

Connector

JANUARY-FEBRUARY 2024

2023-24 CVEC EXECUTIVE

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Vice Chair:

Craig Bassett

Past Chair:

Don Axtell

Chair, Communications:

Solweig Williams

Chair, Curriculum:

Sheila Borman

Chair, Volunteer Support:

Gary Priestman

Chair, Member Support:

Dee McDonald

Chair, Operations Support:

Pam Munroe

Finance Officer:

David Clark

Members-at-Large:

Liz Morris

David Clark

Co-Secretaries:

Jackie Greening

Mary Gray

Executive Message

By Sheila Borman

Chair, CVEC Curriculum Committee

As we ring in the new year 2024, we welcome you to join in our 65-course offerings for the winter term beginning February 4 and wrapping up just after Easter in early April.

Our committee began to prepare this menu of courses back in August so as to meet the many deadlines throughout the fall term. First and foremost, there are six subject coordinators who find experienced and willing course leaders in their particular subject: Arts and Music; History and Social Science; Language and Literature; Science, Math and Computers; Health and Wellness; and Eclectic. Information is gathered and the course title and descriptions are refined before the data manager reviews and records the information in a comprehensive spreadsheet. Good communication skills and an attention to detail keep the work moving along.

At the same time, another team is working on the lecture series, which involves generating a theme and then finding key people who are willing to donate their time to give us a two-hour lecture on a Saturday morning. All in all, we have six exciting lectures and 34 new courses for you to taste, which speaks to the commitment of our committee members to bring freshness to the program.

Behind the scenes, the staff at North Island College (NIC) have scheduled the courses according to the availability of rooms and the course leaders' wishes. The information is added to the registration system and put up on the website. At the same time, the Communication Committee is preparing the printed course guide so that it is ready to hit the streets in early January. Next comes the planning for the Course Information Forum on Saturday, January 20 in which course leaders provide a taste of their course to come.

The 12 members of the committee join me in inviting you to partake of these offerings, even as we begin the cycle again to prepare for the Fall 2024 term: Larry Bambrick, Doug Barr, Bob Coyne, Martha Gerow, Mary Gray, Terry Hooper, Liz Morris, Barbara Moscovich, Jane Sterk, Roger Taylor, Al Tippet, Judy Village, and Gerald Wendland.

Remembering Mary Elizabeth Smith

It is with heavy hearts that we acknowledge the passing of Mary Elizabeth Smith, founding member of Comox Valley ElderCollege (CVEC). Through her vision and efforts, and those of her close friend and fellow CVEC founder Betty Emery, Comox Valley ElderCollege has grown from the germ of an idea into a robust continuous learning organization that brings purpose and enjoyment to seniors in the Comox Valley.

In 1999, the two friends first dreamed of a local lifelong learning program that would enrich the lives of seniors. They presented the concept of ElderCollege to the president of NIC, who readily embraced the idea and agreed to provide classroom accommodation and registration assistance. The first CVEC semester launched in the fall of 1999 with roughly a dozen courses and a lecture series entitled *Age Makes a Difference*.

In the 24 years since Elizabeth Smith and Betty Emery founded Comox Valley ElderCollege, course offerings and membership have grown substantially. Today, CVEC continues to support three NIC bursaries, including the Elizabeth Smith and the Betty Emery Founders Bursaries, which are awarded annually to three NIC students studying in a field that relates to working with older persons.

All members of Comox Valley ElderCollege owe a debt of gratitude to Elizabeth Smith for acting upon her vision to enrich the lives of seniors. Our hearts go out to Elizabeth's family and all who loved her.



FOLLOW and LIKE us on Facebook!

@ComoxValleyElderCollege

ElderCollege is active on Facebook.

Follow us, **Like** us, and **Share** posts. Help us get the word out about upcoming events, course announcements and opportunities for diverse, vibrant and affordable education for adults 55+.



Winter 2024 Lecture Series:

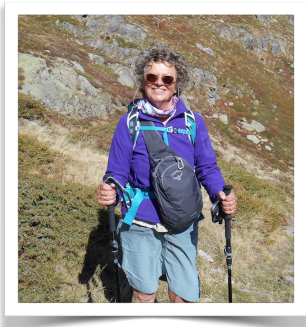
Be a Traveller, Not a Tourist

Becoming a “tourist” has never been easier than it is today. Holiday “packages” can be had for almost any popular destination. Although this approach makes otherwise unaffordable destinations affordable, it can result in everyone seeing the same sights, taking the same photos, and having the same experience. What if your approach to travelling was different? Learn what can happen when you become a traveller and not just a tourist.

The Art of Slow Travel

Kim Letson
February 10

Join author Kim Letson for an entertaining romp around the world—mostly on her own two feet, although sometimes by the odd horse, camel, bus, or train. Walking, humankind’s most elemental form of travel, allows us to explore sensory details of a place through intimate exposure to geography, climate, and culture. Vulnerable to our surroundings, we are able to absorb the essence and improve our understanding of where we are.



Unlocking Hidden Treasures Through Conversations

Fernanda Gimenez
February 24



Engaging in conversations with locals while travelling offers numerous benefits. Locals can offer invaluable tips and recommendations, guiding you to hidden gems and unique experiences that may not be found in guidebooks. Additionally, conversing with locals fosters meaningful

connections, broadens your perspective, and can lead to unexpected friendships, enriching your travel experience and leaving you with lasting memories and a sense of belonging in a foreign land.

Travelling in Iraq

Mike Joss
March 2

Armchair travel as Mike recounts his travels from Baghdad to Basra. Visit the ancient Sumerian sites of Ur and Babylon. Stop at Samarra, a UNESCO world heritage site, with its iconic spiral minaret. Meet pilgrims in Karbala and Najaf, the holy places of Shia Islam. Visit one of Saddam Hussein’s old palaces and explored Iraq’s marshlands by boat, finishing where the Euphrates and Tigris meet at the Shatt Al Arab waterway.



Voluntourism: Combining Travel and Service

Judy Village
March 9



Voluntourism is one of the fastest growing trends in travel today. Three examples will illustrate how you can make a difference, experience cultural immersion, and broaden your understanding of complex community issues. First, we will travel to a children’s village in Guatemala. Next up: the Masai Mara of Kenya to build schools, hospitals, and clean wells. We’ll end on the Nahanni River in NWT for an Outward Bound Reach Beyond expedition.

From Sacred Travel to Tourism in Bhutan

Darrell Tomkins

March 16



Darrell had the privilege of visiting Bhutan when the remote mystical kingdom opened to admit strictly controlled travellers. However, over a six-year period from 2005 to 2011, she saw sacred travel transformed into a tourist industry. Today tourism and hydroelectricity are two of the most important sources

of foreign exchange earnings in Bhutan. The distinction between traveller and tourist is not always simple.

Servas: Travelling Towards World Peace

Rod and Evelyn Keith

March 23

Servas is an international, not-for-profit organization started shortly after World War II in the belief that encouraging people to host or stay with people from other countries helps to build friendships, understanding, and dialogue through sharing of culture, foods, and local attractions. It was hoped this shared affinity might help prevent repetition of the horrors of war that had just enveloped the world.



Mark Your Calendar



Early January

Winter Course Guide available

January 20

Winter 2024 Information Forum
9:30 - 11:30 am, Stan Hagen Theatre

January 23

Winter 2024 course registration opens. Watch for a notification in your email with more details.

February 5

Winter courses begin.

February 10

First lecture in the lecture series.

Volunteer Opportunities

CVEC is run entirely by volunteers. In order to sustain our success, we need individuals to lend their skills and experience. If you are interested in helping chart the future course of CVEC, we would love to speak with you. Please go to the Volunteer page at www.nic.bc.ca/CVEC.

Volunteer Recruitment Coordinator

As a valued member of the Volunteer Support Committee (VSC), this individual coordinates CVEC's activities directed to the identification and the recruitment of our volunteers.

The coordinator has the opportunity to interact with the chairs of all the CVEC committees to ascertain their volunteer needs, as well as with potential volunteers. If you enjoy dealing with people, please consider becoming part of the VSC team.

Winter Musings

