

CONTINUING STUDIES

SUNSHINE COAST CAMPUS
SPRING 2015

TOP UP
YOUR
SKILL SET.



ARTS
GOOD LIVING
COMPUTERS & TECHNOLOGY
LANGUAGES
CAREERS & VOCATIONAL
ELDERU & MORE!

It's good to know...our courses can fuel your future.

ARTS

Painting as Process 1: An Introduction to Acrylics

Journey through the process of completing a painting from the design to roughing in the colour to finishing (with focus on brushstroke and accenting). This course is suitable for beginner painters who benefit from guidance from the instructor and inspiration from fellow students. Material list available online or at the Sunshine Coast Campus. There is a one-hour lunch break; please bring your own lunch.

1 Sat & 1 Sun Apr 18 & 19
10 am - 4 pm G. Guzek
91086 \$229

Painting as Process 2: An Intermediate Workshop in Acrylics

This is the same course as *Painting as Process 1*, but for more experienced painters. Students go through the process of completing a painting from the design to roughing in the colour to finishing (paying particular attention to brushstroke and accenting). With encouragement from the instructor and support from classmates, this is a great opportunity for intermediate painters who want to re-apply their skills, advance their experience, or build confidence. Material list available online or at the Sunshine Coast Campus. There is a one-hour lunch break; please bring your own lunch.

1 Sat & 1 Sun Apr 25 & 26
10 am - 4 pm G. Guzek
91089 \$229

Basic Watercolour Painting

Start with the very basics of transparent watercolour technique and application. Learn about the paint and paper preparation with great tips for development and transfer of your ideas (without drawing skills). Composition, value & colour exercises will develop your skills for a lifetime of creative freedom and satisfying results. Come and have colourful fun—no masterpieces expected. Coffee and tea are provided; please bring a lunch.

2 Sat Feb 7 & 14
10 am - 4 pm J. Poynter
91116 \$229
Location: Poynter Studio, 558 Woodland Avenue, Gibsons.

Self-Promotion for Visual Artists NEW!

Get noticed as an artist! Join an experienced and successful artist for an afternoon of self-promotion. Learn about current market trends, developing promotional material, building experience with clients, breaking into the arts industry, creating a cohesive portfolio, and creating a web identity.

1 Wed Feb 25
1 - 4 pm J. Poynter
91178 \$79

GOOD LIVING

Pairing Great Beers

Back by popular demand! Taught by a brewer at local business sensation Persephone Brewing Company, this course is for beer enthusiasts and foodies alike. In this two-session course taught at the Persephone Brewing Company in Gibsons, you learn about beer styles and qualities through discussion and tasting (beer provided!) and learn how beer styles pair with different types of foods and discuss common and unique beer styles, pairing theory, brewing techniques, and beer evaluation.

2 Thu Mar 26 & Apr 2
6 - 8 pm M. Thomson
91118 \$99

Location: Persephone Brewing Company, 1053 Stewart Road, Gibsons.

Mountain Bike Maintenance NEW!

This hands-on course teaches you the basic skills to understand and maintain your own mountain bike. Taught in a friendly and non-intimidating environment, an experienced instructor explains the parts of your bike, how they work, and how to do basic repairs. Get ready to ride with more confidence and explore all the fabulous trails the Sunshine Coast has to offer! Note: Please bring your own bicycle.

3 Wed Mar 25 - Apr 8
6 - 8 pm G. Jackson
91179 \$129



COMPUTERS & TECHNOLOGY

Workplace Computer Essentials for Beginners

This hands-on introductory course—*designed for beginners*—covers the basics you need to feel more comfortable operating a PC. Starting with an overview of the Windows operating system, you progress through some of the basics of folder and file management, internet searches and safe-site recognition, and fundamentals of using email. You will have opportunities to create documents in MS Word, MS Excel and PowerPoint. Please bring a USB memory stick and a binder to class.

6 Mon Feb 2 - Mar 16*
6 - 9 pm M. Kang
91056 \$229
*No class Feb 9 (Family Day)

Intermediate MS Excel and Access Database **NEW!**

Take your computer skills to the next level. Designed for those wanting a more in-depth knowledge of Excel (including formulas and linking spreadsheets) and an introduction to Access database software, this course provides you with a way to increase your practical knowledge and application of these two workplace software packages. Please bring a USB memory stick and a binder to class.

6 Mon Mar 23 - May 4*
6 - 9 pm M. Kang
91172 \$229
*No class Apr 6 (Easter Monday)

Build Your Own Website in WordPress

This course is a great way for any artist, photographer, or small business owner to successfully venture into the online world. By the end of this workshop, you will have had a clear look at the technology behind well-designed websites and you'll have the confidence and practical knowledge to design and launch your own website in WordPress. Basic typing and computer skills, along with basic browser and website navigation skills are required.

5 Tue Mar 3 - Apr 7*
6 - 9 pm D. Shao
91057 \$229
*No class Mar 17 (Spring Break)

Purposeful Social Media: Getting Down to Business

Now is the time to conquer social media once and for all! Learn about the main forms of social media, including blogs, Twitter, Facebook, RSS, and Instagram. Explore the world of online communities and develop your business' social media strategy, including how to engage those first fans, managing your online presence, dealing with negative comments, writing for the web, and measuring your social media return on investment (ROI).

4 Thu Feb 5 - 26
5 - 8 pm C. Mortensen
91058 \$179

Get into Windows 8.1 **NEW!**

Are you struggling with your new Windows 8 or 8.1 laptop? Get the orientation you need to become a practiced user and start *enjoying* your laptop. This hands-on workshop covers the basics of Windows 8.1 (or Windows 8 if that's what you have), including organizing the Start screen, using the desktop, printing, and using multiple apps. Get into it! Please bring your own laptop with Windows 8 or 8.1.

1 Fri Feb 6
1 - 4 pm M. Kang
91173 \$79



CAREERS & VOCATIONAL

Standardized Traffic Control Program (Flagging)

The BC Construction Safety Alliance's comprehensive, two-day standardized course for Traffic Control Persons (TCPs) consists of classroom and practical training and is the only program of its kind accepted by WorkSafeBC for high-risk traffic control. You learn roles and responsibilities of TCPs, employers and supervisors; Ministry of Transportation, WorkSafeBC and the Motor Vehicle Act regulations; traffic control equipment and devices; setting up, maintaining and removing work zones; working around equipment; and traffic control skills. Upon successful completion (minimum mark of 80% on the written exam and 100% on the practical evaluation), TCPs are provided with a three-year record of completion. You must have CSA-approved steel-toed boots. Hardhats will be provided.

1 Thu & 1 Fri Mar 12 & 13
8:30 am - 4 pm M. Stalkie
91059 \$395

Financial Management for Entrepreneurs **NEW!**

Are you a small business owner who is struggling with financial management? Learn the basics of how to successfully manage both business and personal finances, including budgeting and tracking your financial transactions and making decisions that affect your personal and business future. Topics include financing your business, talking to the bank or credit union, tracking personal and business finances, creating a cashflow spreadsheet for both business and personal use, and strategies for managing and paying off debt.

4 Wed Jan 28 - Feb 18
6 - 8:30 pm D. Mealia, J. Budd & D. Goy
91175 \$159

Write with Confidence **NEW!**

Many adults, including those in professional fields, would like more confidence in their written communications. Our written output, whether in emails, letters to the editor, or reports for work, presents an image of us to others. A polished presentation not only does justice to our capabilities, but is more effective in achieving the goal of our writing. This course provides a friendly and helpful environment for working on both the overall structure and the final editing of written pieces. Note: Textbook to be purchased at the Sechelt Campus.

6 Tue Feb 17 - Mar 31*
7 - 9 pm J. Millar
91110 \$179
*No class Mar 17

Graphic Design Basics **NEW!**

Good design is all about communication—making an idea or a concept easy to understand. Good design should draw attention to itself without overwhelming the message. This course explains typography, colour, use of illustration and photography, production options and the basic rules of design, which then can be deliberately and beautifully broken. Perfect for those exploring graphic design as a potential career! Basic typing and computer skills along with basic browser and website navigation skills are required.

4 Tue Feb 3 - 24
6 - 9 pm D. Shao
91111 \$179

Sirius Wilderness Readiness **NEW!**

Want a job up North or in the great outdoors? This 16-hour certification course is designed for people who work or want to work in a wilderness setting. It provides an introduction to the basic and essential skills, knowledge and awareness that should be acquired prior to departing on any wilderness excursion or remote work place. Special emphasis is placed on prevention of accidents, hazard evaluation, adequate preparation and practical skills. You will receive Wilderness Readiness Certification upon successful completion of the course exam.

1 Sat & 1 Sun Mar 7 & 8
8:30 am - 4:30 pm Sirius Wilderness Medicine
91174 \$395

Slay the Dragons: Grow Your Business! **NEW!**

A follow-up to our Meet the Dragons business plan course, this course takes your business or business idea to the next level. Join other small business owners and find mentorship through experienced community business advisors. Whether you need help securing business funds, help with business implementation, or want to develop a marketing plan to grow your business, this course will help you get specific, targeted advice in a supportive group setting. Get ready to slay your dragons!

4 Fri Mar 27 - Apr 24*
1 - 4 pm C. McNicol
91109 \$179
*No class Apr 3 (Good Friday)

Put Your Personality Type to Work! **NEW!**

Understanding our personality type helps us to create rapport and allows us to optimize our natural strengths and enhance areas of potential growth. Personality preferences shape our communication, decision making and personal styles. Identifying the preferences of those around us helps us to better understand their needs and meet their expectations. This course is perfect for anyone who wants to create and sustain mutually satisfying and respectful relationships with others in the workplace and other areas of life. Please bring your own lunch.

Note: Custom delivery of this workshop at your business location is available for groups.

1 Sat Mar 28
10 am - 2:30 pm N. Jameson
91176 \$99

ElderU is for people 55 years and over. We encourage **learning for enjoyment** and provide a forum for **sharing ideas**, knowledge and experience. Courses are offered at the Sunshine Coast campus unless otherwise stated. Find out more at: www.capilanou.ca/elderu-sunshinecoast



Let us know if you can't attend...
ElderU courses fill up quickly. When a course does fill up, we place people who want to take it on a wait list. So if for any reason you can't attend a course you're registered in, please let us know by calling 604.885.9310 so we can invite someone on the wait list to take your place.

Topics for Lively Conversation

Get involved in lively, thoughtful discussions about current events or philosophical issues in the comfort of a small group. Participants are invited to research topics, perhaps make presentations, listen and take part in facilitated discussion.

7 Mon Jan 12 - Mar 2*
10 am - noon T. Webb, K. Maxwell & M. Goldberg
91120 \$45
Location: Sunshine Coast Arts Centre, 5714 Medusa Street, Sechelt, BC
*No class Feb 9 (Family Day)

Energy Makes the World Go Around

In this wide-ranging science-based course, Professor Pawley explains what energy is and why we should care about it; reviews how and why CO₂ affects climate; discusses sources of energy, embodied energy, efficiency versus production, as well as energy trade and taxes. Finally, he will assess our future options and opportunities for using energy wisely.

6 Tue Jan 13 - Feb 17
10 am - noon J. Pawley
91124 \$45

Astronomy: An Introduction to the Night Sky

Learn about the moon, planets, constellations, galaxies and much more. This non-scientific introduction to astronomy will teach you about the treasures of the night sky and how to observe them from your backyard. A field trip to the local observatory is included as part of the course.

4 Thu Feb 5 - 26
10 am - noon M. Bradley
91168 \$45

Live Well, Live Longer

What should seniors do to reduce the risks associated with aging and maintain quality of life? How can we and our loved ones stay active and healthy in our own homes, and what community resources are out there to support this ambition? This course will help you make the very best of life, through presentations by instructors with expertise in many fields. The course concludes with a presentation on advanced home care, and a Q & A session with all instructors present.

3 Wed Feb 11 - 25
2 - 4 pm Various Instructors
91131 \$45
Location: Gibsons Public Library, 470 South Fletcher Road, Gibsons

STAY IN TOUCH

Please allow us to stay in touch with you about these courses and other ElderU events by updating your email address when you register!

Fraud Awareness in the 21st Century: Recognize it. Report it. Stop it.

Seniors are especially vulnerable to the tricks of unscrupulous fraudsters who often hide behind the anonymity of the telephone or e-mail. This course will provide you with the know-how to recognize a variety of traps so you can avoid falling victim to these crimes and report them when encountered. RCMP Constable Aho, a specialist in this field, will unveil the tactics of three main types of fraud—mass marketing fraud, identity theft, and payment card fraud. Protect yourself!

3 Mon Mar 2 - 16
2 - 4 pm Constable J. Aho
91169 \$45

Resources, Environment and First Nations: Attitudes and Policies Shaping the Landscapes of British Columbia.

British Columbia has seen a shift from what now seems a simple time, when traditional economic policies promoted resource exploitation with little or no opposition, into the 21st century when these policies fell into direct conflict with the environmental movement and First Nations. What forces underlie this change? How did it come about? This study in human geography examines the conditions, the events and the shifts in values and political policies that have brought about these changes, taking into account the considerable influence of national and global conditions—not least of which is climate change.

3 Thu Mar 5 - 19
10 am - noon B. McGillivray
91142 \$45

An Introduction to Your iPad

It's time to gain your iPad independence! We walk through the set-up and basic operation of your iPad. Learn how to use iTunes, download apps, set up and use email and other great iPad features you probably don't even know about yet! You will need to bring an iPad or iPad mini to class.

1 Fri Mar 6
9:30 am - 12:30 pm D. Marsh & M. Timbres
91135 \$45

Behind the Scenes

Take a close-up look at what goes on in making a one-hour drama for television. We will visit the Capilano University Film Studio and follow the steps in creating dailies through off-line to online, audio editing and replacement, colour correction, creating titles, audio playback, and final screening of finished project. We then tour North Shore Studios, a major Canadian production site, and check

out some of the sets and how they are used "behind the scenes." Finally, we'll drop in to Sharpe Sound and see how sound is a key component of a finished production.

1 Tue Mar 10
9:30 am - 4:30 pm B. Chambers & B. Thumm
91170 \$45 plus transportation
Location: Film Studio, Capilano University, North Vancouver BC.
Note: We will car pool for this event; details will be provided after registration.

Simplicity and Serendipity in the Garden: Letting Nature Take Her Course

This amply illustrated course will reflect the idea that gardening can be not so much about creating order—as most gardeners seek to do—as about embracing a measure of disorder. Starting with Michael Pollan's observation that "nature abhors a garden," we will explore ways of making gardening easier and less time consuming—while no less rewarding—through enlisting nature as a partner, as it were. The course includes classroom sessions and field trips. It is intended for the active gardener and is not recommended for those with mobility difficulties.

3 Sat Mar 28, May 2 & 30
2 - 4 pm B. Terry
91143 \$45

Howe Sound Pulp and Paper Mill: A Good News Story

This course introduces you to the Howe Sound Pulp and Paper Mill located in Port Mellon. Learn about one of the oldest and at the same time one of the most modern pulp and paper mills in North America! Using new fluidized bed technology, it is one of the most efficient energy plants in the world, generating all of its own energy requirements and selling surplus power to BC Hydro. In addition to lectures, you will enjoy a tour of the mill under the supervision of plant staff.

4 Wed Apr 8 - 29
2 - 4 pm M. Bradley & G. Pageau
91145 \$45
Location: Gibsons and Area Community Centre, 700 Park Road, Gibsons

The Secret Life of Bees

Fascinated by bees? Join a Master Beekeeper for a peek into the extraordinary world of honey bees. Find out about the roles, castes and anatomy of bees, as well as their fascinating ability to communicate. Explore hive management, swarming, colony reproduction, diseases, pests, predators, stings and allergies. The final session includes a field trip to examine live bee colonies, extraction of honeycomb, honey storage, nectar sources and more. We will also explore how a keeper gets started, including a look at equipment, clothing and costs.

3 Thu Apr 9 - 23
2 - 4 pm A. Cobbin
91171 \$45

The History of Choral Music

This course, led by a professional contralto soloist and choral director, will tell the glorious story of choral music from its beginnings in antiquity, and its development through the Renaissance, the Baroque period, the Classical era and beyond to our own times. We'll even take a guess at what the future may hold. The course will be illustrated with demonstrations at the piano and recordings of many great choral works, together with biographies of major composers and explanation of musical terms.

3 Mon April 13 - 27
10 am - noon J. McLeod
91184 \$45

Location: Saint Hilda's Anglican Church, 5838 Barnacle Street, Sechelt

Spring Birding On the Sunshine Coast

Participate in one of nature's great wonders: The spring bird migration on the Sunshine Coast during peak season. View, identify and photograph birds in three different Sunshine Coast habitats: Sechelt, Sargeant Bay Park, and the Iris Griffith Centre. Bring binoculars and sensible clothing as well as runners/boots for outdoor walking. Meet at Capilano University, Sunshine Coast Campus for the first session.

3 Wed May 13 - 27
9 - 11 am T. Greenfield, J. Hodges, R. Rudland & R. Tkachuk
92009 \$45

Location: Initial meeting on-site. Off-site locations for subsequent sessions include Sargeant Bay Park and the Iris Griffith Centre, 15386 Sunshine Coast Highway.

15th Annual Written Arts Festival Preview

We invite former and new participants to join us in the 15th year of this interactive course which continues the popular practice of reading and discussing a book by each of five authors appearing at the Sunshine Coast Festival of the Written Arts. You will be provided with the authors' names and books to be discussed in advance.

Session 1
5 Thu May 14 - Jun 11
10 am - noon A. Carr, N. Dobie, I. Munro, F. Walker & D. Williams
92007 \$45

Session 2
5 Thu May 14 - Jun 11
1 - 3 pm J. Bert, K. Artus, L. Chapman, J. Corse, T. Schrock & C. Tiessen
92008 \$45



LANGUAGES, TRAVEL & CULTURE

Mandarin for Travellers

Learn basic sentence structure and functional vocabulary that will enable you to ask and answer questions in daily situations. You are encouraged to talk with fellow classmates and learn through interaction. In addition, you will learn about modern Chinese culture. This course is suitable for beginners and those who want to extend their new skills; students will be grouped according to ability. Course materials are included in the course fee.

5 Thu Feb 5 - Mar 5
6:30 - 8:30 pm E. Liu
91177 \$209

French: Level 1

For students with little or no knowledge of French, this course explores the fundamental building blocks, focusing on basic spoken and written French. The emphasis will be on learning to construct simple sentences and conduct basic conversations. Course materials are included in the course fee.

6 Tue Jan 27 - Mar 3
7 - 9 pm D. Hagerman
91060 \$209

French: Level 2

A continuation of French level 1, this course expands your knowledge of basic French through the use of more complex verb tenses, sentence structure and grammar while broadening vocabulary and use of French idioms. The focus will be on students' ability to communicate effectively and express and understand complex ideas in French. Course materials are included in course fee.

6 Thu Mar 26 - Apr 30
7 - 9 pm D. Hagerman
91066 \$209

Artisan Craft Distilling program comes to Cap

Introducing a five-day Artisan Craft Distilling Certificate workshop. Learn about the distillation process and how to start your own artisan craft distilling business.

Mon - Fri
Apr 13 - 17
9 am - 4:30 pm
D. Burnett Keener
91183
\$1,875
Location:
Squamish



Call 604.984.4901 for details or visit capilanou.ca/continuingstudies



Peru Cultural Adventure

The jewel of South America, Perú will send your camera into overdrive with its jaw-dropping terrain, colourful markets, white-washed cities, forgotten temples, and massive archaeological complexes.

JOIN US FOR OUR FREE INFORMATION SESSION TO LEARN MORE ABOUT THE TOUR:

Jan 17: 10:00 - 11:30 am
Capilano University
(North Vancouver campus)



Czech Republic Tour

With stops in Prague (Goethe called it the prettiest gem in the stone crown of the world), Cesky Krumlov, Kutna Hora and Olomouc, you'll definitely want to Czech out this tour.

JOIN US FOR ONE OF OUR FREE INFORMATION SESSIONS TO LEARN MORE ABOUT THE TOUR:

Jan 31: 10:00 - 11:30 am
Mar 11: 6:30 - 8:00 pm
Capilano University
(North Vancouver campus)

Information Session (Peru & Czech Republic Tours)

THE INFORMATION SESSION IS FREE, THE MEMORIES WILL BE PRICELESS.

If you're interested in attending any of the sessions please RSVP to Gary Palmer at garypalmer@capilanou.ca. If you're unsure how to get to our North Vancouver campus, feel free to ask Gary in the email.



CUSTOM PROGRAMS FOR ORGANIZATIONS

Do you have a skill or knowledge gap at your organization that you're trying to close, or a strategic change initiative that you would like some help with?

We offer flexible and timely custom solutions for both domestic and international organizations. Our team has a strong track record in developing solutions and will work with you to understand your organization - where it is and where it's going - and the strategic or tactical opportunities or challenges you are facing. We then design and develop a course or program to meet your organizational, business and management requirements.

"AS IS" OR MADE TO ORDER—THE CHOICE IS YOURS

You can take advantage of our existing open enrolment offerings "as is" or choose a solution tailored to meet your specific needs. We can also develop an entirely new offering for you—one that speaks directly to your organizational context and culture. Your team can take a customized offering at any of Capilano University's campuses, on site at your organization, or at another location of your choice. Whatever option you choose, you'll discover that partnering with Capilano University Executive Education is easy and affordable.

FIND OUT MORE FOR MORE INFORMATION, OR FOR A CONSULTATION TO DISCUSS YOUR REQUIREMENTS, PLEASE CALL 604.984.4910 OR EMAIL EXECED@CAPILANO.U.CA



HOW TO REGISTER

1. ONLINE: Our online registration system is easy to use. As easy as a shopping cart. It doesn't get much easier than that. You can register in minutes. Maybe even seconds. It's not a race, though, so feel free to take your time. Maybe pour yourself a coffee and truly embrace the online registration experience. Visit www.capilanou.ca/csee/sunshine-coast

2. PHONE: Call 1.604.984.4901 or 604.885.9310, ext. 4901 and have your VISA, MasterCard or AMEX card handy and also be prepared with the course name and course reference number.

3. IN PERSON: We accept debit card, cash or cheque (please make cheque payable to Capilano University). Our address is Capilano University Continuing Studies & Executive Education, Box 1609, 5627 Inlet Avenue, Sechelt, BC V0N 3A0

4. FAX: Fill out downloadable registration form at www.capilanou.ca/csee/reg-form and fax it to 1.604.983.7545

5. MAIL: Fill out downloadable registration form at www.capilanou.ca/csee/reg-form and mail it to Capilano University, Continuing Studies & Executive Education, 2055 Purcell Way, North Vancouver, BC V7J 3H5

Office Hours

Mon - Fri: 9 am - 4:30 pm
Tel: 604.885.9310 Fax: 604.885.9350

Refund & Tax Policies

For more details on University policies, visit www.capilanou.ca/csee/policies-procedures

GST will be added to course prices where applicable. All ElderU courses are \$45 + GST.



GIVE THE GIFT OF LEARNING

Continuing Studies & Executive Education courses make a great gift all year round!

For more information, call 604.885.9310.