

Cariboo Chilcotin
Elder College

Lifelong Learning for Seniors 50+

Newsletter

Issue #41 FALL 2023

We trust that Fall 2023 will be one in which you keep on growing, improving, and learning.

The Elder College Curriculum Committee

MEMBERSHIP AND COURSE REGISTRATION
Wednesday
September 20, 2023
12:30 – 2:30 pm

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

Join us for:

- ◆ Registration
- ◆ Cash or Cheques only

LATE REGISTRATION
(for courses that are not full)

Wednesday
September 27, 2023
Seniors Activity Centre (SAC)
1:30 to 2:30 pm

Dear Elder College Members,

Last Spring we had a full slate of courses available, and participation was great. For this Fall session you will note that the number of courses has decreased. This is a time of transition for Elder College and the decision was made to reduce the number of courses to allow for volunteers to effectively deliver them. The Curriculum Committee and Executive Board have worked hard to identify a selection of courses that will be delivered this fall.

Elder College requires volunteers for both the Executive Board and Curriculum Committee. We hope you will consider putting your name forth at our **Annual General Meeting** scheduled for November 15, 2023 at 1:00 pm. **Location** is the Seniors Activity Centre.

Volunteer positions: President, Vice President, Secretary, Treasurer, Membership, Promotion/Communications, Social, Curriculum Chair and members, Equipment and seven Directors at Large.

The Registration Procedure in Spring of 2023 was successful and the same format will be utilized on September 20, 2023. Covid 19 is still present, and we will continue to be cautious and will follow the same process.

The Executive Board and the Curriculum Committee will continue to work to increase the number of courses offered for the Spring session. If you have a desire to become a course leader, we would love to hear from you!

Elder College would like to thank Anna Hughes for her tireless dedication to ensuring we have continued to deliver courses. We wish Anna all the best as she moves into the next chapter of her life.

Elder College relies on the volunteer course leaders and coordinators that provide our community with these courses delivering lifelong learning opportunities. We thank these volunteers for their ongoing support.

Acting President, Bev Atkins

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: 250-305-7445 (Maggie)

Email: weldercollege@gmail.com

Web Site: www.weldercollege.com

Come to **St. Andrew's United Church, 1000 Huckvale Place, on, WEDNESDAY, September 20, from 12:30 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 are not available. One additional membership and course registration day only will be held at the **Seniors' Activity Centre on, WEDNESDAY, September 27, from 1:30 – 2:30 pm**. Courses that are full, and have a waiting list on the first registration day will be closed to further registration on that day.

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.

COMPOSTING IN THE CARIBOO

Course Leader: Oliver Berger

Course Coordinator: Rick Dawson

Time: Thursday, October 12 @ 1:00 – 3:00 pm

Place: Potato House

Course Fee: \$20.

Class Size: up to 12

Course Description: Follow along with Oliver at the Potato House Project in Williams Lake as he goes deep underground into the wonderful world of composting. With a strong knowledge and over a decade of experience composting food waste of all types, Oliver has an answer for most composting conundrums. We will discuss different styles of backyard composting, the ins and outs of vermicomposting, and some great ways to manage all your yard and food waste.

Course Leader: **Oliver Berger** has a 40+ year degree in life, starting out in the Spokan Lake area spending his adolescence in Williams Lake and then venturing throughout the world in a quest to learn things. His priorities include dedication to and education about waste management.

CONVERSATIONAL SPANISH

Course Leader: Patricia Olson

Course Coordinator: Barb Aquilon

Time: Thursdays, Oct. 5, 12, 19, 26 Nov. 2, 9 @ 1:30-3:30 pm

Place: St Andrews United Church Library

Course Fee: \$60.

Class Size: up to 10

Course Description: This is a basic Spanish course for people who have little or no prior knowledge of the language, but who would like to learn. The focus will be on learning simple terms and phrases and using them in conversation. The instructor uses many techniques, including hand-outs, flash cards, repetition, music and videos, done in a relaxed atmosphere. Upon completion of this course you will have gained an understanding of the language and the ability to make yourself understood.

Course Leader: **Patricia Olson** is a native of Mexico City who has been a resident in Canada for the past 30 years. She has instructed Spanish at the Williams Lake campus of TRU, a vocation which she has thoroughly enjoyed. Patricia taught this class for Elder College in 2022, and she is looking forward to working with us again. Her enthusiasm and teaching style will make this an interesting and enjoyable class.

GEOCACHING 101

Course Leader: Anita & Brian Davidson

Course Coordinator: Diana Shlkanka

Time: Saturday, Oct 28 @ 11:00 – 1:00 pm

Place: In town – location given at Registration

Course Fee: \$20.

Class Size – up to 10

Course Description: We will support people to put the geocaching app on their smart phone, and review it. We will also help find geocaches and do an adventure lab, so there will be walking or some hiking. Dress for the weather.

Course Leader: Anita and Brian Davidson began geocaching in 2009 with their children. They have 1,344 caches and have earned 219 digital souvenirs. They also participate in geocaching games sponsored by the Geocaching.

INTRO TO DISC GOLF IN BOITANIO PARK

Course Leader: Mark Savard

Course Coordinator: Deb Radolla

Time: Wednesday, Oct 11 @ 10:00 – 12:00 noon

Place: Boitanio Park

Fees: \$30. (equipment supplied)

Class Size: 6

Course Description: The disc golf course at Boitanio Park opened in October, 2022. If you wish to learn more about the rules of the game, the equipment, and how to get started, register for this opportunity to join Mark Savard and learn firsthand how to navigate the Williams Lake course. Disc golf course designer, Chris Hartmann, co-owner of INdesign Disc Golf, and his business partner, Stewart Mcl sack, both from the Lower Mainland, designed this moderately open course with short distances, for new players and families.

Course Leader: Mark Savard always preferred the open expanses of the outdoors over the large buildings and cramped spaces of the big city. The outdoors is in his blood, and he has never given any thought to living anywhere but here. As the owner of Red Shreds Bike and Board Shed since 1988, Mark is thrilled to have played a part in the development of local sports like disc golf and mountain biking “I want to make Williams Lake the best possible place to want to LIVE” Mark says. And for him, nothing says “living” like getting outside.

KEEPING BEES AND POLLINATORS

Course Leader: Diane Dunaway

Course Coordinator: Deb Radolla

Time: Thursday, Oct. 19 @ 1:00 – 2:30 pm

Place: Cariboo Arts Centre (old firehall)

Course Fee: \$25.

Class Size – up to 12

Course Description: The Cariboo Chilcotin is a great beekeeping area. For over 150 years domesticated honey bees have thrived in our dry climate. To encourage their ongoing survival and to support other important native pollinators in our region there are some well researched garden and habitat strategies that all of us can create and share. Come and discover how clever these social insects really are, and what a key role they play in keeping us fed and our ecosystems humming along.

Course Leader: Diane Dunaway has kept honey bees for over 25 years. A Master Beekeeper and retired Apiary Inspector, she has run up to 100 colonies from her Bee Happy Honey Farm in the Soda Creek Valley. Diane enjoys creating habitat for many beneficial winged creatures. When she’s not off chasing swarms around the countryside she can be found at home with her husband, Dave, of 30 plus years and their menagerie of rescue animals.

LINE DANCING

Course Leader: Rosetta Paxton

Course Coordinator: Carol Thiessen

Time: Thurs. Oct 12, 19, Nov. 2, 9 @ 1:00 – 3:00 pm

Place: Royal Canadian Legion basement

Fee: \$40.

Class Size: 20

Course Description: Line Dancing is lots of fun. Rosetta’s warm, friendly approach will get everyone moving in the spacious hall of the Royal Canadian Legion basement. Join her for this four part series designed to make you familiar and confident to continue line dancing whenever possible in the Cariboo. Rosetta will make the steps simple and for everyone.

Course Leader: Rosetta has been teaching Line Dancing for several years in Williams Lake. She loves country music, dancing and entertaining the folks of the Cariboo. Recently she has performed for the Williams Lake Garden Club and taught Line Dancing for the City of Williams Lake. Her energy and enthusiasm will get your toes tapping and your feet moving.

MANDALA DOTTING

Course Leader: Mike Mann
Course Coordinator: Carol Thiessen
Time: Wednesdays, Oct 18, 25 @ 1:00 – 3:00 pm
Place: Cariboo Arts Centre
Course Fees: \$35. (paint supplies will be provided)
Class Size: up to 15

Course Description: Rock Mandala painting is a good way to relieve stress, improve focus and hand eye coordination. This course will teach you about the different aspects of paints and show you the wide variety of extra tools you will find handy plus many tips and tricks to simplify what looks very complex. Dotting skills can also be used to create elaborate eggs at Easter.

Course Leader: Mike Mann's art background started as an adolescent sketching old buildings in downtown Toronto, drifting into doing cut-out stencil graffiti, designing stickers, working on logos and then moving onto painting landscapes on canvas. He has painted cars and trucks, military camo and even a duck boat. During lockdown in 2020 he started doing rock mandalas and found it to be very therapeutic and continues doing it today.

PHILOSOPHERS' CAFÉ

Course Leader: TBA
Course Coordinator: Gail MacLellan
Time: Tuesdays, Oct 3, 10, 17, 24, 31, Nov 7 @ 10:00 - noon
Place: St. Andrews United Church Library
Course Fees: \$40.
Class Size: up to 12

Course Description: The Philosophers' Café is a loosely facilitated discussion group. Topics for discussion are selected by the group, and are likely to include current and timely political, social, and philosophical issues. Come prepared for a wide range of views and experiences, some lively debate and thoughtful discussion.

Course Leader: There are not adequate words to describe this master of speech. This person will lead the course with a plethora of double entendres, puns, turns of phrase and edgy witticisms. There will be ample opportunity to enjoy verbal jousting with this master and your classmates.

BASIC SEWING

Course Leader: Elaine Watt
Course Coordinator: Maggie Pugh
Time: Thursdays, Nov 2, 9, 16 @ 10:00 am – 1:00 pm
Place: SAC downstairs
Course Fees: \$60.
Class Size: up to 8

Course Description: Yes, you can learn to sew. You will be sewing a number of useful projects. This is an introductory course that opens the door to learning more challenging techniques. You will need your own sewing machine in good working order and be knowledgeable about your machine.

Course Leader: A retired teacher with School District 27, Elaine started quilting in 1996 and joined the local quilt club the following year. She has continued to present day sewing and designing quilts. Elaine is passionate about teaching others.

WATER WISE WORKSHOP

Course Leader: Jenny Howell
Course Coordinator: Deb Radolla
Time: Tuesday, Oct. 31 @ 10:00 am – noon and Nov. 7 – Tour @ Water Treatment Plant
Place: Oct 31 - SAC (downstairs)
Course Fees: \$20.
Class Size: up to 12

Course Description: This is a two session course. The first session will be in a formal setting and will cover information about water in the Williams Lake area, including groundwater, the Region's aquifer, and how contaminants enter the watershed. There will be good opportunities for questions and answers. The second session will be a tour of the City's water system to see how Williams Lake obtains its water supply and what treatments are necessary to keep it safe for residents. This will be an interesting course on a resource we often take for granted. (The field trip may be subject to City Covid protocols.)

Course Leader: Jenny Howell is the Executive Director of the Cariboo Chilcotin Conservation Society and an instructor for the Water Wise program. She teaches water stewardship courses at many schools in the Cariboo Chilcotin. These courses include discussions and demonstrations about watershed health, conservation practices, the importance of wetlands, and protecting our water now and in the future. Jenny shared her expertise was well received. Jenny shared her expertise with Elder

College participants last fall and her class was very well received.

WINE OFF THE VINE

Course Leader: Murray Croft

Course Coordinator: Linda Isfeld

Time: Friday, October 13 @ 1:00-2:00 pm

Place: 955E Mackenzie Ave South

Course Fees: \$20.

Class Size: up to 10

Course Description: Learn how to make your own wine and see the process in action. Also learn about brewing beer.

Course Leader: Murray Croft started making wine before he was 19 years old. He always had a passion for making wine and brewing and turned his hobby into his business, Croft's Brewing and Wine Off the Vine.

DOG CREEK TOUR

Course leader: Dot Unrau

Course Coordinator: Val Fleming

Time: October 13 @ 8:15 – 4:30

Place: Park at Stampede Grounds parking lot across from the Grandstand on upper level

Course Fee: 100.

Class Size: up to 25

Course Description: We leave Williams Lake at 8:30 am. First stop is Springhouse, then Alkali Lake, Moore Ranch, Little Dog Creek, the Airport Gang Ranch (viewed from across the Fraser River), Dog Creek and Gasperd Ranch, Stop at the mineral spring for lunch and lastly the Grandview Ranch. We should arrive home about 4:00 – 4:30 pm.

*Please wear walking shoes (we do very little walking but sandals are not appropriate).

**Bring a lunch. We will arrange some toilet breaks along the way.

Course Leader: Dorothy Unrau was born and lived on a ranch in Dog Creek Valley. Her parents arrived in the 1920s. She is interested in the pioneers that first settled here and likes to share what she has learned with others.

CARIBOO HISTORIC RANCH TOUR

Course Leader: David & Susan Zirnhelt

Course Coordinator: Jim Chorney

Time: Wednesday, October 4 from 8:15 – 4:30 pm

Place: Park at Stampede Grounds parking lot across from the Grandstand on upper level

Course Fee: \$100.

Class Size: up to 25

Please note bus to depart Stampede Grounds parking lot promptly at 8:30 am, returning home around 4:00-4:30 pm. Participants to bring their own lunch and beverages. Bottled water supplied on the bus. Dress for the weather.

Course Description: David and Susan will host this tour of their working ranch, providing an overview of ranching in the Cariboo, past and present and what the future is looking like for ranching in our area given the challenges of significant market and climate changes.

Course Leader: David and Susan have developed and worked their ranch in the Beaver Valley for over 50 years with family ties going back further. Susan is retired after a long teaching career in rural schools in the area. David has been a rancher and MLA for the area and continues to be active in provincial agricultural planning.

HAPHAZARD TOUR

Course Leader: Loyd Csizmadia

Course Coordinator: Diane Wright

Time: Oct 12 meet at 8:15 am bus returns 4:00-4:30

Place: Park at Stampede Grounds parking lot across from the Grandstand on upper level

Course Fee: \$100.

Class Size: up to 25

Course Description: Barry Sale wrote his first "Haphazard History" article over 10 years ago. Continuing with Barry's efforts to promote Cariboo History, this is a tour of the Cariboo Wagon Road between 100 Mile House and 150 Mile. There is an intro to the day and then the bus departs for 100 Mile House where the tour continues in front of one of the two remaining BX stage coaches. Depending on time, there will be 6 – 8 more stops as the bus winds its way back to Williams Lake. Please pack food and water. There will be a half hour lunch break at the 108 Heritage Site.

Course Leader: Loyd is a retired teacher. Always interested in history, he particularly enjoys Barry Sale's "Haphazard History" column in the *Williams Lake Tribune*. Through live readings of Barry's columns along the Gold Rush Trail, he hopes to deepen his own knowledge of the people, places, and events mentioned therein, and – at the same time – invites others to do the same.

ELDER COLLEGE DIRECTORS

Bev Atkins, Vice President
Bernie Kromhout, Treasurer
Jim Chorney, Curriculum
Joanne Wright, Social
Darrell Barron, Equipment
Barb Aquilon, Director
Gail MacLellan, Director

Maggie Pugh, Secretary
Margret Menzies, Membership
Tony Savile, Promo/Communication
Val Fleming, Director
Deb Radolla, Director
Linda Isfeld, Director
Diane Wright, 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.

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 based on the number of sessions and actual costs involved. We try to keep the course fees reasonable and affordable. 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.

Recording – Phone or camera video or audio recording of all courses is prohibited.

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.
- 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