

grapevine

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SELKIRK ALUMNI WINS CREATIVE NON-FICTION TOP PRIZE

Selkirk Alumni **Cricket Carrol**, says that it wasn't until she enrolled in an English class at Selkirk College that she discovered an interest in sharing her stories through writing. Cricket won the creative non-fiction top prize at this year's Kootenay Literary Competition with "Keep Your Promises". This was the first competition she has submitted her writing to.

<http://ow.ly/8NnrV>



Cricket Carrol

CONGRATULATIONS 2012 NISOD EXCELLENCE AWARD RECIPIENTS!

We are happy to announce that **Wendy Anderson, Tom Babbott, Carol Chernenkoff, Cindy Gustafson, Vi Kalesnikoff, Nadya Sofonoff, Kate Tognotti, Robin Trudel** and **Glynn Woodburn** have been recognized as some of the best in their field across the country with nominations for awards from the National Institute for Staff and Organizational Development (NISOD).

"I'm pleased that so many of our faculty and staff have been recognized nationally for their commitment. Selkirk College is so proud of these employees," says Angus Graeme, President of Selkirk College "They have amazing commitment and passion not only for their work but more importantly for the students that they help."

Read more in Weekly News on page 2.



National Institute for Staff and Organizational Development
Serving, engaging, and inspiring higher education faculty, staff, and administrators

WINTER 2011 ALUMNUS EDITION

The 2011 Fall/Winter AlumnUS Newsletter can be viewed at
<http://selkirk.ca/students/alumni/newsletters/>.



NISOD EXCELLENCE AWARD WINNERS

Established in 1978, NISOD is a worldwide organization of more than 700 community colleges dedicated to the professional development of faculty, administrators and staff; as well as the improvement of teaching and learning – with the ultimate goal of student success. NISOD has been handing out awards that recognize excellence in teaching and leadership at its annual Conference on Teaching and Leadership Excellence since 1989. It's the largest conference on community colleges in the world.

SELKIRK STAFF AND FACULTY NOMINATED FOR 2012 NISOD EXCELLENCE AWARD INCLUDE:

Instructor of Resort and Hotel Management, Wendy Anderson



was nominated for exemplifying excellence in her teaching duties; showing a strong commitment to academic

advancement for students, and for being unfailingly supportive and constructive in her interactions with colleagues.

Instructor of Electrical Foundation/Apprentice, Tom Babbott

was nominated for his lasting contribution to Selkirk College's Electrical Department and his successful delivery of the entire Electrical Foundation and Apprenticeship Curriculum that demonstrates his mastery in all fields – an achievement that places him amongst a minority of electrical instructors in the province.

Duplicating Centre Operator, Carol Chernenkoff

was nominated for her ability to go the extra mile to meet all requests; her ability to efficiently multi-task and stream requests to provide the quickest and best possible service to everyone, as well as her patient, caring and considerate manner.

Adult Basic Education Instructor, Cindy Gustafson



was nominated for her teaching excellence and innovation; improving student access and success, and her exemplary service.

Dean of Community, Corporate and International Development, Vi Kalesnikoff

was nominated for her honest and open approach to leadership; her contagious excitement that helps her make new connections and establish new partners for the college; her ability to ensure a project is completed professionally; and her generous support of others.

Disability Services Assistant, Nadya Sofonoff



was nominated for her tireless work on behalf of students and colleagues to provide the best possible exam invigilation

experience; her awareness of students' feelings when arriving for an exam and ability to put them at ease, and her eagerness to pursue professional development and learn new technologies.

Dean of Instruction, Kate Tognotti



was nominated for her exceptional support of students and instructors; her respect amongst her peers at the provincial level;

the strong industry contacts she has established and nurtured, and her focus on benefit for staff and students.

Selkirk International Instructor, Robin Trudel

was nominated for her caring manner and the significant support she provides to international students transitioning into new cultures and new languages.

Disability Advisor, Glynn Woodburn



was nominated for the commitment she exhibits on a daily basis to students, staff and community members;

her willingness to be available at all times, even when off work, and her outstanding work that serves as an example in providing excellent service and exemplary leadership at Selkirk College.

RENEWING OUR STRATEGIC PLAN

N.B. The following Strategic Plan update from the President first appeared in the December 23, 2011 edition of Grapevine. Given the timing of that edition, we are repeating publication of the update.

The Strategic Plan development process is underway, but in the very early stages. The Steering Committee has been appointed and has met three times with the internal consultant (Allison Alder, Jane Green, and Theresa Southam) team to develop the process and identify tools needed to provide students, employees, and the broader community the opportunity to participate in redefining Selkirk College's mission, vision, values, strategic directions and actionable priorities for the coming five years.

The planning process should capture the collective beliefs, hopes, dreams, and expectations of our learners, employees, and the broader community. As we undertake the process, we will also identify and describe the evolving needs of learners, the complex environment in which colleges operate, the emerging needs of our communities, and the changing world to which our graduates will take their education and training.

In the coming months, the Consultant Team will be rolling out a schedule of events and activities from which to choose to provide your many, varied and important contributions to mapping our future. On January 11, staff were invited to get involved in the process as CO-NAVIGATORS; the upcoming February 13 Discovery Day will present a further opportunity. I look forward to working together with you on that day.

Angus

PS - Remember to visit <http://selkirk.ca/about/governance/strategicplanning/> for up-to-date information regarding the renewal of our Strategic Plan.

WHAT IS A STRATEGIC PLAN?

The strategic plan for the college serves as a set of shared guiding principles, reference points, and desired outcomes for undertaking our mandate. It helps define and prioritize operational planning, the development of programming and services, and informs decisions on allocation of effort and resources. The strategic plan affirms the values of the college, defines our collective aspired future, and provides the context and content of the day-to-day work of the institution. The plan should describe our fundamental or core activities, but articulate new and emerging opportunities and challenges to which we should respond and for which we should provide learning and leadership.

In the simplest terms a strategic plan has a:

MISSION:

Why are we here? What is our purpose?

VISION:

Where do we want to go? What kind of college do we aspire to be?

VALUES:

What do we believe in? What guides our work with one another?

STRATEGIC DIRECTIONS/PRIORITIES:

What should we focus on and act upon to get us there?

KSA OPENS UP WHOLE NEW AVENUE FOR SELKIRK ALUMNI



Barbara Boswell

Barbara Boswell, KSA alumni, says learning how to silk screen opened up a whole new avenue for her clothing line and local store Lilikoi. While attending the Kootenay School of the Arts, Boswell learned how to silk screen.

"It just opened up a whole new avenue for me," she said. "I realized I could have any print and it also differentiates our clothes from others because all of our prints are our own or have a look that you can tell is ours, which I like. It also makes it more interesting for me and more artistic in that way."

<http://ow.ly/8Nnbd>

A RISING STAR IN BC NURSING WORLD

Selkirk College nursing alumna, **Krysta Hatlen** has been chosen to receive a prestigious award in the nursing world, the Rising Star Award from the College of Registered Nurses of BC (CRNBC).

Hatlen, a 2008 graduate of the University of Victoria-Selkirk College BScN program who now works at Kootenay Lake Hospital's Maternity Ward, received a total of 11 letters of support from her colleagues in the fields of nursing, medicine and midwifery to back her nomination for the award – which requires candidates to exceed expectations, display excellence and demonstrate outstanding performance in a minimum of four of the six Professional Standards and Practices set by the CRNBC.

"Krysta has rapidly developed the multi-faceted skill set that is required of a rural nurse," wrote Nelson doctor, Shiraz Moola. "She has taken it upon herself to gain further maternity instruction from myself and my colleague Dr. Sheryl Alger. She possesses a level of curiosity and innovation that makes it a pleasure to work with as a colleague that benefits the entire health care team."

Kootenay Lake Hospital Maternity Nurse, Tracy Bowles has met many new nurses during her 25-plus years on the job and says Hatlen has been a very special addition to the maternity ward at Nelson's hospital.

"Krysta is an inspiring young nurse with a joyous uplifting personality," Bowles writes. "Her innate ability to provide excellent care has become quickly evident. Her legacy is it in its early stages. Krysta demonstrates excellent decision making during times of crisis. Her coping skills are effective on both personal and professional levels."

I have often wondered how it is that certain individuals are so knowledgeable and their skills come so naturally, and Krysta Hatlen answers this question for me - passion. Krysta's passion for nursing feeds her in a way that makes her unstoppable in her quest to care for humanity; to become one with the human condition."

"Krysta moved quickly through learning the basics to becoming the attentive and capable maternity nurse that she now is," adds Registered Midwife, Tanya Momtazian in her letter of support. "She is prepared for and actively helps in emergencies with a very calm and competent nature. She is a clear communicator and very supportive to the mothers. Krysta has that rare and remarkable ability to be efficient and thorough in her practice as a nurse while remaining serene and reassuring to the patient."

The CRNBC 2012 Awards Ceremony will take place on April 19, 2012 in the Vancouver Convention Centre's East Building. To learn more, visit www.crnbc.ca/crnbc/awards/excellence/pages/risingstar.aspx



Kristen Hatlen

SROAM AVALANCHE TRAINING IN THE NEWS...

Published January 18, 2012 – Nelson Star: Students from the Selkirk College ski resort operations and management program spent some time in the snow learning about avalanche awareness.

More people traveling into the backcountry in search of great ski and snowboard conditions increases the odds of avalanches, says backcountry guide and avalanche awareness instructor Martin Keyserlingk.

"Avalanches are not at all static and they don't know whether you're an expert or not. And whether you are or not, you really need to keep your head on at all times," he says.

Keyserlingk took 20 Selkirk College students into the backcountry at Selkirk Wilderness Skiing over the weekend to learn about avalanche formation and theory, as well as rescue skills.

"We try to teach students a lot about how to find out that information before they go out skiing and to teach them about the formations and some of the terrain choices and traps," he said. "We do a lot of companion rescue skills and we do snow study skills as well."

The avalanche awareness was part of ski resort operations and management program.



Keyserlingk says the course was beneficial for the Selkirk students in particular because with their program they spend a lot of time studying the resort aspect of the program which includes lifts and run grooming.

"It was great to get them into the backcountry and learning about that end of things," he says.

For over 16 years Keyserlingk has been working as a guide.

He was the former owner, lead guide and operations manager of Valhalla Powdercats and now works for Stellar Heli-skiing.

"I've seen lots of avalanches over my years. I've never been caught in one," he says.

"Hopefully they're not shocking, hopefully

they're expected. It's quite impressive. There's a lot of energy that can build up in the mountains and to see that release is quite spectacular at times. I also have my blasting certificate as well so we initiate avalanches to test slopes and to clear out dangerous areas, so you get see lots of them over the years."

Avalanche awareness courses like the ones offered at Selkirk College are important for anyone planning to spend time in the backcountry.

"It's definitely important that anyone who is planning on spending time in the backcountry take a course like this. It's a great starter. I've been in the guiding industry for about 20 years now and I still learn new things every year," says Keyserlingk.

The Canadian Avalanche Centre - which will be celebrating Avalanche Awareness Days at Whitewater Ski Resort on Sunday - provides extensive information for anyone traveling in the backcountry.

"In Canada were very fortunate we have the best avalanche centre in the world because we're such an open and sharing industry in Canada," said Keyserlingk. "It's great to start that dialogue and start that learning as early as you can, and just make sure that people are out there continuously learning, talking about avalanches and making sure it's not an awkward subject matter, that it becomes open forever."

For more information on avalanche awareness courses visit skiwhitewater.com or visit the continuing education calendar at Selkirk College at selkirk.ca/ce/

Visit <http://www.nelsonstar.com/community/137609268.html> to comment.

SELKIRK STUDENT STAFF EMERGENCY FUND HITS GOAL OF 50 DONORS!

The Selkirk Staff Student Emergency Fund (SSSEF) was initiated in 2009 in response to the struggles that students face. The SSSEF is a three part program with 25 per cent dedicated to service the student food bank, 25 per cent to provide grocery cards, and 50% for financial aid. The primary source of funding is regular staff payroll deductions ranging from \$5 - \$100 per month. My initial goal of 50 regular donors has been surpassed as the number of donors sits at 52. As a celebration there will be a draw for a gift on Discovery Day at lunch.

RAISED OVER \$20,000

We have raised \$20,579 to date. As an added resource I have been collecting bottles from the beginning. Three thousand dollars worth of bottles has been returned so far. The bottle money is dedicated to the food bank, and it allows me to take advantage of sale pricing, and purchasing items like canning jars and shrink-wrap bags to package bulk goods. >>



**For more information or
to join our team contact**

Pat Henman
Pheman@selkirk.ca,
Joyce Buckler
Jbuckler@selkirk.ca ,
or Tom Cotton
Tcotton@selkirk.ca.

A SPECIAL THANKS TO:

- All the long term donors for their support and belief in our project.
- The new donors for making my goal a reality.
- The ladies in Castlegar admin for their teamwork and ongoing publication of the Food Talk cookbook.
- Pat Henman for helping “carry the ball” while I found my footing in my new job.
- My sister Betsy and niece Debby for the home made canned tomatoes and apple sauce.
- Hans Wilking, the proprietor of the fabulous Hotel Ymir Country Resort for his long time support. Hans has dedicated his bottle recycling to our cause as well as several cases of soup.
- Most of all I would like to thank the students for choosing Selkirk College.

Thank you everybody for supporting our students, our future. I believe that these young people are all absolutely amazing!

Tom Cotton

TOO CHILLY TO WORK OUT? THAT'S A THIN EXCUSE.

Published, Tuesday, January 17, 2012 – Carolyn Butler, The Washington Post:

Although we've had a bit of a cold weather reprieve this year, there's nothing like rapidly plunging temperatures to encourage hibernation at all costs.

But if you want to maintain your health, there's no such thing as a winter break from exercise. “You need a consistent, year round program in order to stay well, not only physically but also psychologically,” says B. Don Franks, professor emeritus of kinesiology at the University of Maryland at College Park. He notes that regular exercise can positively impact mood, weight control, energy level, stress and sleep, among other pluses. For example, a 2010 study found that adults who worked out on a consistent basis had significantly lower rates of depression than those who did so irregularly. Research has also shown that a hiatus from training can result in added pounds that are difficult to shed, even once you start exercising again.

What about fitness levels? “You will lose whatever advantages you've gained over time and be back down to couch potato status within three to six months, but the effect of inactivity starts within days,” says exercise physiologist J. P. Hyatt, an associate professor in the Department of Human Science in the School of Nursing and Health Studies at Georgetown University. For starters, he points out that cardiopulmonary fitness can decrease by 20 percent within three to eight weeks of stopping your workouts.

For those who worry that being active outdoors in extreme cold also poses a risk to health, sports physiologist Mike Bracko of the Institute for Hockey Research in Calgary, Alberta, offers reassurance: “There is no real danger, whether you're running, cross country skiing, taking a long trail walk or anything else, as long as you're prepared and dressed appropriately.”



Delia Roberts

Delia Roberts, an exercise physiologist who chaired the winter-sport interest group for the American College of Sports Medicine, agrees. “As soon as you start exercising at a reasonably high level—even just walking with purpose—about 40 percent of the energy you consume is lost as heat, and so your body very quickly warms up”, she explains. The key is learning how to keep your overall body temperature at a constant level. “If you lose too much heat, that's when it becomes problematic,” says Roberts, who says careful layering is key to guarding against the cold, wind, rain, snow and other elements. She suggests always protecting your extremities—head, hands and feet—which lose heat quickly, and using a vest to keep your core toasty.

Many people wonder whether there's a specific danger temperature, but it's really all relative. “Everybody's different— one person may not want to go outside at 32 degrees, while another is okay at zero—so it's really based on individual comfort level,” says Bracko, who exercises outdoors throughout the Canadian winter and finds it “refreshing and invigorating.”

Roberts says she knows people who are active outside no matter the weather, and she provides some tips that may allow you to do the same. >>



AVOID OVERDRESSING.

Though walking out the door for a winter workout can be a shock, it's important not to load up with too many thick layers, and also to shed clothes when you start warming up. "If you keep heat in too much, you're going to sweat and if you're sweating heavily, it doesn't matter how good the wicking properties of a material are: You're going to be saturated," says Roberts, who notes that damp clothing not only is uncomfortable but also hastens the loss of body heat.

GRAB A SCARF.

Lung tissue is very delicate and can be damaged if it's exposed to freezing-cold air. A muffler can help you create a space to warm air before you inhale it into your mouth and nose, says Roberts, who suggesting starting "with the scarf wrapped close and tight and then, as body temperature increases and your face is generating more heat and the air is being warmed faster, you can adjust and loosen it." She adds that this step is especially important for someone with asthma, "whose airway is going to be little more reactive and susceptible to those changes in air temperature that can cause constriction." >>



DON'T FORGET TO HYDRATE.

Even though you may not sweat profusely in the cold, you're still losing fluid through your lungs; thus, drinking water or sports beverages is as important as in the heat, says Roberts. She says some research suggests that people may be more susceptible to frostbite when they are dehydrated.



KEEP MOVING.

When you're jogging, biking or being otherwise active at a pretty good pace, your body will generate enough heat to warm. But if you stop moving, because of fatigue or an injury, "that can be a real problem," says Roberts. "You cool down very rapidly and may have a problem maintaining your body temperature, which increases the risk of frostbite, hypothermia and other issues." Always watch out for slick, icy terrain.

If you simply can't face braving the cold, there are plenty of ways to get a decent workout indoors, whether it's at a gym or using inexpensive motivators such as workout DVDs, fitness apps or weights at home, says Georgetown's Hyatt. But he warns that because indoor fitness can be monotonous, people may not exercise long or often enough. That's okay, he counsels, as long as you increase intensity. "That will challenge your cardiovascular and muscular systems enough to keep moving forward—or at least sustain the initial fitness you had in the summer months—all through the winter."



JOIN US FOR TAKE CARE TUESDAYS & THURSDAYS

The Selkirk College Staff Wellness Committee invites you to Take Care Tuesdays & Thursdays. Drop ins welcome.

TUESDAYS Castlegar Campus, 12pm - 1pm, Room LLB-023

THURSDAYS Trail Campus, 12pm - 1pm, Room 113

Each session will include two or more of the activities below:

Donna Eden's 5-Minute Energy Medicine Technique is both a complement to other systems of medical care and, in itself, a complete system for self-care and self-help. It can address physical illness and emotional disorders, and it can also promote wellness and peak performance.

Quantum-Touch is a powerful, yet easy to learn, method of natural healing (or energy healing). Everyone has the innate ability to help ourselves and others. The Quantum-Touch techniques teach us how to focus and amplify life-force energy (or Chi, Bioenergy, Prana) by combining various breathing and energy awareness exercises. QT energy healers learn to amplify and direct the life-force energy, facilitating the body's own healing process. Our love has more impact than we can imagine; the possibilities are truly extraordinary.

Guided Meditation for 15 minutes. (Divine light, inner child or other...)



CURRENT POSTINGS

These are the current job postings for employment at Selkirk College:

BUILDING SERVICE WORKER (ON CALL) (Competition #10): Ends Friday, February 10, 2012

Reporting to the Campus Manager, this on call position provides custodial services, general facility and grounds maintenance, and security functions on the Castlegar and/or Nelson campuses.

CAMPUS MANAGER (TEMPORARY) (Competition #08): Ends Friday, February 10, 2012

Selkirk College is seeking an interim Campus Manager for a period of 6 – 12 months who will provide leadership and coordination for the day-to-day operations on the Nelson Campuses (Silver King, Tenth Street and KSA).

Visit <http://selkirk.ca/about/departments/hr/postings/jobs/> for the full job postings.

ACROSS SELKIRK ... MEETING THE STAFF

TESSA JACKSON

WHAT IS YOUR NAME? WHERE ARE YOU FROM?

I am Tessa Jackson and I am happy to call Nelson home since December of last year. The two years before that I spent in Ottawa, where I was studying for my Master's degree. I grew up in Vancouver and Prince George, BC.

WHAT WILL YOU BE DOING IN YOUR NEW POSITION? WHAT IS YOUR "TITLE"?

WHEN DID YOU START?

I am the International Special Projects Coordinator and I started on December 7, 2011. Among other tasks, I will be working with the Community Education and International Departments to improve the information and resources available to students wishing to study or work in another country and to students looking to come to Selkirk from abroad.

DO YOU HAVE A FAMILY?

My wonderful fiancé Curtis and I got engaged last summer and are planning a Kootenay wedding for next August.

WHAT WERE YOU DOING, CAREER WISE, BEFORE YOU ACCEPTED THIS POSITION?

I previously worked for the Kootenay Carshare Cooperative as their Membership Drive and Events Coordinator. In this position I developed and refined promotional materials including displays, pamphlets, and an updated website for the Cooperative and worked to increase awareness of the organization throughout the Kootenays.

WHAT IS YOUR EDUCATIONAL BACKGROUND?

I completed a Masters of International Affairs at Carleton University's Norman School of International Affairs in December 2010 and hold a Bachelor of Arts with a joint major in International Studies and Political Science from the University of Northern British Columbia.

WHAT IS YOUR FAVOURITE THING TO DO OUTSIDE OF WORK?

I love to snowboard and backcountry ski in deep powder snow in the winter as often as I can. In the summer I love to hike in the mountains, ride my road bike and go camping with friends. I love to travel and have lived and worked in several countries in Europe and Asia. I am always looking forward to my next adventure.

ARE YOU INVOLVED IN ANY COMMUNITY EVENTS OR ORGANIZATIONS?

I sit on the board of directors for the Kootenay Carshare Cooperative, am on the Columbia Basin Trust's Youth Advisory Committee, volunteer with the Pura Vida Foundation and the Nelson and District Women's Centre.

ACROSS SELKIRK ... MEETING THE STAFF CONT.

KONGWEN (FRANK) ZHANG

WHAT IS YOUR NAME? WHERE ARE YOU FROM?

Haining, Zhejiang, China (a small city about 120 KM southwest of Shanghai)

WHAT WILL YOU BE DOING IN YOUR NEW POSITION? WHAT IS YOUR "TITLE"? WHEN DID YOU START?

Instructor of Remote Sensing and started Dec. 1, 2011.

DO YOU HAVE A FAMILY?

Yes. My wife June and daughter Iris.

WHAT WERE YOU DOING, CAREER WISE, BEFORE YOU ACCEPTED THIS POSITION?

I was a Phd student at York University, Ontario.

WHAT IS YOUR EDUCATIONAL BACKGROUND?

I have a B. A.Sc and M. Sc in Geomatics and I specialized in Remote Sensing.

WHAT IS YOUR FAVOURITE THING TO DO OUTSIDE OF WORK?

Sports, NBA, NHL etc.

ARE THERE ANY ACCOMPLISHMENTS THAT YOU WOULD LIKE US TO KNOW ABOUT?

- Ontario Graduate Scholarships in Science and Technology (OGSST), 2010
- Acknowledgement for community service from Hon. Jim Karygiannis, P.C., M.P. Scarborough-Agincourt, 2009
- Student Oral Presentation Award, 30th Canadian Symposium on Remote Sensing (CSRS), Lethbridge, Alberta, 2009

ARE YOU INVOLVED IN ANY COMMUNITY EVENTS OR ORGANIZATIONS? IF SO, PLEASE TELL US ABOUT THEM:

- President of Student Executive Committee (SEC) of Centre for Research in Earth and Space Science (CRESS), York University, 2006 - 2007 & 2010 - 2011
- President of Chinese Students and Scholars Association of Ontario United (CSSAOU) 2009
- President of Association of Chinese Students and Scholars at York (ACSSY), 2007 - 2009
- Social coordinator of SEC of CRESS, York University, 2005 - 2006

JENNIFER HIBBERT



WHAT IS YOUR NAME? WHERE ARE YOU FROM?

I am Jennifer Hibbert and I have been living in Metro-Vancouver for the past 21 years. I'm from Jamaica.

WHAT WILL YOU BE DOING IN YOUR NEW POSITION? WHAT IS YOUR "TITLE"? WHEN DID YOU START?

Instructor. I started January 3rd.

DO YOU HAVE A FAMILY?

Yes, I have a husband and 2 grown children. I have close friends in Metro-Vancouver who count as family, and lots of relatives living outside Metro-Vancouver. (It's typical in Caribbean culture to recognize all family no matter how distant the relations)

WHAT WERE YOU DOING, CAREER WISE, BEFORE YOU ACCEPTED THIS POSITION?

I was an instructor with a college in Vancouver.

WHAT IS YOUR EDUCATIONAL BACKGROUND?

I'm a Registered Nurse, and I have a BA in Family Studies & Psychology – and a whole lot of life experience

WHAT IS YOUR FAVOURITE THING TO DO OUTSIDE OF WORK?

Honestly, I aim at getting as much sleep as I can to cope with my demanding career. Apart from that, I am happy to be almost anywhere in nature – by a river or lake, at the park, camping.

ARE THERE ANY ACCOMPLISHMENTS THAT YOU WOULD LIKE US TO KNOW ABOUT?

I've had some accomplishments (academic, & so forth), but I think learning to be a balanced person and to be at peace with myself. To embrace my strengths and challenges and to be always open to growth are ones I feel especially good about.

ARE YOU INVOLVED IN ANY COMMUNITY EVENTS OR ORGANIZATIONS?

I am involved in one of the meal ministries on the Vancouver Downtown Eastside. I try to make it with the rest of our group once a month to prepare and provide lunch for the people there who are in need.

IS THERE ANYTHING ELSE YOU WOULD LIKE TO ADD?

I look forward to this term, and to getting to know the Selkirk community a bit better. I've worked in partnership with Selkirk on previous projects, so I don't feel completely new to the college.

NEW HHS CHAIR – WELCOME TERESA PETRICK

Please join me in welcoming **Teresa Petrick** as the new school chair for Health and Human Services (HHS) at Selkirk College. Teresa is replacing Rhonda Schmitz who has recently taken on a dean portfolio at the college.

As way of brief introduction Teresa has taught at Selkirk College for 20 years much of it in the Bachelor of Nursing Program where she has also been the practice placement and BSN program coordinator for 10 and 5 years respectively. She also has great experience working with college partners provincially, regionally and locally. I am thrilled that Teresa has stepped forward to take on this exciting and important position.

While we work through a short transition period, for the next several weeks I would ask that you forward HHS school chair related business to Teresa and myself and you are welcome and encouraged to also cc Rhonda. In closing I would again thank Rhonda Schmitz for her wonderful work with the school while she was the chair and for her instructional work in the human service programs. She leaves the school in excellent shape and in excellent hands.

Thanks everyone and Teresa, our sincere congratulations and best wishes.

Sincerely Rhys

Dean of Health and Human Services

A MOVIN' AND A SHAKIN'

Ruby Chambers is the successful candidate for the Health and Safety Coordinator position located at the Castlegar campus.

Kathline Holmes has accepted the non-regular part-time position of Administration Skills Training Instructor for the Nelson/Trail campuses.

Erin Potulicki is the new Admissions Officer (Temp) on a short-term contract until the end of June at the Nelson campus.



KUDOS

KUDOS to **Carol Chernenkoff, Stephen Seaborn, James Nicol** and **Paula Vaananen**. Your efforts are very much appreciated!

If you would like to give someone KUDOS simply pass on the name of the employee, along with \$2, to one of the individuals below. Your nomination will then be provided with a KUDOS card, which entitles them to free coffee and a muffin!

Castlegar Campus \$2 to Holly Shively
 Silver King Campus \$2 to Barb Butchart
 Tenth Street Campus \$2 to Peggy Weinrauch
 Trail Campus \$2 to Kerry Young

NELSON DISTRICT CREDIT UNION CONTRIBUTES TO ASPIRE SCHOLARSHIP

"NDCU has had a long and fruitful relationship with Selkirk College. We are excited to make a contribution to our Aspire scholarship, a fund that directly benefits students, on behalf of our members." Tom Murray, Senior Manager-Operations at NDCU.

Right: Tom Murray, Senior Manager-Operations is the NDCU representative with Angus Graeme.



what's HAPPENING

DISCOVERY DAY 2012 IMAGINE SELKIRK

Discovery Day will be held at the Castlegar Campus on Monday, February 13 in the following schedule:

TIME	EVENT
8:30 – 9:00	Check in
9:00 – 12:15	Morning workshops (individual choice)
12:30 – 1:30	Lunch
1:30 – 3:30	Group event Imagine Selkirk: Paddling Together
3:00 – 4:00	Social event in Staff Lounge

Any questions about your registration, please contact Krista Mannle or Monique Lalonde. Let's Imagine Selkirk together!

SKI NIGHT AT SALMO FOR PPWC LOCAL #26

We would like to invite PPWC Local #26 Members to our Ski Night at the Salmo Ski Hill on Friday, February 17th from 6:00 pm until 10:00 pm.

Ski rentals are available at the individuals own expense. There will be a concession open selling food and beverages, as well as free ski and snowboard lessons.

Hope to see you there!
PPWC Local #1 Social Committee



PADDLING TOGETHER ON DISCOVERY DAY

Many great thinkers, even the Cheshire Cat, note the importance of making a plan. A plan is a map to guide us toward our destination, to help us realize our dreams; it can take us where we want to go.

A RENEWED PLAN FOR OUR FUTURE

It is time for our college to create a renewed plan for our future. At Discovery Day, you can Imagine Selkirk five years from now and help create the map that will lead us to our dreams.

Rarely do you get an opportunity to design your future, contribute your ideas and plan for dreams to come true. Discovery Day is your day and every voice is vital in creating a plan with meaning and power so come join your colleagues on a journey through the geography of our future.

BE HEARD ON DISCOVERY DAY

The strategic planning team invite you to raise your voice and be heard on February 13 at Imagine Selkirk during Discovery Day. You'll 'wander along' the Columbia, Granby, and Kootenay rivers and visit sidewalk cafés offering delicious treats and the chance to talk openly about what matters for the future of our college. Visit cafés on the student experience, engaging employee and research and innovation. Amid our Monashee and Selkirk Mountains, contribute your perspective on technology, our learning region and sustainability in our interesting times.

As you visit these sidewalk cafés, relax and talk amid new friends and old, share treats and stories. Get to know the people, perspectives and places that make up Selkirk College. Each café will have space to visit and chat, hosts to moderate, information to set context, questions to stimulate thinking, ways to record your ideas, and treats to eat & drink.

By listening to and joining the conversations, you will be collaborating in mapping out the future of Selkirk College, our college. As Alan Webber said, "conversations are the way workers discover what they know, share it with their colleagues, and in the process create new knowledge for the organization." People may move freely amongst various cafés, spending their time in the areas most important to them.

Last year's Café Selkirk approached the topic of "Belonging" in a World Café session, and the information gathered and connections made a valuable foundation for a culture of belonging. Find out more at Discovery Day about how the information from last year has helped to promote a sense of belonging among both students and staff.

The best way to predict the future is to invent it.

- Immanuel Kant

It's not the plan that's important, it's the planning.

- Dr. Gramme Edwards

As for the future, your task is not to force it, but to enable it.

- Antoine de Saint Exupery,
poet and pilot
(1900-1944)

"Would you tell me which way I ought to go from here?" asked Alice. "That depends a good deal on where you want to get," said the Cat.

- Lewis Carroll, Alice's Adventures in Wonderland (1865), novelist and poet (1832-1898).

To accomplish great things, we must not only act but also dream. Not only plan but also believe.

- Anatole France (1844-1924), French critic, writer, Penguin Island



SEEKING COMMUNITY IN MEXICO'S POOREST STATE

CHAPERONING MT. SENTINEL SECONDARY SCHOOLS QUEST FOR COMMUNITY STUDENTS

Blog entry by Colin Payne, Communications Assistant

On January 9, 2012 I left Canada and headed south with a group of 18 students from Mount Sentinel Secondary School's Quest for Community Program. I joined them as a chaperone on their quest to investigate what makes communities healthy, vibrant and sustainable through two weeks of traveling, giving and working in Oaxaca - Mexico's poorest and most culturally-diverse state.

We started our trip in Oaxaca City, a beautiful, bustling city on a high plateau, where we took Spanish lessons at Instituto Cultural Oaxaca, visited several small local businesses who were benefiting from zero-interest micro loans we funded through

Fundación EnVia and spent time with the children of Hijos de la Luna, while taking time to explore the city and soak in the culture. We also visited Monte Alban, a vast architectural site and ruins of a once-prominent hilltop city of the Zapotec and later the Mixtec indigenous peoples - where we learned about an ancient community.

We soon left the city and headed for the hills - literally. We spent four nights and three days in the mountain villages of La Neveria and Benito Juarez - both at around 3,000 metres above sea level. The residents of these tiny communities are mainly of Zapotec heritage and live quiet lives farming the hillsides of the Sierra Norte mountains, just north of Oaxaca City. But they have also formed a partnership amongst the eight villages (Pueblos Mancomunados or Commonwealth of Villages) through which they govern themselves with direct democracy and promote ecotourism in the region that allows more young people to stay in the communities. While there, we pitched in to help local farmers with their corn harvest, gave gifts of blankets, toques and mitts to local children and also learned more about their governance and community structure.

Then it was time for the long descent back to the valley where we spent the final days of the trip at Tierra del Sol, a learning centre for sustainable living. Nothing goes to waste at Tierra del Sol, where they practice biointensive farming, build with the materials at hand, use solar and wind energy, and don't accept any plastic or other types of waste from the outside.

We were there to learn the principles of sustainable living, but also got a rare chance to put them into practice while helping out a young family.

Mario and Sol live at the end of a dusty dirt road in an 8-metre by 8-metre mud brick house, with a tin roof and no walls inside. Before we got there, they were cooking outside over an open fire in the hot desert sun and using a hole in the ground for a bathroom.

With the help of Tierra del Sol founders Pablo Ruiz and Adriana Guzman Salinas and the volunteers who come to learn from them, we helped Mario and Sol learn the biointensive method of organic farming, built an earthen oven, and got close to finishing a dry toilet, shower and walls to block the wind - in two days. Our main building materials were corn stalks and mud made from the soil we were walking on.

And, it was an exercise that benefited everyone involved. We got to learn new, valuable skills. Mario and Sol were overjoyed at their new facilities, as well as the fact that so many strangers had showed up to help. And Pablo and Adriana got the opportunity to help spread the principles of sustainable living in their community.

On the final day of the trip, the Quest for Community kids held a toy-making workshop with a group of local school children. It was great to see how quickly they bonded and how much fun they had together.

Overall the trip was an incredible experience for me, as my first in Latin America. It was also great to see the enthusiasm of the students and how much they grew, even over the course of a two-week trip.

Visit this link to see more pictures from the trip –

<http://www.colinpaynephoto.com/2012/01/seeking-community-in-mexicos-poorest-state/> .



Group photo with children of Hijos de la Luna, a home for displaced children

SK8FEST



FRIDAY, FEB. 24 Doors 6 p.m. **\$50**

ROTARY CLUB OF
NELSON DAYBREAK

BRINGING IT
FROM THE STREETS

SELKIRK COLLEGE
MARY HALL

AN INTERACTIVE EVENING OF STREET CULTURE



**BUSKERS, DANCERS, ARTISTS, STREET VENDORS,
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FUNDRAISER FOR KOOTENAY LAKE OUTDOOR SKATEPARK SOCIETY

TICKETS AVAILABLE AT THESE LOCAL BUSINESSES:

- Ripping Giraffe, #0 502 Beaver St.
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- Husky Gas Station, 730 Nelson Ave.
- 1035 The Bridge, 512 Hill Street
- Eddy Music, 483 Beaver Street

SPONSORED BY:



For more information or for tickets contact 250.354.7275 or info@kootenayquickshot.ca

The Amy Ferguson Institute's Nelson Community Opera presents the world premiere of

KHAOS

the opera

Music by Don Macdonald | Libretto by Nicola Harwood

Thursday, March 8 at 8pm
 Friday, March 9 at 8pm
 Saturday, March 10 at 2pm and 8pm
 AT THE CAPITOL THEATRE, NELSON BC

Tickets are available at the Capitol Theatre box office at www.capitoltheatre.bc.ca or call 250-352-6363.

Visit www.khaosopera.com for more information.

Musical Direction: Don Macdonald

Stage Direction: Nicola Harwood

Design: Thomas Loh, Sharon Huizinga
 and Lara Blackman

Producer: Marty Horswill

Principal Soloists:

Allison Girvan, soprano

Audrey Bissett, mezzo soprano

Roger Ley, tenor

Kevin Armstrong, baritone

Kathleen Neudorf, soprano

Bessie Wapp, alto

Christoph Martens, tenor

Hiroto Ida, dancer

vancouver
 foundation



Design by **dig design** | dignelson.com

Kootenay Association for Science & Technology
presents:

WANETA DAM

Ecosystem protection
at a major energy
project with Amber
Ashenurst, MSc.

Amber will discuss the adventures,
challenges and successes of
environmental management on
the project over the past year of
active heavy civil construction.



Join us for lunch!

ENSL 

Environmental Networking Seminar Luncheons
February 9th 11:30am-1:30pm
at the Trail campus of Selkirk College
\$10. \$5 for students
www.kast.com | info@kast.com | 250 483-5052

sponsored by:



Selkirk
College



SNC-LAVALIN
Environment

Selkirk Coaching for Success

- ***Do you wish you could be more personally involved in helping students stay engaged and successful?***
- ***Do you want to learn new communication skills that will be useful in all aspects of life and work?***
- ***Do you want to be part of a college team that is excited about helping students achieve their goals?***

Nelson Campuses are piloting a new program and we are looking for people like you to bring the idea to life! **College Coaching**

College Coaching involves partnering a college employee 'Coach' with a student. This employee can be someone from any area of the campus—custodian, cafeteria, faculty or administration; you just have to be someone who cares about students and be able to commit to a twenty-minute meeting once every two weeks. The coach and student identify goals, troubleshoot problems and develop action plans. The coach also helps connect the students to other services as needed.

Seneca College in Ontario reports that their coaching program has increased student retention and that staff love being able to contribute to student success:

"It just makes being here so much more meaningful and I am grateful for the opportunity to make a difference to a young person." - Seneca Coach

Your investment:

- Three hours of training
- One hour training/support session once a month at a time that works for coaches.
- A 20-minute session every two weeks with a student
- one-minute feedback report for each student contact

Benefits to You:

- Improving personal communication, goal setting and planning.
- Being part of a supportive team of colleagues.
- Learning more about the student experience.
- Feeling invigorated and inspired about making a difference in a student's life!
-

"The coaching has been very beneficial. I am a mature student and the transformation from working to school can be daunting . . . The coach was resourceful and helped me so I can now apply for my program with ease and understanding." - Silver King ABE Student

EARLY ALERT SYSTEM CLOSING FRI FEB 3RD

Early Alert is open this semester until February 3, 2012 and is available to all employees, whether or not you have regular student contact. Early Alert is Selkirk's online referral system to connect students who may be facing challenges in their courses or programs with appropriate services.

CONCERNED FOR A STUDENT?

If you become aware of concerns about a student's ability to succeed in his or her program, simply visit Early Alert Referral Form to fill out and submit the online form. The student will then be contacted and referred to a member of Student Access and Support.

Support for students is available throughout the academic year. But, focusing on the first five weeks can help students who may be having difficulties make changes that will improve their performance before they fall too far behind. Your help with this is very important, as this program is a valuable piece of the service we provide to our students.

Regards,

The Early Alert Team



CHECKED OUT FILMS ON DEMAND YET?

The Library is excited to announce Films On Demand, streaming videos to your classroom, Moodle site, or even at home. Thousands of video titles are available on campus, or by using your library account for remote access. Connect through "Video Collections" within the library website.

Faculty... see the library's guide, "Linking to Streaming Videos in Moodle" and connect your students directly to the videos you have assigned.



SUPPORT THE SROAM STUDENTS ONLINE

HAVE YOU LIKED THE SROAM FACEBOOK PAGE YET?

You can go to Social Media on Selkirk.ca and choose SROAM out of the list of program pages or just click this link:

<https://www.facebook.com/selkirkcollegesroam?sk=wall>

WE NEED YOUR SUPPORT WITH OUR SOCIAL MEDIA PRESENCE

Our Facebook page has 235 people subscribed (by clicking on "Like us", which automatically has us included in their newsfeed) of which very few are Selkirk College staff.

The program is working with various instructors, marketing, communications and students to help bring this page to life. We have been doing a great job at getting content up there...different student trips, videos, pictures and media coverage from the avalanche training to upcoming student projects. Go check it out!



MEETING FOR TSCIDS – FEBRUARY 3, 2012

MEETING FOR TENTH STREET CAMPUS INSTRUCTOR DEVELOPMENT SHARING (TSCIDS)

DISCUSSION POINT: WHAT CAN WE LEARN FROM THE STUDENT PANEL?

Our third meeting of this group to discuss instructional issues in an informal setting is set for 3 p.m., Friday, February 3 in Room P310. Arriving late is better than never, if you have classes.

Please drop by and help further improve the positive working environment for the Tenth Street campus. This is an informal process. The group defines its own issues and that it helps us in our lonely profession of instructing.

There will be an after meeting gathering at Jackson Hole at 4:00 p.m. to especially improve morale.

Harry Pringle

DISABILITY SERVICES PROCEDURAL CHANGES

Welcome back and thank you for your support of our students with disabilities. Please read carefully regarding some Disability Services procedural changes.

Our students with disabilities may require accommodations while attending college. Accommodation forms will be given to instructors by the DS coordinator/students.

FACULTY FEEDBACK THROUGH AN ACCOMMODATION FORM

This year, Disability Services is introducing a new procedure which will give faculty a formal opportunity to provide feedback regarding the recommended accommodations listed in students' accommodation forms. Each student's accommodation form will be sent to the student's instructors by the DS coordinator. The form will list the student's eligible accommodations as well as a timeframe by which any feedback from faculty needs to be received.

Please review the accommodations listed carefully. If you have any concerns or questions, please contact the Disability Service Coordinator listed on the form to discuss. If no feedback is received within the timeframe listed on the form, the DS Coordinator will implement the accommodations. Instructors are encouraged to contact the DS Coordinator throughout the term if issues arise in accommodating our students.

DS COORDINATOR CONTACTS

- Glynn Woodburn, Silver King Campus, Local 3205 - Disability Service Coordinator for Silver King Campus, Tenth Street and KSA Campuses
- Myriam Spencer, Castlegar Campus, Local 380 - Disability Service Coordinator for the Castlegar & Trail Campuses, Nakusp, Kaslo and Grand Forks Extension Centres

Thank you for your assistance in ensuring an accessible learning environment for our students, and have a great semester!

Sincerely,

Glynn Woodburn & Myriam Spencer, Disability Service Coordinators

Nadya Sofonoff, Disability Services Assistant

RESEARCH ETHICS COMMITTEE – HUMAN SUBJECTS

Submission deadline for research applications to be reviewed by the REC-HS will be eight days before the next REC-HS meeting. Student research projects will be expedited. The REC-HS requires that research applicants have read policy 8700 prior to application.

CONTACTS:

- Paula Vaananen, chair of the REC-HS, is the primary resource for faculty/ students seeking advice or information relating to research applications.
- Tyanna Popoff, Administrative Support, is the contact person for faculty/students seeking forms relating to research applications and the contact for forms submissions.

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SUBMISSION & REVIEW PROCEDURE:

- An electronic copy of each completed form must be sent by email to the administrative contact Tyanna Popoff by the submission deadline (eight days prior to scheduled meeting);
- A hard copy (paper) of Form A.1 (cover), signed by the principal investigator and by the school chair, must be sent to the administrative contact Tyanna Popoff.
- In order for the REC-HS to review a research application, the signed hard copy must be received by the administrative contact before the REC-HS meeting. It is the responsibility of the Principal Investigator to ensure the hard copy is received in time.

MEETING DATES:

February 7, March 13, April 10, May 8 and June 12.

GETTING OVER THE FEAR OF FUNDRAISING

Are you an 'accidental fundraiser' for a charity of community group; someone with little training or experience who is faced with the daunting task of finding funding for an organization? If so, Selkirk College's Getting Over the Fear of Fundraising workshop is perfect for you.

A fun and interactive day-long workshop, Getting Over the Fear of Fundraising will help you learn a variety of fundraising skills: from building confidence and enhancing your fundraising skills, to understanding donor behavior and motivations and creating strategic fundraising plans.

You will also learn how to build your membership and secure donor loyalty, figure out the best mix of fundraising strategies for your organization and set reasonable expectations for your up and coming fundraising program.

Through games, examples and interactive exercises you will learn to shed your fears and become an enthusiastic and effective fundraiser for your cause or organization.

This workshop is taught by Lorna Visser, a Kootenay resident with more than 30 years of fundraising experience. Lorna has worked as a newspaper and magazine journalist, in corporate and non-profit communications, as a fundraising director for several charities, and as a consultant to both granting foundations and charitable organizations.

Lorna worked as fundraising director for the former Sierra Legal Defense Fund (now Ecojustice Canada) where she raised about \$4 million each year, and since becoming a consultant she has worked with more than 100 charitable organizations with the goal of fulfilling her mission of "helping make good organizations better."

A passionate and dedicated volunteer for local organizations, she headed the campaign to save the Valhalla Mile, a mile-long piece of lakefront property on Slokan Lake that is now part of Valhalla Provincial Park. Over the course of 10 months she helped raise a total of \$1.5 million to help purchase the property.

"Lorna's energy and enthusiasm delivering a condensed workshop on fundraising captivated and invigorated our conference delegates," said Executive Director of the Alberta Land Trust Alliance, Laurel Murphy.

"She is an experienced, efficient communicator with a solid understanding of the charitable sector and the issues," said Lesley Anderson, director of the Tides Canada Foundation.

Getting Over the Fear of Fundraising takes place at Selkirk College's Silver King campus in Nelson on Feb. 17, 2012 from 9 a.m. to 4:30 p.m. The cost is \$99 plus HST. For more information, phone 250-352-6601 or e-mail nelsonce@selkirk.ca.

SELKIRK ALUMNUS ALANNA TYNAN IS AN INSPIRATION TO US ALL

Letter from Jennifer Tynan, Alanna's sister Jennifer Tynan jennifer@thelatitudeproject.com

Alanna Tynan is an alumni of Selkirk College, an Irving K. Barber Scholarship winner, an inspiration and a survivor, among many other accomplishments. Her story is one of tragedy turned into hope and action. I hope that Selkirk College will support her & this project by helping to spread the word to those who can help.

My name is Jennifer Tynan. My sister Alanna and I have both been involved in charity work for the last 6 years, working

throughout Latin America on various projects. We eventually returned home and The Latitude Project was born. A non-profit organization working to alleviate the stresses of poverty in Latin America. We shaped Latitude based on our past experiences, taking all of the best parts of development work and leaving behind things we had seen and not agreed with. Alanna and I were beyond excited to begin what will hopefully become a lifelong project.

Unfortunately, 2011 proved to be a difficult year for us. In late May, I received a phone call telling me that Alanna had been in a life-threatening car accident. I can tell you this, my heart stopped. The next couple weeks were a blur of tears, critical care units, surgeries, and a complete lack of sleep. Miraculously, Alanna survived the near two hour wait in her car while the jaws-of-life worked to get her out. She survived nearly 8 hours of emergency surgery after being air lifted to the hospital. Her list of injuries included (but was certainly not limited to) two broken femurs, a broken knee cap, a punctured lung, bruised heart, damaged organs, and a laceration on her head so large it took most of her forehead off.

With a set of injuries that extensive, you would expect her to be a victim. To lay in bed in pain. To let the injuries dictate her limitations. Alanna has proven quite the opposite. Throughout the summer, she healed faster than anyone thought possible. Rather than let her accident turn her into a victim, Alanna has conquered her daily challenges as a survivor. She has an incredible desire to help those in desperate situations have access to the means that will allow them to also continue as survivors. The accident left Alanna with more courage, strength, and determination to create positive change than most people we will meet in a lifetime. She has a gratitude for her life and recognizes how precious our lives are. Alanna is pushing herself every day so she can heal and return to Latin America and do what we love - help people.

We are planning to travel to rural Nicaragua in early 2012 to begin our next project in rural communities; building and repairing dilapidated roofs. Unfortunately, the last 9 months have also been financially strenuous. After Alanna's accident I took a leave of absence from work, traveling home with her to help her adjust to a temporary life in a wheelchair. The time away from work for myself, coupled with her inability to work, has left us feeling the pressure of the costs of flights.

The Latitude Project is determined to use our supporters' donations in a transparent way. Donations to the Project go directly into our initiatives in Latin America, not to helping us get there. However, this year, we are looking for donations of Aeroplan points to help alleviate some of the financial stress. With 80,000 points donated, Alanna and I can fly round trip to Nicaragua to begin our work. If you are interested in donating please feel free to contact me or download the form to donate.

Thank you very much for your time.

Regards,

Jennifer Tynan



CASTLEGAR RECYCLING

Castlegar Campus Recycling Services can pick-up paper for shredding from your office any time throughout the year!

It's easy...to schedule a pick-up, please call Ext. 374 and leave us a message.

If you would like to drop-off paper for shredding, our office hours are:

Monday: 8:30 – 11:30 am

Tuesday: 8:30 – 11:30 am

& 2:30 – 2:00 pm

Thursday: Noon – 2:00 pm

We are closed Wednesdays & Fridays.

Saints Golf Lessons

Get a early start on your swing to prepare for the new season! Back by popular demand, Denny McArthur will offer golf lessons at the Selkirk College Castlegar Campus Gymnasium. All lessons include swing and video analysis and a mix of group and one on one instruction. All classes will be offered Wednesdays starting February 15th.

Junior (17 & under) \$75

4:45-5:45pm

6 classes: Feb. 15-Mar. 21,
Wednesdays

Adult Beginner \$75

5:45-6:45pm

6 classes: Feb. 15-Mar. 21,
Wednesdays

Adult Beginner \$75

6:45-7:45pm

6 classes: Feb. 15-Mar. 21,
Wednesdays

Advanced \$120

7:45-9:15pm

6 classes: Feb. 15-Mar. 21,
Wednesdays

Selkirk  College

www.selkirk.ca/athletics

CLASSIFIEDS

FOR SALE

Residential lot at Grandview Heights, 65' X 100'. Asking \$69,900. 250.304.0085

FOR SALE

2006 Cougar Fifth Wheel, 28.5 foot, super slide, like new \$20,000 firm. 250.365.3020.

GREAT DEALS

Taglum Bicycle Service offers 20% discount for Selkirk employees on repairs of over \$20. Call 250.352.5274 or rowelljohn2@gmail.com.

FOR SALE

Need decor for an upcoming wedding or other event? For sale: organza table overlays and runners (eggplant purple), freestanding white lattice divider, votive and tealight holders, and rose bowls.

Email szaytsoff@selkirk.ca or call 250.365.7551

FOR SALE

16" Starcraft Bowrider Boat, aluminum hull, 90 Evinrude/7.5 Evinrude, on trailer ready for fishing. \$4000. Contact Jennifer at 365-4931 or jcliffmarks@selkirk.ca.

FOR SALE

42" Samsung 1080 LED flat screen TV. \$500. Contact Jennifer at 365-4931 or jcliffmarks@selkirk.ca.

FOR SALE

4 Winter tires & rims. P215/17OR15 – Good Year/Nordic. Used only 1 ½ winters on a Dodge Van. Asking \$375. Contact 250.365.1259 (Day) or 250.365.5164 (Evening).

FOR SALE

Firewood. The Forestry Program will be selling firewood again this fall. Split: \$200/cord and rounds: \$180/cord. Order from Candice at 250.608.2737. Support this fundraising effort by the Forestry students as they try to cover most of the costs of their annual Coast Field Trip from a generous donation by Interfor.

FOR SALE

2007 Skis with matching orange boots . Asking \$200 for set. All in Excellent Condition! Brand: K2 ~ Model: Badseeds ~ Bindings: Marker = Make Model: Demo Bindings (can adjust to any size). Boots: Rossingnol = Make Compj = Model; Size: 24.5. Contact tcastellarin@selkirk.ca.

FOR SALE

Board Boot Combination. Rossignal Revolutions mini snowboard 46.5" x 10" (75\$) and . 24-7 Snowboard. Size 8 \$35. Perfect condition, like new. Contact tcastellarin@selkirk.ca.

WANTED

An abacus and a slide ruler. Kindly contact Barb at bjankola@selkirk.ca.

SERVICES

Capture your memories in a unique and special way with photography by Colin Payne Photography. Portraits, weddings, couples, events and more. Visit www.colinpaynephoto.com or phone 250-551-3174 to get more information.

PLEASE NOTE: Classified ads will remain in the Grapevine up to three weeks. After this timeframe, your ad may be removed unless we are otherwise instructed (email grapevine@selkirk.ca). Thanks! **Remember! The deadline for submissions to Grapevine is Thursday at noon.**