

Cariboo Chilcotin
Elder College

Lifelong Learning for Seniors 50+

Newsletter

Issue #40 SPRING 2023

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

The Elder College Curriculum Committee

MEMBERSHIP AND COURSE

REGISTRATION

**Wednesday
January 18, 2023
12:30 – 2:30 pm**

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

Join us for:

- ◆ Registration
- ◆ Cash or Cheques only
- ◆ Masks must be worn.

LATE REGISTRATION
(for courses that are not full)

**Wednesday
January 25, 2023
Seniors Activity Centre (SAC)
1:30 to 2:30 pm**

Dear Elder College Members,

We are pleased to report that our gradual return to full course offerings has gone well. In the Spring we introduced several more indoor sessions and continued to offer outdoor courses. Our Fall semester functioned almost, normally, the exception being the absence of provided refreshments.

We have produced a diversified roster for Spring 2023. There is a trending preference by our members for one or two session courses. That has been taken into consideration with our forthcoming calendar and we know you will find, among the 29 courses, at least one that you will want to join.

The registration procedure we used in September 2022 was successful and we will repeat that format in January 2023, including continued caution regarding Covid and the other troublemakers of that ilk.

It is the hard work of the Curriculum Committee, the Executive Board and the volunteer course leaders and coordinators that provide our community with this lifelong learning opportunity.

On behalf of your Elder College team, including Barry Sale, who continues to contribute from the other side of the Rockies,

Anna Hughes

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, January 18, 2023, 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. One additional membership and course registration day only will be held at the **Seniors' Activity Centre on, WEDNESDAY, January 25, 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.

ACTIVE TRANSPORT

Course Leader: Denise Deschene

Course Coordinator: Darcy Lazzarin

Time: Wednesday, May 17 @ 1:00-4:00 pm

Place: Seniors' Activity Centre upstairs and parking lot

Course Fee: free

Class Size: up to 12

Course Description: This afternoon course will educate you about e-bikes, including a parking lot demonstration. There will be a follow-up discussion on how we can create a city that we can move safely around in. Topics will include accessibility, cycling, walking and vehicular transport.

Course Leader: Denise Deschene was a youth alcohol and drug prevention worker prior to her retirement in 2020. She is a busy volunteer for various organizations in Williams Lake. Denise is an avid cyclist and currently heads up the Active Transportation Williams Lake Association.

ADVANCED CARE PLANNING

Course Leader: Daphne Johnson

Course Coordinator: Deb Radolla

Time: Thursdays, February 2, 9, 16 @ 9:00 - noon

Place: Seniors' Activity Centre upstairs

Course Fee: \$40

Class Size: up to 20

Course Description: Help your family and friends by making your own decisions and communicating your wishes to them about advanced and end of life care. Delaying these considerations 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 learn what decisions need to be made ahead of time. Participants will create their own advance care plan during these three classes and have the tools to assist others with this planning.

Course Leader: Daphne Johnson is the Executive Director of the Williams Lake Hospice Society. She has been facilitating volunteer training in advance care planning for the society for several years. She is happy to provide this training for Elder College once again. She has attended numerous workshops and on-line training to hone her skills. She will help participants guide family meetings to "start conversations".

AGING IN THE RIGHT PLACE

Course Leader: Kylie Green

Course Coordinator: Carol Thiessen

Time: Monday, March 6m from 1:00 – 3:00 pm

Place: Seniors' Activity Centre upstairs

Course Fee: free

Class Size – up to 20

Course Description: Aging in the Right Place – what does it mean? And what does that look like for you: This course will work through the different areas of your life – from housing to finances to health to supports and

services available – and help you create a plan so that you can identify where you need to focus your attention to help you thrive in your community as you age. We will discuss what is happening not only in our city but across the country and will provide local, national and online resources for you to get your plan in action.

Course Leader: **Kylie Green** is a Community Health Worker with Interior Health and the owner of Sunrise Care & Community, focusing on filling the gaps for local Seniors who are keen on aging in the right place.

AIR FRYER COOKING

Course Leader: Maggie Pugh & Tony Savile

Course Coordinator: Maggie Pugh

Time: Fridays, Jan 27 or Feb 3 @ 2:00 – 4:00 pm

Place: Seniors' Activity Centre Kitchen

Fees: \$25

Class Size: up to 10

Course Description: Air fryers are proving to be a great accessory in your kitchen. Practically anything you can cook in a stove oven can be cooked in an air fryer greatly reducing the amount of energy used heating a large oven to cook a small amount of food. Air Fryers also reduce the amount of fat required to cook some of your favourite foods. Two different models of air fryers will be demonstrated along with proven recipes and tasty samples provided.

Course Leader: **Maggie Pugh** is our current Elder College Secretary who has a passion for cooking. Tony has been a long time instructor for furniture refinishing. Together Maggie and Tony will bring their enjoyment of cooking with air fryers to the class – along with recipes they find useful to reduce the time spent in the kitchen making meals for one or two persons.

ALTERNATIVE HOUSING OPTIONS FOR SENIORS

Course Leader: Anne Burrill

Course Coordinator: Louise Roi

Time: Thursday February 16 @ 1:00 – 3:30 pm

Place: Seniors' Activity Centre Upstairs

Course Fee: free

Class Size: up to 20

Course Description: Anne will share a variety of seniors housing models and options for exploration and

discussion, including collective living models such as co-housing, homeshare and Abbyfield models.

Course Leader: **Anne Burrill** has spent over 25 years doing community development work, mostly in Williams Lake. She has worked in the non-profit sector, municipal government, and as a freelance contracted community developer. She has a passion for the importance of housing for people's health and well-being,, and has been a housing advocate for over 15 years in a variety of roles.

APPLE DROP-IN SESSIONS

Course Leader: Sheila Wyse

Time: March 1 – 31, various days and times

Place: Seniors' Activity Centre

Course Fees: \$15 per session

Class Size: 1 per session

Course Description: Wherever you are in your computer literacy journey, whatever the problem you are stuck on, or whether you would just like to learn some new things, here is your chance. Book a two hour session to get one-on-one assistance with your Apple device – laptop, iPhone, or iPad. Call Sheila Wyse directly at 250-392-7215 to book your appointment.

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

APPLIANCE REPAIR DIAGNOSIS CLINIC

Course Leader: Trevor Schick

Course Coordinator: Val Fleming and Tony Savile

Time: Thurs, Feb 23, Mar 2, 1:00 – 3:00 pm

Place: Kornak & Hamm upstairs

Course Fees: \$15

Class Size: up to 12

Course Description: This session is not a repair shop. This is a diagnostic clinic to determine if your appliance can be repaired or not, and instructions on how to fix it as well as where to get the parts. These days the appliances we purchase are often not repairable. This will be a question and answer driven course and you are welcome to bring a small appliance. We are offering two dates but you will only attend one session, so choose the day that suits you.

Course Leader: Trevor Schick is the owner of Schickworks and the assistant fire chief with the Williams Lake Fire Department. He is also a certified electrical apparatus repair technician and has generously agreed to conduct a clinic for us about appliance repair.

ARCHAEOLOGY OF FOOD – Second Edition

Course Leader: Beth Bedard

Course Coordinator: Barb Aquilon

Time: Saturdays, Feb 25, Mar 4 at 9:30 - 12:30 pm

Place: TRU – room to be determined

Course Fees: \$25.00

Class Size: up to 20

Course Description: The foods that people eat, the ways these foods are prepared, and food growing processes all can tell us a great deal about ancient cultures. Our local TRU Archaeology Instructor, Beth Bedard, will describe the impact foods have on social groups, how foods assist in archaeological studies and what foods can tell us. This will be an interesting look into current archaeological practices and techniques. This course is a follow-up to the previous series.

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

BREEDING BIRDS OF THE WILLIAMS LAKE RIVER VALLEY

Course Leader: Phil Ranson

Course Coordinator: Chris Coates

Time: Sunday, June 4 @ 8:00 am – 11:00 am

Place: meet at parking lot below Mackenzie Ave across from cemetery at the foot of Cameron Street

Course Fee: \$15.

Class Size: up to 12

Course Description: By early June nearly all our breeding birds are back on territory, including neo tropical migrants which have travelled several thousand kilometers to spend a few short months to rest and raise their young before undertaking the journey south. One of the best places to see and listen to the greatest variety of these birds is the Williams Lake River Valley. A variety of habitats in a condensed and accessible area make this one of most prized locations in the region. We expect to find up to 7 species of Warbler, 4 or 5 types of Flycatchers, 3 species of Vireos, as well as Oriole, Thrushes, and an assortment of other birds. With luck, some of these birds will be encountered on their nests. Due to their secretive nature, we may have to rely on song or calls alone to identify these species. We will meet on Sunday, June 4 at 8 am at the parking lot on Mackenzie Avenue across from the cemetery. From there we may possibly carpool to the parking lot in the lower valley. Binoculars and a bird identification book are highly recommended. Dress according to the weather, and bring bug spray! 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.

CARIBOO MEMORABILIA

Course leader: Roy Wellburn

Course Coordinator: Jim Chorney

Time: Tuesday, April 18 at 1:00 – 3:00 pm

Place: Hull Road

Course Fee: \$15

Class Size: up to 15

Course Description: In this single session course local collector, Roy Wellburn, has agreed to show us through his impressive accumulation of historic items from the

Cariboo and beyond. You will be surprised by the size and scope of this collection. This tour is a must for anyone who has an interest in Cariboo history, and you will find an unexpected number of significant pieces relating to the Gold Rush era.

Course Leader: Roy Wellburn is an avid collector of memorabilia including logging, mining, wartime, as well as many other artifacts. It is an honour to be invited to his private museum.

CARING FOR AGING DOGS

Course Leader: Cheri Murphy (or another veterinarian)

Course Coordinator: Barb McKinney

Time: Thursday, February 23 from 1:00 – 3:00 pm

Place: St. Andrew's United Church Library

Course Fee: \$15

Class Size: up to 20

Course Description: This session will provide information on ailments and difficulties experienced by dogs as they age, and suggestions as to improve their quality of life.

Course Leader: Dr. Cheri Murphy or another veterinarian from the Williams Lake Veterinary Hospital will lead this course.

CONVERSATIONAL FRENCH

Course Leader: Jean Oke

Course Coordinator: Louise Roi & Anna Hughes

Time: Fridays, Feb 10, 24, Mar 3 and Tuesdays, Feb 14, 21, 28 at 1:00 – 3:00 pm

Place: Kornak & Hamm upstairs

Course Fee: \$40

Class Size: up to 12

Course Description: In this six session course you will learn common words and phrases in Canada's other official language. Whether you plan to go on a trip, or just want to keep your brain active, or have a need to be able to read the back of the cereal box, this course will provide you with a working knowledge of French. One never knows when one may find themselves needing to ask directions in Montreal, Paris or Maillardville!

Course Leader: Jean Oke B.A.m B.Ed is a retired teacher who taught mainly French, but who also instructed E.S.L., Foods and Spanish. She taught in Williams Lake secondary schools for 32 years prior to

her retirement. Jean favours the communicative approach to language teaching. She has travelled to France many times (her first trip was in 1968), introducing many students to the French culture here. She has also travelled extensively through Canada, Europe, Asia and South America.

CREATING WITH CLAY

Course Leader: Leslie Lloyd

Time: Wed, Feb 22, March 1, 8 @ 1:00 – 3:00 pm

Place: CCACS (Old Firehall) Potters Guild Studio

Course Fee: \$50 (includes cost of project materials)

Class Size: up to 8

Course Description: Participants will focus on going through the various levels of pottery to produce one major pottery piece from making to decorating, to firing, to taking home their masterpiece.

Course Leader: Lesley Lloyd began potting in Australia when a neighbor needed bodies to fill a Community Centre class. She soon contracted the clay bug in a big way, and has been involved with pottery ever since. Lesley has been teaching pottery classes to adults and children for some 25 years now, and she is well recognized for her original and unique pottery creations.

DRIVING REFRESHER FOR SENIORS

Course Leader: Julian Morgan

Course Coordinator: Joanne Wright

Time: Tuesday, March 28 at 1:00 – 3:00 pm

Place: Seniors' Activity Centre upstairs

Course Fee: \$15

Class Size: up to 20

Course Description: There will be two parts to this one session presentation. A discussion on road safety and common areas of improvement will start us off, followed by a full explanation of the ICBC Enhanced Road Assessment and how to prepare for it. This is a valuable refresher for all drivers.

Course Leader: Julian Morgan has been an ICBC Driver Examiner for 23 years. We are pleased that he is offering this popular refresher once again.

FRUIT TREE GRAFTING

Course Leader: Rob Borsato

Course Coordinator: Darrell Barron

Time: Monday, February 27 from 1:00 – 3:00 pm

Place: Seniors' Activity Centre, downstairs bottom of ramp

Course Fee: \$15

Class Size: up to 15

Course Description: This one session will describe, with theory and demonstration, the procedures involved to successfully graft a fruit tree cutting. You will learn how to properly take a fruit tree cutting and then the manner in which you will successfully graft it onto another fruit tree. You will discover the option of grafting one variety onto another variety of tree, usually within the same species. Come and learn the magic!

Course Leader: **Rob Borsato** has farmed in the Cariboo for over thirty years. He and his wife, Cathy, own and operate Mackin Creek farm on the West Fraser Road. Rob is an excellent teacher and has taught courses for Thompson Rivers University, the City of Williams Lake and many other organizations.

FURNITURE REFINISHING AND UPCYCLING

Course Leaders: Tony Savile & Shalene Ostrom

Course Coordinator: Bev Atkins

Time: Wednesdays, Feb 1, 8, 15, 22 at 11:00 – 2:00 pm

Place: St. Andrew's United Church Hall

Course Fee: \$40 (a list of supplies needed will be available at Registration)

Class Size: up to 10

Course Description: This course will teach participants to strip, clean, stain or paint a piece of furniture. The item you bring must be taken home with you after each session, so choose a small, portable piece. You will be taught basic repairs and become familiar with the finishing options available. You will be introduced to Fusion Mineral paints, as well as a variety of wood stains and the clear finishes both of those products require.

Course Leaders:

Tony Savile is a local craftsman who has been in the furniture refinishing, repair and antique restoration business for more than 25 years from his workshop.

Shalene Ostrom has always enjoyed painting but it was during the Covid lockdown in 2020 that she

began painting furniture and realized she had a real passion for it. She has since created a business, Pheasant Furniture, and is now refurbishing full time.

FUSED GLASS ART

Course Leaders: John and Norma Bos

Course Coordinator: Margaret Menzies

Time: Thursday, March 9 at 1:00 - 3:00 pm

Place: CCACS upstairs

Course Fee: \$45 (includes materials)

Class Size: up to 12

Course Description: Working with fused glass is a beautiful 4000 year old craft from ancient Egypt. In the past 75 years or so, it has enjoyed a resurgence in popularity. In this class, you will select a piece of glass and learn how to handcraft it into a pendant or a light catcher (or one of each). Each piece will then be kiln fired, and you will have a lovely piece of jewelry and/or decorative item. The class takes about two hours, and all materials and tools are provided for you to create your own masterpiece.

Course Leaders: **John Bos and Norma Bos** – John Bos has been involved in glassmaking for almost 50 years. After he retired in 1991, he and his wife Norma, began Bos Glassworks which focused on stained glass, Plexiglas, and glass repairs. Over the years in Williams Lake, John and Norma have been very involved in the community.

GRASSLANDS ECOLOGY

Course Leaders: Ray Coupe and Ordell Steen

Course Coordinator: Anna Hughes

Time and Place: Classroom on Monday May 5 at 1:00 – 3:00 pm at Kornak & Hamm upstairs
Friday June 2 Field Trip meet at Tourism Centre 9:00 am sharp

Course Fee: \$25

Class Size: up to 18

Course Description: This popular course will focus on grass identification. There will be one classroom session and one all day field trip to study the lower grasslands of Farwell Canyon. Participants must be prepared for several hours traversing uneven ground. The field trip will go ahead in whatever weather we're getting, so dress appropriately.

Course Leaders: **Ray Coupe** and **Ordell Steen** are both retired from the B.C Forest Service. They spent their

careers as regional research ecologists. Their collective and extensive knowledge in identifying the flora of the Cariboo Chilcotin is boundless. We are fortunate to have them share their expertise with us.

GUILTY PLEASURES

Course Leaders: Murray Croft, Brittney Peever, Dave Reedman

Course Coordinator: Jim Chorney/Anna Hughes

Times & Places:

Wednesday, Mar 29 @10:00 – 12:00 noon, at Wine Off The Vine, 955 Mckenzie Ave

Wednesday April 5 @10:00 – 12:00 noon, at Sugar Cane Cannabis, 1145 South Mckenzie Ave

Wednesday April 12 @10:00 – 12:00 noon, at Fox Mountain Brewing Co., 215 Donald Road

Course Fee: \$40

Class Size: up to 10

Course Description: We all know that at one time in Canada, both alcohol and marijuana were classed as illegal drugs. Today, they are viewed by society as accepted recreational and medicinal substances. This

three session course will take you on tours through the Fox Mountain Brewery, the Wine Off the Vine establishment and the Sugar Cane Cannabis operation to learn about the processes involved in the production of beer, wine and marijuana derivatives. These tours will no doubt, prove to both interesting and enlightening.

Course Leaders:

Murray Croft is the owner of Crofts Brewing and Wine Off the Vine;

Brittney Peever is the compound manager for Unity and Sugar Cane Cannabis;

Dave Reedman is the owner of Fox Mountain Brewing Company.

LET'S TALK ABOUT DEATH

Course Leader: Nicola Finch

Course Coordinator: Joanne Wright

Time: Thursday, March 30 from 1:00 – 3:00 pm

Place: Seniors' Activity Centre, upstairs

Course Fee: Free

Class Size: up to 20

Course Description: Talking about death won't kill us. When a loved one passes away there is a sense of loss and loneliness. What can you do prior to the death to prepare for this? And what do you do afterwards? This

single session class will provide some answers, will help you with advance preparations, and will encourage discussion with others who are in the same situation as you. Have you talked to your family? Do you have a Will? An Advance Care Plan? Cremation? What about your ashes? Burial? What kind of burial? Home Funeral? Come and listen and ask questions.

Course Leader: **Nicola Finch** is a Death Doula with a particular interest in Natural Burial and death literacy through education. She and her husband David Finch are the couple who create handcrafted Touch Wood Rings and Touch Wood Memorial Rings. For the past 20 years they have lived off grid and remote on the Chilcotin Plateau.

MEMOIR WRITING

Course Leader: Sage Birchwater

Course Coordinator: Maggie Pugh

Time: Fridays, Feb 3, 10, 24, Mar 3, 10 @ 1:00–3:00 pm

Place: CCACS upstairs G. Kelsey Room

Course Fee: \$40

Class Size: up to 12

It would be handy if participants had access to a computer to type up their work. That is not mandatory as other options can be considered. Also a scanner would be handy to scan photos.

Course Description: Participants should be prepared to write their own memoir. We'll discuss what that entails. Where you start, who your audience is, what message you want to convey. Support materials like photographs. Finished product: a published book; something online; something less formal like a computer printout you can run off and get bound at Staples.

Course Leader: **Sage Birchwater** is from Victoria, BC and been a resident of the Cariboo Chilcotin Coast since 1973. He has been a freelance writer, journalist and author for over 40 years.

PHILOSOPHERS CAFE

Course Leader: TBR

Course Coordinator: Tony Savile

Time: Tuesdays, Jan 31, Feb 7, 14, 21, 28, Mar 7 @ 9:30 – 11:30 am

Place: Seniors' Activity Centre, Boardroom

Course Fee: \$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.

PHOTOGRAPHY

Course Leader: Jesse Madden

Course Coordinators: Tony Savile and Anna Hughes

Time: Thursdays, Apr 20, 27, May 4, 11, 18, 25 @ 10:00 am - noon

Place: Kornak & Hamm upstairs

Course Fee: \$40

Class Size: up to 12

Course Description: This series of classes will encourage you to learn what you and your camera can do together. We will start with two classroom lessons followed by a field trip, then back to the classroom to study and learn from our own photos. We'll have another field trip to hone our new found skills, followed by a classroom session to show off our amazing photos.

Course Leader: **Jesse Madden** has lived most of her life in Williams Lake. During her second year at Okanagan University College, she discovered her love of photography in the dark room. She graduated from OUC with a Fine Arts Diploma in 1999. Jesse then was accepted into the North Island College Professional Photography Program. She spent 10 months immersed in nothing but photography before graduating with a diploma in 2000. She did photography-related work in Victoria for 4 years. She moved back to Williams Lake in 2005.

TOUR OF ANTIQUE EQUIPMENT & MAINTENANCE SHOP

Course Leader: Bob Shaw

Course Coordinator: Val Fleming

Time: Wednesday, April 26 from 1:30 – 3:00 pm

Place: Chimney Valley Road

Course Fee: \$15

Class Size: up to 15

Course Description: Come see a comprehensive display of over 100 early 1900s antique construction and steam powered equipment. Steam tractors, steam and gas powered sawmill, antique blacksmith shop – all types of steam driven items.

Course Leader: **Bob Shaw** has worked as a heavy duty mechanic all his life – retiring from Inland Equipment in Williams Lake. His love of steam driven equipment and antique equipment and machinery started over 45 years ago. Bob has his Steam Ticket to be able to run the steam equipment.

ROCK DOTTING

Course Leader: Mike Mann

Course Coordinator: Carol Thiessen

Time: Tuesdays, Jan 31, Feb 7 @ 1:00 – 3:00 pm

Place: CCACS (Old Firehall) upstairs

Course Fee: \$35 includes materials

Class Size: up to 10

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 but is actually quite easy. Rock dotting skills can also be used to create elaborate eggs at Easter.

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

SLEEP 101

Course Leader: Ruel Pangan

Course Coordinator: Christine Hyde

Time: Monday, April 17 from 1:00 – 4:00 pm

Place: St. Peter's Anglican Church, 549 Carson

Course Fee: \$15

Class Size: up to 30

Course Description:

1. What is sleep? Why do we sleep, the importance of sleep?

2. Overview of sleep stages.
3. Common sleep disorders, insomnia, sleep-disordered Breathing, Circadian Rhythm Sleep Disorders, Restless Legs Syndrome.
4. Treatments available.

Course Leader: **Ruel Pangan** has a Bachelor's Degree in Science, majoring in Medical Technology. He also has a Certificate in Cardiovascular Perfusion. He has been a Certified Respiratory Educator for the past 9 years, and last year received his Certified Clinical Sleep Health Educator certificate. After working in an acute care setting for 15 years, then working in a respiratory home care setting for 10 years, he has been working as a sleep technologist and sleep educator in the sleep lab for the past year.

VEGETARIAN & LACTOSE FREE COOKING

Course Leader: Sarah Moore

Course Coordinator: Anna Hughes/Maggie Pugh

Time: Friday, Feb 24, Mar 3 from 2:00 – 4:00 pm

Place: Seniors' Activity Centre

Course Fee: \$35

Class Size: up to 9

Course Description: We've come a long way in recognizing that we need to adjust our cooking to accommodate those with diverse dietary needs. This two session course will provide you with recipes and tips to prepare easy and delicious vegetarian dishes, as well as lactose-free choices. The best part, of course, is that you get to taste the finished product after the demonstration.

Course Leader: **Sarah Moore** is the owner of Zone 4 Hair Salon, the mother of four active boys and a dedicated volunteer with Minor Hockey. She has generously agreed to share some of her time saving, vegetarian/lactose-free culinary tips.

WATERCOLOUR PAINTING

Course Leader: Audrey Dye

Course Coordinator: Barb Aquilon

Time: Mondays, Jan 31, Feb 6, 13 morning sessions from 10:00 – 12:00 noon, one hour break for lunch and afternoon sessions 1:00 – 3:00 pm

Place: CCACS (old fire hall upstairs)

Course Fee: \$55. (watercolour paper is supplied, list for other items at registration.)

Class Size: up to 10

Course Description: This is a watercolour painting course for beginning to intermediate level painters, or for someone new to watercolours, but experienced in other mediums.

Course Leader: **Audrey Dye** was a primary teacher in Williams Lake schools for 38 years. Following her retirement in 2010, she became more involved in several artistic endeavours, including watercolour painting, crafts, visual arts, choral singing, and ukulele strumming. She has been an instructor of Elder College watercolour courses for the past several years.

WINDOWS DROP IN COMPUTER CLINICS

Course Leader: Christine Hyde

Time: Wednesdays, March 22, 29, April 5, 12

at 9:00 am to noon

Place: Seniors' Activity Centre downstairs boardroom

Course Fee: \$15. per session

Class Size: Individual appointments

Course Description: These computer sessions are designed to have one-on-one contact in order to personalize instruction and deal with whatever problem or concept you need to learn about on your android device. There are no formal classes. To book a session of up to one hour's time you simply e-mail Christine at hyde.christine01@gmail.com or call her at 250-302-5351 to book a mutually agreeable time on a Wednesday morning between March 22nd and April 12th. This is a great opportunity to ask questions and to learn at your own speed.

Course Leader: **Christine Hyde** originally moved to Williams Lake to work for the short-lived Laketown News. She then took on office administration with the IWA before moving to Bella Coola, where she worked as facilities manager at the General Hospital there for 25 years. She retired in 2014, and a few years ago moved to Williams Lake. Christine has a great deal of computer experience and a knack of being able to work through computer problems. She is eager to share her expertise with Elder College learners.

ELDER COLLEGE DIRECTORS

Anna Hughes, President
Bernie Kromhout, Treasurer
Jim Chorney, Curriculum
Joanne Wright, Social
Darrell Barron, Equipment
Barb Aquilon, Director
Gail MacLellan, Director
Linda Isfeld

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

