

Cariboo Chilcotin
Elder College

Lifelong Learning for Seniors 50+

Newsletter

Issue #42 SPRING 2024

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

MEMBERSHIP AND COURSE

REGISTRATION

**Wednesday
January 17, 2024
12:30 – 2:30 pm**

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

Join us for:

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

LATE REGISTRATION
(for courses that are not full)

**Wednesday
January 24, 2024
Seniors Activity Centre (SAC)
1:30 to 2:30 pm**

Course refunds will be made if Elder College cancels the course.

Dear Elder College Members,

Happy New Year – 2024 looks to be another promising year for Elder College.

We are offering more spring courses than we managed in the fall. 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 Fall our course fees were in line with the estimates provided, which is positive. We are still working on ensuring our administration fees are properly allocated to our course fees. Positively our membership increased over the years, and we hope this continues.

Our Annual General Meeting was held November 15, 2023. A new set of Bylaws and Constitution was presented and approved. This means we are 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 - \$10.00 for the calendar year. This was decided after a motion was passed to discontinue the \$1500.00 student bursary. The mandate of Elder College is to focus on adult learning, and we strive to make that as economical as possible.

Elder College would like to thank Barb Aquilon, Darrell Barron and Joanne Wright for their contributions to the executive. We wish them all the best! Additionally, we welcome our new members on both the executive and curriculum committees. Elder College relies on the volunteer course leaders and coordinators that provide our community with these courses delivering lifelong learning opportunities. We thank these volunteers for their on-going support.

Please note the important registration dates on the left side of this page. The first registration is on January 17 between 12:30 and 2:30 PM at St. Andrews United Church. Late registration is on January 24 between 1:30 and 2:30 and the location is the Seniors Centre.

Bev Atkins, President

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 17, 2024, 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 24, 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.

AGING WELL

Course Leader: Dora Foote
Course Coordinator: Joanne Wright
Time: Tuesday, April 16th 10 am - noon
Place: Library conference room
Course Fee: \$20.
Class Size: up to 20

Course Description: You will examine the many factors that occur in the aging process, physically as well as emotionally. There will be wide ranging discussions about the aging process and what can be done to ensure the best outcomes for ourselves. A holistic approach, as well as information about available resources to be aware of, will be presented.

Course Leader: Dora Foote worked as a physiotherapist for Interior Health. She worked mainly with an older population in their own homes before her retirement. She has many years of experience in the area of balance, mobility, strengthening and fall prevention.

BEGINNER QUILTING

Course Leader: Elaine Watt
Course Coordinator: TBA
Time: Mondays, February 5, 12, 26, March 4, 11
_ From 9:30 am – 12:30 pm
Place: Seniors' Activity Centre downstairs
Course Fee: \$40.
Class Size: up to 6

Course Description: In this class we will be learning the basics of creating strips, squares and triangles.

These can be used to create blocks that will be used in a project of your choice. You will need to bring your sewing machine, mats, rulers, seam ripper and rotary cutters if you have them, some available for sharing. Also bring 1-meter light coloured fabric, 1-meter medium coloured fabric and 1-meter dark coloured fabric.

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

BREEDING BIRDS OF THE WILLIAMS LAKE RIVER VALLEY

Course Leader: Phil Ranson
Course Coordinator: Chris Coates
Time: Sunday, June 2nd 8:00 am – 11:00 am
Place: Meet in Comer Parking Lot at River Valley
Course Fee: \$25.
Class Size – up to 12

Course Description: By early June all of our breeding birds are back on territory including neotropical migrants which have travelled several thousand kilometers to spend a few short months to nest and raise their young before taking the journey south. The class will meet at the River Valley trailhead parking lot at the bottom of Comer Street.

Course Leader: Phil Ranson's interest in birds goes back to his childhood in England when his summers were spent with his brothers improving their bird egg collection. Several decades later with egg collecting now frowned upon, Phil has maintained his interest in birds, particularly those birds found in the Cariboo Chilcotin.

CAREFUL AND JOYFUL INTERACTIONS IN MULTICULTURAL COMMUNITY

Course Leader: Margaret-Anne Enders

Course Coordinator: Diane Wright

Time: Tuesday, February 13 1:30 – 4:00 pm

Place: Seniors Activity Centre

Fees: \$20.

Class Size: up to 15

Course Description: In our multicultural society the majority of people are well-intentioned and want to have kind and respectful interactions with others, but sometimes it happens that a kind or curious comment or gesture ends up offending instead of befriending. Join Margaret-Anne for some tips and scenarios that will help you to navigate some of these complex interactions.

Course Leader: Margaret-Anne Enders, BA (Child and Youth Care), MTS (Ethics), founder of Awakenings Anti-Racism and Reconciliation is a white settler who lives on the unceded territory of T'exelc in the Secwepemc nation and is thankful for the culture and teachings of local Secwepemc, Tsilhqot'in, Dakelh, and Metis people. She is passionate about working towards and living in a community where reconciliation, restitution, and land reparations are ongoing and where diversity is truly separated.

DESIGN AND CREATE YOUR OWN SKIRT PATTERN PART 1

Course Leader: Cecelia Grayson

Course Coordinator: Chris Coates

Time: Tuesdays and Thursdays, Feb. 20, 22, 27, 29
1:00 pm – 3:00 pm

Place: Seniors' Activity Centre downstairs

Course Fee: \$40.

Class Size: 8

Course Description: Participants will draft a customized skirt block from their own measurements, which they will use to manipulate and create their own skirt design. The outcome would be your own designer pattern ready for cutting and sewing. A supply list will be

available at the January registration. This course can be taken separately or together with Part 2 – Sewing Your Customized Skirt.

Course Leader: Cecilia Grayson was a former instructor in the Fashion Arts programme at Vancouver Community College. She has over 40 years experience in designing, sewing, and pattern making. She is passionate about passing on her extensive knowledge of designing and producing good fitting garments.

SEW YOUR CUSTOMIZED SKIRT – PART 2

Course Leader: Cecelia Grayson

Course Coordinator: Chris Coates

Time: Tuesdays and Thursdays, March 5, 7, 12, 14
1:00 pm – 3:00 pm

Place: Seniors' Activity Centre downstairs

Course Fee: \$40.

Class Size: 8

Course Description: Participants will cut and sew their customized skirt patterns. Special sewing techniques will be highlighted in this course, including waistbands, pockets, hem gathering and pleating. Participants will need to bring their own sewing machine. A supply list will be available at registration. This course can be taken separately or together with Part 1 – Design and create a customized skirt pattern.

Course Leader: Cecilia Grayson was a former instructor in the Fashion Arts programme at Vancouver Community College. She has over 40 years experience in designing, sewing, and pattern making. She is passionate about passing on her extensive knowledge of designing and producing good fitting garments.

ELDER ABUSE AND AGEISM (SEE SOMETHING SAY SOMETHING)

Course Leader: Eva Navrot

Course Coordinator: TBA

Time: Monday, March 11, 1:00 – 3:30 pm

Place: Seniors' Activity Centre upstairs

Course Fees: \$30.

Class Size: up to 20

Course Description: This will be a power point presentation on elder abuse with a discussion to follow from the audience. There is also a short power point presentation on ageism (age discrimination) with a discussion to follow.

Course Leader: Eva Navrot is a long-time resident in Williams Lake and has worked extensively in the not for profit sector as an advocate for all ages and vulnerable populations but is now focusing specifically on seniors and vulnerable adults.

E BIKE EDUCATION – PART 1

Course Leaders: Denise Deschene, Marg Casey, Ruth Lloyd

Course Coordinator: Deb Radolla

Time: Friday, May 10th 1:00 – 3:00 pm

Place: Seniors' Activity Centre

Course Fees: \$30.

Class Size: up to 20

Course Description: We will follow up on Elder "2023 Active Transportation" course. It is geared to anyone interested in learning about Bike education. We will review problems relating to biking/walking/rolling in the City and showcase new solutions. Information on Streets for All Williams Lake, our local Active Transportation advocacy group, will be presented. Denise, Marg and Ruth will field questions and provide answers on safety, riding and purchasing E bikes. There will be an E bike demo and an opportunity to try E bikes. You are welcome to bring your own bike and share your experiences.

Course Leader: Denise Deschene is a biking enthusiast and advocate with Streets for All in Williams Lake. She has lived, worked and recreated in the Cariboo for 30 years. She worked for Interior Health with youth/young adults presenting on addictions, self-esteem and relationships and volunteered with the Boys and Girls Club Sprockid mountain biking program. In her retirement she continues to engage with the community on mental and physical health concerns. Ruth Lloyd and Marg Casey will be partnering with Denise.

E BIKE EDUCATION – PART 2

Course Leaders: Denise Deschene, Marg Casey, Ruth Lloyd

Course Coordinator: Deb Radolla

Time: Friday, May 24th 1:00 – 3:00 pm

Place: Boitanio Park

Course Fee: \$30.

Class Size: up to 20

Course Description: This class can be taken all by itself or following the E Bike Part 1 Class. It will be a mini-E bike Rodeo held in Boitanio Park. Bring your E Bike or borrow one. Bike shop staff and Denise's team will provide bike maintenance, tips on safe stopping and some basic riding skills. Students will practice riding in the park.

Course Leader: Denise Deschene is a biking enthusiast and advocate with Streets for all in Williams Lake. She has lived, worked and recreated in the Cariboo for 30 years. She worked for Interior Health with youth/young adults presenting on addictions, self-esteem and relationships and volunteered with the Boys and Girls Club Sprockid mountain biking program. In her retirement she continues to engage with the community on mental and physical health concerns. Ruth Lloyd and Marg Casey will be partnering with Denise.

FURNITURE UPCYCLING – PAINTING OR REFINISHING

Course leaders: Shalene Ostrom & Tony Savile

Course Coordinators: Val Fleming, Darlene Campbell

Time: Mondays, April 8, 15, 22, 29 10:00 am - noon

Place: St. Andrews' United Church downstairs

Course Fee: \$50. + supplies – list given 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: Shalene Ostrom has been refinishing and repairing furniture since 2020 and works primarily with Fusion Mineral Paint products. She has created a successful business called Pheasant Furniture and has taught classes with Tony Savile for the past couple of years.

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.

FUSED GLASS

Course Leaders: John and Norma Bos

Course Coordinator: Margret Menzies

Time: Thursday, March 7 at 1:00 - 3:00 pm

Place: CCACS upstairs

Course Fee: \$60. (includes cost of materials for two pieces)

Class Size: up to 12

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. The course fee allows for two items per person. If time allows and you wish to make any more items, there will be an additional cost for materials to be paid to John or Norma Bos at the class.

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

HOSPICE AND INTRO TO ADVANCE CARE PLANNING

Course Leader: Daphne Johnson

Course Coordinator: Deb Radolla

Time: Wednesday, April 10 9:30 am – 12:30 noon.

Place: Williams Lake Library

Course Fee: \$20.

Class Size: up to 15

Course Description: Williams Lake Hospice Society (WLHS) is a non-profit, volunteer based organization which has been operating in Williams Lake for over 28 years. During this session participants will learn about Palliative Care, the difference between Curative Care and Palliative Care, when Palliative Care should be provided and how people can access Hospice care. They will also be introduced to Advance Care Planning, Dementia, Bereavement and Grieving and Caring for themselves.

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 several years. She has attended numerous workshops and on-line training to hone her skills.

INTRO & IMPROVE YOUR DISC GOLF GAME

Course Leader: Mark Savard

Course Coordinator: Darlene Campbell

Time: Wednesday April 24, 10:00 – 12:00 noon

Place: Botanio Park

Course Fee: \$25.

Class size: up to 6

Course Description: The disc golf course in Boitanio Park opened in October 2022. Learn about the rules of the game, the equipment, how to get started, and or how to improve your game. Join Mark Savard and learn first-hand how to navigate the Williams Lake course. Disc golf course designer Chris Hartmann, co-owner of INdesign Disc Golf, and his business partner Stewart McIsack, both from the Lower Mainland, designed this moderate course for new players and families.

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

INTO TO FIBRE ARTS

Course Leader: A number of Guild members will assist. The contact person is Linda Purjue

Course Coordinator: Joanne Wright

Time: Fridays, April 5, 12, 19, 26 1:00 – 3:00 pm

Place: CCACS - small room on first floor

Course Fee: \$50.

Class Size: up to 8

Course Description: This course will include: carding, drop spinning, needle felting and off loom weaving. If you have an interest in the art of spinning and weaving this course is for you. The course fee will include the cost of materials.

Course Leaders: Several members of the Williams Lake Spinners, Weavers and Fibre Artist Guild will lead this new and unique course. They will share their many

years of experience and knowledge in the various methods of turning fibre into useful and artistic objects.

LIBRARY TOUR

Course Leader: Jennifer Coupe

Course Coordinator: Carol Thiessen

Time: Tuesday, February 13 at 1:00 – 3:00 pm

Place: Williams Lake Library

Course Fee: \$20.

Class Size: up to 20

Course Description: Join Area Librarian, Jennifer Coupe, for a tour of the Williams Lake Branch of the Cariboo Regional District Library. Tour will include visiting different areas of the Library, as well as a presentation on various services offered by the Library, including virtual offerings and in-person programming.

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

PHILOSOPHERS CAFE

Course Leader: TBR

Course Coordinator: Gail MacLellan

Time: Tuesdays, February 6, 13, 20, 27, March 5, 12
10:00 am – 12:00 noon

Place: St. Andrews United Church Library upstairs

Course Fee: \$40

Class Size: up to 15

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. Be 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.

THE PHILOSOPHY OF FLY FISHING AND FLY TYING

Course Leader: Paul Carnes

Course Coordinator: TBA

Time: Wednesdays, February 7, 14, 21, 28, Mar 6, 13
from 10:00 – 12:00 noon

Place: Foundry at 51 – 4th Avenue South

Course Fee: \$50.

Class Size: up to 12

Course Description: This course will cover the philosophy of fly fishing and fly tying. There will be 6 lessons on how to tie flies and the essentials of fly fishing. Equipment and supplies will be provided. If participants want to bring their own supplies they are welcome to contact the instructor.

Course Leader: Paul Carnes moved to the Cariboo in 1972. He taught 32 years of high school including history and physical education. He retired in 2004. Currently gardening, fishing and tying flies take up most of his time.

UBC ALEX FRASER FOREST INTERPRETIVE WALK

Course Leaders: Michaela Waterhouse

Course Coordinator: Diane Wright

Time: Wednesday, June 12 8:00 am – 12:00 noon

Place: Alex Fraser Research Forest

Course Fee: \$20.

Class Size: up to 10

Course Description: The course will focus on the ecology of the Interior Douglas Fir Forest and its attributes that make it suitable habitat for many wildlife species. We will walk on a demonstration trail located at the Knife Creek block of the Alex Fraser Research Forest, 20 minutes south of Williams Lake. The trail highlights mule deer winter habitat values and forestry practices to maintain those attributes. Along the trail we will also stop to identify birds and the many plants in flower.

Course Leader: Michaela has recently retired from the Provincial Government Research Program. Her career of 25 years included studies of mule deer, caribou, forest birds and plants, and their interaction with forest harvesting and other practices across many ecosystems in the Cariboo Region.

WATERCOLOUR PLAY

Course Leader: Audrey Dye
Course Coordinator: Barb Aquilon
Time: Thursdays, February 15, 22, 29 from 9:30 am – 12:00 noon, one hour break for lunch and afternoon sessions 1:00 – 3:30 pm
Place: CCACS (old fire hall upstairs)
Course Fee: \$40.
Class Size: up to 10

Course Description: This is a painting course in which we will explore how you will interact using the paints, water and tools (brushes and other mark making instruments). We will create pleasing colours, shapes that incorporate the loose and flowing properties of watercolour. We will explore some other mixed media to incorporate texture into our paintings, for example, collage, stamping etc.

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 20, 27 April 3, 10 9:00 – 12:00 noon
Place: Seniors Activity Centre upstairs
Course Fee: \$25. per session

Participants can book a one hour session with the instructor to assist you with whatever problems you are having with your Windows device. Christine is available for appointments Wednesdays between March 20 and April 13 between 9:00 – 12:00 noon. Pay when you attend your first session. Christine's telephone number will be provided to you at Registration.

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.

2024 ELDER COLLEGE DIRECTORS

Bev Atkins, President
Bernie Kromhout, Treasurer
Deb Radolla, Curriculum, Co Chair
Gaylene Desautels, Equipment
Linda Isfeld, Social Director
Gail MacLellan, Booking Director
Larry Stranberg, Director
Joan Erb, Director

Mike Mann, Vice President
Maggie Pugh, Secretary
Tony Savile, Promo/Communication
Val Fleming, Director
Deb Radolla, Director
Diane Wright, Director
Brenda Sanford, 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