

Campbell River ElderCollege Newsletter

Winter/Spring 2012

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CAMPBELL RIVER
ElderCollege
NORTH ISLAND COLLEGE

Information Session

Friday, January 13 at 1 pm at the Campbell River Campus of North Island College. Come and meet instructors and bring any questions you may have about the courses and about ElderCollege.

Fees

Membership:

Only \$10 + HST for Fall '11 – Spring '12 year

Courses and workshop fees:

Vary from \$10 to \$40 + HST (Members only)

The annual \$10 fee entitles members to register for courses and workshops, and to have access to the College Library. Membership runs from September 1 to August 31 and is renewable annually; each of the 3 ElderColleges (Campbell River, Comox Valley and Port Alberni) has its own membership fee.

In the Fall 2011 session of ElderCollege, class participants numbered 280 taught by over 20 instructors and facilitated by 15 volunteers.



Some course evaluations from Fall 2011

“Both instructors are brilliant – their knowledge on the subjects covered was above and beyond. They shared it freely and in a way we could all understand.”

Digital Media

“Most enlightening; lots of helpful anecdotes and examples. Really will help me with my job as publicity person in the future.”

Stop the Presses

“An introduction to meditation that I plan to continue – ‘life long learning’ start.”

Chan Meditation

Registration

Registration begins Monday, January 16 at 9 am.

Note:

Course dates and times printed in this newsletter will not appear on the website until registration begins on Monday, January 16. All courses are subject to change.

To Register In Person on or after January 16:

The North Island College registration office is at 1685 South Dogwood Street. It's open Monday to Friday 9 am – 4 pm and open until 6 pm Wednesday.

To Register Online on or after January 16:

- Go to our web page at www.nic.bc.ca/eldercollege
 - If you know the course number you want to take, click on the “Online Registration Available” button on the page.
(Course numbers are found in this newsletter beside each course description.)
 - The next page gives you a set of choices:
 - for course type, choose ElderCollege
 - for location, choose Campbell River
 - ignore the other two
 - Click “Submit” - the next page shows our courses.
 - If there's a zero in the last column, that course is full.
 - To be added to a waitlist, you have to contact the Registration Office in person.
 - Once a course has started, it is taken off the list.
 - Click in the box to the left of any course you want (if you change your mind, click again to take the check mark away).
 - Click “Submit”; the next page asks you for details to complete your registration.
 - The site is secure and safe for your personal details.
- Payment can be by Mastercard, Visa or American Express.

For additional information send email inquiries to

ElderCollegeCR@gmail.com

or wendy.samaroden@nic.bc.ca.

To speak with our North Island College liaison, call Wendy Samaroden at 250-923-9728

- If you have moved or if you have a new email address, please inform Registration.
- If you register for a course and cannot attend, please notify Wendy Samaroden so that wait list students can be notified.
- Room numbers will be posted on whiteboards inside North Island College entrances.

Courses:

Antiques and How to Down-size (CREC-8825)

Coordinator: Marcia McKay

Bring in your treasured item, or a photo of it. We'll research value with the help of a local expert, and explore options for selling, from garage sales to craigslist to consignment to auctions.

Thursday, March 15 – March 29 (3 weeks)
3:00 pm – 4:30 pm Fee: \$20



Computers for Beginners (CREC-4110) **Instructor: Debbie Galenzoski**

Learn to turn the computer on and off safely; use basic function keys (tab, backspace, delete, enter, etc.); use mouse, move cursor; work with text (highlight, copy and paste, delete); resize and move windows. Learn to use email effectively (from composing to organizing and sending photos), and to search for information on the Internet. "Hunt and peck" typing is fine. Students must have a working computer (Microsoft Windows XP, Vista or Seven) at home for practice.

Tuesday, March 13 – April 17 (6 weeks)
10:00 am – 11:30 am Fee: \$30

Current Events Discussion Group (CREC-6430) **Instructor: Quentin Dodd**

A lively discussion on current news stories of interest: local and provincial matters that directly affect our community, and national and international issues that are hitting the headlines. Reporter and freelance writer Quentin Dodd will moderate and suggest some topics to get us started; then we will decide on further subjects to explore and debate.

Thursday, February 2 – March 8 (6 weeks)
1:00 pm – 2:30 pm Fee: \$30

Digital Camera Basics for Seniors (CREC-2750) **Instructor: Tom Easton**

Discover the capabilities of your digital camera. Understand and use the camera's functions and features; download images, edit and file them. Share images through email and in class. Bring your camera and owner's manual to class.

Friday, January 27 – March 2 (6 weeks)
1:00 pm – 2:30 pm Fee: \$30

Fat – Simplified (CREC-5615) **Instructor: Wendy Samaroden**

Are you wondering how to cut the fat from your food but keep your taste buds tingling? Are you confused by all of the dietary information out there? Low fat does not have to mean low flavour! Come and join us! Learn the tips and tricks of healthy eating. We won't be using scales or counting calories! We're going to get together and talk FOOD!

Saturday, February 11 – March 3 (4 classes) Fee: \$30

Gardening for Seniors (CREC-7820) **Coordinator: Sue Vickery**

This series will cover various aspects of gardening such as: invasive plants, plant physiology and pruning, preparing your garden for planting, growing dahlias, and responsible care of soil.

Tuesday, February 28 – March 27 (5 weeks)
1:00 pm – 2:30 pm

Fee: \$30 for series; \$7 for individual class

•Preparing Your Garden for the New Planting Season (February 28) (CREC-7812)

Nigel Lambeth, owner of Campbell River Garden Centre, will tell us how to prepare our gardens for the new planting season.

•Plant Physiology and Pruning (March 6) (CREC-7825)

Chris Trehearn will discuss plant physiology and how plants grow especially as it relates to pruning.

•Invasive Plants (March 13) (CREC-7855)

Barb Phipps will show you how to deal with invasive plants: identification, elimination, and proper disposal.

•Growing and Saving Dahlias (March 20) (CREC-7860)

Rick Monchak will speak about growing dahlias: the varieties, saving rhizomes, and how to show them to their best advantage.

•GMOs and Responsible Care of the Soil (March 27) (CREC-7815)

Dr. Thierry Vrain is a soil biologist retired from the Department of Agriculture and an avid gardener. He will speak about how we can care for our soil responsibly.

German for Senior Travellers (CREC-2550) **Instructor: Gunter Enrik Mundschutz**

What to you say before and after "Wie Geht's?" We will practice useful phrases to make your German experience more enjoyable. Expect "Hausaufgaben" (homework) to make the most of it.

Tuesday and Thursday, April 10 – May 1 (7 classes)
10:00 am – 11:30 am Fee: \$30

Introduction to Chan Meditation (CREC-6610)

Instructor: Adrian Symonds

Chan, the Chinese expression which is also popularly known as “Zen” in Japanese, is present everywhere: in space without limit or time without end. Zen emphasizes experiential Wisdom in the attainment of enlightenment. As such, it de-emphasizes theoretical knowledge in favour of direct realization through meditation and dharma practice. This tradition is based on the fundamental practice of mindfulness and loving kindness.

Thursday, February 9 – March 8 (5 classes)

10:00 am - 11:30 am Fee: \$30

Italian for Senior Travellers (CREC-2505)

Instructor: Tony Fantillo

Come si dice? Tony will provide the vocabulary, phrases and expressions necessary to enjoy this conversation-based course.

Wednesday, February 8 – March 14 (6 weeks)

10:00 am – 11:30 am Fee: \$30

Landscape in Acrylic (CREC-1536)

Instructor: Laurel Cormack

Rediscover your Inner Artist! Adventure into landscape painting using your own photos. “Loosen up” using vibrant colour and a freer hand, or paint to your own drummer. An exhibition of student works is planned for the end of the course.

Tuesday, February 14 – March 20 (6 classes)

10:00 am -12:00 noon Fee: \$40

Latin Dance for Seniors (CREC-1870)

Instructor: Barbara Shore

Dance for mental and physical exercise. Learn basic step patterns for chacha, salsa, rumba, and samba, with some tango as well.

No partner needed, but pairs welcome.

Thursday, April 12 – May 3 (4 weeks)

1:00 – 2:30 pm Fee: \$25



“Flexible, personable instructor, good facility.”

Introduction to Wood Carving

“The instructor pushed me out of my comfort zone into a new way of painting.”

Acrylic Painting

Workshops:

Care for the Elderly (CREC-5760)

Instructor: Mary Cook

Do you need to figure out the system? Where do you go for help? This workshop will address the rights of the aged, government public health responsibility, power of attorney and its implications, and more. If you need answers to these questions, come to this course.

Saturday, March 10 (1 class)

10:00 am – 12:00 noon Fee: \$10

Exploring Gmail (CREC-4026)

Instructor: Carole Easton

Gmail is one of the most customizable free e-mail programs on the net. Whether you are considering changing to it, or you are a new Gmail user wanting to learn more of the ‘bells and whistles’, join us in making e-mailing more personalized, useful and visually interesting. Each person will use a North Island College computer and a temporary Gmail account. Not for beginners – participants must already have good basic e-mail skills.

Saturday, February 4 (1 class)

10:00 am – 3:00 pm (Bring a lunch) Fee: \$20

Grammar – Does it Matter? (CREC-2305)

Instructors: Annemarie Rodger with Quentin Dodd

This is not a course on excruciatingly correct grammar and punctuation, but a fairly short and light-hearted look at the subject. Do the grammar “rules” promote clarity or stifle creativity? We will look at the most common mistakes, why they are mistakes, and how to correct them. Your questions and/or confusions will be welcomed, as will examples of errors from the popular press.

Friday, March 16 (1 class)

1:00 pm – 3:30 pm Fee: \$10

Introduction to the World of Wine

Instructor: Peter H. Burrow

Talk and tasting on “The Great Value wines from around the world.” An opportunity for ElderCollege students of Campbell River to taste, see, and learn about a selection of wines available from stores near them. This session will be lead by Charter member Peter Burrow of the Vancouver Chapter of The Society of Wine Educators.

Saturday, March 24 (1 class) 1:00 pm – 3:00 pm

Fee: \$30 (\$20 workshop fee + \$10 materials charge)

Plein Air Painting (CREC-1538)

Instructor: Laurel Cormack

Let’s get out of the classroom and capture the effects of light painting outdoors. Rain or shine.

Saturday, May 12 and Sunday, May 13 (2 classes)

10:00 am – 3:00 pm (Bring a lunch)

Fee: \$40

Pouring Watercolour (CREC-1510)

Instructor: Jeanne Ralston

This is an indirect method of painting producing beautiful luminous colours, using only three primary colours. This is an exciting and fun approach to watercolour.

Saturday, March 31 (1 class)

10:00 am – 4:00 pm (Bring a lunch) Fee: \$30

Stop the Presses (CREC-2363)

Instructor: Quentin Dodd

Going way beyond the five Ws and one H: a light, inspirational and instructional introduction to writing those dreaded media releases to dumbfound editors and focus positive attention on your cause, organization or service. With professional freelance writer/reporter Quentin Dodd.

Saturday, March 17 (1 class)

1:30 pm – 3:30 pm Fee: \$10

To Strata or Not to Strata (CREC-8740)

Instructor: Marcia McKay

Downsizing to a condominium or strata has positives and negatives. A retired property manager, past condo owner, and past president of two strata corporations, Marcia will explain the differences between rentals, home ownership, and strata ownership, and use anecdotes to share the up- and the down-side of strata life.

Saturday, March 10 (1 class)

1:00 pm - 3:00 pm

Fee: \$10

"I thoroughly enjoyed the class and the instructor."

"Easy learning, fun, no pressure."

Stained Glass Mosaic



Some info for Seniors from North Island College

65+? There's more to explore - University studies courses are tuition-free at NIC

Interested in NIC courses not offered through ElderCollege? NIC is making in-depth, academic, university studies classes accessible to Canadian seniors 65 and up at a price they can afford.

Instead of paying \$260 for an anthropology class, seniors pay a \$10 student union fee, plus the cost of books and supplies.

Hundreds of courses available, including:

- Introduction to Literature: Short Stories & the Novel
- Basic Marketing Principles & Practice
- Space Science & Astronomy: Intro to Solar System Exploration

Apply before classes begin at any NIC campus. ***ElderCollege classes are not applicable.***

Search classes: www.nic.bc.ca/wintercourses

Get started: Learn more and download the Tuition Exemption Application Form at

www.nic.bc.ca/seniors or call Student Services at 1-800-715-0914.



ELDERCOLLEGE: MEMBERSHIP & REGISTRATION FORM

PERSONAL INFORMATION

Legal Last Name:	First Name:	Middle Name:
Former Last Name: <i>(If applicable)</i>	Preferred First Name:	
Street Address:	City:	
Province:	Country:	Postal Code:
Home Phone:	Other Phone:	Email Address:
Birthdate: <i>yy / mm / dd</i>	Gender: <input type="checkbox"/> M <input type="checkbox"/> F	Citizenship:
Emergency Contact Name:	Home Phone:	Other Phone:
Emergency Contact Name:	Home Phone:	Other Phone:

MEMBERSHIP

The \$10 annual membership fee includes conditional access to the North Island College libraries and bookstores.

Current Member New Member

For new memberships and renewals, which location would you like to join?

Campbell River Comox Valley Port Alberni Port Alice

COURSE SELECTION

Course Name	Course Code	Tuition
1.		
2.		
3.		
4.		
<input type="checkbox"/> Membership Fee		\$10.00

DECLARATION: PLEASE READ THE FOLLOWING BEFORE SIGNING

I declare that the information I have submitted on the application is true and correct. Falsifying any document or information submitted will result in the immediate cancellation of admission or registration at the College. I understand that this information along with subsequent information is collected under the authority of the College and Institute Act. This information will be protected and used in compliance with the BC Freedom of Information and Protection of Privacy Act for the purpose of admission, registration, research, and other purposes consistent with the mandate of the institution.

Student Signature:

Dates:

PAYMENT OPTIONS

- In person:** Bring this completed form with payment (cash, cheque, debit, or credit card) to one of our campuses during the Student Services office hours.
- Mail:** Mail completed registration form to Student Services with payment by cheque with full fees. Sorry, post-dated cheques are not accepted.

Member Profile

Monique Games

Monique has been an avid supporter of ElderCollege since it began its original planning sessions in 2004. She moved here from Penticton where she and a few other seniors attended Okanagan University College classes with the “kids”. When she arrived in Campbell River Monique was eager to continue learning so she was thrilled to hear that a group was forming to start ElderCollege.

Campbell River ElderCollege offered its first classes at the beginning of 2005. Monique had broken her leg the previous December; nonetheless she got her daughter to wheel her in a wheelchair to the first public information meeting that January.

And she hasn't stopped her tireless support of ElderCollege since that day.

Monique was delegated the task of publicity at the beginning of ElderCollege and she has stuck with it ever since. She contacts the TV and radio stations, newspapers, and any other venue offering free advertising. She distributes fliers and makes sure they are displayed in areas where they will receive the most notice. If you've seen an ElderCollege poster around town, it's likely that Monique put it there.

Why does Monique love ElderCollege so much? She enjoys

Sharing

ElderCollege is all about sharing: sharing our zest for learning, exploring life and broadening our horizons in our senior years. Our course presenters, volunteers from the private, public and academic sectors, share their skills, knowledge and talents with us, allowing us to provide superb quality at very low cost. Other members share their time and skills on various committees, to help organize and publicize the courses.

If you have enjoyed our courses, won't you consider “giving back”? You would be welcome to share your passion, talent or knowledge as a course presenter. Or, you could share some of your time as a committee member, “Many hands make light work”.

There are many ways to share: some of the tasks are very small, as little as a few hours spent every spring and fall collating the future course survey forms. Others will require a few hours a month, perhaps taking minutes at a meeting; and, yes, there are tasks that will require more commitment. Whatever time or talent you can share, your help will be much appreciated.

Contact us at eldercollegecr@gmail.com
or attend our information session on Friday January 13.



meeting new people and hearing new ideas through the variety of interesting courses on offer. The film series that runs every fall is a favourite for her and she particularly enjoyed the Introduction to the Middle East course last year. Monique is an opera buff and has attended every Met opera that has been broadcast at the local cinema.

Monique is a splendid example of someone giving back to the community while expanding her own horizons through further education.

More Feedback from Fall 2011

“In this safe environment it was easy to live up to expectations, mine as well as the facilitators.”

Public Speaking

“I've learned to ask the right questions, to understand my computer.”

Computers for Beginners

I enjoyed this so much! It allowed me to follow current events with greater understanding.”

Introduction to the Middle East

ElderCollege
Annual General Meeting
Thursday, May 17 at 1:00 pm,
North Island College

Campbell River Campus

North Island College

1685 South Dogwood St. Campbell River, BC V9W 8C1

