

# Continuing Education Fall 2017

## Invest In Your Dreams

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Register online at  
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St. James-Assiniboia School Division

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

# Fall 2017 Session



[www.sjasd.ca/  
Programs/Coned](http://www.sjasd.ca/Programs/Coned)

## Welcome to the St. James-Assiniboia Continuing Education Fall 2017 Session

**"Passion for knowledge, motivation for continuous learning."**

- Lailah Gifty Akita, Think Great: Be Great!

After the lazy, hazy, relaxing days of summer, we are often left wondering how to fill our time. Whether you like arts/crafts, learning a new language, updating your computer skills, exercising, or relaxing, we have many different courses to fit the needs of various age groups. We invite you to look at the many new courses this fall, including: Pilates With Lorna, Arm Knitting, Finger Crocheting and much more.

I am pleased to announce a new and exciting feature to St. James-Assiniboia Continuing Education. We have partnered with online providers in order to enhance our course offerings and meet the varied needs of our students. Online courses are convenient and flexible allowing students to learn in the comfort of their home or office. We encourage you to take a look at these courses and take advantage of this unique learning experience.

We also offer classroom career training in Health Care Aide, Health Unit Clerk, Educational Assistant, Veterinary Hospital Office Assistant and Taxicab Driver Training Program. Our Instructors are experts in their respective fields and ensure you receive the most up-to-date information and training to begin your new career path.

Wanda Taylor  
Manager, Continuing Education

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## Five Easy Ways to Register for Courses

1. Register Online: Enroll instantly at [www.localcourses.com/sjsd](http://www.localcourses.com/sjsd) with a Mastercard or Visa. Your credit card security is guaranteed. Registration will be confirmed and the credit card details will be removed.
2. Call 204-832-9637: Payment by credit card. When you phone-in, please have your credit card and expiration date ready.
3. Fax your registration 204-888-0945: Fax the registration form with your credit card information.
4. Mail the registration form: Mail the registration form provided in this brochure with payment to St. James-Assiniboia Continuing Education, 470 Hamilton Avenue, Winnipeg, MB, R2Y 0H4.
5. Walk-in: John Taylor Collegiate, 470 Hamilton Ave., (Side Entrance, 2nd Floor) during office hours.

Cheques are payable to St. James-Assiniboia Continuing Education. Visa and Mastercard credit card payments are acceptable.

### Does your office or company need training?

- Supervision Essentials
- Fundamentals of Business Accounting
- Introduction to Blogging
- Certified Food Handlers Training
  - CPR
  - WEVAS

# FITNESS

## HULA HOOPING WITH KATHY

Hula Hooping provides a total body workout and if you wish to get even more out of your exercise, you can use weighted hoops. Fun, exciting but simple. Hula hoops provided.

**Tuesdays (8X) September 19 to November 7**  
6:00 - 7:00 pm. FFT1-17 (JT)

**Tuesdays (8X) January 23 to March 13**  
6:00 - 7:00 pm. FFT19-17 (JT)

**\$75.00 Katherine Salsman**

## ADVANCED HULA HOOPING

This advanced Hula Hooping course provides a total body workout such as expanding on folds and isolations and shoulder hooping. Previous Hula Hooping recommended. Hula Hoops provided.

**Tuesdays (8X) September 19 to November 7**  
7:15 - 8:15 pm. FFT2-17 (JT)

**Tuesdays (8X) January 23 to March 13**  
7:15 - 8:15 pm. FFT20-17 (JT)

**\$75.00 Katherine Salsman**



## LEARN TO RELAX WITH TAI CHI

Join us for this relaxing and invigorating exercise. This class includes simple, low impact movements that increase flexibility, balance, range of motion, mental focus strength and overall well-being. Movements are performed in a slow, focused manner and accompanied by deep breathing exercises.

**Saturdays (6X) September 30 to November 18**  
11:00 am. - 12:00 pm. FFT7-17 (JT)

**Saturdays (6X) January 20 to March 3**  
11:00 am. - 12:00 pm. FFT16-17 (JT)

**\$69.00 Katherine Salsman**

## PEOPLE WITH ARTHRITIS CAN EXERCISE (PACE)

PACE is an exercise program created and designed for people with arthritis. This program taught by a certified PACE instructor, will help you to keep joints flexible, muscles strong and help reduce the pain and stiffness associated with arthritis.

**Saturdays (6X) September 30 to November 18**  
12:15 - 1:15 pm. FFT8-17 (JT)

**Saturdays (6X) January 20 to March 3**  
12:15 - 1:15 pm. FFT17-17 (JT)

**\$69.00 Katherine Salsman**

## RESTORATIVE YOGA

Relax and rejuvenate with this restorative yoga class. The use of props and long supported holds soothes the mind and allows for a deeper release, bringing a calming end to your day. Bring a mat, towel and a water bottle. For students at all levels.

**Mondays (8X) September 18 to November 13**  
6:15 - 7:15 pm. FFT4-17 (JT)

**Mondays (8X) January 15 to March 12**  
7:45 - 8:45 pm. FFT13-17 (JT)

**\$75.00 Andrea Baryliuk**

## GENTLE YOGA FOR ACTIVE SENIORS

This course aims to improve flexibility, balance, posture and strength. Your breath and gravity takes you gently into each pose without pulling or straining. Gentle Yoga disciplines the body, mind and spirit. Each lesson includes a 15 minute relaxation/meditation session.

**Wednesdays (6X) Sept. 27 to Nov. 1**  
6:30 - 7:30 pm. FFT6-17 (JT)

**Wednesdays (6X) January 24 to February 28**  
6:30 - 7:30 pm. FFT18-17 (JT)

**\$69.00 Erika Goodman**

## THE JOYS OF BELLY DANCING

Belly dancing is energizing, graceful, calming and easy to practice. Learn basic dance styles as you move to Middle Eastern rhythms. Gain flexibility, strength, tone and improved posture. Belly dancing also promotes self-confidence and self-esteem. Wear loose fitting clothing and bring a scarf to tie around your hips.

**Wednesdays (9X) September 20 to November 15**  
6:30 - 7:45 pm. FFT5-17 (WS)

**Wednesdays (9X) January 17 to March 14**  
6:30 - 7:45 pm. FFT15-17 (WS)

**\$79.00 Ildiko Gyarmati**

## MORE JOY OF BELLY DANCING

This class is for those who have some experience and wish to learn more dance moves. Continue to explore the meditative qualities and experiment with personal expressions of the dance. Improve your veil work, improvise with your sister dancers and gracefully interpret and perform choreographic moves.

**Wednesdays (9X) September 20 to November 15**  
8:00 - 9:15 pm. FFT3-17 (WS)

**Wednesdays (9X) January 17 to March 14**  
8:00 - 9:15 pm. FFT14-17 (WS)

**\$79.00 Ildiko Gyarmati**



## DYNABODY TOTAL FITNESS

Doug's boot camps are famous! This fun and challenging workout focuses on all areas of fitness and will improve your strength, stamina, coordination and energy levels. The focus is on functional exercises, cross-training and intervals - which is the best for conditioning the body, burning fat and improving your heart health. Innovative activities incorporate calisthenics, cardio drills, resistance training, abdominal and core body exercises. With the emphasis on proper techniques and coaching - there is no better way to refresh your body, restore your energy and beat stress. Enjoy the camaraderie and the challenge!

**Tuesdays (10X) October 3 to December 5**  
6:30 - 7:30 pm. FFT9-17 (BA)

**Thursdays (10X) October 5 to December 7**  
6:30 - 7:30 pm. FFT10-17 (SM)

**\$85.00 Doug Yaholkoski**

## PILATES WITH LORNA

**NEW!**

Would you like to improve or maintain your fitness and flexibility in a low impact workout environment? Using simple, fluid movements you will increase range of motion within your joints, stretch and lengthen muscles, be aware of breathing patterns and spinal alignment while engaging your core muscles. No previous Pilates experience is necessary.

**Thursdays (6X) October 5 to November 9**  
6:00 - 7:00 pm. FFT11-17 (JT)

**Thursdays (6X) January 11 to February 15**  
6:00 - 7:00 pm. FFT12-17 (JT)

**\$69.00 Lorna Pankratz**

Call 204-832-9637 to register by phone

# HEALTH AND WELLNESS

## MINDFUL EATING

This experienced nutritionist specialist will introduce you to the concept of mindful eating. She will teach you how to create a whole new relationship with food. Learn to be confident in your choices to use food as fuel, rather than a crutch for emotional support.

**Monday** **October 23**  
6:30 - 9:30 pm. FHL1-17 (JT)  
**\$25.00** **Jill Graham**

## CANNING AND PRESERVING

Canning and freezing is a safe and economical way to preserve quality food at home. Get started in the tradition of canning and preserving your own foods.

**Wednesdays (2X)**  
**September 20 and September 27**  
6:30 - 8:30 pm. FHL5-17 (JT)  
**\$40.00** **Jill Graham**

## A NUTRITIONIST'S GUIDE TO THE SUPERMARKET

This is the supermarket tour that comes to you! Find out which products should end up in your cart and which ones should stay on the shelves. Learn which crackers, yogurts, breads and soups are the healthiest for you and your family.

**Wednesdays (2X)**  
**October 11 and October 18**  
6:30 - 8:30 pm. FHL4-17 (JT)  
**\$40.00** **Jill Graham**

## EMOTIONAL FREEDOM

**NEW!**

The Emotional Freedom Technique (EFT), also known as the Tapping Technique, helps with healing on all levels. Discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands. It's simple and easy for anyone to learn.

**Tuesday** **September 26**  
7:00 - 9:00 pm. FHL4B-17 (SHC)  
**\$25.00** **Pamela Thrift**

## EATING ON THE RUN

Boost your overall energy levels, improve your current eating habits and lose weight with Jill's balanced snacks. Jill will teach you how to create and enjoy snacks for work or school and how to schedule meals to reduce carbohydrate cravings. The benefits of this course are stabilized blood sugars, decreased cravings, improved moods and higher energy levels.

**Mondays (2X)**  
**September 18 and September 25**  
6:30 - 8:30 pm. FHL3-17 (JT)  
**\$40.00** **Jill Graham**

## NATURE MEDITATION

Enjoy this new meditation class with Pamela. The focus will be on connecting with nature in its many different forms. Weather permitting, time will be taken outside to do guided nature meditations. Come and explore the gifts that nature has to offer.

**Tuesdays (8X)** **October 3 to November 21**  
7:00 - 9:00 pm. FHL4A-17 (SHC)  
**\$95.00** **Pamela Thrift**

## EMBRACE YOUR SPIRIT

Who would you be if you embraced your spirit to accept and integrate all that you are? It is said that all emotions come from fear and love. This introductory session will provide you with simple techniques to move from fear, anger, frustration and loss of identity to discovering the true essence of who you are. Workbook will be provided.

**Wednesday** **October 11**  
6:30 - 8:30 pm. FHL7-17 (JT)  
**\$25.00** **Tara Manair**

## QI GONG

**NEW!**

Qi Gong (pronounced chee gong) is an ancient Chinese health and wellness activity that involves slow gentle movements, breathing techniques and meditation. Come and join us to learn the basics of these serene exercise techniques and awaken the healing, calming energy within you.

**Thursdays (4X)** **October 5 to October 26**  
7:30 - 8:30 pm. FHL6-17 (JT)  
**Thursdays (4X)** **January 11 to February 1**  
7:30 - 8:30 pm. FHL9-17 (JT)  
**\$55.00** **Christine Bye**



## DAILY HABITS FOR CREATING A FIT BRAIN

Blow away brain fog, ward off memory decline and maintain mental clarity. There are many things that we can do on a daily basis to keep our minds sharp. Be the caretaker of your brain with activities that stimulate, rejuvenate and relax your mind. Some activities are based on the Brain Gym® program. Bring a water bottle.

**Mondays (4X)** **October 30 to November 20**  
6:30 - 8:30 pm. FHL8-17 (SHC)  
**\$55.00** **Noreen Kolesar**

# LANGUAGES FOR FUN AND TRAVEL

## SPANISH - GETTING STARTED

Sehabla Espanol? Well you can! Come and enjoy a friendly experience with South American Spanish. The focus will be on common expressions, customs and money, as well as vocabulary related to hotel, restaurant and tourist attractions.

**Tuesdays (8X)** **September 19 to November 7**  
7:00 - 9:00 pm. FLA1-17 (SHC)  
**\$89.00** **Ines Mora**



## SPANISH - TO GO

Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather conditions, ordering food and simple expressions to survive in a Spanish speaking country.

**Thursdays (3X)** **October 12 to October 26**  
6:30 - 9:30 pm. FLA10-17 (SHC)  
**\$55.00** **Ines Mora**

# LANGUAGES FOR FUN AND TRAVEL

## FRENCH - GETTING STARTED

Bonjour! Learn the basics quickly in preparation for your next vacation or refresh your high school French. You will learn greetings, directions, weather conditions, ordering food and simple expressions to survive in a French speaking environment.

**Thursdays (6X) September 21 to October 26**  
6:30 - 8:30 pm. FLA2-17 (SHC)  
**\$79.00 Heather Calladine**

*"I enjoyed the way in which information was presented. Heather made the class fun and interesting." - Marlene*

## FRENCH TO GO

Bonjour! Learn the basics quickly in preparation for your next vacation or refresh your high school French.

**Thursdays (3X) January 18 to February 1**  
6:30 - 9:30 pm. FLA11-17 (SHC)  
**\$55.00 Heather Calladine**

## JAPANESE - GETTING STARTED

Kon Ni Chi Wa! Come and enjoy a friendly experience with Japanese. The focus will be on common expressions, customs and money, as well as vocabulary related to hotel, restaurant and tourist attractions.

**Wednesdays (6X) September 27 to November 1**  
6:30 - 8:30 pm. FLA3-17 (SHC)  
**\$79.00 Mieko Kino**

*"I enjoyed every minute of the Japanese course! Mieko is an excellent teacher, very knowledgeable and friendly. I feel well prepared for my trip." - Marcia*

## JAPANESE TO GO

Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather, ordering food and simple expressions to survive in Japan.

**Thursdays (3X) January 18 to February 1**  
6:30 - 9:30 pm. FLA8A-17 (SHC)  
**\$55.00 Mieko Kino**



## MANDARIN GETTING STARTED

Are you preparing for a trip to China? Join us for informative sessions and learn about language, tourist attractions, geography, culture, festivals and much more. Learn from someone who knows China!

**Wednesdays (6X) October 4 to November 8**  
6:30 - 8:30 pm. FLA5-17 (SHC)  
**\$79.00 Zhou Xi**

## MANDARIN TO GO

Learn the basics of Mandarin quickly in preparation for your next vacation! You will know how to ask for directions, talk about the weather, order food and use simple expressions.

**Thursdays (3X) January 18 to February 1**  
6:30 - 9:30 pm. FLA7A-17 (SHC)  
**\$55.00 Zhou Xi**

## ITALIAN - GETTING STARTED

Immerse yourself in Italian language, culture and traditions from this Italian instructor. Learn basic Italian conversation, grammar and verbs. Different regions of Italy will be highlighted. Have fun as you prepare for your next trip!

**Tuesdays (6X) January 16 to February 20**  
6:30 - 8:30 pm. FLA6-17 (SHC)  
**\$79.00 Patricia Busca**

## ITALIAN - TO GO

Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather, ordering food and simple expressions to survive in Italy.

**Thursdays (3X) January 18 to February 1**  
6:30 - 9:30 pm. FLA9A-17 (SHC)  
**\$55.00 Patricia Busca**

## GERMAN - GETTING STARTED

Immerse yourself in German language, culture and traditions. Learn basic German conversation, grammar and verbs. This experienced German instructor will take you through the various areas of Germany and prepare you for your holiday.

**Tuesdays (6X) October 3 to November 7**  
6:30 - 8:30 pm. FLA4-17 (SHC)  
**\$79.00 Karin Phillips**

## ICELANDIC TO GO

Learn the basics quickly in preparation for your next vacation! Learn greetings, directions, weather conditions, ordering food and simple expressions to survive in Iceland.

**Thursdays (3X) January 18 to February 1**  
6:30 - 9:30 pm. FLA12-17 (SHC)  
**\$55.00 Ainsley Bloomer**

# CRAFTS

## EMBROIDER YOUR WAY TO FASHION

According to Vogue, one of the hottest trends in fashion is using hand-embroidery to elevate your garment from simply "clothing" to "couture." Learn basic embroidery stitches and learn how to choose threads, colours and designs to use those stitches to transform an off-the-rack garment into the only one of its kind. Material list provided.



**Mondays (4X) September 18 to October 16**  
6:30 - 9:30 pm. FFC3-17 (SHC)  
**\$55.00 Linda Lassman**

## T-SHIRT QUILT

Just can't part with your favourite T-shirts from concerts, sports teams or special events? Then this project is for you! Create a unique heirloom quilt in this quick and easy workshop. Bring 25-30 T-shirts to create a twin sized quilt. Bring your sewing machine.

**Thursdays (4X) October 5 to October 26**  
6:30 - 9:30 pm. FFC10-17 (NM)  
**\$55.00 Catherine Chatterley**

## ARM KNITTING

Discover this new knitting technique to create easy and fashionable designs. Learn to arm knit and make beautiful bulky infinity scarves in time for Christmas. No knitting experience required. Great activity for the whole family. Materials required: 2 Balls of any Super bulky wool (type 6 or 7) 32 yds/29m in each ball.



**Thursdays (3X) November 16 to November 30**  
6:30 - 9:30 pm. FFC13-17 (SHC)  
**\$45.00 Christine Bye**

# CRAFTS

## FLEECE SHAWL

Create a trendy shawl as a gift or keep yourself warm on those winter nights. Minimal sewing is required.

Material list provided.

**Thursdays (2X) November 16 and November 23**  
6:30 - 9:30 pm. FFC14-17 (NM)

**\$40.00** Catherine Chatterley



## FINGER CROCHETING

Finger crochet is a beautiful, simple form using your fingers and yarn. Learn to make beautiful baskets out of blanket yarn. Great idea for Christmas. Materials needed: 2 large balls of Bernat Blanket Yarn, 1 large plastic sewing needle and scissors.

**Thursdays (3X) October 12 to October 26**  
6:30 - 9:30 pm. FFC12-17 (SHC)

**\$45.00** Christine Bye



Our brochure is available online with secure registration and confirm capabilities.  
[www.localcourses.com/sjsd](http://www.localcourses.com/sjsd)

# ARTS

## INTRODUCTION TO CALLIGRAPHY

Calligraphy is beautiful writing, and writing is language made visible. Join us to learn the basics. Learn about layouts and design with colour and texture to create your own personal design. Material list and discount coupon provided at first class.

**Mondays (6X) October 2 to November 13**  
7:00 - 9:30 pm. FFC7-17 (SHC)

**\$65.00** John F. Smeulders

## INTRODUCTION TO PORTRAIT DRAWING

Learn how to approach the challenges of drawing portraits, both live and from photographs, where a good likeness is all important. Through demonstrations and hands-on work, you will learn techniques for using graphite (pencil), charcoal pencil and conté. Materials required: 6 x 16" x 20" drawing paper, charcoal pencils and 2B and 4B pencils.

**Thursdays (4X) October 5 to October 26**  
6:30 - 9:30 pm. FFC2-17 (SHC)

**\$55.00** John F. Smeulders



## ACRYLICS FOR BEGINNERS

Join us for fun and learning and take home a completed picture at the end of the session. This experienced art instructor will teach you techniques for working effectively with acrylic paint to create and develop your own artistic work. Material list and discount coupon provided at first class. Wear old clothes.

**Tuesdays (6X) September 26 to October 31**  
7:00 - 9:30 pm. FFC5-17 (SHC)

**\$65.00** John F. Smeulders

## ACRYLICS WORKSHOP - CHRISTMAS CARDS

Create your own personal Christmas card in this acrylic workshop. The versatility of acrylic paint will allow you to create cards in many different ways. You can also use the paints as watercolours to produce transparent images. Bring your paints (tubes or jars), brushes, canvas, palette, palette knife, pencils, paper towels, water bucket and your imagination.

**Thursdays (2X) November 23 and November 30**  
6:30 - 9:30 pm. FFC15-17 (SHC)

**\$40.00** John F. Smeulders

## INTRODUCTION TO WATERCOLOURS

Watercolour is a wonderful medium for creating works of fine art and illustrations. This course provides the opportunity to experience a variety of watercolour techniques such as wet & dry method, washes, blends and masking. In this class students will develop their colour mixing skills by understanding the use of transparency to create a beautiful picture filled with vivid colours. Material list and discount coupon provided at first class.

**Wednesdays (6X) September 20 to October 25**  
7:00 - 9:30 pm. FFC4-17 (SHC)

**\$65.00** John F. Smeulders

## POINTILLISM ART

Pointillism is a wonderful technique for creating art by using a multitude of tiny dots. This technique can be achieved with many mediums including watercolour, acrylic, marker and/or Indian ink. We will be using ink to create a piece of your choice. You can choose to use many coloured inks or just one colour. Material list provided.

**Wednesday September 27**  
6:30 - 9:30 pm. FFC6-17 (JT)

**\$25.00** Karen Franklin

## INK & WATERCOLOUR PENCILS

Explore this art medium to craft a beautiful painting using fine details and texture with fine pens and enhanced by added colour with watercolour paint. You will also be able to experiment with additives to the paint to create interesting effects. This combination of techniques and mediums is suitable for many subject matters. Material list provided.

**Tuesdays (4X) October 3 to October 24**  
6:30 - 9:00 pm. FFC9-17 (JT)

**\$55.00** Karen Franklin



## DRAWING WITH CONFIDENCE

Learn the basics of drawing, line form and proportion. The instructor will guide you in working with pencil, charcoal, charcoal pencil, conte and colour pencil. You will also explore a variety of paper types and learn to draw still life, portraits and photographs. Use finishing techniques to make your drawing into a work of art.

**Wednesdays (6X) October 11 to November 15**  
6:30 - 9:00 pm. FFC11-17 (JT)

**\$65.00** Karen Franklin



# ARTS

## WATERCOLOUR PENCIL PORTRAITS

Watercolour pencils are a neat and creative way of making beautiful pieces of art. They are easy, fun to use and with only a little practice you can make wonderful pieces of art. Material list provided.

**NEW!**

**Wednesdays (3X) November 22 to December 6**  
6:30 - 9:00 pm. FFC1-17 (JT)  
**\$45.00** Karen Franklin

## DRAWING WITH PENCIL CRAYON

Experience this beautiful art medium that is often under appreciated. Discover the basics of coloured pencil art by trying different techniques to achieve various effects. You will practice layering, burnishing, colour mixing and much more to create different subject matter such as portraits, animals and landscapes. Material list provided.

**NEW!**

**Tuesdays (4X) January 16 to February 6**  
6:30 - 9:00 pm. FFC17-17 (JT)  
**\$55.00** Karen Franklin

## DRIFTWOOD SANTA ORNAMENT

Using driftwood and a simple paint technique you will create a rustic Santa that can be used as an ornament, wall hanging, lapel pin or gift embellishment. Sure to become a family heirloom, each Santa is unique! Materials required are: craft paint (red, black, white, flesh tone), brushes (paint brushes, fine and medium). Optional material: small tub of pre-mixed plaster (polyfill).

**NEW!**

**Thursday November 30**  
6:00 - 9:30 pm. FFC16-17 (JT)  
**\$25.00** Catherine Chatterley

# GARDENING

## THE IMPORTANCE OF PUTTING YOUR GARDEN TO BED

Autumn is a great time to purchase and plant perennials but you need to know what you are doing to help their survival through the winter. Pruning is also important in the fall.

**Thursday September 14**  
6:00 - 9:30 pm. FLE2-17 (JT)  
**\$25.00** Catherine Chatterley

## LANDSCAPE DESIGN 101

Would you like to put your creative talents to work to create a stress free, relaxing outdoor space? This short course will help you to explore design principles, create a base map of your yard, how to evaluate the current state of your yard and gardens and how to choose plants you might want to add to enhance your space. Please bring graph paper, pencils, eraser, notebook/laptop and your ideas.

**NEW!**

**Wednesdays (4X) September 20 to October 11**  
6:30 - 9:30 pm. FLE3-17 (SHC)  
**\$79.00** Tiana Diehl



# LEISURE

## SUPER- PUP LIFE SKILLS CLICKER TRAINING

Have a new puppy? Bring your puppy to learn basic training and socialization. Turn your puppy into a Super Pup! Includes basic clicker training, collar/leash training, gentle leader, positive training methods, sit & stay commands. Learn solutions to common problems (chewing, separation anxiety, mouthing, house training issues, jumping up, barking, etc.). Normal canine development, puppies and children, and puppy nutrition included. Clicker included.

**Tuesdays (6X) October 10 to November 14**  
7:30 - 8:30 pm. FLE1-17 (HVCC)  
**\$99.00** Karen Fisk

## SUPER-DOG OBEDIENCE - CLICKER TRAINING

Positive clicker training methods commands such as, sit/stay, down/stay and come. Designed for dogs over 9 months of age. Clicker included.

**Tuesdays (8X) October 10 to November 28**  
6:00 - 7:00 pm. FLE7A-17 (HVCC)  
**\$119.00** Karen Fisk



**PLEASE NOTE:** Dogs must have their second series of vaccinations (DA2PP + Bordatella). Proof of vaccinations is required and must be brought to class. Bring a collar, leash, treats and a supply of baggies. If you have a known aggressive dog/reactive, please contact the instructor prior to registration so we may tailor to your needs.

## ELECTRICAL HOUSE WIRING

Learn the basics of electrical house wiring following the City of Winnipeg and Canadian Electrical Code rules and guidelines. This course is perfect for learning how to wire your rec room, garage, cabin, or to do routine house maintenance. Baseboard heating, sub panels, 3 way switches, aluminum wiring, knob and tube wiring are some of the topics covered. Basic electrical tools are provided to use, or bring your own.

**Tuesdays (8X) September 19 to November 7**  
6:30 - 9:30 pm. FLE15-17 (SHC)  
**Tuesdays (8X) January 9 to February 27**  
6:30 - 9:30 pm. FLE16-17 (SHC)  
**\$215.00** Gary Yakimoski



Call 204-832-9637 to register by phone

# LEISURE

## 50 YEARS OF UFO'S IN CANADA

Chris Rutkowski is a Canadian science writer, educator, and consultant for the Winnipeg Paranormal Group. Since the mid-1970s, he's written about his investigations and research on UFOs, for which he is best known. Join him for this informative session

**Mondays (2X) September 25 and October 2**  
6:30 - 9:30 pm. FLE4-17 (JT)  
**\$35.00** Chris Rutkowski

## ATTRACTING WINTER BACKYARD BIRDS

This is a popular course! Take the blues out of your winter and brighten your backyard with the beauty of wild birds. Learn to attract this season's most beautiful birds. Select types of feeders and foods that will bring results and keep your year clean.

**Thursday September 28**  
7:00 - 9:00 pm. FLE7-17 (JT)  
**\$25.00** Sherrie Versluis



## PEROGY MAKING

Come and join us for an evening of fun and learn how to make this easy, quick family favourite! With a simple technique and a few grocery staples, you can create a wide variety of these delicious potato pillows. Supplies included.

**Thursday September 28**  
6:30 - 9:30 pm. FLE6-17 (JT)  
**\$55.00** Catherine Chatterley

We can help you improve your computer knowledge whether you are a novice or an experienced computer user. See pages 9 & 10 for courses and dates.

## INTRODUCTION TO DIGITAL PHOTOGRAPHY

Are you new to digital photography? Would you like to learn how to take better pictures? This beginners class will get you started and you will be amazed as to what you can do with your camera. Go from fear to fun! Bring your camera, charged battery and memory card.

**Tuesdays (4X) October 3 to October 24**  
6:30 - 8:30 pm. FLE8-17 (JT)  
**\$55.00** Mark Kutcy



## GETTING MORE FROM YOUR DIGITAL CAMERA

Digital cameras can be very confusing. What are all those controls, buttons and menus for, and when do you use them? This course answers all these questions and more. Take a hands-on tour of your camera's features, learning technical terms, photographic concepts and shooting techniques as you go. Bring your digital camera and attachments to class.

**Tuesdays (4X) November 7 to November 28**  
6:30 - 8:30 pm. FLE12-17 (JT)  
**\$55.00** Mark Kutcy

## PHOTOGRAPHY - ON LOCATION

Learn Photography on the go! This "hands on" course will examine the basics of photography including camera settings (exposure compensation, shutter priority, aperture priority, etc.). Bring your camera and your artistic curiosity. Each week the group will meet at a different location such as, The Forks, The Exchange District, and Assiniboine Park. Please dress for the weather. Prerequisite: Basic knowledge of your camera.

**Saturdays (4X) October 14 to November 4**  
9:00 am. - 12:00 pm. FLE10-17 (OT)  
**\$55.00** Mark Kutcy

### REGISTER EARLY!

Courses may fill up quickly or be cancelled due to low enrollment.

## OLD NORSE MYTHOLOGY

Dive into the world of the Norse, where you can learn about adventure and honour. You will learn the roots of the Norse mythology and some of the stories concerning them, from this experienced instructor. You will also learn about stories of creation, gods and goddesses, the rebirth and some old Norse common sense.

**Mondays (3X) October 16 to October 30**  
6:30 - 9:30 pm. FLE11-17 (JT)  
**\$45.00** Ainsley Bloomer

## MATURE DRIVER WORKSHOP

This free workshop presented by MPI is designed for experienced drivers, aged 55 and older, who want to brush up on their skills and enhance their driving performance. Increase your confidence and driving ability, learn updated traffic laws and road safety rules, brush up on defensive driving techniques and learn how to compensate for changes in hearing, vision, flexibility and reaction time.

**Wednesday November 29**  
6:00 - 9:00 pm. FLE13-17 (JT)  
**No charge** Laura Fabro

Visit our new website to learn more about the  
St. James-Assiniboia Continuing Education Program  
[www.sjasd.ca/programs/coned](http://www.sjasd.ca/programs/coned)



# PERSONAL DEVICES

## CREATING AND SHARING YOUR OWN PHOTO SLIDESHOW

Do you have lots of photos on your iPhone or iPad? Not sure how to get them off your device to share them? Come and learn how to make a slideshow with your photos so you can share them with family and friends via e-mail, text message or on a website. Please bring your iPhone or iPad with photos to class.



**Mondays (3X)** September 18 to October 2  
6:30 - 9:30 pm. FCO5A-17 (GG)  
**\$45.00** Chelsey Bernhard

## LEARNING ABOUT YOUR ANDROID

Are you new to the Android world? This short course will introduce you to androids and the amazing things they can do for you. Learn from an experienced Android user how to get and make ring tones, set up contacts, use Google for GPS, picture messaging, set reminders in your calendar, download apps and much more. Please bring your device to class.



**Wednesday** September 27  
6:30 - 9:30 pm. FLE5-17 (SHC)  
**Wednesday** January 17  
6:30 - 9:30 pm. FLE14-17 (SHC)  
**\$25.00** Troy Vezina

## HAVE FUN WITH YOUR iPad/iPhone

Learn the basics, get all your questions answered and figure out what to do with your iPad/iPhone. Please bring your iPad and iPhone to class.

**Mondays (4X)** October 16 to November 6  
6:30 - 8:30 pm. FCO7-17 (GG)  
**\$55.00** Chelsey Bernhard  
**Thursdays (4X)** January 18 to February 8  
6:30 - 8:30 pm. FCO18-17 (SHC)  
**\$55.00** Jim Goldrup



# BUSINESS

## SMALL BUSINESS START-UP AND DEVELOPMENT

If you're thinking about starting your own business, this course will teach you the steps from start-up to development. Topics include: legal structures of business, licenses and name registration, market research, business plan development, financing, sales, customer service, taxation (GST/PST, income taxes), basic financial reports, insurance, contracts, projecting revenue, risk management, marketing and promotion (including Internet presence).



**Mondays (6X)** September 18 to October 30  
6:30 - 9:30 pm. FBU1-17 (SHC)  
**\$89.00** Frank Atnikov

## FUNDAMENTALS OF BUSINESS ACCOUNTING

This course is designed for a quick overview of basic accounting concepts, terminology and procedures. Understand debits, credits and practice how to record journals, ledgers and create simple financial statements.

**Tuesdays (5X)** November 7 to December 5  
6:30 - 9:30 pm. FBU10-17 (SHC)  
**\$95.00** Valerie Taylor

## BUSINESS ACCOUNTING - LEVEL 2

Build on the concepts that you learned in the Fundamentals of Business Accounting course. You will take a more in-depth look at financial statements and expand on merchandising, including cost of goods sold and accounts receivables.

You will learn to produce more complex financial statements and work with ratios to analyze those statements.  
**Thursdays (5X)** January 11 to February 8  
6:30 - 9:30 pm. FBU15-17 (SHC)  
**\$95.00** Valerie Taylor

## CREATE BLOGS THAT GET NOTICED

Are you new to the social media world? Blogging is a platform where you can express yourself and let your expertise and passion show. This class will show you how to set up a blog using Word-Press, create its content and develop your business or personal community.

**Saturday** October 21  
9:00 am. - 12:00 pm. FBU8-17 (JT)  
**Saturday** January 27  
9:00 am. - 12:00 pm. FBU18-17 (JT)  
**\$25.00** Ianthe Warner

*"Valerie is an amazing teacher who is invested in helping her students learn. She made this course challenging, fun and has helped me learn new and valuable skills. An excellent course and teacher." - Joanne*

## RESUMES THAT WORK

Get on the right track for your job search! The first step is to write an effective resume that will open doors. Draft a more interesting and functional resume. Great advice if you're looking for a job. All ages welcome! Bring memory stick to save your resume.

**Tuesday** November 21  
6:30 - 9:30 pm. FBU13-17 (JT)  
**\$25.00** Melissa Flanagan

## INTERVIEW SKILLS SEMINAR

Learn how to compose yourself in an interview and answer those difficult and challenging questions. This course will prepare you to have a successful job interview.

**Wednesday** November 22  
6:30 - 9:30 pm. FBU14-17 (JT)  
**\$25.00** Melissa Flanagan

## SUPERVISION ESSENTIALS

Develop the tools you need to manage effectively. Topics include: team building, communication skills, leadership styles, performance appraisals, progressive discipline and much more. This course contains very valuable material for new supervisors and managers.

**Tuesdays (2X)** October 17 and October 24  
6:30 - 9:30 pm. FBU7-17 (SHC)  
**\$35.00** Melissa Flanagan

## HOW TO GET AND KEEP CUSTOMERS

Winning over new customers and ensuring that they keep coming back to do business with your company are among the top priorities for small business owners. This course will help you learn the basics of marketing and customer service to help maintain your customers. Topics will include customer segments, target marketing, promotion, evaluation, customer mapping and valuable customer experiences.



**Mondays (6X)** November 6 to December 11  
6:30 - 9:30 pm. FBU9-17 (SHC)  
**\$89.00** Frank Atnikov

# PERSONAL FINANCE

## FIRST TIME HOME BUYERS SEMINAR

Thinking about buying a home? Join us to learn more about financing, rates, home inspections, appraisals, contracts, current market trends and what an experienced realtor can do for you.

Bring your questions!

**Tuesday October 10**  
6:30 - 9:30 pm. FBU4-17 (SHC)  
**No Charge Christine Forbes**

Improve your Outlook!  
Register for a Class!

## CREATING YOUR RETIREMENT PAYCHEQUE AND YOUR WILL & ESTATE PLAN

Do you know how much money you need to retire comfortably? Is your Estate Plan a part of your Retirement Plan? Topics include changes to CPP & OAS, Tax Strategies, Employer Pension Plans, RSP, RIF, LIRA, LIF, TFSA, Power of Attorney, Tax Planned Will, Role of The Executor, and Use of Trusts.

**Wednesday September 20**  
6:30 - 8:15 pm FBU2-17(SHC)  
**Wednesday October 11**  
6:30 - 8:15 pm. FBU5-17 (SHC)  
**Wednesday November 8**  
6:30 - 8:15 pm. FBU11-17 (SHC)  
**Wednesday January 24**  
6:30 - 8:15 pm. FBU16-17 (SHC)  
**No Charge Andrew McGrath**

## FINANCIAL PLANNING - GETTING ON TRACK IN THE EARLY YEARS

Take a look ahead to your future and understanding the importance of detailed financial planning "early enough" to make the necessary adjustments and ensure a comfortable retirement. Topics will include tax planning, RRSP, TFSA, education and disability savings plans, as well as a comprehensive look at mortgage options, insurance, and beneficiary designations.

**Thursday September 21**  
6:30 - 8:15 pm. FBU3-17 (SHC)  
**Thursday October 12**  
6:30 - 8:15 pm. FBU6-17 (SHC)  
**Thursday November 9**  
6:30 - 8:15 pm. FBU12-17 (SHC)  
**Thursday January 25**  
6:30 - 8:15 pm. FBU17-17 (SHC)  
**No Charge Michael Watson**

# COMPUTERS

## WINDOWS 10

Windows 10 is here! This course will prepare you to work with this new and innovative operating system. Learn the basics like finding your way around the operating system, Start menu, desktop, file management and much more. Upon successful completion of this course, you will be able to perform basic work-related tasks.

**Mondays (4X) September 18 to October 16**  
6:30 - 9:30 pm. FCO1-17 (JT)  
**\$79.00 Marny Bennett**

## MS EXCEL 2016 FOR THE ABSOLUTE BEGINNER

Are you interested in learning about Excel or upgrading your skills on new version of Excel? Begin with the Basics! Learn how to create, save, share and print worksheets that contain various kinds of calculations and formatting.

**Tuesdays (2X) September 26 and October 3**  
6:30 - 9:30 pm. FCO2-17 (JT)  
**\$69.00 lanthe Warner**

## MS EXCEL 2016 THE NEXT STEP

Excel with Excel! Learn how to use tools for analysis and presentation of data. You will also be able to manage complex workbooks, build more complex functions, use data analysis tools, chart and presentation features and collaborate with other users.

**Tuesdays (2X) October 17 and October 24**  
6:30 - 9:30 pm. FCO8-17 (JT)  
**\$69.00 lanthe Warner**

## MS EXCEL 2016 ADVANCED

Expand your knowledge with this popular spreadsheet program. Learn advanced functions and formulas, how to import and work with data, how to export data to use in other programs. You will also be working with macros, forms and pivot tables.

**Saturday January 20**  
9:30 am. - 3:30 pm. FCO19-17 (JT)  
**\$69.00 lanthe Warner**

## COMPUTER BASICS

Computer skills for the absolute beginner! Learn about the Windows Operating System, word processing, file management, internet and e-mail.

**Thursdays (4X) October 5 to October 26**  
6:30 - 9:30 pm. FCO5-17 (JT)  
**Thursdays (4X) January 11 to February 1**  
6:30 - 9:30 pm. FCO16-17 (JT)  
**\$79.00 lanthe Warner**

## COMPUTER BASICS, THE NEXT STEP

Enhance your basic computer knowledge and build upon the topics covered in Computers Basics class. Students will have the opportunity to practice skills in a lab setting. You will learn more about Windows, word processing, email and the Internet. Please bring a memory stick to class.

**Thursdays (4X) November 9 to November 30**  
6:30 - 9:30 pm. FCO13-17 (JT)  
**\$79.00 lanthe Warner**

## TWITTER 101

Have you wondered what Twitter is all about? What do the terms trending, hashtag, tweets, etc. really mean? In this short course you can learn how to become familiar and comfortable with Twitter.

**Saturday September 30**  
10:00 am. - 2:00 pm. FCO3-17 (JT)  
**\$25.00 lanthe Warner**

## INTRODUCTION TO PHOTOSHOP

Have you tried using Photoshop to improve your images but found it confusing? Gain confidence to crop, remove imperfections, correct colours and sharpen your images. Learn the power of Layers, Masks and Adjustment Layers to enhance your images or to create entire new realities by blending many images. Bring your own images or download images during the course. Prerequisites: Basic computer knowledge.

**Wednesdays (4X) October 4 to October 25**  
6:30 - 8:30 pm. FLE9-17 (JT)  
**\$55.00 Mark Kutcy**

## E-PORTFOLIO

E-Portfolios are electronic portfolios, which is a collection of work, that demonstrates your skills, experience, abilities and achievements. Create and publish your own e-portfolio in this short, information packed course.

**Mondays (4X) October 30 to November 20**  
6:30 - 9:00 pm. FCO11-17 (JT)  
**\$55.00 Richard Magil**

Register online at [www.localcourses.com/sjds](http://www.localcourses.com/sjds)

# COMPUTERS

## INTRODUCTION TO THE MAC

Familiarize yourself with components and jargon. You will be introduced to the operating system and learn to work in this user-friendly environment. Students will learn to double-click, make a new folder, cut, copy/paste, customize the computer, and much more!

**Mondays (3X) October 2 to October 23**  
6:30 - 9:30 pm. FCO4-17 (SHC)  
**\$65.00 Jim Goldrup**

## UNDERSTANDING STREAMING VIDEO

Netflix, Crackle, Podcasts, YouTube - you have heard of them but do you really know what these things are and how they work? This course will help you enjoy these new ways of viewing entertainment and information. Beginners welcome.

**Mondays (2X) November 6 and November 13**  
6:30 - 8:30 pm. FCO6-17 (SHC)  
**\$35.00 Jim Goldrup**

## INTRODUCTION TO GOOGLE APPS



In this one evening session, you will gain hands on experience working with Google Apps. You will be introduced to an overview of what the different Google Apps represents, google maps, youtube, news, finance, docs, sheets, slides and much more. You will see how Google Apps can assist you in planning and organizing your activities.

**Thursday November 16**  
6:00 - 9:00 pm. FCO14-17 (JT)  
**\$25.00 Richard Magil**

## SOCIAL MEDIA FOR BOOMERS

Social media is not just for teenagers. Social media is the fastest growing personal communication tool that reaches almost anywhere in the world. If you are afraid to ask those questions that everyone else just seems to know, then this class is a must. We cover Facebook, Twitter, Skype and FaceTime so that you can keep in touch with your family throughout the world.

**Thursdays (2X) November 9 and November 16**  
6:30 - 8:30 pm. FCO12-17 (SHC)  
**\$35.00 Jim Goldrup**

## RESTORING OLD PHOTOGRAPHS DIGITALLY

Do you have faded family photos that you love? Discover how to restore photos to their old glory. In just a few hours, learn simple computer techniques that will have you restoring those beautiful photographs. Makes lovely gifts for birthdays, anniversaries or Christmas.

**Thursdays (2X) November 30 and December 7**  
6:30 - 8:30 pm. FCO15-17 (SHC)  
**\$35.00 Jim Goldrup**

## MS OFFICE 2016 - INTRODUCTION

Learn introductory hands-on skills in Word, Excel and Power Point. Word skills include tools, tables, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation.

**Wednesdays (6X) October 18 to November 22**  
6:30 - 8:30 pm. FCO9-17 (SHC)  
**\$79.00 Marny Bennett**



## MS OFFICE 2016 - INTERMEDIATE

Now that you have learned the basics in Word, Excel and PowerPoint, take your skills to the next level. You will gain more in-depth knowledge of more functions in each of these programs. Learn mail merge with envelopes/labels, simplifying formulas with functions, applying transitions and animations, and much more.

**Wednesdays (6X) January 17 to February 21**  
6:30 - 8:30 pm. FCO17-17 (SHC)  
**\$79.00 Marny Bennett**

## REGISTER ON-LINE!

Our brochure is available on-line with secure registration and confirm capabilities.  
[www.localcourses.com/sjsd](http://www.localcourses.com/sjsd)

# CAREER AND EMPLOYMENT

## MEDICAL TERMINOLOGY

This intensive course teaches the basic elements of medical terminology, diagnostic tests, abbreviations and some pharmacology related to body functions, structures and health care systems. Body systems and human anatomy will be reviewed. Textbooks provided.

**Tuesdays and Thursdays (17X) September 7 to November 2**  
6:00 - 9:30 pm. FCA5-17 (JT)  
**\$425.00 Mary-Grace Tesoro**

## CANADIAN RED CROSS LEVEL C CPR

In only one day you can learn the skills to save a life. This course includes adult, child and infant CPR and choking maneuvers, recognizing the signs and symptoms of a heart attack and stroke, and how to reduce the chances of developing cardiovascular disease. Learn how to use an AED (Automated External Defibrillator). CPR manual and certificate will be provided.

**Saturday September 30**  
8:30 am. - 4:30 pm. FCA1T-17 (JT)  
**\$79.00 Gord Hanna**

## WEVAS - WORKING EFFECTIVELY WITH VIOLENT/AGGRESSIVE STUDENTS

Do you work with people who may become anxious, agitated, aggressive or even violent? WEVAS is a program designed to help develop and improve communication skills used to enable these people to return to their optimal state.

**Wednesdays (2X) October 18 and October 25**  
6:00 - 10:00 pm. FCA6A-17 (JT)  
**\$129.00 Barry Wolfe**

# CAREER AND EMPLOYMENT

## FOOD SAFE - CERTIFIED FOOD HANDLERS TRAINING

Do you want to work in the food service industry? The City of Winnipeg Food Handlers Certificate is required for employees handling food who have contact with the public. Food Safe is able to accommodate special needs for English as an Additional Language, literacy, hearing and visual challenges.

**Saturday October 21** FCA7-17 (JT)  
**Saturday November 4** FCA8-17 (JT)  
**Saturday December 9** FCA9-17 (JT)  
**Saturday January 20** FCA10-17 (JT)

9:30 am. - 4:30 pm.

\$120.00

Lesly Andrews

\$17 (optional) manual fee pd. to instructor

## HEALTH CARE AIDE

Students are trained to become health care workers. Graduates work with hospital patients, personal care home residents, or home care clients to meet their physical, emotional, and social needs. Course includes growth and development, gerontology, activities of daily living, care of the chronically ill, communications, medical terminology, anatomy and physiology. There are some Saturday and evening requirements.

240-hour practicum. 620 Hours

**Full Time Program**

January 22, 2018 to June 4, 2018

Monday to Friday 9:00 am. - 3:00 pm.

\$3045.00

## HEALTH UNIT CLERK

Students are trained in the health care delivery system. Course includes maintaining patients and unit records, medical terminology, processing physician orders, diagnostic and laboratory orders, managing unit supplies, CPR, Non-Violent Crisis Intervention and MS Office 2016.

There are Saturday and evening requirements. 160-hour practicum. 484 Hours

**Full Time Program**

January 8, 2018 to May 11, 2018

\$3245.00

## EDUCATIONAL ASSISTANT

Students are trained to work with children who have special needs or behavioural challenges at all grade levels. Course includes the role of the Educational Assistants in schools, special needs and behaviour theory, instructional techniques, observation and record keeping, Standard First Aid, Non-Violent Crisis Intervention and MS Office. There will be two 50-hour practicums, held Monday-Friday during school hours. Evening and Saturday classes are scheduled.

**Part Time Program**

September 7, 2017 to June 7, 2018

Tuesdays & Thursdays 6:00 - 9:30 pm.

Selected Saturdays 9:00 am. - 2:00 pm.

\$3245.00

## VETERINARY HOSPITAL OFFICE ASSISTANT

This program provides you with the skills you need to work with small or large animals in the veterinary industry. There is a 110-hour practicum. There are selected evenings (obedience classes) and selected Saturdays. 730 Hours.

**Full Time Program**

September 18, 2017 to May 30, 2018

Monday to Friday 1:30 - 5:30 pm.

\$6995.00



## Certificate Program Application Process

Please provide the following documentation:

- Grade 12 transcript or equivalent
- Current certificates for any related course
- Language Proficiency Level, if English is not your first language
- Current immunizations (if required)
- Criminal Record and Adult/Child Abuse Registry check (if required)

A \$300 administration fee (non-refundable) is required at time of registration. Those applying for student loans or other funding must provide complete documentation as soon as possible. Criminal Record Check - The cost is approximately \$45. Please go to Police Headquarters at 245 Smith Street. Child Abuse and Adult Abuse Registry Check - the cost is approximately \$15 each. Child Abuse Records Office at 777 Portage Ave. Immunizations and Letter from your Doctor/ Chiropractor. The cost is approximately \$150. Please see your personal health care professional.

For more information, please contact:

Wanda Taylor, Manager, Continuing Education  
(204)832-9637 (Work) (204)888-0945 (Fax)  
coned@sjsd.net (Email)

## FREE ADULT HIGH SCHOOL UPGRADING AND LITERACY COURSES

Upgrade your English, Math or other high school courses to obtain your high school diploma. Day or evening classes are held at Stevenson-Britannia Adult Learning Centre, located at Jameswood School, 1 Braintree Crescent. For more information, please call 204-837-3521.

# MEET OUR INSTRUCTORS

## **Frank Atnikov - Small Business Start-Up and Development**

Frank Atnikov brings over 40 years of practical business experience into the classroom. Throughout this time he has been a small business owner/operator, teacher and community leader. He is a skilled educator and facilitator with an effective and interactive communication style that engages learners and ensures a free-flowing exchange of ideas. Participants will gain many practical and useful tools to help in their business ventures.

## **Christine Bye - Craft Instructor**

Christine was introduced into the art world at a very young age and inspired by her Mother (award winning artist Marjory Chambers). She was taught sculpting, pottery, drawing, painting, knitting, weaving, looming and crocheting. Christine has a passion for all arts and crafts. Certified by the Craft Yarn Council in 2011, Christine has been teaching many types of yarn and paper crafts. She brings her experience and enthusiasm to the classroom with Arm Knitting and Finger Crocheting.

## **Patricia Busca - Italian Instructor**

Patricia is a retired elementary teacher. She began teaching Italian in her home and then was hired by Continuing Education in 2006. Along with her teaching, Patricia stays active by attending various fitness classes during week as well as supporting charity organizations such as Plan Canada, Siloam Mission and University of Manitoba's Faculty of Education.

## **Karen Franklin - Arts Instructor**

Karen is very active in the art community by teaching after school art programs, adapting art for students with special needs and organizing craft workshops. She was also instrumental in designing trees for the Festival of Trees and Lights. She says her inspiration comes from observing people and nature. Karen is teaching Ink & Watercolour Pencil, Watercolour Pencil Portraits, Drawing with Pencil Crayon and Drawing with Confidence.

## **Karen Fisk - Puppy/Dog Obiedence**

Karen is a Registered Animal Health Technologist who graduated from Red River College in 1996. She has been working in clinic and as a teacher for the past 21 years. In 2000, she began working with dogs and behaviour modification techniques. In addition to teaching the dog obedience and life skills courses, she also teaches the Veterinary Hospital Office Assistant Program.

## **Erika Goodman - Gentle Yoga for Active Seniors**

Growing up in the quiet lakeside town of Gimli, Erika has always had a gentle and calm demeanor, and felt strongly connected to nature. When she moved to Winnipeg, she was introduced to Raja Yoga (meditation) class that changed her life. Erica soon earned her Yoga Exercise Specialist certificate in 2005. Since that time she has been active in teaching and practicing Yoga/Meditation. Erika brings many years of knowledge, experience and motivation to her Yoga and meditation classes.

## **Mark Kutcy - Introduction to Digital Photography, Photography on Location**

Mark has taught in the St. James-Assiniboia school division for the last 30 years. He recently retired from John Taylor Collegiate where he has been teaching Graphic Arts and Photography for the last 8 years. He is currently working on advancing his own photography skills while teaching at Continuing Education.

## **Doug Yaholkoski - Fitness Instructor**

Doug is the owner of Dynabody Fitness & Health, a Corporate/Employee Wellness company. He is a fitness leader with the Manitoba Fitness Council and member of the Certified Professional Trainers Network). He teaches our fitness bootcamps and is involved in martial arts – instructing classes for Minh Duc Jiu Jitsu & Self Defense. Doug is passionate about health and fitness and enjoys helping others reach their fitness goals and improve their quality of life.

# Online Education Courses

St. James-Assiniboia Continuing Education is excited to announce our partnership with online providers in order to enhance our course offerings and meet the varied need of our students. Online courses are convenient and flexible allowing students to learn in the comfort of their home or office.

## ONLINE EDUCATION COURSES:

1. Social Media for Business Certificate
2. Certificate in Project Management
3. Digital Marketing certificate
4. Certificate in Teaching Online
5. Managing Social Media Platform certificate
6. Entrepreneurship Certificate
7. Certificate in Designing Webinars
8. Certificate in Presentation Media
9. Certificate in Basic Game Design
10. Certificate in Web Design
11. Workplace Conflict Solution Certificate
12. Certificate in Teaching Adults
13. Certificate in Sales
14. Certificate in Learning Styles

Call our office to register or visit [www.localcourses.com](http://www.localcourses.com)

# TAXICAB DRIVER TRAINING

## TAXICAB DRIVER TRAINING - DAYTIME COURSE (10 Days)

Monday to Friday November 27 to December 8  
 9:00 - 1:30 pm. Exam: December 12  
 \$300.00 FTAX9-17 (JT)

Monday to Friday January 8 to January 19  
 9:00 - 1:30 pm. Exam: January 30  
 \$300.00 FTAX10-17 (JT)



## TAXICAB DRIVER TRAINING - EVENING COURSE (12 Evenings)

Monday to Friday September 6 to September 21  
 6:00 - 9:30 pm Exam: September 26  
 \$300.00 FTAX4-17 (JT)

Monday to Friday September 27 to October 13  
 6:00 - 9:30 pm. Exam: October 17  
 \$300.00 FTAX5-17 (JT)

Monday to Friday October 18 to November 2  
 6:00 - 9:30 pm. Exam: November 7  
 \$300.00 FTAX6-17 (JT)

Monday to Friday November 8 to November 23  
 6:00 - 9:30 pm. Exam: November 28  
 \$300.00 FTAX7-17 (JT)

Monday to Friday January 10 to January 25  
 6:00 - 9:30 pm. Exam: January 30  
 \$300.00 FTAX11-17 (JT)

## ENGLISH ASSESSMENT TESTING

Every Tuesday. Begins 8:00 am sharp. John Taylor Collegiate, Side Entrance, 2nd Floor, 470 Hamilton Ave., Winnipeg, MB. R2Y 0H4 \$15.  
 Call 204-832-9637 for an appointment.

\*\*\*Must pass English Assessment Test before booking into the Taxicab Driver Training Program.\*\*\*

GETTING HERE IS EASY!  
 St. James-Assiniboia Continuing Education  
 470 Hamilton Avenue,  
 Winnipeg, MB, R2Y 0H4  
 Phone: 204-832-9637

OFFICE HOURS  
 Monday to Thursday,  
 8:00 am. - 6:30 pm.  
 Friday, 8:00 am. - 4:30 pm.  
 The following Winnipeg Transit buses stop at our location: #24 & #25

## TAXICAB DRIVER TRAINING

Offered in conjunction with the Manitoba Taxicab Board. Mandatory before obtaining a Taxicab Driver's License. Includes Taxicab Industry Structure, Geography, Map Reading and Route Planning, Quality Customer Service, Safety and Defensive Driving. Driving a taxi, limo or executive car provides employment opportunities with flexible hours. Must attend all classes, in full, prior to writing exam. See:

[www.gov.mb.ca/ia/taxicab/driver.html](http://www.gov.mb.ca/ia/taxicab/driver.html)

**\*\*NOTE:** Your attendance is mandatory! You are expected to attend **ALL** classes in full. This is a requirement of the Taxicab Board. If you miss any classes or are late for class, you will not be permitted to write the final exam until you have made up that time.

## CANCELLATION POLICY

Full refunds will be issued if a cancellation is provided, in writing, **five** working days before the beginning of a course. Refunds will not be granted for cancellations received after this time. A full refund will be provided for courses cancelled by the Continuing Education Program.

# REGISTRATION



## Registration Form: St. James-Assiniboia Continuing Education

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone # (daytime): \_\_\_\_\_ Business/Cell #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Privacy Consent: I agree that my contact information can be used for the purpose of emailing course information.  
Yes/No

Course ID	Course	Title	Course Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Credit Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_



**REGISTER EARLY!**  
Courses may fill up quickly or be cancelled due to low enrollment.

### MAIL REGISTRATION FORM TO:

St. James-Assiniboia  
Continuing Education  
470 Hamilton Avenue  
Winnipeg, MB R2Y 0H4

### REGISTER ONLINE NOW!

Our brochure is available online  
with secure registration and  
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[www.localcourses.com/sjsd](http://www.localcourses.com/sjsd)

### SITE CODES AND LOCATIONS

Code	School	Location
(BA)	Bannatyne School	363 Thompson Dr.
(JT)	John Taylor Collegiate	470 Hamilton Ave.
(NM)	Ness Middle School	3300 Ness Ave.
(SM)	Strathmillan School	339 Strathmillan Rd.
(SHC)	Sturgeon Heights	2665 Ness Ave.
(WS)	Westwood Collegiate	360 Rouge Rd.
(HCC)	Heritage Community Centre	950 Sturgeon Rd.

Call 204-832-9637 to register by phone

# Continuing Education in the Community



STUDENTS FROM HEALTH CARE AIDE CLASS, SPRING 2017

## HEALTH CARE AIDE CERTIFICATE PROGRAM

*"The Health Care Aide program is immensely successful in its goal to prepare you to be the best HCA you can be. It provides you with all the knowledge you need, an awesome instructor, a fantastic and diverse learning environment. Not only have I learned how to do my job but have learned so much about different cultures and gaining supportive friends in the process. I highly recommend this course."* - Kenndy R., Spring 2017

## EDUCATIONAL ASSISTANT CERTIFICATE PROGRAM

*"The Educational Assistant course has taught me how to better communicate with children, how to recognize a potential or escalating problem and how to deal with it. The experienced instructors provided me with the knowledge and confidence for me to become a successful Educational Assistant."* - Shari C, Fall 2016



## HEALTH UNIT CLERK CERTIFICATE PROGRAM

*"The course was actually very interesting and informative. I really enjoyed the class and learned a lot. It exceeded by expectation and helped me to focus and shape my future career. Our Instructor helped us tremendously throughout this course. She is an excellent facilitator with great ability to simplify the material in a way that can be easily learned. I definitely recommend this course to anyone looking to start a new career as a Health Unit Clerk."*  
- Millie S., Spring 2017

Education is the most powerful weapon which you can use to change the world. (Nelson Mandela)



STUDENTS FROM HEALTH UNIT CLERK CLASS, SPRING 2017



St. James-Assiniboia School Division  
Great Schools for Growing and Learning  
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