



Cariboo Chilcotin Elder College

Lifelong Learning for Seniors 50+

Newsletter - Issue #43 FALL 2024

We trust that Fall 2024 will be one in which you keep on growing, improving, and learning.

MEMBERSHIP AND COURSE REGISTRATION

Saturday

September 21, 2024

11:00 – 2:00 pm

Seniors Activity Center

176 - 4th Ave N, Williams Lake

778-267-9437

weldercollege@gmail.com

website www.weldercollege.com

Join us for:

- ◆ Registration
- ◆ Cash or Cheques only
- ◆ Refreshments

LATE REGISTRATION (for courses that are not full)

Wednesday

September 25, 2024

1:00 – 2:30 pm

Seniors Activity Centre (SAC)

176 - 4th Ave N, Williams Lake

COURSE REFUNDS

Will be available if Elder College cancels the course.

Dear Elder College Members,

Greetings from the Elder College Executive and Curriculum committees. We hope you had an enjoyable summer and as we move into fall, we are excited to offer a diverse list of course offerings.

We're offering more Fall courses than were offered in the Spring. As I am writing this, I know the Curriculum Committee is busy working to finalize the details. There are so many logistical tasks to ensure courses are delivered to our members. The Executive is working to ensure that we provide courses as cost effective as possible. This past Spring our course fees were in line with prepared estimates, which is positive. We're still working on ensuring our administration fees are properly allocated to our course fees. Our membership isn't as high as previous years, so we're working to actively promote Elder College in our community. A new initiative includes moving the first registration to a Saturday. We're hopeful this will make registration more accessible to seniors who are still in the workplace.

Our Annual General Meeting was held Nov 15, 2023. A new set of Bylaws and Constitution was presented and approved. This means we're meeting the new requirements of the Societies Act. We elected four new directors and look forward to working with them and including their ideas moving forward. Our membership fee will remain the same - \$10 for the calendar year. This was decided after a motion was passed to discontinue the \$1500 student bursary. The mandate of Elder College is to focus on adult learning, and we strive to make that as economical as possible.

Our AGM will occur in November, we welcome new members on both the executive and curriculum committees. If you are interested in joining one of these committees please contact one of the executive members for more information. Elder College relies on volunteer course leaders and coordinators that provide our community with these courses delivering lifelong learning opportunities. We thank these volunteers for their on-going support.

Please note important registration dates on the left side of this page. The **first registration** is **Saturday Sept 21 between 11:00 and 2:00 pm** at Seniors Activity Ctr. **Late registration** is on **Wednesday Sept 25 between 1:00 and 2:30** and the location is the Seniors Activity Centre.

Bev Atkins, President

ELDER COLLEGE COURSES

Elder College recognizes participants may have scent allergies/sensitivities, so course participants are asked to refrain from use of scents/perfumes.

ADVANCE CARE PLANNING & BEREAVEMENT

Course Leader: Daphne Johnson

Course Coordinator: Deb Radolla

Time: Tuesdays, Oct 15, 22, 29. 9:30 am – 12:30 pm

Place: WL Library

Course Fee: \$40

Class Size: up to 15

Course Description: Help your family/friends by making your own decisions and communicating your wishes about advanced and end-of-life care. Delaying these considerations could result in it being too late for you to be involved. Learn which decisions to be made ahead of time. You create your own care plans and obtain tools to assist others with this planning.

Course Leader: Daphne Johnson is the Executive Director of **Williams Lake Hospice Society** and has facilitated volunteer training in advance care planning for the society for several years. She has attended numerous workshops and training to hone her skills and delivered excellent courses for Elder College.

AIR FRYER COOKING FOR SINGLES OR SENIORS

Course Leaders: Maggie Pugh/Tony Savile

Course Coordinator: Maggie Pugh

Time: Thursday, November 7. 2:30 pm – 4:30 pm

Place: Seniors Activity Centre (kitchen)

Course Fee: \$30

Class Size: up to 8

Course Description: Air Fryers allow you to cook small amounts of food easily/quickly using less fats/oils. Energy cost saving appliance. 2 different air fryer models will be demonstrated with proven recipes and tasty samples provided.

Course Leaders: Maggie and Tony have a passion for cooking. Tony has become very adept at using an air fryer. Together they bring their enjoyment of cooking with air fryers – along with useful recipes that reduce time spent in the kitchen.

BARKERVILLE – OLDE FASHIONED CHRISTMAS TOUR

Course Leader: Bev Atkins

Course Coordinator: Bev Atkins

Time: Saturday, December 14. 7:30 am – 6:00 pm

Place: Meet Tour Bus on Stampede Grounds at Grandstand

Course Fee: \$99

Class Size: minimum 20, maximum 30

Course Description: Imagine strolling through a quaint historic village, draped in a blanket of snow and traditional Christmas décor. Savor warm cocoa while joining in merry holiday carols at a historic church. Capture cherished family photo with Father Christmas—yes, Santa Claus! Experience the thrill of festive sleigh ride and discover one-of-a-kind holiday gifts. If this paints a delightful scene in your imagination, then Barkerville's Old-Fashioned Christmas is an event

you can't miss! Fun and engaging activities and heartwarming experiences for all ages! Lunch can be purchased in Barkerville or bring your own.

Course Leader: Bev Atkins coordinates this bus tour leaving from WL Stampede Grounds behind grandstand. Tour includes bus transportation, admission to the park. A self-guided tour, Lunch can be purchased in Barkerville or so bring your own.

BUILD YOUR OWN GRINCH TREE

Course Leader: Tammy French

Course Coordinator: Bev Atkins

Time: Wednesday, December 4. 3:30 pm – 5:30 pm

Place: Seniors Activity Centre Basement Room

Course Fee: \$75

Class Size: up to 10

Course Description: Tammy and her staff are instructing this 2-hour session to create your own *Grinch Tree*, a flora and fauna arrangement comprised of cedar, pine, Douglas-fir. The tree is in a 4" pot and will be approx. 18" tall and 10" wide.

NOTE: Pls wear long sleeves and bring light gloves to avoid negative reactions to foliage. You have the option to build a 2nd tree if you can create it within the 2-hour session. There will be an additional \$60 cost – payable in cash at the workshop.

Course Leader: Tammy French owns **Lo's Florist** which proudly serves WL area. **Lo's Florist** is a family owned and operated business which is committed to offering floral arrangements and gifts, backed by service that is friendly and prompt.

BULLION PIT AND QUESNEL FORKS

Course Leader: Jim Gipson

Course Coordinator: Jim Chorney

Time: Wednesday October 2. 8:00 am – 3:00 pm

Place: Meet Tour Bus at Stampede Grounds

Course Fee: \$99

Class Size: minimum 20, maximum 30

Course Description: Jim Gipson will be leading a tour of Bullion Pit mine site and historic Quesnel Forks area. Learn about gold mining and area's colorful history. Meet the tour bus behind Stampede Grounds at 8:00 am, return around 3:00 pm. Lunch can be purchased in Likely or bring your own.

Course Leader: Jim has a lifetime of learning about Gold Rush history, loves collecting antique mining equipment, and has been mining for gold for over 25 years.

CARIBOO HISTORIC RANCH TOUR

Course Leader: David and Susan Zirnhelt

Course Coordinator: Darlene Campbell and Jim Chorney

Time: Monday, September 30. 8:30 am – 4:30 pm

Place: Meet bus at back of Stampede Grounds

Course Fee: \$75

Class Size: minimum 18, maximum 20

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

Course Leader: David and Susan have developed and worked their ranch in Beaver Valley for over 50 years with family ties to the land going back further. Susan is retired after a long teaching career in rural schools in the area. David is currently President of the Cariboo Cattlemen’s Association, a rancher, former MLA for the area, and continues to be active in provincial agriculture planning.

CARING FOR YOUR AGING PET

Course Leader: Dr. Amy Jordan

Course Coordinator: Diane Wright

Time: Wednesday, November 13. 9:00 am – 12:00 pm

Place: Seniors’ Activity Centre

Course Fee: \$25

Class Size: up to 30

Course Description: Learn to recognize the signs of aging in pets; what is normal, and when it’s time to see a vet. Learn about specific requirements our aging pets need with particular attention to diet, exercise and preventative health care. Understand why vet care is particularly important for our older pets and discuss common diseases seen in elderly pets and what we can do to help them. Learn things to consider when making end-of-life decisions for your beloved companion.

Course Leader: Dr. Jordan has enjoyed working with the wonderful team at **Animal Care Hospital** since 2014. She enjoys working with all kinds of animals and working together with clients to provide the best care possible for the animals they love.

CELEBRATING POLLINATORS: HABITAT CHAT & MAKING BEESWAX FOOD WRAPS

Course Leader: Diane Dunaway

Course Coordinator: Deb Radolla

Time: Thursday, October 10. 1:00 pm – 3:30 pm

Place: Central Cariboo Arts Center – Kelsey Room

Course Fee: \$40

Class Size: up to 15

Course Description: Diane shares her love of pollinators, both domestic and wild and how to support them. Fall is a crucial time to ensure good over-wintering for beneficial insects. We’ll talk about creating optimal habitat for them. To celebrate the goodness, we receive from honey bees, Diane will give hands-on instructions on making beeswax food wraps. You will take home your own set of 3 beeswax food wraps including instructions on how to make more plus a wax bar for touch-ups. A buzz-worthy afternoon!

Course Leader: Diane has kept honeybees 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 Soda Creek Valley. She enjoys creating habitat for many beneficial pollinators and is keen to support zero waste lifestyle choices.

CREATIVE WRITING WITH A TWIST

Course leader: Kerry Cook

Course Coordinator: Deb Radolla

Time: Wednesdays, October 16, 23, 30, Nov 6 and 13. 3:00 pm – 5:00 pm

Place: Cariboo Arts Center

Course Fee: \$40

Class Size: up to 15

Course Description: This informal course invites you to explore and discover the next chapter in your life through journaling. It begins with receiving a beautiful gift bag filled with 5 amazing gifts. Each week you discover a new gift and reflect on how it impacts your life. Embrace the power to choose and decide what to pack with you on this journey. It is a fun and informal way to discover self-awareness, build muscles of courage, strength & resilience. No expertise in writing is required - just Imagination, creativity and laughter.

Course Leader: Kerry moved to WL in the early 70's. Kerry recently retired after 37 years as a faculty member at TRU. As a life-long learner she enjoys reading, taking courses, developing curriculum and teaching.

ESTATE PLANNING

Course Leader: Ryan Brink

Course Coordinator: Larry Stranberg

Time: Thursday, October 10. 10:00 am – 11:30 am

Place: Community Futures Building

Course Fee: \$20

Class Size: up to 12

Course Description: Ryan is a certified Financial Planner and Investment Advisor for **Brink and Associates**. Ryan has helped 100s of families, from all walks of life, achieve their financial goals. His results have won him many awards including Financial Planner of the Year award, Regional Financial Planning Excellence awards and National Team excellence awards and Presidents Circle awards. He is an attentive listener and a great teacher.

Course Leader: Ryan enjoys riding dirt bikes, hunting, camping and enjoying the beautiful outdoors. He and Jenna are proud parents of 2 children who keep him very busy the rest of the time.

FRAUDS & SCAMS

Course Leader: Corporal Brent Vivier

Course Coordinator: Darlene Campbell

Time: Tuesday, October 22. 1:00 pm – 2:30 pm

Place: Seniors Activity Center

Course Fee: \$20

Class Size: up to 20

Course Description: "If it sounds too good to be true, it probably is." What are the latest scams in our area, Canada, or Internationally. Learn to recognize them, what to do if you are a victim of a scam or fraud. Topics: online fraud, fraudulent calls, Police impersonators, 'gifting pyramids', PIN pads, debit cards and ATMs, email phishing. Rental scams, Bitcoin and gift card scams.

Course Leader: Cpl Brent Vivier: Indigenous Policing Services Unit Commander. **RCMP** member for 9 years, and he has worked in Creston, Alert Bay, 100 Mile House, and Williams Lake.

GIBRALTAR MINE TOUR

Course Leader: Liselle Pierce

Course Coordinator: Darlene Campbell

Time: Thursday, October 3. 9:00 am – 1:00 pm

Place: Meet bus at Stampede Grounds behind grandstand

Course Fee: \$80

Class Size: minimum 20, maximum 26

Course Description: **Gibraltar Mine** is a Canadian copper mine operated by **Taseko Mines** near McLeese Lake, BC. It is the second largest open-pit mine in Canada, and fourth largest in North America. The Mine is the largest employer in Cariboo region, and has created economic and social stability in the Cariboo-Chilcotin region since 1972.

Course Leader: Liselle Pierce has a rich background spanning 14 years in School District 27, and she has transitioned into her role as Community Relations Administrator at Gibraltar. She has dedicated a year to fostering strong connections between the Mine and local communities. She spearheads Mine tours and community focused projects, demonstrating a passion for nurturing meaningful relationships.

INDIGENOUS DRUM MAKING

Course Leader: Marlene Swears

Course Coordinator: Bev Atkins

Time: Thursday December 5. 3:30 pm – 5:30 pm

Place: Seniors Activity Center

Course Fee: \$80

Class size: up to 15

Course Description: Marlene and her team will instruct a 2-hour session to make your own Musical Instrument that includes a Drum from a kit. Your \$60. drum kit is made with all natural materials by an authentic Canadian Metis Indian. Materials are smudged and blessed when gathered. The workshop will include the drum kit and instruction on how to lace the rawhide onto the frame. Each drum is unique with color and sound, no two are the same. The drum beat echoes our heartbeat, connecting us to our deeper-selves. Drumming is a universal language, communes with people from all cultures. We can all play a drum. Rhythm is universal.

Course Leader: Marlene Swears is the President of the CARIBOO CHILCOTIN METIS ASSOCIATION, located in Williams Lake. The Metis government in British Columbia, represents Metis citizens who promote the rights, recognition, priorities, and interests of all Metis in B.C. Their cultural vision and mission commit to upholding Metis cultural values in their work together at Metis Nation Government in British Columbia (MNBC), in communities and in relationships. We embrace the values of integrity, kindness, innovation, respect, teamwork, humility and resilience.

INTRODUCTION TO ARCHIVAL RESEARCH

Course Leader: Jennifer Coupé

Course Coordinator: Carol Thiessen

Time: Thursday, October 17. 1:00 pm – 4:00 pm

Place: Williams Lake Library

Course Fee: \$20

Class Size: up to 20

Course Description: Join Area Librarian, Jennifer Coupé for Archives 101 session and tour of Cariboo-Chilcotin Archives at WL Library. The course will cover an introduction to conducting archival and genealogical research in Canada, and a tour of Cariboo-Chilcotin Archives housed in WL Library.

Course Leader: Jennifer Coupé has worked in libraries and museums across BC. She completed her Master of Library and Information Studies at the University of Alberta in 2019 and worked for CARIBOO-CHILCOTIN REGIONAL DISTRICT since 2020. Jennifer is passionate about access to information and believes libraries offer more than physical collections and spaces for users to connect virtually. In her spare time Jennifer likes to read.

MEALS IN A JAR

Course Leader: Della Rauch

Course Coordinator: Gaylene Desautels

Time: Wednesdays, October 9, 16. 3:00 pm – 4:30 pm

Place: Seniors Activity Centre

Course Fee: \$40

Class Size: up to 12

Course Description: Della will be leading participants to make three “Meals in a Jar” to take home after each class. These recipes can be easily duplicated at home for yourself and/or given away as gifts for your friends or family. Della’s recipes will leave a lasting impression with you and your acquaintances.

Course Leader: Della Rauch is an experienced caterer with fifteen years of expertise as the owner/operator of **True Food**. She is known for creating memorable dining experiences at local events in WL and surrounding areas.

MEDITATION

Course Leader: Colleen O’Neil

Course Coordinator: Carol Thiessen

Time: Wednesdays; October 9,16,23,30, & November 6. 10:00 am – 11:00 am

Place: Central Cariboo Arts Centre Studio

Course Fee: \$50

Class Size: up to 10

Course Description: Primarily covers analytical meditation and hopes to touch on walking meditation. In each class you learn a new analytical meditation and take it home to practice, the following week we will briefly discuss how it went and try to solve problems/questions. This course is purely secular and focuses on understanding how meditation can lead to more clarity of mind, improved memory, and a greater feeling of satisfaction in life.

Course Leader: Colleen has been a student of meditation for over 20 years, and learned and practiced several types of meditation and discovered how to use it to create a better life. She previously taught meditation for Elder College, and the Buddhist Centre in WL. She looks forward to leading this course.

PHILOSOPHERS’ CAFE

Course Leader: TBA

Course Coordinator: Gail MacLellan

Time: Tuesdays; October 1 – November 5. 10:00 am – 12:00 pm

Place: Central Cariboo Arts Centre

Course Fee: \$30

Class Size: up to 15

Course Description: Group meets to discuss whatever YOU want, a wide-open field. No promises as to its success. It's been going high on 15 years, and look around at the world, you can see how effective it has been. Puns, paraprosochians,

and plays on words are welcome. Lots of laughter and some wisdom. One is supposed to respect their elders. If you are finding it harder and harder to find one now, this course is for you.

Course Leader: The leader, a quiet, mature, dour elder, promises to let each member speak their piece at length, or until he tires and cuts them off. There are no adequate words to describe this master of speech.

ROCK DOTTING

Course Leader: Tony Savile

Course Coordinator: Gaylene Desautels

Time: Saturdays, November 2, 9. 10:00 am – 12:00pm

Place: Seniors Activity Center

Course Fee: \$50

Class Size: up to 14

Course Description: Learn and practice dotting and painting mandalas and other designs, using acrylic paints on either/or rocks, wood or canvases - basic tools provided. This course is a good way to relax, improve focus and hand/eye coordination. You will take a unique collectible piece of art home.

Course Leader: Tony has led many courses for Elder College, including Air Fryer Cooking and Furniture Refinishing. He has taken several courses, including photography, watercolor painting and rock dotting.

RV MAINTENANCE

Course Leader: Jason Bell

Course Coordinator: Val Fleming

Time: Monday, November 4. 9:30 am – 12:00 pm

Place: Seniors Activity Center

Course Fee: \$30

Class Size: up to 15

Course Description: This course will cover winterizing and start-up, battery technology, holding tanks, getting ready to travel, pre-checks, backing up, hauling capacity, tow vehicle, solar charging and maintenance. Come with your questions.

Course Leader: Jason Bell is General Manager/Dealer Principal of **Chemo RV**. He has over 20 years of experience in maintaining many different brands of RV's. Joining him is James Pankratz, Service Manager with 5 years' experience.

SENIORS SAFETY & FIRST AID TIPS

Course Leader: Barb Vincent

Course Coordinator: Deb Radolla

Time: Monday, October 28. 9:30 am – 12:00 pm

Place: Seniors Activity Centre upstairs

Course Fee: \$30

Class Size: up to 12

Course Description: Barb uses her knowledge as a former Red Cross First Aid and Swim Instructor to discuss how to handle first aid emergencies for yourself and others. She will coach participants on how to react to emergencies with personal safety in mind, and how to prevent falls/accidents in the home. She will demonstrate the use of an AED, review basic First Aid procedures and ensure you leave feeling good about how to handle surprise events.

Course Leader: Barb taught first aid and swimming lessons for City of WL for many years. In her retirement she coaches young swimmers for the Blue Fin Swim Club, golfs & travels. She is happy to share her knowledge with Elder College this fall.

SKIN CARE AND MAKE-UP FOR SENIORS

Course Leader: Kirsten Blackwood

Course Coordinator: Diane Wright

Time: Thursday, November 14. 2:00 pm – 5:00 pm

Place: Seniors Activity Center

Course Fee: \$25

Class Size: up to 20

Course Description: Learn tips and tricks on how your skin ages and what to do about it. We will cover different skin treatments, hair removal and the importance of skin health at any age. We will get into Make-up, Your skin and style change so should your make-up. We will cover some different products and techniques to use so you can feel confident applying make-up at any age!

Course Leader: Kirsten is the owner/operator of **Blackwood Beauty Studio** and has worked in the beauty industry for over 20 years. She has Esthetics Diploma from Blanche MacDonald and Make-up for Film and TV Diploma from Vancouver Film School. She's worked and lived in Vancouver and Toronto. Her passion is skin care and loves sharing her knowledge with others!

WATER WISE

Course Leader: Jenny Howell

Course Coordinator: Deb Radolla

Time: Tuesdays, November 5, 12. 10:00 – 12:00 pm

Place: Seniors Activity Center, downstairs (2nd class at Scout Island)

Course Fee: \$30

Class Size: up to 15

Course Description: This water stewardship class will include discussions and demonstrations about watershed health, conservation practices, the importance of wetlands, and protecting our water now and in the future. The first class covers info about water in WL area, including groundwater, the Region's aquifer, and how contaminants enter the watershed. second class will include a tour of the City's water system to learn how Williams Lake obtains its water supply and treatments used to keep residents safe.

Course Leader: Jenny is Executive Director of **Cariboo Chilcotin Conservation Society** and an Instructor for the Water Wise program. She teaches water stewardship courses at schools in the Cariboo Chilcotin, in collaboration with the City of WL Water and Sewer department. She will share her expertise.

“ Thank you for supporting Elder College “



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.

2024 Board of Directors

Bev Atkins, President
Maggie Pugh, Secretary
Larry Stranberg, Director
Tony Savile, Promo/Communication
Linda Isfeld, Social Director

Joan Erb, Vice President
Deb Radolla, Curriculum, Co-Chair
Brenda Sanford, Director
Gaylene Desautels, Equipment
Diane Wright, Director

Bernie Kromhout, Treasurer
Jim Chorney, Curriculum, Co-Chair
Margret Menzies, Membership
Val Fleming, Director
Gail MacLellan, Booking Director

MEMBERSHIP

Membership is open to anyone 50 years or older. Membership fee is \$10, and offers opportunity to:

1. participate in all Elder College courses, lectures and special events.
2. volunteer in a number of areas.
3. participate in the governing of Elder College.

Curriculum Policies & Procedures

1. The information collected on the *Registration Form* is confidential and used only by the Cariboo Chilcotin Elder College Executive and curriculum committee members. There shall be no video or audio recording of any course.
2. Course fees are set by the Elder College Executive and are reviewed regularly. Course fees reflect current economic circumstances.
3. Occasionally photos are taken during Elder College classes. Your instructor and/or Course Coordinator will seek your permission prior to any photos taken during class. These photos are used for promotional purposes.
4. A credit for the course may be considered in the event of an illness, family emergency or other extenuating circumstances. A credit may be considered if Elder College is notified one week in advance of the first session. The credit must be used at the next semester. Unused credits will expire at the end of the next semester. Credits can be transferred to another active member of Elder College.
5. To request a credit please contact the Course Coordinator who will collect information and forward it to the Curriculum Co-Chairs who will provide recommendations to the Executive.