

Elder College

ASSOCIATED WITH THOMPSON RIVERS UNIVERSITY

Lifelong Learning for Seniors 50+

Newsletter

Issue #34 Fall 2018

We trust that Fall 2018 will be one in which you keep on growing, improving, and learning. The Elder College Curriculum Committee

MEMBERSHIP SIGN-UP ONLY

St. Andrews' Church Hall
September 19th, 2018 prior to sign up

MEMBERSHIP AND COURSE REGISTRATION

Wednesday
September 19th, 2018
1:00 – 2:30 pm

St. Andrew's United Church
1000 Huckvale Place (lower level)

Join us for:

- ◆ Registration
- ◆ Refreshments

LATE (for courses that are not full) REGISTRATION

Seniors' Activity Centre
Wednesday
September 26th, 2018
1:30 – 2:30 pm

Associated with



Thompson Rivers University

Letter to Members

Hello Elder College Members! Contrary to popular opinion, I have not left town, nor do I plan to for at least another three years! I have however, managed to give up some of the work of Elder College. Bob Osmachenko will be taking on the role of President at our AGM in November, I'll continue on as Curriculum Committee Chair. For the past 8 years or so, I've been doing both jobs, so now I can shed some of the workload.

Speaking of the Curriculum Committee, we have been hard at work over the past 4 months exploring course offerings, lining up instructors and coordinators, and scheduling. This fall, we have 18 "regular classes" of varying lengths for you to choose from, along with 4 community service courses which are open to everyone, not just Elder College members.

Most of the "regular courses" are back by popular demand including: 3 computer classes, the Cariboo Tour, Genealogy, Clay Creations, Feldenkrais, Furniture Reupholstery, an Historical Walk through the Dairy Fields, Current Events, and an Astronomy offering. New for this term includes: Rug Hooking, Seasonal Card Making, Fit for Fun, Paper Making and Book Binding, and an Ethnic Cooking Class. Our free community service classes includes: Firearms and Their Disposal, Introduction to the Restorative Justice Process, Dementia and Alzheimer's. The lineup is sure to include something for everyone, and we hope you will enjoy it.

This fall, Registration Day is on **Wednesday, September 19th** at St. Andrews' Church hall starting at 1 PM. People always try to sign up early, but to be fair to everyone; we don't open the tables until 1 PM. You can come a little early to make up your course selection sheets, purchase your membership if you need to, fill out your course survey, or to just socialize, but 1 PM sharp is when you can register. If you can't attend in person, you can have someone come out and register for you (one other person per member), or you can come out to the Seniors' Activity Centre and register for those classes which still have room in them at our late registration day on **Wednesday, September 26th**.

I want to thank all the people who serve on the Executive Board and on the Curriculum Committee. Without their solid efforts, this very successful Elder College would not have attained the popularity that it has. I especially want to thank Carly Klassen, who has been my hard working secretary over the past 4 years and who is stepping down as of this November's AGM. I truly appreciate her assistance over the past 8 semesters. I wish you all a great semester, and may you continue to have a passion for learning. It keeps us all young!

Barry Sale,
Curriculum Committee Chair

ELDER COLLEGE COURSES

Contact us at: Cariboo Chilcotin Elder College, c/o Seniors' Activity Centre,
176 N. 4th Ave. Williams Lake, BC V2G 2C7

Telephone: (778) 412-9438 (Barry) or (250) 392-2517 (Carly-secretary)

Email: carlyklassen@yahoo.ca

Web Site: www.weldercollege.com

Come to **St. Andrew's United Church, 1000 Huckvale Place, on, WEDNESDAY, September 19th, from 1:00 pm to 2:30 pm** for membership sign-up and course registration. A \$10 annual membership is required to join courses. On registration day, courses will be filled on a first-come/first-served basis. Fees must be paid by cash or cheque only. Refreshments available. One additional membership and course registration day only will be held at the **Seniors' Activity Centre on, WEDNESDAY, September 26th, from 1:30 – 2:30 pm**. Courses that are full, and have a waiting list on the first registration day will be closed.

ELDER COLLEGE RECOGNIZES THAT THERE ARE PARTICIPANTS WHO MAY HAVE ALLERGIES OR SENSITIVITIES TO SCENTS. COURSE PARTICIPANTS ARE URGED TO REFRAIN FROM THE USE OF SCENTS AND PERFUMES.

CARIBOO HISTORY TOUR - TO THE GOLDFIELDS

Course Leader: Barry Sale

Course Leader: none

Time: Thurs, Sept 27th, Tues, Oct 2nd, Thurs, Oct 4th @
8:00 AM sharp each day

Place: meet @ Seniors' Activity Centre Parking Lot
(Please be on time)

Course Fee: \$100

Class Size: up to 25

Special Note: The \$100 per person charge for this course covers the cost of bus rental, fuel, driver's wages, and insurance. A lunch will be arranged each day at a restaurant along the way. Cost will be about \$12.00. You can choose to order lunch or bring your own bag lunch. Washrooms may be few and far between. Dress appropriately for the weather, bring a camera, and come prepared to learn about some forgotten history of the area.

Course Description: This tour involves three full days of history and exploration. Day 1 takes us out the Horsefly Road, through Miocene, Ochiltee, Halfway, and to Harpers Camp (Horsefly), where the Cariboo Gold Rush began. We will spend a good part of the afternoon in the Horsefly Museum, and, if the salmon are running, we'll check out the fish spawning channels. Day 2 will see us following the old gold rush trail (now the Likely Road) to Big Lake, the Bullion Pit, Likely, and Quesnel Forks. On Day 3, we will explore beyond Quesnel Forks out to Keithly Creek and the start of the trail over Yanks Peak. That afternoon, we'll check out the neat little Likely Museum and learn about the second Cariboo Gold Rush at Cedar Creek. There'll be lots of stories, lots of history, and you can see where it all happened over 150 years ago.

Course Leader: Barry Sale is a retired school administrator who actually was a math and science instructor when he was teaching. However, during his time

as Principal of 150 Mile Elementary School, he became involved in the refurbishing of the "Little Red Schoolhouse" and he was badly bitten by the history bug. Barry is the current chairperson of the Elder College Curriculum Committee, and usually finds time to lead a Cariboo Tour in the fall of each semester.

AN HISTORICAL WALK THROUGH THE DAIRYFIELDS

Course Leader: Ordell Steen

Course Coordinator: Chris Coates

Time: Sat, Sept 29th @ 10-3:00 PM (approx)

Place: St. Andrews' United Church parking lot

Course Fee: \$15

Class Size: up to 20

Course Description: This walk will explore the fascinating but little known history of the area now known as The Dairyfields in Williams Lake. Evidence of human occupation in that area goes back more than 4000 years. Although few artifacts of earlier times can be readily seen, written and photographic evidence tells of First Nations occupation, the fur trade, and a regionally important colonial settlement that was one of the first in the Interior of British Columbia. The walk is approximately 4 Kms in total, and participants should bring water and a lunch. Wear good walking shoes and be prepared for the weather.

Course Leader: Ordell Steen came to Williams Lake in 1982 and worked for the Ministry of Forests as a research ecologist until 2003, and then as private consultant. Now retired, he has more time to pursue interests in natural history and the early history of Williams Lake and area. He remains active in the Williams Lake Field Naturalists and The Friends of Churn Creek Protected Area Society and is a past member of The Williams Lake Heritage Advisory Committee. In 2012 he co-authored a guide to

The Williams Lake River Valley entitled, “Stepping Into Nature.”

INTRODUCTION TO RUG HOOKING

Course Leader: Sharon Harvey
Course Coordinator: Chris Coates
Time: Tues, Oct 9, 16th @ 9:30-11:30 AM
Place: CCACS (old fire hall main floor)
Course Fee: \$40 (includes a \$40.00 value rug hooking kit)
Class Size – up to 10 max
Special Note: Bring small sharp scissors, notebook, and pen.

Course Description: This class will focus on the kit included with the materials supplied. The participants will complete a personal mug mat. We will have a short discussion about rug hooking origins, pattern designs and foundations, use of yarn, and different fabrics, new and recycled. We will also learn how to source materials for future projects. No artistic skills are needed for this course.

Course Leader: Sharon Harvey started rug hooking in 2004, mainly using quilting fabrics. She joined a group that had two certified teachers and other artists. Within two years, the group had taken in 15 different courses. Sharon learned that one didn't need artistic skills to design and hook one's own work. She moved to Williams Lake in 2008, where she has taught rug hooking at a local quilt shop as well as given private lessons. Over the next few years, Sharon hopes to teach using more recycled fabrics and to do more advanced work.

INTRODUCTION TO GENEALOGY

Course Leader(s): Phyllis Galloway, Bob Osmachenko
Course Coordinator: Bob Osmachenko
Time: Weds, Oct 10, 17, 24, possibly 31st @ 9-noon
Place: Mormon Church Genealogy Centre
Fees: \$35
Class Size: up to 12

Course Description: Were your ancestors saints, sinners, seafarers or senators? It's always interesting to trace our family histories. In this course, participants will learn how to research their family tree. We will look at how to get started, how to gather and sort information, how to obtain and print resources, and how to use online resources effectively. It's an introductory course designed to answer many questions and to provide you with the basics you will need.

Course Leader: Phyllis Galloway has been involved in Genealogical studies for almost 40 years. She has

organized genealogy groups in both Canada and the U.S. through her involvement with the Church of Jesus Christ of the Latter Day Saints. Phyllis is knowledgeable about all aspects of the research techniques used to study family origins and connections. She will provide a great deal of information to help both beginners and intermediates to research their family trees.

Bob Osmachenko is a retired forester, who worked with the B.C. Ministry of Forests for 31 years in the Kootenay and Cariboo regions. Since taking the plunge into life after work, he has become involved with Toastmasters, Genealogy, and Golf. Bob is also the current Vice President of our Elder College.

COMPUTERS – THE NEXT STEPS

Course Leader: Dolores Vickers
Course Coordinator: Bob Wanless
Time: Weds, Oct 10, 17, 24, 31, Nov 7, 14th @ 9:30-11:30 AM
Place: Seniors' Activity Centre (downstairs)
Course Fee: \$45
Class Size: up to 8

Course Description: This course is **not** an introductory course. It is intended for people who know their way around a computer, but who wish to expand their computer knowledge. We will use the Elder College computers so that we are all using the same format. The first class will be a “Getting Started” session to familiarize participants with Windows 10, to see what level everyone is at, and to introduce people to the E.C. Computers. As well, a survey will be done to see what topics participants want to see covered. The remaining 5 sessions will then be hands on, practical learning which could cover, but not be limited to: copying and pasting, working with files and folders, safely downloading programs and software, setting up various program features, computer security, using short cuts, using memory sticks, burning images/data to a C/D, social media, Skype, and other apps.

This will be a student driven course. Come along and ask questions and to find out about what the computer can really do. Participants will be encouraged to share their knowledge of particular areas with the rest of the class.

Course Leader: Dolores Vickers has a Certificate in Computer Information Systems and Associate Diploma in Accounting (College of New Caledonia) as well as a Provincial Instructor's Diploma (Vancouver Community College). She has taught computerized accounting, bookkeeping, and several office practice courses at TRU. She lived in Williams Lake for 35 years, then moved to Prince George for 7. She returned to the Laketown in December of 2017 and has become active with seniors groups here. We are pleased that Dolores has volunteered to become an Elder College instructor.

APPLIED ANDROIDERY

Course Leader: Chris Fletcher
Course Coordinator: Evan Nicholson
Time: Thurs, Oct 11, 18, 25, Nov 1, 8, 15th @ 9:30-noon
Place: Seniors' Activity Centre (downstairs Board Room)
Course Fee: \$45
Class Size: up to 8

Course Description: This semester we have updated our Android course to focus on the areas which the class members want to explore. There will be 6 sessions, the content of which will depend upon the interest and requests of the participants. To start with, however, the first class will be a "Getting Started" session, where you will learn a little about your device-how to make it work, vocabulary, swiping, tapping, security, in general getting to know your device and what it can do. A survey will be taken as well to see what areas class members want to learn about. Depending upon this survey, you may look at emails, social media, accessing and searching the web, photos, music and videos, and finding and using apps. It is hoped that the course will be student driven and provide you with some solid practical knowledge. We also hope that participants will share their expertise and experience with other class members.

Course Leader: **Chris Fletcher** is a retired teacher who has been working with computers for over 30 years. After retiring he operated a retail computer store and private post secondary educational computer site where he provided computer instruction for several years. He is the founder and service person of Geeks on the Go, and is a long time instructor for our Elder College.

iPAD – DROP IN SESSIONS

Course Leader: Sheila Wyse
Course Coordinator: Ken Grieve
Time: Tues, Oct 16, 23, 30, Nov 6, 13, 20th @ 9-11:30 AM
Place: Seniors' Activity Centre (downstairs Board Room)
Course Fees: \$45 for all 6 sessions or \$8/session
Class Size: up to 8

Course Description: Six drop in sessions...participants can choose one, several, or all.
Oct 16-for beginner iPad users covering the basics
Oct-23-understanding how settings work and personalize your iPad to suit your needs
Oct 30-focusing on using iCloud and using it across your devices
Nov 6-Choosing the apps (applications) most useful for you

Nov 13-learn to use the iPad when travelling from guide books, maps, and foreign languages, etc.

No 20-wrapping up session provides the participants to troubleshoot, ask questions, etc

Course Leader: **Sheila Wyse** is a retired primary teacher who has not taken to a life of leisure. She has been involved with the Williams Lake Museum Society, the local Arts and Culture Society, the Community Arts Council, the "Station House Gallery, the Central Music and Drama Festival, and our own Elder College to name a few. She also finds time to travel to Victoria, Alberta, and Saskatchewan, but, as she freely admits, she is a "busy body." Sheila has been into the digital age, via her iPad, for the past several years, and looks forward to sharing what she knows with others.

DABBLING WITH DIFFERENT DISHES

Course Leader: TBA
Course Coordinator: Maggie Pugh
Time: Thurs, Oct 11, 18, 25, Nov 1, 8, 15th @ 3-5 PM
Place: Seniors' Activity Centre (kitchen)
Course Fee: \$35
Class Size: up to 6

Course Description: Ethnic cooking – 6 classes by three instructors. In this course, three different cooks will discuss what makes their country's food unique and will show you how to prepare some traditional dishes: Mexican cuisine (2 classes), East Indian cuisine (2 classes), Filipino cuisine (2 classes). It will be an interesting and informative course where you will learn to use different spices and methods of cooking.

WOMEN IN THE 21st CENTURY – A DISCUSSION SERIES

Course Leader: Various Presenters - see below
Course Coordinator: Bob Osmachenko/Moderator
Time: Fri, Oct 12, 19, 26, Nov 2, 9th @ 9:30 - noon
Place: CCACS (old firehall)
Course Fees: \$35
Class Size: up to 25

Course Description: This series will feature women leaders from our community discussing issues and challenges in the current working world. Society is changing rapidly and so are the roles and types of work available to women. Each speaker has been invited to present a personal account of the challenges she has faced, how she has managed those challenges, and what she has learned. Each presentation will be different and each will profile how the path has been made clearer for others. After the presentation and break, a discussion will take place which will hopefully foster further communication and networking.

Presenters:

Oct 12 - Sue Zacharias, Alderwoman and Business Owner

Oct 19th - Diane Walters, outspoken advocate for women's issues

Oct 26 – Irene Willsie, Manager of the Women's Contact Society

Nov 2 – Sue La Chance Watson, Restaurant Owner and Business Consultant

Nov 9 – Diane Wright, former teacher and Superintendent of Schools

INTRODUCTION TO OUR CRIMINAL JUSTICE SYSTEM

Course Leader(s): Rod & Sandra Hawkins

Course Coordinator: Maggie Pugh

Time: Mon, Oct 15, 22, 29, Nov 5, 12, 19th @ 1:30-3:30 PM

Place: Kornak and Hamm (upstairs)

Course Fee: \$35

Class Size – up to 12

Course Description: In this course participants will delve into the Canadian Justice System and how it operates. They will explore criminal law offences, defenses, and criminal procedures, including the rights and obligations of an accused person. Opportunities will be provided to check their understandings by applying legal principles to actual cases. A great introductory class for all those would be legal experts.

Course Leader(s): Rod and Sandra Hawkins. Rod opened and ran the Legal Aid Office in Williams Lake from 1975-1991. In 1992 he joined the Crown Counsel Office and supervised prosecutions until 2012. Since retiring, Rod has served as a legal advisor to the Williams Lake Community Council for Restorative Justice and Sandra is a facilitator of Community Justice and trainer of facilitators for the group.

Sandra Hawkins taught English and Law at the Senior Secondary level for many years. She was instrumental in starting up a restorative justice model for students in the school system, and in 1997, with the cooperation of the RCMP and members of the legal system, she helped begin the process for our community. Since then it has expanded, with some 30 facilitators taking on 60-80 cases each year. Sandra continues to be Community Justice Forum Facilitator and also a Facilitator trainer. Currently, she serves as a co-chairperson of the Williams Lake group.

FIT FOR FUN

Course Leader: Britney Sukert

Course Coordinator: Deb Radolla

Time: Wed, Oct 17, 24th @ 10:30-noon

Place: Kornak & Hamm (upstairs)

Course Fees: \$25.00

Class Size: up to 12

Course Description: Participants will learn about the benefits of physical activity, basic exercises that can be done in the comfort of their homes, and where to find a variety of activity programs in Williams Lake. Studies show that exercise is the best method of pain relief and current research indicates that low intensity resistance training has the same benefit as a vigorous weight lifting workout. If you wish to delay your aging process and live a longer, healthier life, sign up for this two session course.

Course Leader: **Britney Sukert** is a Certified Athletic Therapist who graduated from Camosun College with a Bachelor's degree in Athletic and Exercise Therapy. She was born and raised in Williams Lake, and currently is the owner-clinician at One Therapy Rehabilitation. Her experience ranges from working with clients with chronic disease to seniors with joint replacements, to people with fractures and muscle tears. She offers a holistic approach to acute and chronic injuries of bones, ligaments, muscles and tendons. She believes that we are all athletes, and that she can help you get back to a full and active life, no matter what your circumstances.

PAPER MAKING AND BOOK BINDING

Course Leader: Beatrix Linde

Course Coordinator: Barb Aquilon

Time: Tues, Oct 23, 30th @ 9:30- 3PM

Place: St. Andrews' United Church Kitchen

Course Fee: \$30

Class Size: up to 10

Course Description: In this unique two session crafts course, Beatrix will demonstrate the Japanese method of paper making, using local organic materials including gladiola leaves, local grasses, and if available, a wasp nest. After the paper is made, it will then be used to cover a book. The course takes 2 hours in the morning and approximately 2 ½ hours in the afternoon, so plan to bring a lunch or make appropriate arrangements. This should be an interesting and unusual course.

Course Leader: **Beatrix Linde** was born and raised in Williams Lake. She currently lives on a farm/ranch in Springhouse with her husband, Howard. Beatrix is well known in the Cariboo Arts Community for her mixed media creations. Banners, flags, journals, pillows, printing, dyed fabrics, and hand stitching-she has mastered them all. Beatrix also coordinates art

shows and is a prize winning contributor in the Cariboo Art Walk.

CURRENT EVENTS – BEHIND THE HEADLINES

Course Leader: Joe Varesi
Course Coordinator: Peter Smith
Time: Thurs, Oct 25, Nov 1, 8, 15, 22, 29th @ 9-noon
Place: St. Andrews' Church Library
Course Fee: \$35
Class Size: up to 20

Course Description: This popular course returns with another round of lively debate and discussion. Participants are encouraged to share their opinions and knowledge during the class sessions. The approach will be a discussion format, focusing on selected current issues in world and national affairs. The historical background for many of the issues will be taken into account, as will current factors affecting the given situation. The course will be very flexible in order to include consideration of developing stories as they emerge. Participants will find this course to be stimulating, interesting, and insightful.

Course Leader: **Joe Varesi** has a B. of Arts degree with an Extended Major in History and International Studies and a minor in English from the U. of B.C. and a M. of Ed from Gonzaga University. He has taught Social Studies and English courses for 33 years in Williams Lake. He enjoys reading histories and following the daily news in various media and his continuing interest in work history and politics along with his knowledge of world affairs provide him with significant and salient insights into the current events of our time.

WONDERS OF THE NIGHT SKY

Course Leader(s): Steve & Lynn Capling
Course Coordinator: Chris Coates
Time: Fri, Nov 2, 9th @ 7-9 PM
Place: TRU Room TBA
Course Fee: \$30
Class Size: up to 15

Course Description: Participants will have the opportunity to look through a number of different telescopes, including solar, reflector and refractor. We will learn about constellations, galaxies, Messier objects and the moon, and observe these if the skies are clear. If we are clouded out there will be a session on constellations and meteorites. Binocular viewing will be discussed. Participants should bring warm clothes, and may bring their own telescopes and binoculars. A possible 3rd session for viewing will be discussed.

Course Leader(s): **Lynne and Steve Capling** are local amateur astronomers who have been actively viewing the skies since their youth. They have numerous telescopes and a keen interest in astronomy. They have travelled the world to view a solar eclipse and to view the sky from below the equator. They are passionate about visual viewing and enjoy sharing their knowledge with others. They have hosted numerous viewing sessions for the public and youth over the past ten years.

CLAY CREATIONS

Course leader: Lesley Lloyd
Course Coordinator: Louise Roi
Time: Tues, Nov 13, 20, 27, Dec 4th @ 1- 3 PM
Place: CCACS (Potter's Guild Studio)
Course Fee: \$40
Class Size: up to 10

Course Description: Here is a great opportunity for you to learn the basics of pottery making and to produce your own decorations and presents for the Christmas season. Participants will explore a number of hand building potting techniques and will learn to use different tools, to apply glazes, and to fire your work in a kiln. The cost of materials is covered in your registration fees.

Course Leader: **Leslie Lloyd** started potting in Australia when a neighbor needed bodies to fill a Community Centre class. She got the clay bug and has been potting ever since. She's been teaching adults and children's classes for over 20 years.

SEASONAL CARD MAKING

Course Leader(s): Betty Dryden & Margie Davie
Course Coordinator: Audrey Dye
Time: Tues, Nov. 13th @ 1-4 PM
Place: St. Andrews' Church Library
Course Fee: \$20
Class Size: up to 6

Course Description: This course will delve into making your own unique greeting cards. In this single session, you will probably produce 4 cards and learn about different techniques which can be used, such as stamping, embossing, antiquing, and using a heat glue gun. The course fee includes all the materials that you will need. Come prepared to produce your own distinctive card creation.

Course Leader(s): **Betty Dryden** recently retired. She now is now sharing her time as grandparent in 2 provinces, here and in Manitoba. She has always been interested in crafts, and has run a crafts store as well as teaching folk art. She finds card making to be an easy,

yet intriguing hobby which allows for a great deal of creativity. She looks forward to sharing her expertise.

Margie Davie recently retired from teaching at the elementary school level. She has always had a keen interest in arts and crafts, and now she has volunteered to share her talent and expertise in this area with our Elder College students.

FURNITURE REUPHOLSTERY

Course Leader: Arnie Zimmerman
Course Coordinator: Anna Hughes
Time: Mon, Oct 15, 22, 29, Nov 5th, @ 9-noon
Place: St. Andrews' Church Hall
Course Fee: \$35
Class Size: up to 12

Course Description: This course will teach the participants the basic steps involved in reupholstering a small piece of furniture (e.g. small armless chairs, footstools, dining chairs, and some automotive seats, etc.). Each participant will be expected to bring along a small item to work on, and to provide his/her own tools (a list of supplies that you will need to bring will be available on registration day). The instructor will demonstrate the technique involved in laying and measuring fabric, cutting to size, and recovering the piece of furniture. This course is not designed for those who wish to take on a large reupholstery project.

Course Leader(s): **Arnie Zimmerman** for over 30 years owned and operated Done-Rite Upholstery Ltd. in Williams Lake. Over the years, he has repaired, recovered, refurbished, and reconditioned virtually every type of furniture you can imagine. After his retirement 16 years ago, Arnie has kept busy with fishing, fitness routine, and his service to the community through is involvement with the Elks Lodge. Arnie's experience and expertise makes him an excellent resource person to share his knowledge of the furniture reupholstery craft.

FELDENKRAIS METHOD – AWARENESS THROUGH MOVEMENT

Course Leader: Kate McDonough
Course Coordinator: none
Time: Wed, Oct 31, Nov 7, 14, 21, 28th @ 10-11 AM
Place: St. Andrews' Church Library
Course Fee: \$35
Class Size: up to 16

Course Description: The Feldenkrais Method uses slow, gentle movement sequences to maximize skeletal movement, change old habits, and learn to move more easily. The "Awareness through Movement" lessons will guide you through movements that explore daily

physical actions such as reaching, turning, breathing, sitting, standing, and walking. These are mild, easy exercises that are particularly well suited to elders.

Course Leader: **Kate McDonough** has lived in the Cariboo for 47 years. She is actively involved in many community activities, and currently serves on our Elder College Curriculum Committee. She has taken 4 years training in the Feldenkrais Method, and has been teaching it for the past 14 years.

COMMUNITY SERVICE COURSES-We welcome everyone to these free lectures

UNDERSTANDING PROPORTIONAL VOTING

Course Leader: Ken Grieve
Course Coordinator: none
Time: Wed, Oct 3rd @ 10:00 - noon
Place: CCACS (old fire hall)
Course Fee: Free Community Service Course
Class Size: up to 25

Course Description: This October, B.C. Voters are being asked to decide whether or not they want to move to a form of proportional government. There will be arguments for and against the 3 options presented, and for some; the choice will be quite confusing. This one session course will provide you with an opportunity to understand exactly what is involved for each option to ask questions about each, and to become familiar with the voting process.

Course Leaders: **Ken Grieve** is a retired SD #27 administrator and teacher. He remains active in his leisure years, serving as Co-President of the local Retired Teachers' Association, being a member of the Elder College Executive Board among other interests. He is familiar with teaching Improv to young students, but this is his first foray into introducing this activity to adults. He is expecting it to be a steep but enjoyable learning curve for everyone involved in this course.

INTRODUCTION TO RESTORATIVE JUSTICE

Course Leader: Sandra Hawkins
Course Coordinator: Maggie Pugh
Time: Tues, Oct 9th @ 1:00-3:30 PM
Place: Kornak & Hamm (upstairs)
Course Fee: Free-Community Service Course
Class Size: up to 20

Course Description: This session will introduce participants to various types of restorative justice models and will focus on the RCMP Community Justice Forum model which is mostly used by the Williams Lake

Community Council for Restorative Justice. Participants will learn about the origin and philosophy of the community Justice process and be taken through the process of a Community Justice Forum

Course Leader: **Sandra Hawkins** taught English and Law at the Senior Secondary level for many years. She was instrumental in starting up a restorative justice model for students in the school system, and in 1997, with the cooperation of the RCMP and members of the legal system, she helped begin the process for our community. Since then it has expanded, with some 30 facilitators taking on 60-80 cases each year. Sandra continues to be Community Justice Forum Facilitator and also a Facilitator trainer. Currently, she serves as a co-chairperson of the Williams Lake group.

FIREARMS SAFETY FOR SENIORS

Course Leader(s): Barry & Judy Jenkins
Course Coordinator: Barb Aquilon
Time: Tues, Oct 16th @ 1:00-3:30 PM
Place: Seniors Activity Centre (downstairs)
Fee: Free Community Service Course
Class Size: up to 12

Course Description: Do you have firearms in your house? Do you know what type and where they are? Are they licensed? Do you want to keep them or dispose of them? These and many other questions will be answered in this one session mini course. Both, certified firearms instructors, along with an RCMP officer, will explain the laws regarding firearms, how to handle them safely, and what to do if you want to get rid of them.

Course Leader(s): **Barry & Judy Jenkins** have lived in Williams Lake since 1972, have been active members of the Williams Lake Sportsman's Association since that time. They own and use several firearms and are certified instructors in the area of firearm safety. They have taught the CORE hunter's training program, are thoroughly knowledgeable about firearms possession and acquisition license, along with the current laws regarding all aspects of firearms in Canada.

DEALING WITH ALZHEIMERS AND OTHER DEMENTIAS-A PRACTICAL GUIDE FOR CAREGIVERS

Course Leader: Rev. Keith Dobyns
Course Coordinator: Isobel Catling
Time: Wed, Oct 17, 24th @ 1:00-2:30 PM
Place: Kornak & Hamm (upstairs)
Fee: Free Community Service Course
Class Size: up to 20

Course Description: This is a 2 session course for anyone interested in the effects of dementia on patients, families, and caregivers; and how to deal with the associated challenges. Keith will begin with a clinical overview of Dementia and Alzheimers, how they are recognized and diagnosed, and what assessment tools are currently used. He will spend time on the challenges involved with caring for patients and how to manage for specific concerns. He will look at recovering the patient's personhood, and rediscovering the person's soul, as well as caring for the caregivers. This will be a valuable course for those who have a loved one on the dementia spectrum and who are looking for current information and coping strategies.

Course Leader: **Rev. Dr. Keith Dobyns** has just retired as an Anglican Priest serving several Cariboo Churches along with his wife in a joint ministry arrangement. His first career in medicine included 12 years of suburban family medicine focused on geriatrics, especially dementia care. He also graduated from a Quaker seminary, trained as a chaplain and pastoral counselor, and for several years coordinated a curriculum in spirituality, ethics, and humanities for physicians in training. Dr. Dobyns has just recently received his Canadian landed immigrant status.

Bob Wanless, Equipment
Bob Osmachenko, Vice President
Barry Sale, Curriculum Committee Chair
Deb Radolla, Promotions
Margret Menzies, Membership
Carly Klassen, Secretary
Bernie Kromhout, Finance

Shirley Pehota, Social
Judy Jenkins, Director
Barb Aquilon, Director
Joanne Wright, Director
Audrey Dye, Director
Ken Grieve, Director
Anna Hughes, Director

Cariboo Chilcotin Elder College -Mission Statement

Cariboo Chilcotin Elder College is a volunteer organization committed to meeting the lifelong learning needs and educational interests of older adults in Williams Lake and surrounding areas. ***Elder College*** will provide a relaxed, learning environment without grades or exams, based on a curriculum of particular interest to members. ***Elder College*** seeks to meet its mission by recognizing the unique experiences and capabilities of its members. ***Elder College*** is associated with Thompson Rivers University but operates as an independent entity under the guidance of the ***Elder College Executive Board***.

POLICIES AND PROCEDURES OF ELDER COLLEGE

Registration:

Please note – If the course is full and your name is placed on a wait list, this is an expression of interest only – it is not a registration. The wait list allows us to fill a vacancy and to determine whether the course should be offered in a subsequent semester.

Members should register for themselves whenever possible. Should a member have to be away on registration day the member can ask another member to register their class or classes for them. **Only one proxy per member will be allowed. Mail course registrations will not be accepted.**

Course Fees are usually \$35, all computer courses (regardless of the number of sessions are \$40.00). Exceptions to this fee structure may apply. Fees have been established by the Executive Board, in consultation with the Finance and Curriculum Committees.

Cancellation Fees of 10% of the course fee shall be levied to cover administrative costs if notice to cancel is given at least seven (7) days prior to the beginning of the course.

Refund - If notice of cancellation is less than seven (7) days, course fees will not be refunded

Scent Free – The Board of Directors of Elder College has passed a motion that, as much as possible, all of our meetings and classes should be scent free. Please do what you can to respect the needs of those members that have allergies to various scents.

Financial Assistance - If you need financial assistance with a course fee, contact Bernie Kromhout, Elder College Treasurer at (250) 392-7880, for further information.

MEMBERSHIP

Membership is open to anyone 50 years of age or older, membership fee is \$10.00.

It offers:

- An opportunity to participate in all *Elder College* courses, lectures and special events.
- Privileges of Thompson Rivers University, including conditional use of its library, bookstore, and participation in many of the University sponsored events.
- The opportunity to volunteer in a number of areas.
- And the opportunity to participate in the governing of *Elder College*.

THANK YOU FOR SUPPORTING ELDER COLLEGE

THOMPSON RIVERS UNIVERSITY COURSES



PLEASE NOTE THAT REGISTRATION FOR THOMPSON RIVERS UNIVERSITY COURSES IS DONE THROUGH THOMPSON RIVERS UNIVERSITY CONTINUING STUDIES. CONTACT INFORMATION FOR REGISTERING FOR THESE COURSES IS LISTED AT THE BOTTOM OF THIS PAGE. REGISTRATION IS HAPPENING NOW, SO CONTACT TRU AT YOUR EARLIEST CONVENIENCE.

A full list of courses offered, their dates, times, and course costs can be found in the TRU brochure which appears early in January. TRU courses are offered independently by the University, and you can find more information about them by calling TRU at (250) 392-8000, the website at www.tru.ca/williamslake/cs, or email at wlcontinuingstudies@tru.ca.

If you have questions please contact Continuing Education, phone (250) 392-8010, or email at wlcontinuingstudies@tru.ca. Some courses can be set up on demand. If your course fills up before you register, please make sure your name is placed on an interest list. If enough people are interested, another course can be set up ASAP.

- **Please Note:** Fees for courses, over \$100, taken at TRU, are tax deductible.

TO REGISTER CONTACT THOMPSON RIVERS UNIVERSITY

Room 1180, 1250 Western Ave. Williams Lake, V2G 1H7

Office Hours: Monday – Friday, 9:00 a.m. to 4:00 p.m.

Tel: 392-8010 - Toll Free – 1-800-663-4936 Fax: (250) 392-8008 -- Website: <http://www.tru.ca/williamslake/cs/>

⇒ Register in person using cash, interact, cheque, money order, VISA MasterCard or AMEX

⇒ Register by telephone or fax using VISA, MasterCard or AMEX, register by mail using cheque, VISA, MasterCard or AMEX

ON REGISTRATION DAY TRU COURSE BROCHURES ARE AVAILABLE AT THE TRU LIBRARIAN'S TABLE