

Elder College

ASSOCIATED WITH THOMPSON RIVERS UNIVERSITY

Lifelong Learning for Seniors 50+

Newsletter

Issue #36 Fall 2019

We trust that Fall 2019 will be one in which you keep on growing, improving, and learning.

The Elder College Curriculum Committee

MEMBERSHIP AND COURSE REGISTRATION

Wednesday
September 18th, 2019
1:00 – 2:30 pm

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

Join us for:

- ◆ Registration
- ◆ Refreshments

LATE REGISTRATION (for courses that are not full)

Seniors’ Activity Centre
Wednesday
September 25th, 2019
1:30 – 2:30 pm

Associated with



Thompson Rivers University

Letter to Members

FALL 2019

Greetings everyone. Welcome to our Fall 2019 newsletter. We have had a couple of changes since the spring. Our President, Bob Osmachenko, has moved to Creston. Long time instructor and Executive Board member, Ken Grieve, has moved to Maple Ridge, and the instructor of the popular Watercolours course, Wally Chernoff, has gone to Penticton. All this means that there is “room at the top” for executive members and new instructors. Please think about getting involved so that we replace these folks. I thank them for their contributions over the past years.

This fall, we have 19 courses for you to choose from, 17 ‘regular’ ones and two free community service offerings. New courses on offer are one on Cannabis, another on Instagram and Twitter so you can communicate with your offspring, a class on InstaPot cooking, another one on RV Maintenance and Care, a Creative Drawing course and one on Sign Language. Back by popular demand are a Cooking Course, Current Events, Digital Camera Basics, Fit for Fun, another Cariboo History Tour, Furniture Reupholstery, Meditation, Travel Tips for Seniors, and a couple of computer courses. Our two free community services courses for this term are Advanced Care Planning and Beetle Bashing. We think that there is something for everyone, and we hope we have come up with an interesting and wide ranging set of course offerings.

The important dates to remember this semester are shown on the left hand side of this page. **Wednesday, September 18th, 2019** is the main registration day, 1 pm at St. Andrews’ Church hall. If you are unable to attend in person, you can have someone come out and register for you (one other person per member), or you can take a chance and come out to register for those classes that still have room in them at our late registration on **Wednesday, September 25th** at 1:30 pm at the Seniors’ Activity Centre.

In conclusion, I would like to thank all those who give of their time to make this Elder College the success it is. Members of the Curriculum Committee, Executive Board members, instructors, and coordinators – all have a part in making the process happen. Over 170 members now enjoy the classes we offer. We can be proud of our contribution to our community and to the lifelong education of our over 50 set.

Have a great Fall term!

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 250-398-2298 (Maggie)

Email: weldercollege@gmail.com

Web Site: www.weldercollege.com

Come to St. Andrew's United Church, 1000 Huckvale Place, on, WEDNESDAY, September 18th, 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 25th, 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

Course Leader: Barry Sale

Time: Thurs, Sept 26, Mon, Sept 30, Wed, Oct 2 @ 8:00 am to 4:30 pm each day

Place: Start at SAC Parking Lot at 8:00 am sharp

Course Fee: \$110.00

Class Size: up to 25

The \$110.00 per person charge for this course covers the cost of the bus rental, fuel, drivers' wages, and insurance. A lunch will be arranged each day somewhere along the way (cost 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 of our interesting Cariboo history.

Course Description: This tour will explore some of the history associated with the Cariboo Wagon Road as well as some of the local Williams Lake lore. It involves 3 full days of bus travel. On DAY 1, we will travel down to 100 Mile House, and work our way back to Williams Lake, checking out some of the old roadhouses and cemeteries along the route. On DAY 2, we explore the Mission area, the "old" Williams Lake and out to the Fraser River. On DAY 3, we go north to Quesnel, once again looking at the history of the roadhouses and ending with a visit to the Quesnel Museum.

INTRODUCTION TO CANNABIS MANAGEMENT AND GROWING

Course Leader: Don MacVicar

Course Coordinator: Barb Aquilon

Time: Mon, Sept. 30, Oct. 7, 21, and 28 @ 9:30 am to noon

Place: Kornak & Hamm upstairs Meeting Room

Course Fee: \$35.00

Class Size: up to 16

Course Description: This course will provide you with a general understanding of cannabis growing and management including the use of various consumer products for growing, fertilizer use and product extraction. Don will touch on history of cannabis, best practices, security and legislation for the home grower. This is a discussion/practical course and will be directed by the level of questioning in a particular topic. Materials will be geared to the novice gardener level. Don looks forward to passing on his knowledge of cannabis management to Elder College members.

Course Leader: Don MacVicar is a keen, self-accomplished Horticulturist with over 30 years of experience in the field of gardening and cannabis cultivation. He understands the processes of planting, cultivation, seed procurement along with harvest techniques. With practical smarts he is well versed and educated in recent updates to growing, legislation and product extraction processes (tinctures). Always up to date, he will demonstrate hardware for participants to use and try out. Don is presently employed by Good Guys Gardening Center in Williams Lake.

INTRODUCTION TO SIGN LANGUAGE

Course Leader: Debbie Coombes

Course Coordinator: Isobel Catling

Time: Tues, Oct 1, 8, 15, 22, 29, Nov 5 @ 7 pm to 9 pm

Place: St. Andrews' Church Library

Course Fee: \$35.00

Class Size – up to 12

Course Description: This course will provide you with a basic introduction to sign language, based loosely on the American Sign Language model. Participants will learn the signs for basic words as well as the alphabet. This is a course which will teach you another important

method of communicating, and one which may well come in handy for you in unexpected ways. There will be handouts provided, and some practice outside of class will be needed.

Course Leader: **Debbie Coombes** has been a Student Support Worker for School District #27 for more than 32 years, assisting with Special Needs students who are non-verbal, or who have limited vocal abilities. She began learning sign language when her son was diagnosed with a profound hearing loss, and she has become very proficient in this form of communication. Debbie is currently working with students at Columneetza, which means that her classes for us must be scheduled in the evenings. She is quite looking forward to teaching and sharing her knowledge with Elder College participants.

TRAVEL TIPS FOR SENIORS

Course Leader: Toni Linde
Course Coordinator: Anna Hughes
Time: Tues., Oct 1, 8, 22, 29 @ 1 – 3 pm
Place: Kornak & Hamm upstairs
Fees: \$35.00
Class Size: up to 25

Course Description: If you are thinking of travelling, then this course is a must for you. Toni Linde, an experienced Travel Consultant, will discuss all types of cruises, updated info regarding travel documents, how to navigate the mysteries of airlines and airports, travel insurance, the pros and cons of tour companies, bus tours, all inclusive resorts, travel agents, and health and safety concerns. Questions and comments are encouraged. Whether you plan to take a trip within Canada or out of the country, this course will help you to plan a safe and problem free vacation experience. Bring a bag because there will be lots of hand-outs.

Course Leader: **Toni Linde** has worked in the travel industry for the past 10 years, and has a recognized national diploma in travel. She is from an Italian background and has close family members who live in 4 different countries: Italy, Mexico, the United States and Canada. Her travels, both for personal and business reasons have allowed Toni to pick up all sorts of useful information about cruises, airports, flights, ground transportation, bus tours, insurance, bookings, and much more. She looks forward to sharing her knowledge and travel information via practical advice and helpful tips.

MORE QUICK AND EASY MEALS FOR SENIORS

Course Leader: Brice O'Neill
Course Coordinator: Maggie Pugh
Time: Thurs, Oct 3, 10, 17, 24 @ 3:30 – 5 pm
Place: Seniors' Activity Centre Kitchen
Course Fee: \$35.00
Class Size: up to 8

Course Description: Chef Brice is back by popular demand with another round of colourful, exciting, and quick meal suggestions. His plans are to demonstrate some healthy, cost effective menu ideas which you likely haven't seen before. Chicken, shrimp and vegetable dishes will be on the menu along with some experimenting with Indian and Thai curries, paprika, and other spice combinations. The class will be involved in the preparation and cooking, but the tasting at the end is always the best part! Here's a chance to spice up your own cooking skills and to try something different in your own kitchens.

Course Leader: **Brice O'Neill** has been a Williams Lake resident since the tender age of two. He took his apprentice chef training through Vancouver Community College over a three year period, doing his on-the-job training at the Golf Course and Joey's Restaurant. After graduation with his Red Seal diploma, he stayed on at Joey's for a while as first cook, then went on to the position of Sous Chef at Signal Point, and is now the Executive Chef at the New World Coffee and Tea House. Brice is very active in our community, being involved with the Boys and Girls Club, the Child Development Centre, and the St. Vincent de Paul Foundation.

DIGITAL CAMERA BASICS

Course Leader: Jesse Madden
Course Coordinator: Tony Savile
Time: Thurs, Oct 3, 10, 17, 24, 31 Nov 7 @ 10 am-noon
Place: CCACS (old firehall) main floor studio
Course Fee: \$35.00
Class Size: up to 15

Course Description: This is a course for people of all ability levels who want to get the best pictures possible from their digital cameras or iPhones. Jesse will begin with some theory about the basics of photography and camera settings, followed by an introduction into photo composition and basic editing techniques. There will be two practical sessions where the class goes picture taking on field trips to local areas of interest, followed by two classes where the photos are critiqued with constructive and helpful feedback. This will be a valuable course if you want to improve the quality and the professionalism of your pictures.

Course Leader: **Jesse Madden** is a professionally trained photographer who lives and works in Williams Lake. She has operated a successful business, Jesse Madden Photography, since 2011. Now, with two small children, she finds the demands on her time have increased considerably. However, even though she specializes in commercial photography she loves teaching, and has presented TRU courses in photography over the past 3 years. Jesse's enthusiasm and love of the subject are infectious, and her classes are always lively and enjoyable.

SOCIAL MEDIA MEDLEY

Course Leader: Tracy Silver

Course Coordinator: Margaret Menzies

Time: Thurs, Oct 3, 10, 17 @ 9:30 - 11:30 am

Place: Seniors Activity Centre (downstairs boardroom)

Course Fees: \$35.00

Class Size: up to 8

Course Description: This three session course will concentrate on Twitter and Instagram with a follow up general question and answer session. We will log onto these platforms and learn the basic workings of each. The third session will be a general practice for participants to review key learnings. Registrants must have basic computer skills and own a laptop or an iPad which you will bring to the sessions.

Course Leader: **Tracy Silver** is an accomplished technician with Andres Electronics in Williams Lake. She is also an avid user of social media platforms. In this course she will concentrate on Twitter and Instagram, how they work and how we can make it work for us.

ANOTHER ANDROIDERY

Course Leader: Chris Fletcher

Course Coordinator: Evan Nicholson

Time: Weds, Oct 2, 9, 16, 23, 30, Nov 6 @ 9:30 - noon

Place: Seniors' Activity Centre (downstairs boardroom)

Course Fee: \$40.00

Class Size: up to 8

Course Description: This Android Course is tailored to focus on the areas which the class members want to explore. There will be six 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 it works, vocabulary, swiping, tapping, security, in general getting to know your Android 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 35 years. After teaching, he operated a retail computer store and opened a 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, a computer assistance service, and is a long time instructor for our Elder College.

FURNITURE REUPHOLSTERY

Course Leader: Arnie Zimmerman

Course Coordinator: Anna Hughes

Time: Mon, Oct 7, 21, 28, Nov 4 @ 9 am to noon

Place: St. Andrews Church Hall (downstairs)

Course Fees: \$35.00

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: Arnie Zimmerman for over 30 years owned and operated Done-Rite Upholstery Ltd. In Williams Lake. Over the years, he has repaired covered, refurbished, and reconditioned virtually every type of furniture you can imagine. After his retirement 10 years ago, Arnie has kept busy with fishing, fitness routine, and his service to the community through his 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.

IPAD FOR EVERYONE

Course Leader(s): Rick Miller and Barry Casey

Time: Tuesdays and Fridays, Oct 8, 11, 15, 18, 22, 25 @ 10:00 am to noon

Place: Seniors Activity Centre (downstairs boardroom)

Course Fee: \$40.00

Class Size – up to 8

Course Description: What can your new iPad do, and how can you get it to do it? This course will start at the beginning and cover the basic set up, then progress to personal settings, various apps, and accessing and searching the web. We want the concepts covered in this course to be student driven, so questions will be encouraged. At the end, participants should have a solid understanding and some good practical knowledge. This is the course you need if you are just starting out, or if you want to be able to use your device more effectively and efficiently.

Course Leaders: **Rick Miller** has served as an elementary school principal in School District #27 for more than 3 decades. Now retired, he remains active and involved in our community. Among other places, he can be found at the curling rink pebbling the ice, or at the local hockey rink volunteering with the minor hockey association. Rick has been interested in Apple computers since they were first introduced into the school system, and along the way, he has learned a great deal about all things Apple. His knowledge and expertise make him an ideal instructor for this course.

Barry Casey is a returned businessman and former Horsefly resident who now makes his home in Williams Lake. He too is interested in Apple devices and wishes to share what he has learned with Elder College adult learners. He will be a good asset for this course.

MEDITATION FOR EVERYONE

Course Leader: Colleen O'Neill
Course Coordinator: Kate McDonough
Time: Wed, Oct 9, 16, 23, 30, Nov 6 @ 10 – 11:30 am
Place: Kornak & Hamm (upstairs)
Course Fees: \$35.00
Class Size: up to 12

Course Description: Have you ever been curious about the Buddhist practice of meditation? Would you like to try it, but don't know where to begin? Would you like to discover some of the benefits that meditation can provide? Would you like to set up a daily personal meditation regimen? This class will teach you the fundamentals of Buddhist meditation practice and how to deal with problems and difficulties once you have started to meditate. Each week, you will learn new information and theory about the practice of meditation. Beginners are welcome and encouraged to attend as well as those more experienced meditators who wish to refresh and revitalize their techniques.

Course Leader: **Colleen O'Neill** has been involved with the Gendun Drubpa Buddhist Centre in Williams Lake since its inception in 2007. She currently serves as the Centre's Director. Colleen has taken meditation training from several different teachers and has instructed several basic meditation classes. She follows her own daily regimen of meditation practice and leads meditation sessions at the Centre.

RV MAINTENANCE AND CARE

Course Leader: Kelly Carson
Course Coordinator: Bev Atkins
Time: Wed, Oct 9 @ 1 – 3pm
Place: Kornak & Hamm (upstairs boardroom)
Course Fee: \$20.00
Class Size: up to 15

Course Description: This course is for all RV owners. It will focus on the safe operation of your unit, winterizing, and what you can do to maintain it in peak condition. You will also learn about the latest improvements in RV technology and accessories to enhance your RV's operating capabilities and to improve its performance.

Course Leader: **Kelly Carson** is the General Manager at Chemo RV. He has extensive experience with all types of recreational vehicles and he looks forward to sharing his knowledge and his expertise with our Elder College RV affectionados..

FIT FOR FUN

Course Leader(s): Britney Sukert
Course Coordinator: Barb Aquilon
Time: Wed, Oct. 16, 23 @ 10:30 - noon
Place: St. Andrews' Church Library
Course Fee: \$25.00
Class Size: up to 12

Course Description: Research shows that engaging in physical activity can delay the aging process, will promote better health, and will improve the quality of life. We also know that exercise releases endorphins, provides pain relief and reduces dependency on medications. Participants will learn about the benefits of physical activity and about low intensity exercises that can be done in the home. This two session course will educate you about physical activity and exercise, discuss the benefits of fitness, look at locations in Williams Lake where you can go to work on your physical fitness, and provide you with a simple, basic set of exercises that you can do at home. Please come with running shoes and comfortable clothing.

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.

DISCUSSIONS IN ARCHAEOLOGY

Course leader: Beth Bedard
Course Coordinator: Chris Coates
Time: Sats. Oct 19, 26, Nov. 2, 9 @ 9:30 - noon
Place: TRU – Room 1258
Course Fee: \$35.00
Class Size: up to 16

Course Description: It has been said that civilizations that do not heed the lessons of history are bound to repeat them. This course will have a look at several topics related to archaeology and provide a platform for discussion about the insights they provide. The instructor will select the initial topic for each of the 4 sessions, but undoubtedly the discourse will lead on to other areas of interest.

Course Leader: **Beth Bedard**, BA., MA., PHD. has for more than 30 years, as anthropologist and archaeologist, studied various and diverse archaeological sites in several parts of the world, especially here in B.C. Currently she instructs classes in Anthropology and Archaeology at TRU in Williams Lake. Beth's many years of experience in the field and her deep interest in B.C. First Nations history and culture provide her with unique and solid insights into her chosen field of study.

INTRODUCTION TO INSTANT POT COOKING

Course Leader(s): Pat Radolla & Rick Dawson
Course Coordinator: Deb Radolla
Time: Wed. Oct 23 @ 2:30 – 5 pm
Place: Seniors Activity Centre Kitchen
Course Fee: \$20
Class Size: up to 9

Course Description: This one session class is designed for those who are 'new' to cooking with an electric pressure cooker (Instant Pot) or thinking of purchasing one. You'll be taught the basics of how to use this efficient cooking appliance and will be shown

how to cook some simple dishes. The goal of this two and a half hour session is to have participants feel comfortable using the Instant Pot so they can buy a cookbook or two and prepare great meals at home.

Course Leader: **Pat Radolla** is a retired teacher who had a 34 year career working with elementary and secondary students in School District #27. He enjoys sharing the practical knowledge he has acquired over the years in the areas of gardening, travel, woodwork and lately cooking with an Instant Pot.

Rick Dawson worked for 30 years in and around Williams Lake as a forester and wildlife biologist. Now retired, he has lots of time for his two favourite past times –kayaking and hiking. He also has a keen interest in natural history and is involved with the WL Field Naturalists Association. Recently, Rick has turned his interest to cooking, and he has volunteered to share what he has learned about instant pot cooking.

CURRENT EVENTS – BEHIND THE HEADLINES

Course Leader: Joe Varesi
Course Coordinator: Nancy Andrunyk
Time: Thurs, Oct 31, Nov. 7, 14, 21, 28, Dec 5 @ 10:00 am to noon
Place: St. Andrews' Church Library
Course Fee: \$35.00
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 UBC 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.

CREATIVE DRAWING

Course Leader: Linda Bachman
Course Coordinator: Audrey Dye
Time: Thurs, Nov 7, 14, 21, 28 @ 12:30 – 3:30 pm
Place: Central Cariboo Arts & Culture Society – Main Floor Studio
Course Fee: \$35.00
Class Size: up to 12

Course Description: This creative drawing course is intended to foster free expression in your drawings as well as providing you with instruction and suggestions about improving your drawing skills. Participants of all skill levels are welcome, but no erasers are allowed!

Course Leader: Linda Bachman is an accomplished Landscape Artist. She is a member of the Cariboo Art Society and was an established painter in the Squamish/Whistler area, where she used to live. Linda's paintings can be viewed at various business venues around town and at the Tourism Discovery Centre.

COMMUNITY SERVICE COURSES-We welcome everyone to these free lectures

BEETLE BASHING: THE LIFE CYCLE & MANAGEMENT OF THE DOUGLAS FIR BEETLE IN THE CARIBOO

Course Leader: Leo Rankin
Course Coordinator: Barb Aquilon
Time: Fri. Sept 27 @ 9:30 to 11:30 am
Followed by a field trip
Place: St. Andrews Church Library
Course Fee: Free-Community Service Course
Class Size: up to 10

Course Description: This community service course involves a review of the life cycle of the Douglas fir beetle in BC, and particularly in the Cariboo-Chilcotin area. We will look at the basic life cycle and how the beetle is managed in our forests. On a smaller scale, we will examine how to control the beetle around your property and how to prevent the attack and spread of this pest into your trees. Along the way, we will discuss ticks in the Cariboo, the diseases they carry, and how to protect yourself from them. This course will involve

approximately 2 hours in a classroom situation and a short 2-3 hour field session in the forest.

Course Leader: Leo Rankin has a Masters degree in Pest Management from Simon Fraser University. Now retired, he worked in the forest industry for more than 40 years, including being the Forest Entomologist in the Cariboo Forest region during his 25 years tenure with the BC Ministry of Forests. Most of his work over the years involved management of bark beetles and defoliators of commercial forests as well as forest plantation pests.

ADVANCED CARE PLANNING

Course Leader(s): Daphne Johnson
Course Coordinator: Isobel Catling
Time: Thurs. Oct 3, 10, 17 @ 1:00 – 3:00 pm
Place: St. Andrews Church Library
Fee: Free Community Service Course
Class Size: up to 20

Course Description: Help your loved ones by making your own decisions and communicating your wishes to them about advance and end of life care. Putting these considerations off could result in it being too late for you to be involved. Anyone who expects to die sooner or later is welcome to attend these sessions to earn what sorts of decisions need to be made and to create your own Advanced Care Plan.

Course Leader: Daphne Johnson is the Volunteer Services Coordinator at Williams Lake Hospice Society. Since March 2014, she has been facilitating the End-of-Life Volunteer Training, and after revising the Training manual, has extended this training to the community. The End-of-Life training, including a module on Advance Care Planning is being provided to TRU Nursing programs, First Nations Communities and Better At Home. Her personal Advance Care Planning education includes numerous workshops and on-line training. These tools are used to guide Family meetings to 'start conversations' with individuals and their families.

ELDER COLLEGE DIRECTORS

Barry Sale, Acting President & Curriculum Committee Chair

Bernie Kromhout, Finance

Bob Wanless, Equipment

Deb Radolla, Promotions

Nancy Andrunyk, Director

Anna Hughes, Director

Tony Savile, Director

Maggie Pugh, Secretary

Shirley Pehota, Social

Margaret Menzies, Membership

Barb Aquilon, Director

Judy Jenkins, 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

