



Port Alberni ElderCollege is an opportunity for adults 50+ to explore new areas of learning. We have no exams, no grades and no pressure!

BECOME A MEMBER!

ElderCollege Annual Membership

Course Code PAEC 0001

Membership is required for PA ElderCollege course registration.

\$10 + HST Annual Membership Fee (Sep 1 – Jun 30)

OPEN HOUSE

Thu, Sept 23

- 1 pm Meet & Mingle
- 1:30 pm Computer Lab Info Session
- Campus tours will be conducted
- Draw for PA ElderCollege course tuition gift certificate

COURSES

Introduction to Computers

Instructor: Cheryl Cumberland

This course is an introduction to computers.

Course Code PAEC 3218

\$35 + HST

Fri, Sept 24, 8:30 – 11:30 am (1 class)

Computers Made Easy – Step 1

Instructor: Cheryl Cumberland

This course focuses on protecting the system, using WordPad and an introduction to Internet & Email.

Please note: Previous computer experience is NOT required. Handouts are provided in class. Please bring a CD-R to class.

Course Code PAEC 3210

\$120 + HST

Fri, Oct 1 – Nov 5, 8:30 – 11:30 am (6 classes)

Computers Made Easy – Step 2

Instructor: Cheryl Cumberland

This course will introduce the Windows XP Operating System, WordPad, and more advanced features of Email.

Please note: Step 1 or basic Windows and word processing skills required. Handouts are provided in class. Please bring a CD-R to class.

Course Code PAEC 3211

\$120 + HST

Fri, Nov 12 – Dec 17, 8:30 – 11:30 am (6 classes)

New! BYOM – Bring Your Own Mac

Instructor: Norman Silverstone

You just got a Mac, what do I do? Bring your Mac to class and learn about Snow Leopard, installing programs, Mac keyboard shortcuts, the Dock, burning a CD, search engines, Dashboard Widgets, where the guts of the Mac are, Email, Internet, and fun, Saving and Sending Files to a Windows Computer, downloading freeware games and programs and more..

Please Note: Bring your Mac computer to class.

Course Code PAEC 3219

\$120 + HST

Thu, Oct 14 – Nov 4, 1 – 4 pm (4 classes)

Beginning Digital Photography

Instructor: Norman Silverstone

Learn the basics of digital photography through classroom instruction and practical exercises. You will learn how to take better pictures, upload your images into a computer, and enhance them using Photoshop Elements 7.

Course Code PAEC 3512

\$120 + HST includes materials

Tue, Oct 5 – 26, 1 – 4 pm (4 classes)

Photoshop Elements for Beginners

Instructor: Norman Silverstone

Let us show you how easy and uncomplicated Adobe Photoshop Elements can be. Using Photoshop's Automatic Adjustment Buttons you will see the results before your very eyes. We will show you how to turn out photos that are incredible.

Please note: Please bring a CD containing the Photographs that you would like to work on.

Prerequisite: Familiarity with Microsoft Windows is a requirement.

Course Code PAEC 3220

\$120 + HST

Tue, Nov. 2 – 23, 1 – 4 pm (4 classes)

Genealogy

Instructor: Lesley Silverstone

Find your ancestors using the family names, photographs and stories you have collected over the years. Genealogy can be an exciting and rewarding journey. Discover the many free web sites and look at the merits of the ones you have to pay for. Learn how to organize your information, how to research your family, and how to record your findings.

Course Code PAEC 5183

\$20 + HST

Wed, Oct. 20 – Nov. 3, 1 – 3 pm (3 classes)

Seniors' Quest for Knowledge

Instructor: Garrett Ollander

This course will deal with the absolute principle of the unboundedness of our nature and the wisdom of the very early philosophers. We will explore each student's uniqueness and purpose of our Being.

Course Code PAEC 5182

\$20 + HST

Thu, Oct 14 – Nov 4, 10 – Noon (4 classes)

New! Arctic Experiences

Instructor: Garrett Ollander

Come and join Garrett Ollander as he relives his adventures in the Arctic, McKenzie River and northern BC with the RCMP Marine Division. His slides are spectacular and some of his stories are even better!

Course Code PAEC 5181

\$15 + HST

Thu, Nov 18 – Dec 2, 10 am – Noon (3 sessions)

Emotional Freedom Technique (EFT)

Instructor: Carol M. Boxrud, C.Ht., EFT-ADV

Less Your Stress with EFT – an amazing, simple technique for all ages, releases anxieties (fear of spiders, public speaking, flying, elevators, food cravings, sleepless nights, physical pains, cranky kids (and their folks)...now happier at home, work and play. "We Try It On Everything". Bring your "problem" and watch it vanish!

Please Note: Course includes a 90-minute one-on-one office session for each participant.

Course Code PAEC 5180

\$10 + HST

Wed, Oct 13 or Nov 10, 8:30 – 11:30 am (1 session)

THE 1930'S – INTERWAR PERIOD

When someone mentions the years between WWI and WWII, most people think of either “The Roaring '20s or “The Great Depression”. It was a period of time where many people were out of work, families often went hungry as money (and food) was scarce and entire communities were forced to move to other parts of the country in hopes of finding a better life. Join us for this series as it covers some of the effects of this time period.

Course Code PAEC 5608

\$30 + HST

Mon, Oct 18 – Nov 22, 10 am – Noon (6 sessions)

Oct 18 & 25 – Technology & Society

Instructor: Dr. Marilyn MacDonald

From three-coloured traffic lights to electric hot-water heaters, from cellulocotton to nylon, and from tetanus antitoxins to vitamin pills, the Interwar Years (1919 to 1938) were a time of rapid technological change, not only because of new inventions, but also because of social and economic changes that developed to make use of them. These two sessions will explore how such changes affected life in Canada, and particularly in Port Alberni.

Nov 1 & 8 – Music & Movies

Instructor: Dr. Bob Perkins

The purpose of this two-part presentation is to examine the music and movies of the period between the wars, with special emphasis on the 1930s. Folk songs from this period offered a commentary on the personal struggles faced by many as well as the uplifting/jazzy compositions from the “Big Bands”. We'll have a look at (and a listen to) some examples from the entire spectrum of musical forms.

Movies also gave people an opportunity to forget about their troubles for a while. Some film historians have called the 1930s “The Golden Age of Hollywood” as it was the period where many of the genres (gangster films, musicals, zany comedies, westerns and horror films) first made an appearance. Some silent film stars were able to make the transition to the “talkies” while others were not. We'll have a look at examples from the entire spectrum of genres.

Nov 15 & 22 – The Effects of the Depression

Instructor: Bill Lekich

A study of the 1930s with emphasis on how the depression impacted the USA, Germany and USSR. A focus on how the leaders of these three countries (Roosevelt, Hitler and Stalin) influenced the internal and external policies of each state.

New! Symbolism and Rock Art:

Understanding the Universal Human Language

Come and join Genevieve vonPetzinger whose cave art research was featured as the Feb 2010 cover story in New Scientist magazine. She will cover the history of human cognitive evolution, including the earliest examples of elaborate burials and portable art, before turning to the ancient rock art itself – the best proof we have of the antiquity of the “creative explosion”. Her research in France has led her to believe that the art was not just produced so people had “pretty pictures” to look at, but was instead a sophisticated form of symbolic communication, especially noticeable when studying the geometric signs. Wherever there are humans on earth, we find this form of artistic expression, suggesting a universality that goes back to our common ancestors in Africa, making this the original human language.

Genevieve is Val Hughes' niece and has volunteered to offer this presentation as a fundraiser for the bursary Port Alberni ElderCollege has started in Val Hughes and Hans Affourtit memory. All proceeds will be applied to the bursary.

Course Code PAEC 5184

\$10 + HST

Thu, Oct 21, 7 – 8:30 pm (1 session)

held at 3839 8th Ave. Abbeyfield, enter through 8th Ave entrance

ENVIRONMENTAL SERIES

Course Code PAEC 5322

\$25 + HST

Tue, Oct 5 – Nov 2, 10 am – Noon (5 sessions)

Oct 5 – Water, Water Everywhere...

Instructor: Edna Cox

Here in the Alberni Valley, we live surrounded by temperate rain forest. Why should we be concerned about water? Still, the question of water quantity and quality is becoming daily more pressing worldwide. In this context, we will look at the current situation in the valley and explore issues which may impact our water future here.

Oct 12 – Waste Management

Instructor: Brenda Fortais, Waste Reduction Coordinator – Alberni Regional District

Ever wondered what happens to your garbage once you are finished with it? Interested in learning the difference between a Landfill and Dump? This informative session will provide you with knowledge as to where products go once they leave your hands. We will also explore recycling and the various recycling techniques. Learn the many ways to recycle, where your products go once they leave the Alberni Valley. We will also take a look at the various recycling stewardship programs available in the Alberni Valley (Bottle Depot, Electronic Recycling, Battery Recycling etc)

Oct 19 – Composting

Instructor: Brenda Fortais, Waste Reduction Coordinator – Alberni Regional District

Did you know approx 40% of your garbage is organic materials that can be composted? Learn the basics of outdoor composting and indoor vermicomposting (worm composting). Not only is composting fun and easy, it also provides great soil and nutrients for your garden while helping the environment. Together we will break down the composting process and help solve any composting issues you may currently have.

Oct 26 – An Introduction to COB

Instructor: Libbie Morin

Cob is a mixture of earth, or mud, sand and straw. Cob has been used for millennia as a building material, and has recently experienced resurgence in popularity in response to a push towards sustainability. We will cover how Cob is made and what role each of the components play. We will also explore how to resource clay, sand, straw, and fibres from within the Alberni Valley and how to use the material to build anything from outdoor ovens to houses. Participants will leave with enough information to get going on their own project.

Nov 2 – Local Agriculture

Instructor(s): Arrowvale Farms

Growing public concerns about climate change, peak oil, public health, hunger, and food security are poised to change the face of agriculture world-wide. The days of the 1500 mile diet are numbered and the best, (perhaps only) hope for a secure food future rests with local, low-impact agriculture. The simple act of eating locally grown food can be a powerful and effective means of addressing all of the concerns noted above and could foster an agricultural renaissance. Find out what is happening in your community and how your own back yard can be a part of it all.

FINANCIAL AID

Funds are available to assist PA ElderCollege members who may require assistance for a portion of PA ElderCollege course tuition. For information contact Leanne 250-724-8705. Supported by

Catalyst

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