

Cariboo Chilcotin  
**Elder College**

ASSOCIATED WITH THOMPSON RIVERS UNIVERSITY

**Lifelong Learning for Seniors 50+**

**Newsletter**

**Issue #35 Spring 2019**

We trust that Spring 2019 will be one in which you keep on growing, improving, and learning. The Elder College Curriculum Committee

**MEMBERSHIP SIGN-UP ONLY**

Seniors Activity Centre  
January 16<sup>th</sup>, 2019 (no course registrations on this date)  
1:30 – 2:30 pm

**MEMBERSHIP AND COURSE**

**REGISTRATION**

Wednesday  
January 23<sup>rd</sup>, 2019  
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  
January 30, 2019  
1:30 – 2:30 pm

*Associated with*



*Thompson Rivers University*

**LETTER TO MEMBERS**

Happy New Year Elder College Members! We have prepared an interesting batch of courses and learning opportunities for you to enjoy this Spring 2019. We hope these offerings pique your interest on Registration Day. The course offerings are in response to feedback from you through surveys, and word of mouth.

Attached to this newsletter are the courses for Spring. In addition to the course offerings there is a brochure (green sheet!) which is an abbreviated form of the course descriptions. This "green sheet" is distributed throughout the community in hard copy.

Starting on page 8 of this Newsletter is the Executive Member List of Elder College followed by general policies and procedures of Elder College. In the left margin of this page are the registration details for sign-up this Semester. Membership is \$10.00 and course fees are noted in the course write-up. Please note that January 16, 2019 is for membership sign-up only not for course registration. Course registration will follow on January 23<sup>rd</sup> and 30<sup>th</sup>. On these days one may also register as a member in conjunction to course sign-up. **Course registration is at 1:00 pm sharp not earlier.** If one cannot register in person then you may have someone register for you. Payment must accompany your registration.

This year Elder College has entered into a partnership with the Williams Lake Film Club, which brings in a series of critically acclaimed movies for viewing over the winter. All Elder College members are eligible for a 33% discount to watch these films. Show your Elder College Membership card at the door. Usual fee is \$12.00 but with the discount our fee is \$8.00. Watch for newspaper ads or e-mails from Barry Sale to inform you of upcoming movies.

Finally we encourage all Elder College members to sign up for membership in the Old Age Pensioners Organization (OAPO) of Williams Lake. This is the administrative body of the Seniors Activity Centre (SAC) for which we are partnered with. Fees are \$20.00 (separate from Elder College fees).

Thank you for your support and please consider volunteering with Elder College.

Robert (Bob) Osmachenko  
President, Elder College

# ELDER COLLEGE COURSES

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

Telephone: (778) 412-9438 (Barry) or 250-305-7445 (Maggie)

Email: [weldercollege@gmail.com](mailto:weldercollege@gmail.com)

Web Site: [www.weldercollege.com](http://www.weldercollege.com)

Come to **St. Andrew's United Church, 1000 Huckvale Place, on, WEDNESDAY, January 23<sup>rd</sup>, 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, January 30<sup>th</sup>, 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.

## FURNITURE REFINISHING

Course Leader: Tony Savile

Course Leader: Anna Hughes

Time: Mon., Feb. 4, 11, 18, 25 @ 9:00 am to noon

Place: St. Andrew's Church Hall, 1000 Huckvale Place

Course Fee: \$35

Class Size: up to 10

**Course Description:** Remember that nice little old piece of furniture that you've wanted to refinish for the past umpteen years? Well, here is your chance. This course will teach participants how to strip, clean, stain and refinish a piece of wooden furniture. If time permits, there will also be some instruction on furniture repair and restoration. Participants will be expected to purchase their own materials (a list will be provided) and to bring along a small furniture item to be worked on. Please note that this course does not cover the subject of furniture reupholstery.

**Course Leader:** **Tony Savile** is a local craftsman who has been in the furniture refinishing, repair and the antique restoration business for more than 20 years. Tony has his own shop, and through his business, T.S. Woodcraft, he takes on all sorts of refinishing projects, both large and small. When he has offered this course in the past, it was very well received, and the results were impressive, so we are pleased that he has agreed to be an instructor again this semester.

## WATERCOLOUR PAINTING

Course Leaders: Audrey Dye & Sandra Stokes

Course Coordinator: Barb Aquilon

Time: Mondays Feb. 4, 11, 18, 25 and Mar. 4<sup>th</sup> @ 12:30-3:30 pm

Place: CCACS (old fire hall upstairs)

Course Fee: \$40 (most supplies included)

**Course Description:** These watercolour painting classes will include the basics (washes, brush strokes, colour mixing) and will provide a good introduction to basic watercolours concepts and techniques. The emphasis will be to learn the concepts of composition, value, and colour so you can create your own free and expressive watercolour painting style. Your \$40.00 fee includes most of the materials needed.

**Course Leaders:** **Audrey Dye** taught at the primary level for 38 years in the Williams Lake area. After her retirement in 2010, she became much more involved with several artistic endeavours, including watercolours, crafts, visual arts, choral singing, and ukulele. She has been assisting Wally Chernoff and helping to teach the watercolours course for Elder College for the past several years. **Sandra Stokes** is also a retired elementary teacher. She has a keen interest and an extensive educational background in Art. This is her first foray into instructing for Elder College, and she is looking forward to working with us.

## AGING AND YOUR HEALTH – ASK THE PROFESSIONALS

Course Leader: Various

Course Coordinator: Bob Osmachenko

Time: Thurs., Feb. 7, 14, 21, 28, Mar. 7, 14, 21 @ 10:00 am to noon

Place: St. Andrew's Church Library

Course Fee: \$35

Class Size – up to 25

**Course Description:** This interactive course consists of a series of presentations by health care professionals from our community. As we age, it is important to stay current on information about healthy living. These sessions will provide you with an excellent opportunity to learn about the effects of aging on many aspects of

your health, and what you can do to maintain your body's equilibrium. Each session will be about two hours in length, and will consist of an information segment, followed by a question and answer/discussion period. The 7 sessions are:

1. Feb. 7<sup>th</sup> – Aging and your Eye Health with Dr. Morgan Garman, Optometrist from Williams Lake Optometry.
2. Feb. 14<sup>th</sup> – Aging and your Dental Health with Dr. Rudy Wassenaar, Dentist from Williams Lake Smiles.
3. Feb. 21<sup>st</sup> – Aging and your Foot Health with Alicia Fenn, Pedorthist from Cariboo Orthotics.
4. Feb. 28<sup>th</sup> – Aging and your Holistic Health with Dr. Kate DeGroot, Naturopathic doctor from Williams Lake/100 Mile House.
5. Mar. 7<sup>th</sup> – Aging and your Back Health with Dr. Sheila Boehm, Chiropractor, Central Chiropractic.
6. Mar. 14<sup>th</sup> – Aging and your Hearing with Lucas Jurek, RHIP, from the Williams Lake Hearing Centre.
7. Mar. 21<sup>st</sup> – Aging and your Pharmacy with David Shand, Pharmacist from Kornak & Hamm Pharmacy.

### PHILOSOPHERS' CAFÉ

Course Leader: Ken Grieve

Course Coordinator: Jim Chorney

Time: Tues. Feb. 5, 12, 19, 26, Mar. 5, 12 @ 9:30-11:30 am

Place: St. Andrew's Church Library

Fees: \$35

Class Size: up to 20

**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. It might be marijuana one week and Donald Trump the next – it's up to you.

**Course Leader:** **Ken Grieve** is a retired teacher and school administrator who says he is working on becoming an author. He remains active in his leisure years, serving as Co-President of the local Retired Teachers' Association, and as a member of our Elder College Executive Board, among other interests. Ken is always up for a good discussion, and he has been involved with several past Philosophers' Café groups. In order to lead such a group, Ken says, one must "get the herd moving roughly westward."

### COMPUTERS – THE NEXT STEPS

Course Leader: Ken Mitchell

Course Coordinator: Bob Wanless

Time: Weds, Feb. 6, 13, 20, 27, Mar. 6, 13 @ 9:30-noon

Place: Seniors' Activity Centre (downstairs boardroom)

Course Fee: \$40

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:** **Ken Mitchell** is a home grown Williams Lake product. Now retired, his career has included working at Gibraltar Mines, sawmill work, an extensive tour of Europe, teaching, school administration, and owning and operating a successful computer business. Ken helps out with the local chess club, and he has been an Elder College instructor for the past 5 years.

### CREATIVE BREADMAKING

Course Leader: Pat Teti

Course Coordinator: Deb Radolla

Time: Wed. Feb 6, 13, 20 @ 2:30-5:00 pm

Place: Seniors Activity Centre Kitchen

Course Fee: \$35

Class Size: up to 8

**Course Description:** Making bread by hand from scratch can be intimidating. Pat's objective is to make it not only easier, but also more delicious than you expect. Each class will have a theme and will begin with tasting freshly baked organic bread, followed by a demonstration of the steps required to make it.

You will get your hands doughy, and you will be assigned some “homework”. Themes will include wholegrain, vegetable additives, and pizza and skillet flatbreads. Bring a 6 quart mixing bowl to each class.

**Course Leader: Pat Teti** had a career in Earth Sciences as a consultant, and then as a Research Hydrologist with the Ministry of Forests. With a long interest in cooking, and a natural inclination to experiment, his kitchen is his laboratory and his subjects are water, grains and yeast.

### MORE ANDROIDERY

Course Leader: Chris Fletcher  
Course Coordinator: Evan Nicholson  
Time: Thurs. Feb 7, 14, 21, 28, Mar. 7, 14 @ 9:30 – noon  
Place: Seniors Activity Centre (downstairs Boardroom)  
Course Fees: \$40  
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 30 years. After retiring he operated a retail computer store and private postsecondary 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.

### HOW TO MAKE BANNOCK

Course Leader: Cecilia DeRose  
Course Coordinator: Joanne Wright  
Time: Thursday, February 7<sup>th</sup> @ 3:00 – 5:00 pm  
Place: Seniors Activity Centre (kitchen)  
Course Fee: \$15.  
Class Size: up to 10

**Course Description:** Bannock is a kind of flatbread which is one of the most universal indigenous foods, being found in virtually all \North American First Nations cultures. Cecilia DeRose, a Shuswap elder, will talk about bannock and its importance to her culture while she demonstrates how to make the most common, pan fried version. Here’s your chance to find out from someone who has made it from childhood how to make this ancient, historical, delicious food staple.

**Course Leader: Cecilia DeRose** is an Esk’etemic community (Alkali Lake Indian Band). After her children were grown, she worked for School District #27 as a Shuswap Culture and |Language teacher. Although she has long since retired, she still finds time to share her knowledge of native crafts, basket weaving, Shuswap language, and traditional plants and medicines with young and old alike. Cecilia has been cooking bannock using an ages-old recipe since her childhood. She looks forward to sharing her knowledge and techniques to Elder College members.

### BASIC PLUMBING AND ELECTRICAL FOR AMATEURS

Course Leader: Jim Brown & Ed Kozuki  
Course Coordinator: Anna Hughes  
Time: Wed. Feb 27, Mar. 6 @ 1:00 – 3:00 pm  
Place: Kornak & Hamm upstairs  
Course Fees: \$25  
Class Size: up to 15

**Course Description:** Some people are lucky enough to be able to diagnose and repair many of the problems that can arise in the home. Then there are the rest of us. This two session course will focus on plumbing and heating during one session and electrical during the other. A professional will look at common problems and how to fix them, maintenance tips, troubleshooting, and when to call a professional. There will be a lengthy question and answer time. This is a chance for the home handyman (or woman) to learn a little about what to do when things go wrong. .

**Course Leader: Jim Brown** is the owner of Don Brown & Son Plumbing and Heating Inc. He was raised and attended school in Williams Lake. He is fully qualified in the plumbing and heating profession, and has been practicing his trade for the past 30 years. **Ed Kozuki** retired in 2016 from Burgess Plumbing and Heating. For over 60 years he worked as an electrician, gas fitter and plumber. He is very active in our community and is an Elder College member. He has probably forgotten more about electrical issues than most contractors have ever encountered.

## FACEBOOK FOR ELDERS

Course Leader: Tracy Silver  
Course Coordinator: Bob Osmachenko  
Time: Fri. March 8, 15 and 29 @ 9:30 to noon  
Place: Seniors Activity Centre downstairs boardroom  
Course Fee: \$35  
Class Size – up to 10

**Course Description:** This three session course will introduce participants to the workings of Facebook and Facebook applications. Privacy and protection will be discussed to safeguard your activities. One can use Facebook to communicate (Messenger), send pictures or post messages. Registrants must have basic computer skills and own a laptop or iPad which you will bring to the sessions. If there is time, we may explore other social media platforms. Two sessions will take place, then there will be a week break for participants to practice, and then we meet again for the final class to discuss key learnings and experiences.

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

## QUICK AND EASY MEALS FOR SENIORS

Course Leader: Brice O'Neill  
Course Coordinator: Maggie Pugh  
Time: Wed, Feb 27, Mar. 6, 13, 20 @ 3:30-5:00 pm  
Place: Seniors Activity Centre  
Course Fees: \$35  
Class Size: up to 10

**Course Description:** Chef Brice returns with another round of colourful, exciting and interesting meal suggestions. He plans to demonstrate healthy, budget-conscious menu ideas which are different, and which you haven't seen before. These could include (but are not limited to) chicken and dumplings, jambalaya, Udon and Ramen dishes, goulash and a vegetarian dish. Along the way, he will talk about shopping tips and preparation tricks. The class will be involved with the meal preparation and there is always the tasting at the end of the class to look forward to!

**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. He is back by popular demand.

## PRUNING ABC'S FOR TREES, SHRUBS AND ROSES

Course Leader: Lynda Archibald  
Course Coordinator: Deb Radolla  
Time: Tuesdays April 2 & 9 @ 1:30 – 3:00 pm  
Place: Private homes, addresses to be provided. May meet at SAC if needed.  
Course Fee: \$25  
Class Size: up to 8

**Course Description:** This course will provide you with a good basic knowledge of the pruning process, including the purpose of pruning, use of common pruning tools and their care, planning before pruning, how to prune correctly, looking at future pruning needs and removal of debris. We hope to meet outdoors for both sessions, but will spend a bit of theory time if needed, prior to heading outside. Dress warmly. Use footwear and gloves that allow you to be agile. Please bring a pair of good secateurs (hand pruners). A pair of loppers and a small tree saw will also come in handy but we can share.

**Course Leader:** Lynda Archibald has called the Cariboo-Chilcotin home since 1973. She has homesteaded, ranched, and taught from Anahim Lake to Likely and several points in between. In each place she stayed, she tried farming and gardening, learning about differences in soils, climate and pests. In 1986, she settled on a place just north of Soda Creek, where she opened a small business selling apple juice and cider. Pruning has become a major annual Spring job with over 50 fruit trees and various other plants. Lynda looks forward to passing along the knowledge she has learned about pruning over the years to others in Elder College.

## i-PAD DROP-IN SESSIONS

Course Leader: Rick Miller  
Course Coordinator: Barb Aquilon  
Time: Tues. & Thurs, Apr 2, 4, 9, 11, 16 & 18. @ 10:00 am - noon  
Place: Seniors Activity Centre downstairs boardroom  
Course Fee: \$40 (or \$8 per session)  
Class Size: up to 8

**Course Description:** This course consists of a series of six drop-in sessions and participants can sign up for as many or as few as they like. The last 15 minutes of each class will be dedicated to questions not related to that sessions topic. What do you want to know? Is there something new you would like to share with the group? Do you need some direction due to a thought or idea you have had? Nothing is sacred and all questions/queries/ideas are welcome! Choose from the following sessions:

- 1: my new i-Pad – the basics of the i-Pad will be covered.
- 2: the power of the i-Pad. Explore what the i-Pad can do for you, introduction to a number of apps, how to get apps and how to organize them.
- 3: being in touch – effective use of mail contacts, reminders, messages, and explore Facetime and Skype.
- 4: staying in touch – a continuation of Session 3.
- 5: health – physical and mental – what apps can help us with our daily/weekly tasks along with organization?
- 6: online power – learn about ebay, Amazon, banking, paying bills, PayPal, and using other apps with the goal to helping you to be mobile.

**Course Leader:** **Rick Miller** has served as an Elementary School Principal in SD27 for more than three decades. Now retired, he plans to remain 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 for 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.

### **MUSIC APPRECIATION – LISTENING SESSIONS**

Course Leader(s): Dennis Tupman  
Course Coordinator: Joanne Wright & Shirley Pehota  
Time: Mondays April 8 & 15 @ 9:30 - noon  
Place: St. Andrew's Church Hall  
Course Fee: \$35  
Class Size: up to 30

**Course Description:** We don't know exactly what the topics will be for the two listening sessions this semester, but Dennis will no doubt have some interesting and unique takes on many different musical styles and selections. He uses examples of great performers and performances to make music come alive, while providing knowledgeable and informed background stories. These sessions are always informative, interesting and enjoyable.

**Course Leader:** **Dennis Tupman** has had a long and distinguished career in arts and music education as a teacher, clinician, seminar and retreat leader, lecturer, arts advocate, writer, adjudicator and speaker. He has a novel approach to music in peoples lives. He encompasses peoples souls and spirits in a holistic way as well as dealing with the technical aspects of performance.

### **PAPER MACHE**

Course leader: Carly Klassen  
Course Coordinator: Mary Trott  
Time: Thurs. Mar 28, Apr 4, 11, 18 & 25 @ 12:30 - 3:30 PM  
Place: CCACS (Main Floor Studio)  
Course Fee: \$40  
Class Size: up to 10

**Course Description:** Paper Mache is an easy way to make various sculptures, fruit bowls, puppets, cartoon characters and much more, using balloons, strips of newspaper, glue, paint and your imagination. The surface is easy to paint, allowing you to add patterns, bright colours and interesting designs to your finished product.

**Course Leader:** **Carly Klassen** was our hardworking secretary for Elder College for 4½ years and now has hung up the computer and has time to be an instructor of Paper Mache. She has been retired from teaching for several years. In a previous incarnation she taught Special Education at Anne Stevenson Junior High, Columneetza (when it was still called that), still with SD27 taught the youth at Nenquayni for 14 years. The creative arts, painting and crafts has always been part of Carly's life since early childhood and integrated throughout her teaching career. Paper Mache is but one of those crafts..

### **BREEDING BIRDS OF THE WILLIAMS LAKE RIVER VALLEY**

Course Leader(s): Phil Ranson  
Course Coordinator: Chris Coates  
Time: Sunday, June 2nd @ 8:00 am – 11:00 am  
Place: meet at parking lot on Mackenzie Ave across from cemetery at the foot of Cameron Street  
Course Fee: \$15  
Class Size: up to 12

**Course Description:** A variety of habitats in a condensed and accessible area make the Williams Lake River Valley one of the best places to see and listen to the greatest diversity of breeding birds in our region. By

early June, most of the bird species have returned to their nesting territories. We can expect to find up to 7 species of Warbler, 4 or 5 types of Flycatcher, 3 species of Vireos, as well as Oriole, Thrushes, and an assortment of others. With luck, some of these birds will be encountered on their nests. Others will be identified by their calls or sounds. After meeting at the parking lot across from the cemetery, we will carpool to the parking lot in the lower valley. Binoculars and a bird identification book are highly recommended. It is also suggested that you purchase a Checklist of Birds of the Cariboo-Chilcotin from the Scout Island Nature Centre. Bring clothing a footwear to suit the conditions. We expect to be on established trails for most of the three hours session, with a travel distance on foot of about two kilometers.

**Course Leader:** **Phil Ranson** was a regional coordinator for the BC Breeding Bird Atlas, a survey that ran from 2008 – 2012; he was also the compiler for the Williams Lake Christmas Bird Count, and has been operating a local on-line birding discussion group since 1998. His interest in birds goes back to his childhood in England, when during summer holidays, along with his brothers, time was spent working on their birds eggs collection. Now, decades later egg collecting is frowned upon, but Phil's interest in birds has remained strong and he has become a recognized expert on our local bird species.

**COMMUNITY SERVICE COURSES-We welcome everyone to these free lectures**

### **OLD MAN STICK – A SELF DEFENCE COURSE**

**Course Leader:** Terry Payette  
**Course Coordinator:** Sharon Caddy  
**Time:** Tuesdays Feb 5, 12, 19, 26 Mar 5 3:00-4:30 pm  
**Place:** St. Andrew's Church Hall  
**Fee:** Free Community Service Course  
**Class Size:** up to 10

**Course Description:** This free community service course is designed for people 50 – 70 years of age. There is a physical requirement in that people who want to take the course need to be in reasonable health, and want to be prepared to defend their person. Participants will learn how to identify an aggressor, how to deal with threats, how to make quick decisions, and simple techniques to defend themselves. Role plays and lots of hands-on practice will be utilized. Each participant will

receive an instruction manual. Please bring a cane along to class, even if you don't normally use one.

**Course Leader:** **Terry Payette** served for 25 years in the Canadian Armed Forces, Infantry, then Artillery and finally as an Air Craft Technician. Since his retirement from active service in 1990, he has lived in Williams Lake as an artist, counsellor, retail sales, and finally airport security. Now fully retired he enjoys a quiet life writing his short stories, poems and essays.

### **SENIORS AWARENESS WORKSHOPS**

**Course Leader:** Craig Glover  
**Course Coordinator:** Barry Sale  
**Time:** Mondays March 11, 18 @ 1:30-3:30 PM  
**Place:** CCACS Graham Kelsey Room  
**Course Fee:** Free-Community Service Course  
**Class Size:** up to 25

**Course Description:** This two session free Community Service Course will delve into two areas which should be of interest to all seniors. Session 1 looks at Identity Theft and Fraud Prevention, including how thieves steal your personal information, tips to keep your personal and financial information safe, current scams, and what to do if you are the victim of fraud or identity theft. Session 2 deals with Financial Abuse and Prevention for Seniors, including what financial abuse is and how to recognize it and advanced planning tools to protect yourself and your loved ones from such abuse. There will be lots of opportunity for questions, answers and discussion.

**Course Leader:** **Craig Glover** is the Manager for Financial Planning with Williams Lake and District Financial Services. He has his Bachelor of Commerce degree in Finance & International Business, and he is a Certified Financial Planner, a Persona Financial Planner, a Chartered Investment Manager and a Fellow of the Canadian Securities Institute. He came here in 2013 and now works out of the Credit Union advising people about retirement, investment, and financial planning. His wife, Angela, the Senior Loans Officer at the Credit Union, and Kelly-Ann Giesbrecht, the Senior Support Specialist will be assisting him with these workshops.

### **CARING FOR YOUR AGING DOG**

**Course Leader(s):** Lynn Bell & Ross Hawkes  
**Course Coordinator:** Sharon Caddy  
**Time:** Friday, April 5<sup>th</sup> at 10:00 am - noon  
**Place:** Seniors Activity Centre (downstairs)  
**Fee:** Free Community Service Course

Class Size: up to 20.

**Course Description:** In this single session course, we will focus on ways to maintain and improve mobility in senior dogs in order to provide them with a better quality of life. We will also look at common medical issues, including pain symptoms, dental care, medications and the risks, and the value of regular examinations. There will be lots of opportunity for questions and answers. Everyone with an aging dog will find this class useful and informative.

**Course Leader(s):** **Lynn Bell** has been a physiotherapist for humans for over 30 years. In addition, she has taken several courses in animal physio, and since 2000, she has been happily providing service to many animal friends. According to a number of dogs and their owners, she has magic hands. **Ross Hawkes**, DMV, has operated the Williams Lake Veterinary Hospital for the past seven years. He enjoys the challenges involved with veterinary medicine in a small community, and describes himself as the newest in a long series of James Herriott wannabees.

## **ELDER COLLEGE DIRECTORS**

President, Bob Osmachenko  
Barry Sale, Curriculum Committee Chair  
Deb Radolla, Promotions/Communications  
Margret Menzies, Membership  
Shirley Pehota, Social  
Bob Wanless, Equipment  
Maggie Pugh, Secretary  
Bernie Kromhout, Finance  
Barb Aquilon, Director  
Nancy Andrunyk, Director  
Anna Hughes, Director  
Ken Grieve, 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](http://www.tru.ca/williamslake/cs), or email at [wlcontinuingstudies@tru.ca](mailto:wlcontinuingstudies@tru.ca).

If you have questions please contact Continuing Education, phone (250) 392-8010, or email at [wlcontinuingstudies@tru.ca](mailto: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**

