

## 2022-23 CVEC EXECUTIVE

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David Clark

### Co-Secretaries:

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Mary Gray

## Executive Message

*By Judi MacGillivray*

*Co-Chair, Communications Committee*

The Comox Valley ElderCollege (CVEC) Communications Committee has a variety of responsibilities, including the **Speaker's Bureau**. You may well ask what that is. Our purpose is to spread the word to our community about the many great opportunities to get involved in CVEC. We provide two alternating volunteer speakers who go out to various organizations presenting the concept of lifelong learning through participating in our varied course offerings. And that's not all.

By getting our message out to the community, we may entice new course leaders looking to impart their own acquired life skills or maybe just a passion for a special interest they've always wanted to share. Perhaps a newcomer to the Comox Valley is looking for an organization to join and will become a valuable volunteer in one of our enthusiastic support committees. Either way, we all win!

Recent engagements and bookings have been very encouraging. We have spoken at the d'Esterre Centre, have confirmed the Ocean Front Village at the end of March plus bookings at two Probus clubs for June and the fall. These are just a few examples of groups that could benefit from knowing about ElderCollege.

And now, I need you to be a partner in my endeavours. If you know of an organization that would benefit from one of our excellent speakers to attend their meetings, I would appreciate hearing from you and may be reached at [omega101@telus.net](mailto:omega101@telus.net).



## Volunteer Opportunities

*Kate Clark*  
Recruitment Coordinator

Thanks to those of you who added your names to the volunteer sign-up sheet at the January Public Information Forum and subsequently filled out the volunteer form on the website.

Help make our day by considering involvement on one of the following committees. You will enjoy the camaraderie as well as “giving back” and learning about the inner workings of Comox Valley ElderCollege (CVEC).

### Operations Support Committee

#### Member-at-Large

We know there are people out there who really enjoy working with policy. We still need one more member to round out this committee reviewing, researching and drafting policy documents to ensure the smooth operation of CVEC programs.

### Volunteer Support Committee

#### Recruitment Coordinator

I have been in semi-retirement in this role for a few months now as I wait to assist someone to take on this position. I have a binder full of helpful hints. This position does not involve the actual “hiring” but rather advertises vacant positions, arranges to meet interested and interesting people for an initial conversation, and then refers candidates on to committee chairs with the hope of finding a good fit for both parties.

#### Records Coordinator

Volunteer Support is responsible for maintaining a spreadsheet of both current and past volunteers. This is primarily a data entry role as updates to our roster occur throughout the year. You will collaborate with the Recruitment Coordinator as to the comings and goings that need to be entered.

Please fill out the Volunteer Form found at [www.nic.bc.ca/CVEC](http://www.nic.bc.ca/CVEC) . We need you!

## National Volunteer Week

National Volunteer Week (NVW) is a time to celebrate and thank Canada’s 24 million volunteers, including our very own Comox Valley ElderCollege volunteers! Without our executive, committee members, course leaders and countless others, we would not be able to offer you the huge array of programming opportunities available each fall and winter.

Volunteering is often seen as a selfless act; a person gives their time, skills, experience, and passion to help others, without expecting anything in return. And while volunteering is a form of service, many volunteers will tell you that “you get more than you give”. From opportunities to develop new skills, to finding deep and meaningful personal connections, the magic of volunteering is that it creates social and economic value for all.

The term 'to volunteer' is derived from the French 'volontaire' and was allegedly first used in 1755 to mean 'offering oneself for military duty.' The prime example of a global volunteer, the Peace Corps, was formed after the end of WWII.

After the pandemic, the theme of this year's Volunteers' Week is to say thanks.

(Source: [The Learning Exchange](https://www.thelearningexchange.com/))



# Winter Course Availability

## Don't Miss Out!

Our winter session is well underway, but there are still some upcoming classes with (at the time of writing) room for more students.

### Bucket Drumming 101 (CVEC-1891-CVS1)

**Instructor: Monica Hofer**

**Fridays from 2 to 3:30 pm, March 10-31**



Have fun creating exciting rhythm orchestrations on buckets of various sizes. Anyone can do it! We are all born into rhythm—and Monica's classes are a safe and supportive place to get "into the groove." You will learn basic bucket drumming techniques and rhythms and leave smiling!

Participants bring their own bucket (paint pail size to garbage pail size, plastic only).

### History of Radio to the 1930s (CVEC-1777-CVS1)

**Instructor: Gordon Dann**

**Wednesdays from 1 to 2:30 pm, March 15 and 22**

Who was the creator of an appliance we all have? Tesla or Marconi? What were the initial ideas that created



this communication and broadcasting device, and the methods employed to build it? Who were the people behind it and what was their history? Find out how the radio evolved into an essential means of entertainment and information dissemination.

### Modern Science Fiction Films (CVEC-2210-CVS1)

**Instructor: Brian Charlton**

**Saturdays from 2 to 5 pm, March 4-25**

Science fiction film has come a long way from bug-eyed monsters and scantily clad females in distress. There is a diverse library of sophisticated films that fall

in the sci-fi genre. In four films ranging from *Arrival* to *Under the Skin*, explore what makes these sci-fi movies so fascinating. The discussions before and after the movie is the crux of the course.



### How the Internet Works (CVEC-3604-CVS1)

**Instructor: Terry Hooper**

**Friday, March 3 and Saturday, March 4, 1 to 3:30 pm**

When you use email and web browsing, does it seem akin to magic? What happens when your computers, tablets and phones connect and use the internet? And why does the connection sometimes seem slow or not work at all? This course is for those who are curious about how things work behind the curtain and will be presented in high-level, layperson's terms.

### The Canadian Constitution (CVEC-6421-CVS1)

**Instructor: Keith Ritter**

**Tuesdays from 1 to 2:30 pm, March 7-April 4**

A brief comparison of Canadian, American, and British constitutions; an analysis of federal and provincial powers; consideration of how First Nations are treated in the constitution; review of federal and provincial taxing powers; introduction to the Charter of Rights and Freedoms; and review of any current constitutional issues.



# Spring Musings

**Q: Why is the letter A like a flower?**

A: A bee comes after it!

**Q: How excited was the gardener for spring?**

A: So excited he wet his plants.

**Q: What flower does everyone have on their face?**

A: Tulips!

**Q: What do you call a well-dressed lion?**

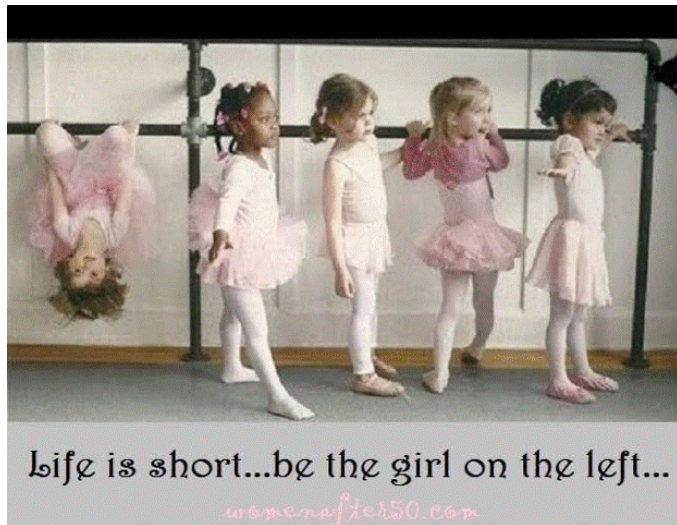
A: A dandy lion!

**Q: What is Spring's favorite kind of pickle?**

A: Daffo-dills

**Q: When is it impossible to plant flowers?**

A: When you haven't botany.



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