course covers Chapters 5-8 of A Basic Course in American Sign Language. Recommended prerequisite: Sign Language - Get Started.
10 Classes Fee: $250
74214 Tue 7 p.m.-9 p.m. Jan 15 - Mar 19
Central Memorial High School S.W.
74215 Wed 7 p.m.-9 p.m. Jan 16 - Mar 20
Henry Wise Wood High School S.W.

English as a Second Language Program for Adults
Chinook Learning Services offers exciting and innovative ways to improve your English skills. We can help you prepare for further education, be more effective at work and participate more fully in your community.
ESL courses are offered year-round in the morning and afternoon at Tuxedo Park Campus (130 - 28 Ave. NE). Study full-time or part-time.
For more information call 403-777-6330. Cruise our website at www.ChinookLearningServices.com

CORPORATE TRAINING - Does your organization need a course to give staff an introduction to a second language? Call Donna Crowe at 403-777-7575 Ext. 2516.
Estate Planning
Estate planning is an important aspect of your total financial plan. Learn about the reasons for estate planning, common problems, important factors, tax and investment considerations, wills, enduring powers of attorney and medical directives.

2 Classes  Fee: $20
74149  Mon 7 p.m.-9 p.m.  Feb 4 & 11
Henry Wise Wood High School S.W.

Executor Duties & Responsibilities
Have you been named as a personal representative (executor or executrix) of an estate for a relative or friend? Learn about inventorying assets, creditors, insurance, expenses, codicils, surrogate procedures, distribution of monies, whether or not to charge for your services and final settlement.

1 Class  Fee: $20
74150  Mon 7:30 p.m.-9:30 p.m.  Mar 11
Henry Wise Wood High School S.W.

Identity Theft - What You Should Know
Driver's license information, social insurance number, credit cards, medical records, banking information, passport... There's a whole identity out there made up of information about you stored in electronic databases. This presentation provides a general overview of legal issues related to your information identity. Discussion topics include: disclosing your personal information (to whom and in what circumstances), what you can do if information is inaccurate, what to do if somebody discloses information about you when they shouldn't, and what to do if somebody steals your information.

1 Class  Fee: $20
74168  Sat 10 a.m.-12 p.m.  Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Immigration Law
Have you immigrated to Canada and now wish to sponsor a spouse or other family member?  Learn about eligibility, the application process, and options available to you and your family members. Information provided regarding work permits, Labour Market Opinion, and making the transition from Visa to Permanent Residency.

1 Class  Fee: $20
74169  Mon 7 p.m.-9 p.m.  Jan 28
Henry Wise Wood High School S.W.

Landlord & Tenant Rights
Learn the intricacies of tenancy contracts, damage deposits, rent control legislation and termination of the tenancy agreement in a legal context.

1 Class  Fee: $20
74179  Thu 7:30 p.m.-9:30 p.m.  Feb 21
Sir Winston Churchill High School N.W.

Living Together
If you are or will be living with your mate without being legally married, you should be aware of the legal implications of common-law relationships. Topics include children and financial matters (property assets, debts, inheritance). Legal advantages and disadvantages of both marriage and living together will be compared and discussed.

1 Class  Fee: $20
74184  Wed 7:30 p.m.-9:30 p.m.  Jan 30
Central Memorial High School S.W.

Basics of Employment Law  NEW
This course gives participants a stronger understanding of the minefield of employment law. Topics include: implied terms of contract, termination, severance, the legal process including cost, bad faith, and employer/employee rights.

1 Class  Fee: $20
75565  Wed 7 p.m.-9 p.m.  Feb 27
Central Memorial High School S.W.

Get an overview of the legal obligations that may be imposed upon persons who are in a blended-family situation under both federal and provincial legislation. Learn about custody and support obligations that may arise during and upon any breakdown of blended-family relationships, how future obligations intermingle with past obligations from previous relationships, and how to protect against any unwanted imposed obligations.

1 Class  Fee: $20
74130  Wed 6:30 p.m.-9:30 p.m.  Feb 13
Central Memorial High School S.W.

This course offers an overview of the purpose of federal and provincial legislation for child and spousal support. Information is provided about who is entitled to receive support and how support is calculated. Learn about different dispute resolution methods available to reach settlement on support issues and the pros and cons of each method.

1 Class  Fee: $20
74135  Wed 6:30 p.m.-9:30 p.m.  Feb 27
Central Memorial High School S.W.
money matters

“The importance of money flows from it being a link between the present and the future.”
- John Maynard Keynes

Business

Small Business: Starting, Buying or Selling
There are many legal and tax issues to consider when starting a small business or buying into an existing business. How you set up your small business may have lasting consequences. Discuss typical concerns of most small business owners at whatever stage of growth, from the pre-start to a mature business. Learn about the different forms your business may take and the legal and tax consequences, including initial financing, incorporation and other corporate considerations. Instructor: Thomas Thurmeier

1 Class
Fee: $40

74218 Tue 7 p.m.-9:30 p.m. Mar 12
Viscount Bennett Centre S.W.

Housing

Buying a Home
If you are a first time home buyer, you need legal information before you buy. Learn about land titles, surveys, financing, types of mortgages, amortization, legal costs, disbursements and closing the deal. Instructor: Mathew Farrell

1 Class
Fee: $40

74132 Sat 10 a.m.-12 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Buying or Selling a Condominium
Explore the essentials of buying or selling a condominium, including the three ‘P’s (people, parking and pets). Discover how a condominium corporation works and explore issues related to the purchase and selling of condominiums. Instructor: Mathew Farrell

1 Class
Fee: $40

74133 Sat 12:30 p.m.-2:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.
## Selling Your Own Home
What are the legalities to selling your own home? Learn about preparing your home for sale, purchase agreements, contracts, legal procedures, fees and legal measures to follow to protect the sale. **Instructor: Jim Reich**  
**1 Class**  
**Fee: $40**  
74207 Wed 7:30 p.m.-9:30 p.m. Mar 20  
Henry Wise Wood High School S.W.

## Currency Trading - Introduction
Trade on-line from home with a low capital investment anywhere in the world 24 hours a day. Learn the tools necessary to trade currencies on a profitable basis and gain a strong knowledge of the currency markets. Learn about setting up your trading business, making online trades, trading strategies and managing risk. **Instructor: Kris Bloem**  
**2 Classes**  
**Fee: $139**  
74140 Tue 6:30 p.m.-9:30 p.m. Mar 5 & 12  
Viscount Bennett Centre S.W.

## Financial Literacy  NEW
Debt solutions all start with the same first step: accurately understanding your current financial picture. Financial literacy through education is the key to avoiding misfortune. Raise your awareness of the steps you can take to remain solvent. Decide which potential solutions will get you where you want to be.  
**Instructor: Shawn Stack, Chartered Insolvency and Restructuring Professional**  
**1 Class**  
**Fee: $49**  
75517 Tue 7 p.m.-9:30 p.m. Jan 29  
Sir Winston Churchill High School N.W.  
75518 Mon 7 p.m.-9:30 p.m. Feb 11  
Henry Wise Wood High School S.W.

## Money Basics 101
The people who succeed in the financial arena are those who know the real rules of the game and play to win. Learn simple and practical rules to help you manage your money. Invest a few hours of your time to switch your finances to the winning team.  
**Instructor: Tammy Johnston (see profile on our website)**  
**1 Class**  
**Fee: $89**  
74190 Sat 9:30 a.m.-12 p.m. Mar 2  
**Spectacular Saturdays**  
Ernest Manning High School S.W.

## Money Basics 201
With more and better information, you can make wiser choices, especially in the money game. Learn how to eliminate debt quickly, get your money working for you, and protect yourself from the calamities of life. Gain the tools to move your wealth accumulation from turtle pace to gazelle speed. **Instructor: Tammy Johnston (see profile on our website)**  
**1 Class**  
**Fee: $89**  
74191 Sat 12:30 p.m.-3 p.m. Mar 2  
**Spectacular Saturdays**  
Ernest Manning High School S.W.

## Preparing for a Prosperous Retirement
Retirement is something we look forward to with excitement but also a fair amount of worry. There are many questions to be answered in order to prepare for it successfully. Learn about all the areas you need to take care of to make your golden years truly golden. **Instructor: Tammy Johnston (see instructor profile on our website)**  
**1 Class**  
**Fee: $69**  
74197 Tue 7 p.m.-9:30 p.m. Mar 19  
Central Memorial High School S.W.

## Retirement - Successful Strategies
An educational course designed to assist people of all ages in developing a personal retirement plan. With the aid of a comprehensive manual, this professionally designed and instructed course focuses on:  
- Income sustainability  
- Managing money with inflation protected income and reduced taxes  
- Wealth preservation  
- Allocating your assets wisely  
- Ensuring your financial plan is complete  
- Pension options and  
- Estate planning  

Bring a friend for free.  
**3 Classes**  
**Fee: $105**  
74203 Tue 7 p.m.-9:30 p.m. Jan 15 - 29  
Henry Wise Wood High School S.W.  
74204 Wed 7 p.m.-9:30 p.m. Jan 30 - Feb 13  
Crescent Heights High School N.W.  
74205 Thu 7 p.m.-9:30 p.m. Feb 21 - Mar 7  
Central Memorial High School S.W.  
75521 Tue 7 p.m.-9:30 p.m. Mar 5 - 19  
Henry Wise Wood High School S.W.

## Women: Develop Financial Resiliency  NEW
Find out how and why women's financial needs are different than men's. Learn about taking care of the caregiver, preparing for longevity, surviving a critical illness or death of a partner, and losing your ability to earn an income. Realize why women at any age need a will, power of attorney and health care directive.  
**Instructor: Jill Chambers, Certified Financial Planner**  
**1 Class**  
**Fee: $55**  
75502 Wed 7 p.m.-9:30 p.m. Feb 20  
Central Memorial High School S.W.

## Women: Navigating Transition  NEW
Are you contemplating or going through a separation or divorce? Get your financial ducks in a row and assemble your support team. Be prepared for the transition and minimize the stress.  
**Instructor: Jill Chambers, Certified Financial Planner**  
**1 Class**  
**Fee: $55**  
75501 Wed 7 p.m.-9:00 p.m. Jan 30  
Central Memorial High School S.W.

## Women: Working With a Financial Advisor  NEW
Is your financial advisor talking over your head? Are you nodding ‘yes’ when you really don’t understand? Be able to ask the right questions and understand the acronyms that get tossed around. Learn about registered and non-registered plans, different types of investments, and determining your risk tolerance.  
**Instructor: Jill Chambers, Certified Financial Planner**  
**1 Class**  
**Fee: $55**  
75503 Wed 7 p.m.-9:30 p.m. Mar 13  
Central Memorial High School S.W.

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For Business Finance courses, see Finance - Accounting on page11.

To register call 403-777-7224  
For information call 403-777-7550
“Music is forever; music should grow and mature with you, following you right on up until you die.” – Paul Simon

Instrumental

For instrument rental information, please check the music section of our website or call 403-777-7550.

Audio Recording & Production
Are you interested in home recording or the audio production industry? Learn about the basics of sound, acoustic properties, microphones, software options, mixing, MIDI, dynamics processors, the recording process and much more. Textbook included in fee.
Instructor: Kristoffer Benoit, Recording Engineer
3 Classes Fee: $179
74258 Tue 6:30 p.m.-9:30 p.m. Jan 29 - Feb 12
Viscount Bennett Centre S.W.

Banjo Lesson - Intro in a Day
This four-hour session is an introduction to Folk Style (Clawhammer) five-string banjo. It gets you started as you learn tuning, chords, and song accompaniment using the clawhammer picking method. Play one, play a thousand!
Instructor: Barry Luft (see profile on our website)
1 Class Fee: $99
74261 Sat 10 a.m.-2 p.m. Feb 2
Viscount Bennett Centre S.W.

Banjo
Grab your five-string banjo and get ready to frail! Join our experienced instructor who will cover all the basics of the traditional clawhammer style: hammer-ons, pull-offs, chords, scales, right-hand essentials and tunings. Learn to accompany songs and play solo tunes such as Cripple Creek and other gems by the end of this course. CD and song book included in fee.
6 Classes Fee: $189
74259 Wed 7:30 p.m.-9:30 p.m. Feb 13 - Mar 20
Henry Wise Wood High School S.W.

Banjo Madness
Folk Styles - Advanced
Veteran and advanced players are welcome. Come out and develop your skills such as drop-thump frailing, chords, up the neck, advanced accompaniment, fiddle tunes, playing with and without tablature, more tunings, playing fast and ensemble jamming.
Instructor: Barry Luft, the Banjo Madman (see profile on our website)
9 Classes Fee: $289
74262 Tue 7:30 p.m.-9:30 p.m. Jan 22 - Mar 19
Henry Wise Wood High School S.W.

Fiddle - Develop Your Skills
Novice fiddlers, improve your basic skills and learn easy new tunes in the Celtic, Old-Time and Bluegrass styles. Learn tunes by finger position, from sheet music and by ear. Prerequisite: Fiddle - Get Started or equivalent experience. You should be able to play simple melodies in the keys of D and G Major.
Instructor: Barrie McCombs, 403-289-4227 or bmccombs@ucalgary.ca (see profile on our website)
9 Classes Fee: $239
74312 Thu 7:30 p.m.-9:30 p.m. Jan 31 - Apr 11
Lord Beaverbrook High School S.E.

Guitar - Get Started
Have you always wanted to play guitar, but never got around to it? Learn the parts of a guitar, the names of open strings, how to tune, and how to hold and use a pick. Learn to play a chromatic scale and songs using G major, C major and D major chords. Handbook and CD included in fee.
10 Classes Fee: $269
74325 Wed 7 p.m.-9 p.m. Feb 20 - Apr 17
Crescent Heights High School N.W.

Guitar - Develop Your Skills
Okay, so you’ve taken a beginner guitar course or can play a few chords and now you’re ready to take it to the next level. Expand your repertoire and explore such topics as finger-picking styles, TAB reading, bass runs, playing simple melodies, strumming with a pick, bar chords and much more! We’ll even throw some rootsy rock & roll and blues styles into the mix.
Instructor: Larry Kostyniuk
10 Classes Fee: $359
74324 Tue 7 p.m.-9 p.m. Feb 12 - Apr 23
Sir Winston Churchill High School N.W.

Harmonica - Get Started
Want to carry music in your pocket? Learn basic reading of music and harmonica playing techniques. Bring a Diatonic (Marine Band or Blues Type) or Chromatic Harmonica in the key of C. No previous musical skills required.
Instructor: Steve Bryant (see profile on our website)
6 Classes Fee: $189
74331 Mon 7:30 p.m.-9:30 p.m. Feb 4 - Mar 18
Henry Wise Wood High School S.W.

Piano - Get Started
Have fun learning to chord, play, read and improvise using the internationally renowned Yamaha method. As a beginner, you’ll receive lots of encouragement in this group environment. Keyboard/piano provided in class, but you will need one at home to practice. Textbooks included in fee. Instructors provided by Musica Academy.
10 Classes Fee: $189
74375 Tue 7:30 p.m.-8:15 p.m. Jan 15 - Mar 19
Musica Academy S.W.
74377 Fri 6 p.m.-6:45 p.m. Jan 18 - Mar 22
Musica Academy N.W.

Ukulele Information Session NEW
Are you considering buying a ukulele or do you already have one but need some guidance in playing it? Get a better understanding of this hugely popular instrument. This three-hour information class covers most aspects of instrument selection including the difference between linear and re-entrant tuning, and understanding how critical tuning is when shopping for a ukulele. Video, live recordings and demonstration are part of this info-session as well as an opportunity for questions and answers. Let our instructor get you excited about the ukulele and set you on the right path.
Instructor: Rick Hertert
1 Class Fee: $75
75500 Sat 1 p.m.-3 p.m. Mar 16
Viscount Bennett Centre S.W.

Singing

**Doo Wop Workshop**
Do you enjoy singing for fun? Do you love the music from the 50's and 60's and more recent music in the doo wop style? This group harmony singing course is for you. Learn to sing harmony parts and a cappella. All singing levels are welcome.

*Instructor: Larry Kostyniuk*

- **8 Classes**
- **Fee: $159**
- **74295** Thu 7:30 p.m.-9 p.m. Feb 7 - Apr 11
  - Sir Winston Churchill High School N.W.

**Glee Chorus Singers**
Come out and experience singing in a group setting. You will learn vocal technique, harmony skills, basic movement, choreography, and stage performance skills. Glee is a way to express yourself and helps build confidence. If you are a beginner or have had some singing experience and you love all styles of music from Broadway to R & B, join Glee.

*Instructor: Toshi Jackson*

- **8 Classes**
- **Fee: $189**
- **74321** Sat 12 p.m.-1:30 p.m. Feb 23 - Apr 27
  - Viscount Bennett Centre S.W.

**Singing Boot Camp**
Fine-tune your vocal skills. Develop range and power by learning the proper diaphragmatic breathing technique, microphone technique, blending, placement as well as stage performance skills. If you are a recreational singer, a semi-pro or a pro, this workshop will give you the necessary skills to sing with more confidence, power and control.

*Instructor: Toshi Jackson*

- **8 Classes**
- **Fee: $189**
- **74394** Sun 12 p.m.-1:30 p.m. Feb 24 - Apr 28
  - Viscount Bennett Centre S.W.

**Singing Doo Wop Workshop**
Do you enjoy singing for fun? Do you love the music from the 50's and 60's and more recent music in the doo wop style? This group harmony singing course is for you. Learn to sing harmony parts and a cappella. All singing levels are welcome.

*Instructor: Larry Kostyniuk*

- **8 Classes**
- **Fee: $159**
- **74295** Thu 7:30 p.m.-9 p.m. Feb 7 - Apr 11
  - Sir Winston Churchill High School N.W.

**Glee Chorus Singers**
Come out and experience singing in a group setting. You will learn vocal technique, harmony skills, basic movement, choreography, and stage performance skills. Glee is a way to express yourself and helps build confidence. If you are a beginner or have had some singing experience and you love all styles of music from Broadway to R & B, join Glee.

*Instructor: Toshi Jackson*

- **8 Classes**
- **Fee: $189**
- **74321** Sat 12 p.m.-1:30 p.m. Feb 23 - Apr 27
  - Viscount Bennett Centre S.W.

**Student Showcase**
Everyone Welcome! Come see an exhibit of our Art students' work and enjoy a concert performed by our Music students. Best of all, it's FREE!

Tuesday, April 23, 2013, 7 p.m. - 10 p.m.
- Viscount Bennett Centre Campus
- 2519 Richmond Road S.W.

Crafts

**Boiled Wool: Build a Felt Bag**
Felting is one of the oldest ways of making fabric and is thought to have been around for about 8000 years. Today felt is still used in many parts of the world to make yurts, rugs, hats and other items. Learn how to crochet and then process (or shrink) your wool to create a five-inch square felt purse. When your purse is assembled, learn the intricate technique of needle felting to create a beautiful, one of a kind design. Some homework is required. All supplies included.

*Instructor: Suzanne Shaw (see profile on our website)*

- **3 Classes**
- **Fee: $139**
- **75504** Thu 7 p.m.-9 p.m. Apr 4 - 18
  - Sir Winston Churchill High School N.W.

**Glass Fusing**
Learn to cut glass and make decals to create layered pendants, earrings, charms and rings. Decals will be made from your most treasured photos and drawings so bring them to the first class. Also, learn to make reusable plaster and silicon molds that you can fill with crushed glass (frit) to make custom glass shapes for your creations.

*Instructor: Triona Benwin*

- **2 Classes**
- **Fee: $229**
- **74320** Tue 6:30 p.m.-9 p.m. Mar 5 & 12
  - Viscount Bennett Centre S.W.

**Knitting - Get Started**
Learn the fine art of knitting by mastering several knitting stitches and reading knitting patterns. Projects include a potholder, scarf and toque. All supplies included in fee.

*Instructor: Lynn McComber*

- **4 Classes**
- **Fee: $199**
- **74344** Tue 7 p.m.-9:30 p.m. Feb 26 - Mar 19
  - Viscount Bennett Centre S.W.

To register call 403-777-7224

For information call 403-777-7550
Needle Felting
Needle felting is the art of embedding raw wool into felt fabric. Learn to felt your own one-of-a-kind coffee/tea cup sleeve. Then, apply this ancient skill to other pieces, such as purses, mittens, scarves and sweaters. Learn about the history and process of making felt. All supplies included. Instructor: Suzanne Shaw (see profile on our website)
1 Class Fee: $89
74364 Sat 10 a.m.-11:30 a.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Soap Making - Get Started
Learn to make your own soap from scratch using the cold process. Learn about the chemistry of soap from an experienced soap crafter. All the tricks of the trade are discussed in this hands-on workshop. Take home three large bars of soap and recipes for a variety of body soaps. Instructor: Maureen Oliver
1 Class Fee: $79
74395 Sat 12:30 p.m.-2:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Stained Glass - Get Started
Learn how to safely cut glass, work with paper patterns, solder, clean your project and wrap it with foil. All these skills can then be used for larger and/or more intricate patterns. Your finished project will be colourful and unique for your own home or as a gift. Instructor: Rosemary Bennett (see profile on our website)
5 Classes Fee: $329
74398 Wed 6:30 p.m.-9:30 p.m. Feb 20 - Mar 20
Viscount Bennett Centre S.W.

Home & Garden

Getting Your Home Ready for Sale
Owning property is conceivably the single largest investment in your lifetime. Optimize your home's potential in order to maximize its appeal and marketability. In this interactive workshop with our expert stager, learn about the concepts of home staging, current trends, challenges, and key marketing tools and tips to secure equity and target the buyers who are most likely to purchase your house.
Instructor: Cheryl-Anne Priest, Certified Staging Professional (see profile on our website)
1 Class Fee: $99
74318 Sat 9 a.m.-4 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

For legal information about selling your home, see our Money Matters - Housing section, page 13.
Hair Styling - Tools of the Trade
Many of us use styling tools every day to enhance our hair. Learn tricks and techniques for getting the best results from hot tools, brushes, blow dryers and rollers as well as the variety of products. Join our professional hair stylist for this hands-on course that will take the struggle out of achieving the look you want.
Instructor: Mai Nguyen (see profile on our website)
2 Classes Fee: $89
74330 Thu 7 p.m.-9:30 p.m. Mar 7 & 14
Lord Beaverbrook High School S.E.

Makeup Application - Get Started
For those who have little experience or confidence in putting on makeup, join our professional makeup artist to learn the basics of skin care and applying makeup to enhance your own beauty. Bring any makeup you are currently using to the class. The instructor provides products and tools for you to use as well.
Instructor: Mai Nguyen (see profile on our website)
1 Class Fee: $69
74356 Thu 6:30 p.m.-9:30 p.m. Feb 21
Lord Beaverbrook High School S.E.

Makeup Application - Beyond Basics
Not looking to become a professional but would like to learn the rules for contouring and different 'looks' such as smoky eyes and pouty lips? Join our professional makeup artist in this comfortable and relaxed class to learn the tricks of the trade for enhancing your own beauty. Bring any makeup you are currently using to the class. The instructor provides products and tools for you to use as well.
Instructor: Mai Nguyen (see profile on our website)
1 Class Fee: $69
74355 Thu 6:30 p.m.-9:30 p.m. Feb 28
Lord Beaverbrook High School S.E.

Personal Writing
Interested in exploring the world of blogging? Learn everything you need to know about blogging including how set up a blog, picking themes, posting photos and video, and most importantly, how to write. Learn to find a focus and then capture your everyday experiences to share with the world.
1 Class Fee: $69
74267 Sat 9 a.m.-12 p.m. Mar 9
Viscount Bennett Centre S.W.

Life Writing
Your life may not have changed the course of history, but it is important because it happened. If you don’t tell your story, who will? Learn a step-by-step approach to writing your memoirs. Receive a multitude of tips from how to start your story and find a focus to options for getting it printed. No previous writing experience needed. Adults of all ages welcome.
Instructor: Lea Storry
3 Classes Fee: $99
74352 Wed 7 p.m.-9 p.m. Feb 20 - Mar 6
Crescent Heights High School N.W.

Photography
Digital Camera Basics
New to the digital world? Gain experience and learn many of the functions of your digital camera. Bring your camera, USB cable and manual, and learn basic photography skills. Recommended prerequisite: a beginner Windows course or equivalent experience.
Instructor: Herb Buist (see profile on our website)
2 Classes Fee: $129
74392 Tue 6:30 p.m.-9:30 p.m. Feb 5 & 12
Viscount Bennett Centre S.W.

Night Photography NEW
Learn how to make proper exposures (film or digital) after dark, both by the light of the moon and by existing artificial light. Learn to evaluate existing lighting situations and compose/expose accordingly. Participants provide their own equipment, including camera, tripod and small flashlight. Prerequisite: familiarity with basic photographic techniques.
Instructor: Jacques Rioux
2 Classes Fee: $99
75577 Wed 7 p.m.-10 p.m. Mar 13 & 20
Crescent Heights High School N.W.

Photograph Your Products or Projects NEW
Learn how to photograph still objects or work in progress using a Point & Shoot or DSLR camera, self-made photo-tent and basic lighting. Improve your skill with practical guidelines on camera settings, lighting, etc. Learn to compose photographs for business promotion, catalogs, magazines and web sites. Bring your camera and tripod (if you have one).
Instructor: Charles Mak (see profile on our website)
1 Class Fee: $99
75579 Sat 9 a.m.-12:30 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Photography for Digital Cameras
Get started with your digital SLR camera (changeable lenses and settings) by learning what all the controls do. Maximize the camera's creative potential by exploring topics such as lenses, exposure, depth of field, filters, composition, lighting, flash and common problem solutions. Bring your camera and owner's manual. Note: basic point and shoot camera owners will receive limited benefit from this course.
Instructor: Herb Buist (see profile on our website)
5 Classes Fee: $259
74374 Thu 6:30 p.m.-9:30 p.m. Feb 21 - Mar 21
Viscount Bennett Centre S.W.

Taking Better Pictures
Discover the world through a photographer's eye. With lots of examples and discussion of design, themes and stories, our professional photographer will give you the tools and tricks to capture scenes that you will be proud to display.
Instructor: Jacques Rioux
1 Class Fee: $129
74401 Sat 9:30 a.m.-3 p.m. Mar 2
Spectacular Saturdays
Ernest Manning High School S.W.

Welding
Welding - Electric Arc
Strike an arc and run a bead with confidence. Learn about basic theory of process and use of equipment. Weld on coupons or on your own project. This course includes demonstration and practice of MIG welding and demonstration of TIG welding. Supplies available for purchase.
Instructor: Dave Massé (see profile on our website)
4 Classes Fee: $229
74416 Thu 6:30 p.m.-9:30 p.m. Jan 24 - Feb 21
Lord Beaverbrook High School S.E.
Woodworking & Furniture

Woodworking - Get Started
Don’t have woodworking experience but crave the smell of sawdust? Learn the safe use of hand and power tools. Explore fundamental concepts in shaping, joining and finishing wood through hands-on experience and completion of several projects. Supplies not included. Instructor: Doug Haslam (see profile on our website)

8 Classes
Fee: $379
74423 Mon 7 p.m.-10 p.m. Feb 4 - Apr 15
Dr. E.P. Scarlett High School S.W.

Furniture Making & Design
Improve your woodworking skills and gain practical insight into designing and building furniture in this project-based course. Learn about basic joinery techniques used in furniture construction and how to create these joints using a variety of hand and power tools. Topics covered include: proportional design principles, project layout, use of jigs and fixtures, sequences of work, assembly procedures and power tool safety. Materials not included. Pre-requisite: Woodworking - Get Started or a working knowledge of the safe use of woodworking power tools. Instructor: Doug Haslam (see profile on our website)

10 Classes
Fee: $379
74316 Wed 7:10 p.m.-9:30 p.m. Jan 30 - Apr 10
Dr. E.P. Scarlett High School S.W.

Upholstery
The satisfaction of upholstering your own chair from start to finish can be just as rewarding as the end product. Bring your chair to class each week and learn from demonstrations accompanied by one-on-one assistance as you need it. Some supplies are available for purchase from the instructor during the course. You may need to purchase some on your own. See our website to view an example of a chair that can be completed in 8 weeks. Instructors: Shiraz Dharsee & Maria Polyak (see profiles on our website)

8 Classes
Fee: $479
74410 Wed 7 p.m.-9:45 p.m. Feb 20 - Apr 17
Vincent Massey School S.W.
### Morning Classes

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain Gym</td>
<td>9 a.m.-12 p.m.</td>
<td>$65</td>
</tr>
<tr>
<td>Buying a Home</td>
<td>10 a.m.-12 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>Divine Feminine - An Exploration</td>
<td>10 a.m.-12 p.m.</td>
<td>$49</td>
</tr>
<tr>
<td>Energy - Five Minutes to Better Health</td>
<td>10 a.m.-12 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Hearing Strategies for Boomers</td>
<td>9 a.m.-12 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Identity Theft - What You Should Know</td>
<td>10 a.m.-12 p.m.</td>
<td>$20</td>
</tr>
<tr>
<td>Intuition - Develop Your Inner Wisdom</td>
<td>9 a.m.-12 p.m.</td>
<td>$59</td>
</tr>
<tr>
<td>Landscape Projects: Planters, Walls &amp; Steps</td>
<td>9 a.m.-12 p.m.</td>
<td>$69</td>
</tr>
<tr>
<td>Money Basics 101</td>
<td>9:30 a.m.-12 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Needle Felting</td>
<td>10 a.m.-11:30 a.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Photograph Your Products or Projects</td>
<td>9 a.m.-12:30 p.m.</td>
<td>$99</td>
</tr>
<tr>
<td>Soap Making - Get Started</td>
<td>10 a.m.-12 p.m.</td>
<td>$79</td>
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<tr>
<td>Tai Chi</td>
<td>9:30 a.m.-11:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Troubleshooting &amp; Maintaining Your PC</td>
<td>9 a.m.-12 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Wills</td>
<td>10 a.m.-12 p.m.</td>
<td>$20</td>
</tr>
</tbody>
</table>

### Afternoon Classes

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buying or Selling a Condominium</td>
<td>12:30 p.m.-2:30 p.m.</td>
<td>$40</td>
</tr>
<tr>
<td>Drum &amp; Mallet Making</td>
<td>1 p.m.-4 p.m.</td>
<td>$150</td>
</tr>
<tr>
<td>Energy - Emotional Freedom Technique</td>
<td>1 p.m.-3:30 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Energy - Advanced Techniques</td>
<td>12:30 p.m.-2:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Landscape Projects: Pavers &amp; Flagstones</td>
<td>1 p.m.-4 p.m.</td>
<td>$69</td>
</tr>
<tr>
<td>Manage Your Workplace Emotions</td>
<td>1 p.m.-4 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Medication Safety</td>
<td>12:30 p.m.-3 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Money Basics 201</td>
<td>12:30 p.m.-3 p.m.</td>
<td>$89</td>
</tr>
<tr>
<td>Qi Gong</td>
<td>12:30 p.m.-3:30 p.m.</td>
<td>$59</td>
</tr>
<tr>
<td>Right Brain Thinking</td>
<td>12:30 p.m.-3:30 p.m.</td>
<td>$59</td>
</tr>
<tr>
<td>Sacred Spaces</td>
<td>12:30 p.m.-2:30 p.m.</td>
<td>$49</td>
</tr>
<tr>
<td>Sign Language - An Introduction</td>
<td>1 p.m.-4 p.m.</td>
<td>$69</td>
</tr>
<tr>
<td>Soap Making - Advanced</td>
<td>12:30 p.m.-2:30 p.m.</td>
<td>$79</td>
</tr>
<tr>
<td>Soap Stone Carving - Inuksuk</td>
<td>1 p.m.-4 p.m.</td>
<td>$119</td>
</tr>
<tr>
<td>Troubleshooting - Level 2 (Computers)</td>
<td>1 p.m.-4 p.m.</td>
<td>$89</td>
</tr>
</tbody>
</table>

### Full-Day Classes

<table>
<thead>
<tr>
<th>Course</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylics - A Taste</td>
<td>9:30 a.m.-4 p.m.</td>
<td>$149</td>
</tr>
<tr>
<td>Bread Making</td>
<td>9 a.m.-3:30 p.m.</td>
<td>$189</td>
</tr>
<tr>
<td>Byzantine Bracelet</td>
<td>10 a.m.-3:30 p.m.</td>
<td>$169</td>
</tr>
<tr>
<td>Computers for the Absolute Beginner</td>
<td>9 a.m.-4 p.m.</td>
<td>$185</td>
</tr>
<tr>
<td>Getting Your Home Ready for Sale</td>
<td>9 a.m.-4 p.m.</td>
<td>$99</td>
</tr>
<tr>
<td>Italian for Travellers in One Day</td>
<td>9 a.m.-3:30 p.m.</td>
<td>$99</td>
</tr>
<tr>
<td>Make Your Own Dressform</td>
<td>9 a.m.-3 p.m.</td>
<td>$129</td>
</tr>
<tr>
<td>Meetings, Agendas &amp; Minutes</td>
<td>9 a.m.-3 p.m.</td>
<td>$129</td>
</tr>
<tr>
<td>Spanish for Travellers in One Day</td>
<td>9 a.m.-3:30 p.m.</td>
<td>$99</td>
</tr>
<tr>
<td>Speed Reading</td>
<td>9 a.m.-4 p.m.</td>
<td>$149</td>
</tr>
<tr>
<td>Taking Better Pictures</td>
<td>9:30 a.m.-3 p.m.</td>
<td>$129</td>
</tr>
<tr>
<td>Watercolour - Landscape Painting Basics</td>
<td>10 a.m.-4 p.m.</td>
<td>$119</td>
</tr>
<tr>
<td>Word - Level 1 (Express)</td>
<td>9 a.m.-4 p.m.</td>
<td>$185</td>
</tr>
</tbody>
</table>

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**next Spectacular Saturday May 11, 2013 at Sir Winston Churchill High School**

For complete descriptions of these courses, consult the indexes on page 17 in the Professional Development section & page 19 in the Personal Development Section.