

Inspiring Wellness & Learning

SPRING 2022



Spring is here and that means it's time for our Spring Program Calendar. We have lots of great programs to offer to get us out the door and make our wellness our own.

It's also time to bid farewell to Mary Lynn our Admin Assistant. I'm sure all of you will miss "the voice of wellness" as she was an original member of our Wellness Team and has been programming and registering for us since 2006. We wish her all the best and thank her for all the great years she devoted to our program.

Please welcome Bethel Torres to our team as the new Admin Assistant! We are excited to have her on board as we move into the future.

Bethel will be joining us soon, but until then, please continue to contact MaryLynn.Manwell@teck.com for info or to register for any of these courses.

BIKE BASICS – MAINTENANCE

Learn how to keep your bike running smoothly. Do a safety check, assess wear & tear, make basic adjustments and learn to fix flats. Bring your (clean) bike along, along with basic tools (tire levers, allen keys, spare tube)

Location: Selkirk Trail Campus
Cost: Free for Trail Operations Employees;
\$49.00 for Family Members

1 class:
Date: Apr. 13
Day: Wed., 6-9 pm
Instructor: Peter Burkitt
Shift Friendly: Q, T

BIKES BEYOND BASICS

This workshop will focus on hands-on activities that will improve your cycling performance and enjoyment. Learn about multiple adjustment options to improve your bike fit, and more in depth maintenance tasks such as changing cables, and chain repairs. Participants should have already completed Bike Basics, or have a good working knowledge of basic bicycle maintenance. Bring your (clean) bike, and basic tools.

Location: Selkirk Trail Campus
Cost: Free for Trail Operations Employees;
\$49.00 for Family Members

1 class:
Date: May 4
Day: Wed., 6-9 pm
Instructor: Peter Burkitt
Shift Friendly: R, S

INTRODUCTION TO E BIKE MAINTENANCE

Whether you are thinking of buying an e-bike, or are a new owner of one, there are some additional maintenance tips to keep your machine operating smoothly for a long time. In addition to the regular maintenance you perform on any other bike (tire care and inflation, chain maintenance, flat repairs) this workshop will also cover care of your e-bike's battery; safe handling of batteries, and tips on conserving power.

Location: Selkirk Trail Campus
Cost: Free for Trail Operations Employees;
\$49.00 for Family Members

1 class:
Date: Apr. 27
Day: Wed., 6-9 pm
Instructor: Peter Burkitt
Shift Friendly: Q, S



LEARN TO GOLF

Learn to golf with pro Kevin Nesbitt at beautiful Champion Lakes Golf Course. Become familiar with putting and chipping, driving and irons. **Golf etiquette and scoring will also be covered.** Includes lessons **AND** a round of golf.

Location: Champion Lakes Golf Course
Cost: \$60.00/person for Teck employee;
\$100.00 spouse price, if space permits

Evening Class:

5 classes:
Date: May 16-Jun 13
Day: Mon., 5-6 pm
Shift Friendly: 5 & 2
(Monday June 13 will include a golf game immediately after the lesson)

Weekend Class:

The golf game will begin at 3 pm on Sunday, immediately after the lesson
2 classes:
Date: May 14, 15
Day: Sat., Sun., 1-3 pm
Shift Friendly: Q
(Sunday May 15th will include a golf game immediately after the lesson)



Check out two great programs below, from EARTHY ORGANICS! Choose EITHER Veggies OR Flowers

ORGANICS HOME GARDENING 101

Because of the popularity of this class, we must limit it to one kit per Teck employee OR family member.

Do you want a little head start on your garden? With this course you will get the plants to get your garden growing fast! Along with the plants we will show you how to:

1. Plant your seedlings in the ground.
2. How to feed your garden and rejuvenate an old garden bed.
3. How to prune and stake your tomatoes.

We will also be available to answer all the questions you have about organic gardening!

You will receive the following:

- 1 – large tomato plant
- 1 - cherry tomato plant
- 2 – Pepper plants - hot or sweet, your choice
- 2 – Lettuce 6 packs
- 2 – Summer squash(zucchini) seeds
- 2 – Cucumber (slicing) seeds– may be seedlings if they cooperate!
- 2 – Basil plants
- 1 – Instruction pamphlet

Please indicate at registration, if you live in Rossland so the type of plants listed above can be tailored to your growing season. Also indicate if you would prefer jalapeño or sweet pepper plants.

Location: **Earthy Organics Farm, Fruitvale**

Cost: **\$25.00 for Trail Operations Employees**

1 class:

Date: May 14
Day: Sat., 11 am-12 noon
Shift Friendly: Q, S

ORGANICS FLOWER GARDENING 101

Ever wanted your own cut flower garden?

Jeanine and Earthy Organics will demonstrate the techniques they use to seed, grow, and harvest, beautiful high-quality cut flowers on a small scale. In this upcoming course, you'll learn everything you need to know to successfully start flowers from seed, including all the necessary supplies, step-by-step instructions, special tips and tricks, and how to create a simple outdoor cutting garden for you (and all your friends, family, and neighbours!!) to enjoy. You will get a beautiful selection of seedlings to get your garden growing. They will include all the basics of a beautiful bouquet: Greens, fillers, and so many beautiful flowers all the colours of the rainbow.

Location: **Earthy Organics Farm, Fruitvale**

Cost: **\$25.00 for Trail Operations Employees**

1 class:

Date: May 14
Day: Sat., 2-3 pm
Shift Friendly: Q, S

FLOWER ARRANGEMENT WORKSHOP

This workshop is an introduction to flower arranging. We will discuss colour theory, form and balance, and the materials and tools you need to flower design. From then on, it is full hands-on! Create a handheld bouquet, or arrangement to take home. No previous flower arrangement experience is required. Students must bring their own gloves, garden shears, and an apron. You may bring your own small to middle size vase if desired, but a selection of containers will be provided with all other supplies.

Location: **Selkirk Trail Campus**

Cost: **\$100.00 for Trail Operations Employees;
\$176.00 for Family Members**

1 class:

Date: Apr. 10
Day: Sun., 1-4 pm
Instructor: Susanna Harrison
Shift Friendly: R, S

PLANT A POT OR HANGING BASKET

In this workshop you will be lead through the process of planting a custom hanging basket or plant a pot, which you can take home or use as a gift! We will discuss plant selection, soil composition, flowers, shade vs sun, pruning and watering. Come get your hands dirty and spend some time in the historic Nipkows Greenhouse in Fruitvale. (Course will be held rain or shine).

Fee includes, container, soil and plants.

2 dates to choose from – choose 1 date only

Location: **Nipkow's Greenhouse, Fruitvale**

Cost: **\$30.00 for Trail Operations Employees;
\$67.00 for Family Members**

1 class:

Date: Apr. 30 OR May 13
Day: Sat., Apr. 30, 2-3:30 pm OR
Fri., May 13, 5:30-7 pm
Shift Friendly: QT (Apr. 30); QS (May 13)

VISAC Gallery Pottery
Class Projects



Valentine Cookie Kits from
Kreative Cupcakes

