



Cariboo Chilcotin Elder College

Lifelong Learning for Seniors 50+

Newsletter #44 "SPRING 2025"

We trust that Spring 2025 will be one in which you keep on growing, improving, and learning.

COURSE REGISTRATION AND MEMBERSHIP

Cash or Cheques only
Saturday

January 25, 2025
10:00 – 12:00 pm

Seniors Activity Center
176 - 4th Ave N, Williams Lake
778-267-9437
wleldercollege@gmail.com
website www.wleldercollege.com

JOIN US FOR:

- ◆ Registration
- ◆ Refreshments

'LATE' COURSE REGISTRATION & MEMBERSHIP

(for courses that are not full)

Cash or Cheques only
Wednesday

January 29, 2025
1:00 – 2:30 pm

Seniors Activity Centre (SAC)
176 - 4th Ave N, Williams Lake

POLICIES & PROCEDURES

see Page 2

December 2024

Dear Elder College Members,

Greetings from the Elder College Executive and Curriculum committees. During the 2024 year our membership was lower than normal after the Spring registration. Utilizing social media (Facebook – Cariboo Chilcotin Elder College), our webpage and increasing community awareness, membership increased by 40% for the Fall semester! We now have 200 members which is still lower than previous years. We continue to increase awareness and membership.

Our Annual General Meeting was held November 4, 2024. We elected six directors including a Co-Treasurer, Secretary, and four Directors at Large. Our membership fee will remain the same - \$10.00 for the calendar year.

We welcome new members on both the Executive and Curriculum committees. If you are interested in joining one of these committees, please contact one of the executive members for more information. Elder College relies on 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!***

I am encouraging all our members to introduce a friend to Elder College and bring them to registration day. If you follow us on Facebook, please share the stories so we can promote our organization.

We thank all our members for your continued support of our programs.

Sincerely yours,

Bev Atkins
PRESIDENT



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.

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

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

Curriculum Policies & Procedures

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

Students need the physical ability to carry out the activities for the workshop for the course that they are signing up for.

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

Board of Directors

Bev Atkins, President	Joan Erb, Vice President	Bernie Kromhout, Treasurer
Brenda Sanford, Co-Treasurer	Deb Radolla, Curriculum, Co-Chair	Jim Chorney, Curriculum, Co-Chair
Larry Stranberg, Director	Margret Menzies, Membership	Gail MacLellan, Booking
Val Fleming, Director	Cathy Walsh, Director	Nola Daintith, Promo/Communications
Lynn Sales, Equipment	Linda Isfeld, Social	Cindy Brady, Secretary

“ Thank you for supporting Elder College “

ELDER COLLEGE COURSES

AGING WELL

Course Leader: Dora Foote

Time: Wednesdays, March 19 and 26. 10:00 am – 12:00 pm

Course Fee: \$25

Course Coordinator: Joan Erb

Place: Williams Lake Library

Class Size: maximum 10

Course Description: We will explore aging well, not just our body, but also our mind. We will be looking at the pitfalls associated with physical aging and strategies to mitigate them, as well as how we can organize our lives and make plans to anticipate common problems associated with aging. Finally, we will look at how our mind and spiritual self plays a role in aging well. Participants will be encouraged to interact, ask questions and engage with the speaker and participants.

Course Leader: Dora is a retired physiotherapist who practiced for 42 years most recently as the **Interior Health Community Physiotherapist** for WL. This involved working with older people, presenting a variety of conditions. The beauty of this position was being able to visit people in their own homes. This gave insight into what it means to age well.

AMAZING INSECTS AROUND US

Course Leader: Dr. Megan Taylor

Time: Tuesdays, June 10 and 17. 9:00 am – 12:00 noon

Course Fee: \$20

Course Coordinator: Rick Dawson

Place: Scout Island Nature Centre

Class Size: maximum 12

Course Description: Includes classroom and field components. Megan will focus on incredible diversity of insects, their evolutionary adaptations to their environment, and some key roles they play in the ecosystem. Following lecture/discussion, head outdoors to observe, collect, and ID our six-legged friends based on concepts discussed in class.

Course Leader: Megan has loved insects, nature, and science since she was a child. She completed her B.Sc., M.Sc., and Ph.D. research in entomology, specializing in honey bee reproduction and genetics. Worked in academia and industry around the globe, passionate about sharing her love of insects, hopes to spark your interest in beauty of these 6-legged marvels.

ARCHAEOLOGY OF T'EXELC (WL FIRST NATION) – Connecting Past and Present (or reverse)

Course Leader: Whitney Spearing, RPCA, MA

Time: Wednesdays; February 12 and 19. 12:00 – 2:00 pm

Course Fee: \$20

Course Coordinator: Deb Radolla

Place: WLFN Office, 315 Yorston Street

Class Size: maximum 20

Course Description: Adopting a place-specific approach, this class will examine the archaeology and prehistory of the **Williams Lake First Nation**. Traditionally, these People were called T'exelcenc and their lands T'exelc. Join instructor Whitney Spearing (MA, RPCA), a professional archaeologist working for Williams Lake First Nation, in a study of T'exelc's history since time immemorial, and the connections between the ancient past and the present.

Course Leader: Whitney is the lead investigator and archaeologist for the **St. Joseph's Mission Residential School** and Onward Ranch Investigation. She is currently Senior Manager of Title and Rights for WLFN, Senior Archaeologist for Sugar Cane Archaeology, and Vice-President of the **BC Association of Professional Archaeologists**.

CARIBOO WAGON ROAD – A HAPHAZARD HISTORY TOUR

Course Leader: Loyd Csizmadia

Time: Thursday, June 5. 8:15 am – 4:15 pm

Course Fee: \$99

Course Coordinator: Darlene Campbell

Place: Adventure Charter and Rentals Bus

Class Size: maximum 24

Course Description: In honor of Barry, I have named the course **A Haphazard History Tour**. Meet the bus at the Williams Lake Stampede Grounds, we will make stops between Williams Lake and 100 Mile House in both directions. At each stop, I will read one of Barry Sale's entertaining and informative articles. There will also be a brief guide to historical sites along the way. Please pack food and water, and wear sturdy shoes. Bring a camera if you can.

Course Leader: Loyd Csizmadia is a retired educator. Having lived in the Cariboo since 1986, he has always enjoyed the local lore, but it wasn't until Barry Sale began publishing "Haphazard History" in the **Williams Lake Tribune** that he realized how many fascinating tales there actually are! Barry's articles will be the "textbook" for this course.

CHILCOTIN LODGE – HISTORY TOUR

Course Leader: Brenda Van Ember
Time: Tuesday April 15. 11:30 am - 2:00 pm
Course Fee: \$50

Course Coordinator: Bev Atkins
Place: Riske Creek
Class Size: maximum 20

Course Description: Participants will meet at the Chilcotin Lodge to enjoy a guided tour of the *Historic Chilcotin Lodge*. Built in 1940, the Chilcotin Lodge is one of the last remaining authentic frontier lodges in British Columbia. With its homey atmosphere and western hotel style, you'll think you've stepped back in time. After the tour you will enjoy lunch and have an opportunity to shop and purchase their famous cinnamon buns.

Course Leader: Kurt & Brenda Van Ember became the new owners of the Historic Chilcotin Lodge in Spring 2017. The Chilcotin Lodge is one of the last remaining authentic frontier lodges in British Columbia. With its homey atmosphere and western hotel style, you'll think you've stepped back in time.

COOKING WITH ALISON – Small quantity cooking for a week

Course Leader: Alison Sutherland-Mann
Time: Sunday, February 2, and March 2. 1:00 pm – 3:30 pm
Course Fee: \$70

Course Coordinator: Bev Atkins
Place: Seniors Activity Centre Kitchen
Class Size: maximum 8

Course Description: Each session focuses on cooking with beef or chicken. Students prepare 1 soup, 1 casserole and 1 main dish to take home. These classes will instruct how to prepare meals for the week, cost effectively and in small quantities.

Course Leader: Alison Sutherland-Mann is a Red Seal chef and has worked in the food industry for 25 years+. Alison's passion is cooking with groups of people and is looking forward to sharing her knowledge with us.

CREATIVE WRITING WITH A TWIST – Part 2

Course Leader: Kerry Cook
Time: Wednesdays; Feb 12, 19, 26, and Mar 5, 12. 2:00pm – 4:00pm
Course Fee: \$35

Course Coordinator: Deb Radolla
Place: Seniors Activity Center
Class Size: maximum 10

Course Description: Kerry's course in Fall 2024 was a huge success. She welcomes former class members & invites newcomers. Explore and discover the next chapter in your life through journaling. It begins with receiving a beautiful gift bag filled with 5 amazing gifts. Each week you discover a new gift and reflect on how this will impact your life. Embracing the power to choose, decide what to pack with you on this journey. It's a fun and informal way to discover self-awareness and build muscles of courage, strength and resilience. No expertise in writing is required - just Imagination, creativity and laughter.

Course Leader: Kerry moved to WL in the early 70's. She and her husband Dan have 3 adult children and 5 grandchildren. Kerry recently retired from TRU where she was a faculty member for 37 years. As a life-long learner she enjoys reading and taking courses and developing curriculum and teaching in her retirement.

CRITICAL THINKING SKILLS – Introduction

Course leader: J. Randolph Radney, PhD
Time: Tuesdays & Thursdays; February 11 – 27. 6:00 pm – 7:00 pm
Course Fee: \$30

Course Coordinator: Rick Stock
Place: Seniors Activity Center
Class Size: maximum 15

Course Description: This course provides a basic introduction to careful reasoning and argumentation, with an emphasis on improving students' capacity for careful consideration and deliberation on critical issues in society. The small class size will facilitate interaction and development of critical thinking skills. There will be course material handouts but students should also be prepared to access online documents.

Course Leader: Dr. Radney has resided in the region of WL since 1984 and has worked closely with the **Tsilhqot'in Nation**. He has taught at **TRU** since 2008, in communications and philosophy. He is currently education manager for **TNG** and teaching two online courses for TRU in ethics and communication.

ESTATE PLANNING

Course Leader: Ryan Brink

Time: Wednesdays; March 12 and 19. 10:00 am – 11:30 am

Course Fee: \$20

Course Coordinator: Larry Stranberg

Place: Community Futures Building, 266 Oliver St

Class Size: maximum 10

Course Description: Learn the essentials of estate planning in this comprehensive course designed for individuals and families. We'll cover key strategies to protect and transfer your wealth, minimize taxes, and ensure your legacy is preserved according to your wishes. Gain practical knowledge on wills, trusts, and powers of attorney. Whether you're just starting or updating your plan, this course will provide you with the tools to make informed decisions. Ideal for those looking to secure their financial future and that of their loved ones.

Course Leader: Ryan Brink, Certified Financial Planner and founder of **Brink & Associates - Harbourfront Wealth**

Management, specializes in wealth management and estate planning. With extensive experience and knowledge, Ryan provides practical, personalized advice to help clients secure their financial futures.

FIREPROOFING YOUR HOME

Course Leader: Travis Flanagan

Time: Tuesdays; May 13 and 20. 10:00 am – 12:00 noon

Course Fee: \$25

Course Coordinator: Rick Stock

Place: Seniors Activity Center

Class Size: maximum 20

Course Description: Travis will prepare a power point presentation with the goal of opening eyes to see how easy it is to ignite a home from fire embers. Next, we will discuss how to mitigate the risks of wildfire. During the second class we will visit a home and prepare a home assessment of the risks and how they can be minimized.

Course Leader: Travis has worked for the **BC Wildfire Service** for ten years fighting wildland fires. He has been a member of the **WL Fire Department** since 2016. He has a good foundation of both wildland and structure fires that gives him good working knowledge of FireSmart and how important mitigating risks around your home is.

FLY TYING AND FISHING – THE PHILOSOPHY

Course Leader: Paul Carnes

Time: Wednesdays; Feb 5,12,19,26. 10:00 am – 12:00 noon.

Mar 5,12. 1:00 pm – 3:00 pm

Course Fee: \$55

Course Coordinator: Darlene Campbell

Place: Community Futures, 266 Oliver Street

Class Size: maximum 12

Course Description: We'll cover the philosophy of fly fishing and fly tying, and lessons on how to tie flies and essentials of fly fishing. Equip/supplies are provided. If you want to bring your own supplies, you're 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. Paul retired 2004. Currently gardening, fishing and tying flies take up most of his time.

GENEALOGY – Getting Started

Course Leader: Kate Pacey

Time: Mondays; March 24, 31. 1:00 pm – 3:00 pm

Course Fee: \$25

Course Coordinator: Carol Thiessen

Place: Seniors Activity Center

Class size: maximum 12

Course Description: This course helps you understand what Genealogy is and how to start a Family Tree. Kate guides you on how to search for their ancestors and find family stories. Bring a notebook, old photos or letters, pencil and eraser and any info you already know about your family to the first class. The more information to get started, the better.

Course Leader: Kate moved to 150 Mile House in 2017. She has been studying Genealogy since 1997. She will show participants pertinent websites, subscriptions and programs to purchase to explore their family history.

GENEALOGY – Introduction to FamilySearch

Course Leader: Kristine Jensen

Time: Mondays; April 7, 14. 2:00 pm – 4:00 pm

Course Fee: \$25

Course Coordinator: Carol Thiessen

Place: Church of Jesus Christ of LDS, 3039 Edwards

Class Size: maximum 6

Course Description: A beginner's class on how to use the FamilySearch program, a free online world family tree with the world's largest records library. Create an account, start building your tree and see what possible connections may happen. Learn to navigate the program, add family members, research records, add your memories. This two-part beginners' class will get you started and learn about the supports available to help you keep going.

Course Leader: Kristine is Coordinator for the **WL FamilySearch Centre** located at **Church of Jesus Christ of Latter-day Saints** on Edwards Drive. She has served as a FamilySearch Consultant since 2015 and has been the Co-Ordinator since 2022. She enjoys helping others, learning new things for herself, finding ancestors and building on her family tree.

IRRIGATION – HOME GARDEN SYSTEMS

Course Leader: TBA (Don Wiebe)

Time: Tuesday, May 6. 10:00 am – 12:00 noon

Course Fee: \$25

Course Coordinator: Lynn Sales

Place: Seniors Activity Centre

Class Size: maximum 15

Course Description: This course will provide an understanding of residential irrigation. Showcasing the different systems, styles and options available for you to have an extravagant garden and time to enjoy it. Demonstrations will include how to use our products, map out and design your own irrigation systems.

Course Leader: TBA

LIBRARY TOUR – Williams Lake

Course Leader: Jennifer Coupé

Time: Tuesday, February 25. 1:00 pm – 3:30 pm

Course Fee: \$20

Course Coordinator: Carol Thiessen

Place: Williams Lake Library

Class Size: maximum 20

Course Description: Join Area Librarian, Jennifer Coupé, 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 Coupé has worked in libraries and museums across BC. She completed her Master of Library and Information Studies at the **University of Alberta** in 2019 and 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.

MAKE YOUR OWN DRUM BAG

Course Leader: Cecilia Grayson

Time: Tues March 18, and Thurs March 20. 1:00 pm – 3:00 pm

Course Fee: \$65

Course Coordinator: Bev Atkins

Place: Seniors Activity Center

Class Size: maximum 10

Course Description: Sew your own drum carrying bag with Cecilia Grayson, owner of **Tribes Collection**. All supplies are provided to create a drum backpack. Session 1: drawing an appliqué. design and cutting out design and drum bag pieces. Applying and stitching appliqué. Session 2: sew zipper, put straps and sliders together and complete sewing drum bag.

Course Leader: Cecilia is married to Greg Grayson whose family is from the **Wikwemikong Nation** located in Northern Ontario. She has over 30 years of experience in the fashion industry as an entrepreneur, designer and educator. She is the owner of a free-lance pattern design and drafting business since 2000. www.tribesscollection.ca

MEDITATION

Course Leader: Colleen O'Neill

Time: Wednesdays; April 2, 9, 16, 23 and 30. 10:00 am – 11:00 am

Course Fee: \$50

Course Coordinator: Carol Thiessen

Place: Library

Class Size: maximum 12

Course Description: We primarily cover analytical meditation and hope to touch on walking meditation. Each class we learn a new analytical meditation and take it home to practice. The following week we briefly discuss how it went and try to solve any problems or answer any questions that come up. This course is purely secular and focuses on understanding how meditation can lead to more clarity of mind, improved memory, and a greater feeling of satisfaction in life.

Course Leader: Colleen has been a student of meditation for over 20 years, where she has learned and practiced several types of meditation and discovered how they can be used to help create a better life. She has taught meditation for **Elder College** 3 times before and several times at the **Buddhist Centre** in WL. She looks forward to leading this course.

QUILTING - Beginner

Course Leader: Elaine Watt

Time: Mondays; February 3,10,24, March 3,10. 9:30am – 12:30pm

Course Fee: \$55

Course Coordinator: Debra Palin

Place: Seniors Activity Center

Class Size: maximum 8

Course Description: Learn basics of creating strips, squares and triangles that can be used to create blocks that will be used in a project of your choice. You'll need to bring your sewing machine, ¼ inch presser foot, mat, rulers, seam ripper, rotary cutter, extension cord and power bar with surge protector if you have them. Some will be available for sharing. In addition, bring 1 meter of light colored fabric, 1 meter of medium colored fabric and 1 meter of dark colored fabric.

Course Leader: Elaine is a retired School District 27 teacher. She started quilting in 1996 and joined Piecemakers Quilt Club the following year. Elaine continues to quilt, offer workshops, is an accomplished quilter who is passionate about teaching others.

QUILTING – Intermediate, Block of the Month

Course Leader: Elaine Watt

Time: Thursdays; Feb 13, Mar 13, Apr 10, May 8, Jun 12. 9:30a–12:30p

Course Fee: \$55

Course Coordinator: Debra Palin

Place: Central Cariboo Arts Center

Class Size: maximum 6

Course Description: This class is intended for intermediate level quilters. When registering please come with ideas of what you'd like to learn. We will be piecing different quilt blocks of the students' choices that can be used in their own individual projects. You will need to bring your sewing machine, ¼ inch presser foot, mat, rulers, seam ripper, rotary cutter, extension cord and a power bar with surge protection if you have one.

Course Leader: Elaine is a retired School District 27 teacher. She started quilting in 1996 and joined Piecemakers Quilt Club the following year. Elaine continues to quilt, offer workshops, is an accomplished quilter who is passionate about teaching others.

SIKHISM – A Cultural Experience

Course Leader: Baldish Singh Sunner, AKA Bob

Time: Sunday, April 13. 11:40 am – 2:30 pm

Course Fee: \$25

Course Coordinator: Diane Wright

Place: Western Singh Sabha Gurdwara, 99 2nd Ave

Class Size: maximum 20

Course Description: We'll meet at the Gurdwara to join the congregation for a Sunday Service, and enjoy a traditional lunch with the congregation. After lunch we tour the Gurdwara, view a presentation about the history of Sikhism, followed by discussion & questions. This is a wonderful opportunity to learn about Sikhism and enjoy the best food outside of India!

Course Leader: Born and raised in Williams Lake Bob is a local business owner and an avid volunteer. He enjoys volunteering at the Gurdwara and appreciates opportunities to teach others about Sikhism.

SKIN AND SUN CARE FOR SENIORS

Course Leader: Kristen Blackwood

Time: Thursday, April 3. 1:30 pm – 3:30 pm

Course Fee: \$20

Course Coordinator: Diane Wright

Place: Seniors Activity Center

Class Size: maximum 20

Course Description: Learn tips and tricks on how to transition your skin care and make-up from winter to summer! Focus more on hydration, SPF and how your skin changes season to season. Different types of SPF, products that help boost your SPF and bust SPF myths. Ideas of having skin care and make-up that changes season to season based on skin's needs.

Course Leader: Kristen has been working in the beauty industry for over 20 years. She has an Esthetics Diploma from Blanche MacDonald and a Make-up for Film and TV Diploma from **Vancouver Film School**. She has worked and lived in Vancouver and Toronto. Her passion is skin care and she loves sharing her knowledge with others!

SOURDOUGH BREAD - Demonstration

Course Leader: Shannon O'Donovan

Time: Thursday, April 10. 3:00 pm – 5:00 pm

Course Fee: \$35

Course Coordinator: Jim Chorney

Place: Seniors Activity Center

Class Size: maximum 15

Course Description: Learn how to make a loaf of sourdough bread from start to finish including how to start and feed your own sourdough starter. Shannon will demonstrate all stages of how to make artisan sourdough bread. You will also receive some starter and recipes to take home and continue your sourdough journey.

Course Leader: Shannon began **Birch Bark Bakery** on the shores of Beaver Lake almost a decade ago, experimenting with various flours and techniques to perfect her wonderful sourdough breads and other wholesome creations. She enjoys sharing her knowledge and providing hands-on workshops teaching the art of sourdough from starter to finished loaf.

UBC ALEX FRASER FOREST INTERPRETIVE WALK

Course Leader: Michaela Waterhouse

Time: Thursday, June 12. 8:00 am – 12:00 noon

Course Fee: \$25

Course Coordinator: Rick Dawson

Place: Alex Fraser Research Forest

Class Size: maximum 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 meet at the Knife Creek block of the **Alex Fraser Research Forest**, 20 minutes south of Williams Lake. The demonstration 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 35 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.

WATERCOLOR PLAY AND TECHNIQUES

Course Leader: Audrey Dye

Time: Thursdays; Feb 20,27 & Mar 6 – 10:00a–12:00p, and 1:00p–3:00p

Course Fee: \$40

Course Coordinator: Joan Erb

Place: Central Cariboo Arts Center

Class Size: maximum 14

Course Description: This watercolor painting course will explore how you can interact with paints, water, brushes, and other instruments. We will create pleasing colors, shapes that incorporate the loose and flowing properties of watercolor and explore some other mixed media to incorporate texture into our paintings, for example, collage, stamping etc. This season we will pursue some step-by-step watercolor scenes. People will receive a supply list upon registration.

Course Leader: Audrey taught primary school in Williams Lake for 38 years. Following her retirement, she pursued several artistic endeavors, including watercolor painting, crafts, visual arts, choral singing, and ukulele strumming.

“ Thank you for supporting Elder College “