

Inspiring Wellness and Learning

Registration Begins

January 3rd

Winter Calendar 2012

Family Ski Night 5 pm—9 pm

March 2th Red Mountain T-Bar



- * Toboggan Races
- * Free Skiing
- * Cafeteria open
- * Lessons and Rentals
- * Free Skiing

SNOWSHOE SERIES

Get out and play in the snow! Join us for a fun Snowshoe adventure on the local trails. Each week we will explore a different area with the goal of learning new trails and getting fresh tracks. We have some secret stashes for when the trails get packed out which we will share with you. Stay active this winter and get out on those snowshoes. **Snowshoe experience not necessary, but a moderate fitness level is required.**

4 classes:

Date: Jan. 26-Feb.16
 Day: Thurs., 5:30-6:30 pm
 Instructor: Natasha Lockey
 Locations: TBA

XC SKI ADVENTURE—NANCY GREEN SUMMIT SPOUSES FREE OF CHARGE



SNOWSHOE ADVENTURE

SPOUSES FREE OF CHARGE

Looking to get off the piste on your Cross Country Skis? BettyGoHard is going adventuring. Come explore the trails around the Nancy Green Summit Cabins with us. The trails are spectacular and the views even more so. This is a playground worth exploring! Join a fun group for a Saturday morning ski finishing with a homemade gourmet lunch in one of the many cabins at the Summit. Don't forget your camera the views are spectacular! **Intermediate Skill Level is required**

1 class:

Date: Feb. 11
 Day: Sat., 10 am-1:30 pm
 Instructor: Natasha Lockey Shift
 Friendly: Q, S

Looking for a fun way to spend your weekend? Join us for a fun Sunday snowshoe adventure. We will be exploring the trail that leads us around Nancy Green Lake finishing with a homemade gourmet lunch in the trailhead cabin. Don't forget your camera the views are spectacular! Always great fun with many laughs to be had – don't miss this one!! **Moderate Fitness Level is required.**

1 class:

Date: Jan. 29
 Day: Sun., 10 am-1:30 pm
 Instructor: Natasha Lockey
 Shift Friendly: Q, T

HOSTED CLASSIC X COUNTRY SKI NIGHTS DROP IN

Come and explore the great variety of cross country trails at Blackjack. Your IWL Chair, Gord Menelaws will be hosting Thursday night ski tours. This is the perfect opportunity to use the skills that you have learned on a regular basis. This program is for beginner to intermediate skiers. Rentals are available. Contact Gord for more information at 368-9131. All skiers need a headlamp. Meet at the Black Jack trail head

Begins: January 12, 2013
 Day: Thurs, 6:30-8:00 pm
 Instructor: Gord Menelaws



Inspiring Learning

Arts & Culture



CARD MAKING *SPOUSE PRICE - \$35.00*

An introduction to the basics of card making including cutting, paper layouts, colour schemes, embossing and stamping techniques. Create a cut-and-fold card making project or challenge yourself by adding “pop up’s” or “pull-tab” features. **Please bring a sharp exacto knife and a cutting mat or kitchen cutting board, as well as scissors, glue stick, ruler and markers.**

Location: Trail Middle School

2 classes:

Date: Mar. 1, 8

Day: Thurs., 6:00 – 8:00 pm

Instructor: Sana Waseem

Shift Friendly: Q, T

KNITTING FOR EVERYONE *SPOUSE PRICE - \$45.00*

Learn to knit or improve your skills using a project of your choice. Learn basics (casting, increasing, decreasing) and more advanced skills (patterns, circular needles, finishing) Bring your own needles and yarn.

Location: Selkirk Trail Campus

6 classes:

Date: Jan. 24-Feb. 28

Day: Tues., 6:30 – 8:30 pm

Instructor: Suzanne Belanger

SURVIVAL SEWING *SPOUSE PRICE - \$80.00*

Learn how to make darts, put in a zipper and do a proper hem. When you are finished with this class you will have a sample book to use as a helpful reference when moving onto the next steps of sewing or when you need to make repairs or alterations to existing clothing. Basic sewing supplies and a sewing machine are suggested but not mandatory. Some sewing machines are available.

Location: Sugar Shack Quilting Store

8 classes:

Date: Jan. 12 – Mar. 1

Day: Thurs., 7:00 – 8:30 pm

Instructor: Tina Ihas



THE ART OF HENNA *SPOUSE PRICE - \$35.00*

This course will introduce you to the art of henna including background info and safety, and how to properly apply and seal henna on the body – you will have the option of testing this out yourself if desired. You will also learn how to stain natural fabrics such as cotton for optimum colour results. All materials provided.

Location: Trail Middle School

2 classes:

Date: Jan. 19, 26

Day: Thurs., 6:00 – 8:00 pm

Instructor: Sana Waseem

Shift Friendly: Q, S

WIRE JEWELRY MAKING *SPOUSE PRICE - \$35.00*

Learn the basics of wire jewelry making (particularly in creating various types of “links” and putting those together to create beautiful pieces of jewelry) and incorporate these into a project of choice, such as earrings or necklace or bracelet or keychain. Bring your own beads if you like, and add your own personal touch. Fun for everyone!

Location: Trail Middle School

2 classes:

Date: Feb. 6, 13

Day: Mon., 6:00 – 8:00 pm

Instructor: Sana Waseem

Shift Friendly: Q, T

MAKE A HOMEMADE LASAGNA PAN

EMPLOYEE PART PAY—SEE COST BELOW

Using red, earthenware clay, this class will teach you the basics of hand building and slab work. The result will be a hand built, oven safe, functional lasagna pan. Participants can decorate their 9 x 13 or 10 x 14 inch pan using unique colours, designs and decorative techniques to create a one of a kind piece of art. Participants are encouraged to bring a lunch or a snack to enjoy during the class.

Location: Miners Hall Pottery Studio, Rossland

2 classes:

Date: Jan. 15, Feb. 5

Day: Sun., 5-9 pm (Jan.15),

Sun., 5-8 pm (Feb.5)

Instructor: Sarah Zanussi

Cost: \$45.00 Payable in advance

Business

RETIREMENT PLANNING: 5 YEARS TO GO

SPOUSES FREE OF CHARGE

Considering retirement within the next five years? Discuss pension plans, taxes, RRSP's versus RIF's, and understand your investments and risk management.

Location: To be announced

2 classes:

Date: Feb. 8, 15
Day: Wed., 6-9 pm
Instructor: Jennifer Cook
Shift Friendly: R, T

TAX FREE SAVINGS ACCOUNTS **SPOUSE PRICE—\$20.00**

Pay absolutely no tax on any investment you purchase. Learn the "ins and outs" of the Tax Free Savings Account, new in 2009. Keep all of your earnings and make the most of your money.

1 class:

Date: Mar. 8
Day: Thurs., 6:30-8:30 pm
Instructor: Deb Bayoff
Shift Friendly: Q, T



Computers

DIGITAL CAMERAS LEVEL 1 **SPOUSE PRICE—\$45**

Understand resolution and how to manipulate it to suit your needs. Get familiar with digital camera controls and put your camera to use in various conditions. **Bring your camera and its manual.**

1 class:

Date: Feb. 29
Day: Wed., 6:30-9:30 pm
Instructor: Ed Chernoff
Shift Friendly: Q, R

DIGITAL CAMERAS LEVEL 2 **SPOUSE PRICE—\$45**

Discuss design, creative camera controls, what makes photos appealing to the eye. Bring 5 of your best photos and 5 poor or problem photos on a disk or flash drive to practice techniques. **Prerequisite: Digital Cameras Part 1**

1 class:

Date: Mar. 7
Day: Wed., 6:30-9:30 pm
Instructor: Ed Chernoff
Shift Friendly: Q, S

UNDERSTANDING YOUR PROPERTY ASSESSMENT **SPOUSES FREE OF CHARGE**

This course will lay out a step by step process on how to understand and if needed, appeal your property assessment. Geared toward residential owners but is also beneficial to commercial property owners. A correct assessment could save you money now and in the future.

1 class:

Date: Jan. 16
Day: Mon., 6-8 pm
Instructor: Gina Ironmonger
Shift Friendly: R, S

First Aid

STANDARD FIRST AID / CPR C

EMPLOYEE PART PAY—SEE COST BELOW

Learn comprehensive First Aid and CPR techniques, how to respond to emergencies, the EMS system, the 3 key principles in First Aid: check, call, care. Covers airway, breathing and circulation emergencies. Also first aid for: respiratory and cardiac arrest, head and spine injuries, bone, muscle and joint injuries and wound care. Includes AED (Automated External Defibrillation). Pick up the manual prior to course date for pre-reading. Manual included.

Cost: \$85.00 payable in advance

2 classes:

Date: Feb. 25, 26
Day: Sat., Sun., 8:30 am-5:30 pm
Instructor: Billie Padavell
Shift Friendly: R, S



Language

SPANISH FOR TRAVELERS LEVEL 2 **SPOUSE PRICE—\$63.00**

A great continuation to Level I. Study more lessons on grammar and sentence building as well as new vocabulary. Must have an understanding of basic Spanish grammar.

5 classes:

Date: Mar. 26-Apr.11
Day: Mon. & Wed. 7-8 pm
Instructor: Jose Padilla



Hunting

More Firearms courses in our Spring Calendar, beginning in April

CORE HUNTER TRAINING

EMPLOYEE PART PAY—SEE COST BELOW

The CORE certificate is mandatory if you want to apply for your first hunting license and are at least 12-years of age. Manuals must be picked up and reviewed in advance of the course. Manual included in course fee.

Cost: \$77.50 (payable in advance)

Location: Selkirk Trail Campus

2 classes:

Date: Mar. 31, Apr. 1

Day: Sat., Sun. 9 am-5 pm

Instructor: Jim Smee

Shift Friendly: Q

Leisure

INTRO TO LANDSCAPE DESIGN SPOUSE PRICE—\$54.00

Create and draft a landscape plan. Topics include: identifying, analyzing and managing site characteristics; outdoor rooms; aesthetic principles and defining plant design qualities. The use of woody and herbaceous plants in the landscape will be discussed. Slide show included.

Location: Selkirk Trail Campus

1 class:

Date: Feb. 25

Day: Sat., 9:00 am-4:00 pm

Instructor: Chris Holt

Shift Friendly: R, S

PRUNING AND TREE CARE SPOUSE PRICE—\$54.00

Learn to prune and repair fruit, shade and various trees, shrubs and ground covers. Learn about responses to pruning, timing and equipment used. Course includes field trip and hands-on demo.

Location: Selkirk Trail Campus

1 class:

Date: Mar. 31

Day: Sat., 9:00 am-3:30 pm

Instructor: Chris Holt

Shift Friendly: Q, S

BOAT OPERATOR EXAM ONLY SPOUSE PRICE—\$45

Get your certification by studying the manual ahead of time and writing the exam on the date below.

Location: IWL Boardroom

1 class:

Date: Mar. 8

Day: Thurs., 4:30-5:30 pm

Invigilator: Megan Olson

TAI CHI CHUAN SPOUSE PRICE—\$45

Tai Chi Chuan and Silk Reeling (Spine Stretching) Chi Gong use slow, graceful movements to promote health, vitality and the circulation of energy in the body. Increase flexibility, improve balance, coordination and mental focus. An essential foundation and great way to build core strength. **2 sessions to choose from:**

Location: Warfield Hall

Session 1 (6 classes):

Date: Jan. 24-Feb.28

Session 2 (6 classes)

Date: Mar. 6-Apr. 10

Day: Tue. 4:30-5:30 pm

Instructor: Oscar Bot



LEARN TO CURL SPOUSE PRICE—\$40

Learn curling basics in a few hours including how to warm up, move around the ice safely, and slide some rocks down the ice! Move to concentrating more on improving your style of delivery and learning tricks to make your rocks curl in the right direction. The last two sessions are just for you to play the game. Equipment will be available for borrowing but **please make sure you have an extra pair of clean runners to wear on the ice.**

Location: Trail Curling Rink

4 classes:

Date: Jan. 25-Feb. 15

Day: Wed, 7 pm – 9 pm

Instructor: Flo Woodhouse

ADULT GOLF LESSONS EMPLOYEE PART PAY—SEE COST BELOW

This lesson series include four hours of instruction from highly qualified instructor Kevin Nesbitt. All ages and abilities are encouraged to partake in a relaxed atmosphere. Class sizes are small to enhance the instructor-to-participant interaction. Golf clubs will be provided if needed. *To be followed later in the spring with a “learn the game day” and a “mini-tournament” at Champion Lakes Golf Club.*

Cost: \$45.00 payable in advance

2 classes:

Location: Trail Fieldhouse

Date: Mar. 3, 4

Day: Sat., Sun., 1:00-3:00 pm

Instructor: Kevin Nesbitt

Shift Friendly: R

Recreation



INTRO TO X COUNTRY SKIING (CLASSIC OR SKATE SKI) *SPOUSE PRICE—\$20*

In this two part introduction, learn how to choose your skis, with general knowledge on equipment and skiing, then learn how to ski, with Gerald Klassen, certified instructor. Choose classic or skate skiing. Ski Rental included.

2 classes:

Date: Feb. 2, 4
Day: Thurs., 5:30 -6:30 pm, Sat., 11:30- 12:30 for x-country classic lesson
Sat., 1-2 pm for x- country skate ski lesson

Location: Feb. 2, Gerick Cycle and Sport, Trail,
Feb. 4, Blackjack Trail Head, Rossland
Instructor: Gerald Klassen

INTERMEDIATE / ADVANCED X COUNTRY SKIING

EMPLOYEE PART PAY—SEE COST BELOW

If you already have some experience with Cross Country skiing but want to become better at it, this is the class for you.

Cost: \$40.00 payable in advance
Location: *Blackjack Cross Country Kiosk*

3 classes:

Date: Jan. 5, 12, 19
Day: Thurs., 6:30-8:00 pm
Instructor: Andy Morel

Onsite Fitness Classes

Core On Site

Abdominals is perhaps the most important muscle group to train. Strong abdominal muscles mean a stronger back and more powerful overall physique. Core strength helps with overall balance and stability. Come and join this 30 min lunch time core blast and help ensure your back is supported while you work and play.

Location: *IWL Boardroom*

Course #1:

6 classes:
Date: Jan. 17-Feb. 21
Day: Tues., 11:00-11:30 am

Course #2:

Date: Feb. 28-Apr. 3
Day: Mon., 11:00-11:30 am
Instructor: Megan Olson

Lunchtime Stretch and Relax

Enjoy a relaxing and rejuvenating lunch break that includes gentle movement based stretches and deep relaxation to help reduce stress, and improve overall wellness, health and vitality.

The gentle stretching will include mindful, slow movement and poses that are designed to bring your body and mind back to balance and release strain and tension in muscles and joints. Then we will finish our session with deep relaxation designed to help reduce stress and anxiety and help you feel more focused, alert and grounded.

For all levels, no experience needed.

Please bring: yoga mat, comfortable clothes you can move in, and water. *mats are available to borrow. .

Location: *IWL Boardroom*

Course #1:

6 classes:
Date: Jan. 18-Feb. 22
Day: Wed., 11:00-11:30 am

Course #2:

6 classes:
Date: Feb. 29-April 4
Day: Wed., 11:00-11:30 am
Instructor: Kerry Turner



Power Flow Yoga **NEW**

Flow Yoga is a fluid style of Yoga that connects body, breath and mind using a dynamic sequence of poses with proper technique and alignment to help increase strength, flexibility, posture, core strength, coordination and balance. Learn breathing techniques and yoga poses to help increase overall health, vitality and wellness while decreasing stress and tension. Please bring water bottle, clothes you can move freely in and your own mat (if you have one).

Location: *IWL Boardroom*

Course #1:

6 classes:
Date: Jan. 16-Feb. 20
Day: Mon., 11:00-11:30 am

Course #2:

6 classes:
Date: Feb. 27-Apr. 2
Day: Mon., 11:00-11:30 am
Instructor: Kerry Turner



Intramurals

Once again, we wish to thank our volunteer facilitators and School District 20 for making it possible to run the following programs. Drop in is OK, but please register with The Learning Centre in advance.

Spouses and family members free of charge—children must be old enough to be able to play the sport with adults.

Daytime Rec Hockey (drop in—attend as many sessions as you can)

Location: Trail Memorial Centre Kids' Rink

9 sessions:

Dates: Jan. 16, 19, 24, 27, Feb. 1, 3

Time: 10:00-11:00 am

Dates: Jan. 29, Feb. 18

Time: 1:00-2:00 pm

Date: Feb. 5

Time: 11:00 am–12:00 pm

Volleyball

Location: Trail Middle School

Dates: Jan. 9 – Mar. 26 (no session Mar. 12, 19)

Day: Mon., 5:00-6:00 pm

Facilitator: Megan Menelaws

Indoor Soccer

Location: Trail Middle School

Dates: Jan. 11 – Mar. 28 (no session Mar. 14, 21)

Day: Wed., 5:15-6:15 pm

Facilitator: Gopi Subramaniam / Nick Parisien

Ultimate Frisbee

Location: Trail Middle School

Dates: Jan. 10 – Mar. 27 (no session Mar. 13, 20)

Day: Tues., 4:30-5:45 pm

Facilitator: Rob Stephens

Family Basketball NEW!

Fun for the whole family.

Note: These games are casual, drop in. There is no facilitator. Please bring a full water bottle and **clean** indoor shoes.

Location: Rossland Secondary School Gym

9 sessions:

Date: Jan. 9 – Mar. 5

Day: Mon., 7:00-8:00 pm (family game)

Day: Mon., 8:00-9:00 pm (adult only game)

LADIES RECREATIONAL HOCKEY

This program is for both beginners and intermediates, and for those who would like more ice time to improve their skills. Each class will cover skills taught by the coach, and then the focus will be on learning those skills through game playing. This is strictly for fun, and you'll get good at hockey too!

Location: Trail Memorial Centre Kids' Rink

8 classes:

Date: Jan. 9-Feb. 27

Day: Mon., 7:30-8:45 pm

Location: Trail Memorial Centre Kids' Rink

Instructor: Mark Heslop



BOOT CAMP

Find out what the Boot camp hype is all about. This six week program will ease you into the Boot camp concept with a variety of exercises to keep the heart pumping and burn some calories.

Location: Trail Memorial Centre

Fitness Studio

8 classes:

Date: Jan. 19-Mar. 8

Day: Thurs., 5:00-6:00 pm

Instructor: Dianna Howard



Weight Watchers



We are excited to bring back **Weight Watchers** in January. Come and join us for Weight Watchers Open House and learn about their healthy approach to weight loss. You'll meet a Weight Watchers leader who has been successful in losing weight and keeping it off with the Weight Watchers program, and you'll get a chance to sign up for a convenient meeting series right here in our workplace.



Weight Watchers Open House will be held on **Thursday, January 19, 2012 at 11:00 am** at The Wellness and Learning Centre. Price will be \$349.14 (tax incl.) for 26 weeks. This also includes 28 weeks of FREE eTools.

You can also pay by 3 postdated cheques of \$116.38, dated weeks 1, 9, and 18.

Contact Us:

THE LEARNING AND WELLNESS CENTRE

Coordinator: Megan Olson
Contact: 250-364-4135
Admin. Assist: Mary Lynn Manwell
Contact: 250-364-7202

Our Goal is to provide education, skill building and opportunity to all employees, thereby supporting a healthy workplace. **Inspiring Wellness and Learning** Committee believes that a healthy workplace inspires healthy families, supporting our community's health as a whole. To ensure that we are providing a comprehensive Wellness and Learning Program, we develop our programs to fit under one of the three umbrellas:

Inspiring Learning

Inspiring Health

Inspiring Community



PARTNERSHIPS MAKE IT HAPPEN SCHOOL DISTRICT NO. 20

Welcome and thank you School District no. 20. for partnering with us on many of our programs. We look forward to growing our relationship in the future. Special thanks to Heather Simm from SD. No. 20 for supporting her wellness program thus enabling us to run a greater variety of programs for all of our employees and getting the opportunity to meet other individuals from within our community.



Inspiring Health

SEEKED TARGETED SCREENING FOR KIDNEY HEALTH

In BC it is estimated that one in twenty-five people has kidney disease – and most of them do not even know it. If we can identify earlier those people with compromised kidney function, much of the impact of kidney disease can be prevented or minimized through simple changes in diet and lifestyle, or through management and medication. If you fall into one of the high risk categories below, you might be at risk and should be tested:

- ◆ high blood pressure,
- ◆ diabetes
- ◆ cardio vascular disease,
- ◆ family history of kidney disease or
- ◆ an ancestry that is Asian, South Asian, Aboriginal, Hispanic or African
- ◆ who are age 55 and over



Watch for more information on crew talks and screening dates. If you have any questions or concerns about your kidney health contact Megan Olson.



2013 HEALTH CHECKS



Assess your degree of risk for cardiovascular and other diseases. Participants will have the opportunity to have their cholesterol, blood pressure, blood glucose, and BMI tested. The first step to prevention is knowing your numbers!

February 22nd and 23rd

Blaylock and Centennial Room

9 am—3 pm



BEYOND THE BLUES STRESS AND

Beyond the Blues is an opportunity to learn more about mood and anxiety disorders, which are treatable conditions. At a Screening day, participants will have an opportunity to complete a brief questionnaire, speak one-to-one with a clinician, and find out about the range of community resources available to help. Sites also have information on alcohol and drug use problems, and seasonal or post-partum depression. The goal is to help individuals get support and help prevent conditions from worsening.

BEYOND THE BLUES WORKSHOP SERIES: WE'VE ALL GOT IT! WE MIGHT AS WELL GET GOOD AT IT.

Watch for dates in mid January!

This workshop goal is to provide individuals with an opportunity to improve mental health and coping strategies. Addressing issues early on by learning strategies to better cope will result in achieving better wellness and balance in your life. It is recommended that participants attend all sessions. Topics include:

- ◆ Define stress and it's effects
- ◆ Self talk and Distorted thinking styles
- ◆ Problem solving, relaxation techniques,
- ◆ Healthy lifestyles
- ◆ Introduction to Anger
- ◆ Disarming Anger, Conflict resolution, boundaries,

OUTCOME:

Employees will gain knowledge and skills to better manage interpersonal and intrapersonal issues resulting in a reduction of stress and an increase in effective coping.

