

2023-24 CVEC EXECUTIVE

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Solweig Williams

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Sheila Borman

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Executive Message

By Dr. John North

Chair, CVEC

I hope you're enjoying the fall 2023 ElderCollege courses and lectures, and that family plans for the Christmas season are coming together well. While 2023 has been a turbulent year for so many communities – think of Ukraine, Israel, storms, droughts and heat-waves – here in the Comox Valley we've been remarkably fortunate. Particularly so when we consider the wonderful range of offerings that our ElderCollege has been able to make available to its members.

Nevertheless, I know that the extremely sad news of Vancouver Island University (VIU) withdrawing its support of VIU ElderCollege at the end of the year is very troubling to our members. Many have asked, "Is that going to happen to Comox Valley ElderCollege?" In short, the answer is "NO".

The underlying problem at VIU is that COVID hit their income extremely hard and they are now having to take extreme cost-saving measures right across their portfolio to reduce debt, including cutting staff and discontinuing continuing education programs. Since, unlike CVEC, most of the work to organize VIU ElderCollege has been performed by paid VIU staff, these cutbacks directly impact its viability. The small volunteer team at VIU ElderCollege is now faced with attempting to create an independent organization and we wish them every success in this new endeavour.

For two distinct reasons, the circumstances are very different for CVEC. Firstly, NIC - and particularly its continuing education program - emerged from COVID in a much stronger financial position than VIU. Secondly, while CVEC enjoys excellent support from the NIC Continuing Education department and the NIC Liaison Officer, Miriam Miller, the majority of the work involved in organizing our courses, lectures and events is done by our amazing team of dedicated volunteers.

While the VIU ElderCollege situation is not closely relevant to CVEC, the news from the Lifetime Learning Centre Society in Mission, BC should make us pause for thought. After 37 years of operation, the Society will dissolve

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at the end of the year because they can no longer find sufficient volunteers to maintain their programs.

So that brings me to a very important request. Please consider joining our volunteer team and helping to enhance the quality of life of older adults throughout our community by supporting CVEC's diverse range of continued learning opportunities. There's a wide variety of jobs to do – including one that suits you!

FOLLOW and LIKE us on Facebook!

@ComoxValleyElderCollege



ElderCollege is active on Facebook!

Follow us, Like us, and Share posts to help get the word out.

Committee Profile:

Meet your friendly CVEC Communications Committee!

Solweig Williams is **The Chair**. She is the ringleader of the team, and juggles all the balls needed to oversee and coordinate communications activities. She is also the main conduit between Communications and all other CVEC committees and, as a member of the Executive Committee, she keeps that governing committee up-to-date on Communications activities. Plus, she prepares annual reports and budgets, puts together agendas, books space, and just generally keeps the crew organized. The Chair wears a lot of shoes and many hats, but Solweig makes it all look easy. And well-dressed.



Back Row: David Clark, Elaine Graham, Jim Peacock
Sitting: Linda Hawk, Judi MacGillivray, Solweig Williams, Jill Lunde, Barga Bruederlin

Elaine Graham is **The Secretary**. She is talented at listening and taking accurate notes at the same time. She distributes minutes of monthly meetings with super-human speed, and keeps a hard copy of all Communications media clippings tucked away for safe keeping.

Jim Peacock is **The Photographer**. He is good at making everyone look good. You may have spotted him at various CVEC events and in some classrooms, taking pithy photos that he stores on a shared drive for future publicity purposes. You'll know him when you see him; he's the friendly fellow with the impressive camera. Smile when you see him!

Linda Hawk is **The Connector Coordinator**. She is the Vogue editor of the Communications team, making sure we all have something new and fresh to read every couple of months. Linda co-ordinates all parts of the newsletter: designing the layout, arranging for timely stories, gathering photos, and preparing the feel-good finale. She knows her way around publication software too, and can churn out professional-grade printed promotional material in her sleep.

Barbara Bruederlin is **The Media Coordinator**. She spreads the CVEC buzz wherever she spots an opening. She is the voice, administrator, and sometimes the photographer behind CVEC Facebook posts. She also scribbles articles for publication in local media and in CVEC publications, and periodically channels her inner Mad Man by fabricating ads that appear in publications around town.

Jill Lunde is **The Course Guide Coordinator**. She keeps a lot of balls in the air and plays well with others. She liaises with the Curriculum Committee, NIC, the designer, printer and the rest of the Communications team to produce the biannual Course Guide that we all dog-ear and scrawl our course choices into. In addition to penning detailed course and lecture series descriptions, compiling photographs, and relaying relevant information amongst all the players, Jill also arranges for the distribution of the glossy new guides. Overachiever.

Judi MacGillivray is **The Speakers' Bureau Coordinator**. She creates a ripple throughout the greater community. Judi arranges for various CVEC members to address clubs and organizations throughout the Comox Valley about the joys of ElderCollege. She accompanies speakers to venues, distributing promotional material and curtailing any pesky technical glitches.

David Clark is **The Executive Member-at-Large**. As the newest member, David injects fresh blood into the Communications committee and will channel concerns and suggestions back to the Executive. Win win!

Speaker's Bureau

Judi MacGillivray, Coordinator

As part of the Communications Committee, the Speakers Bureau has had a very active season. My goal was to have our three speakers reach out to as many groups as possible before the Fall course lineup.

Since the summer, we have spoken at the Casa Loma Seniors Village, the Retired Teachers Association, the 888Wing RCAF, and the CV Newcomer's Alumnae. All presentations received very positive feedback with some new members joining as a result.

Once again, may I request that you think of your own various organizations you are involved in, your neighbours' organizations or somewhere you have come across in your circle that may benefit from having a speaker from ElderCollege talk about Lifelong Learning and how it can enrich their lives, both as participants and potential volunteers. Please contact me at omega101@telus.net and I will follow up on your recommendation.



Evelyn Keith doing a talk about CVEC at a local organization

To Market, To Market

Barbara Bruederlin, Communications Committee

Did you run into us at the market? On August 26, your friendly CVEC Communications Committee staffed a table at the Comox Valley Farmers' Market. It may have been a hot sunny day, but interest in our Fall 2023 Course Guides was even hotter!

We were thrilled to see so many CVEC members (and even more folks who were not yet CVEC members) drop by to grab a copy of the much-coveted guide. Not surprisingly, the fact that CVEC courses are all fun and no exams scored pretty high marks with the crowd.



Solweig Williams and Elaine Graham greeting potential CVEC members and answering questions at the Comox Valley Farmers' Market

Winter 2024 Course Preview

While most of us are enjoying courses offered during our current session, our Curriculum Committee has been hard at work lining up our next semester. Winter 2024 will see more than 60 courses—over half of which are brand new. Here's a sneak peak at some of the new courses you might enjoy.

Animated Films Around the Globe (6 weeks on campus)

Presenters: Brian Charlton and Linda Brune

Animation movies aren't just for children; in fact, several excellent films are made for adults. Animated films are created not just in Pixar Studios but all around the world. We will be showing and discussing six different films: Japan's *Grave of the Fireflies*, Israel's *Waltz with Brashir*, and Australia's *Mary and Max*, adding in *The Triplets of Belleville*, *Persepolis*, and topping it off with the last *Spider-Verse* movie.



Exercise for Older Adults (4 weeks on campus)

Presenter: Ken Redl

A review of the benefits of exercise (theory), combined with some practical skills to improve your health and function. Special attention is paid to concerns we have with starting and continuing a regular program of exercise at an older age.



Managing Human Relationships (7 weeks on campus)

Presenter: Kathleen Ann Kelly

This course will help you control the havoc in your life, maintain healthier relationships with boundaries, and feel both confident and empowered. Optional text: \$20.

Musical Play With Grandkids (8 weeks on campus)

Presenter: Jacqui Graham

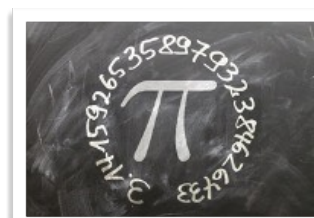
Musical play is an essential aspect of a young child's physical, emotional, and intellectual growth, yet it is often neglected by today's busy parents. Grandparents to the rescue! Jacqui will show you how to engage with your grandkids through intentional music activities. "But I'm not musical," you say? No worries. If you can laugh, make faces, and count to ten, you will do just fine.



All About Pi (8 weeks on campus)

Presenter: Joel Kositsky

We all know that Pi is the ratio of a circle's circumference to its diameter. But Pi appears in many important and surprising ways in mathematics and science, often in places that have nothing to do with circles. In this course, designed for people who enjoy



mathematics and are at home with at least high school algebra, we will explore many of the wonders of this important number.

Cloud Drives: Lifting the Fog (4 sessions over 2 weeks on campus)

Presenters: Terry Hooper and Roger Taylor

What's all the hype about internet cloud drives? Would it be wise to store your photos, documents, and other files there? How do they work, and how easy are they to set up and use? This course will answer these questions and demonstrate cloud drive services from Microsoft (OneDrive), Google (Drive), and Apple (iCloud). You may already be using one and not even realize it!

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.

Campus Life

North Island College encourages CVEC members to take advantage of campus life – student cards, library, bookstore and the cafeteria. Meet ups before or after courses are encouraged.

The bookstore and the cafeteria are located in Tye Hall. Bookstore hours of operation are Monday to Friday, 9:00 am to 4:00 pm. The cafeteria is open 8:00 am 3:00 pm, closing Fridays at 2:00 pm, with breakfast 9:00-11:00 am and lunch 11:00 am-3:00 pm. There is also a coffee bar for all your specialty coffee treats!



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.

Chair/Co-Chair Member Support Committee (MSC)

Responsibilities include:

- coordinating the distribution of hard copy course guides throughout the valley;
- overseeing the check-in of attendees at both the lecture series and the AGM;
- providing support and hospitality for members at such events as the public information forum, AGM, lecture series and volunteer appreciation event;
- preparing monthly reports of committee's activities and attending the monthly meeting of the executive;
- preparing MSC's annual report and yearly budget to the finance officer;
- keeping a record on OneDrive of all related tasks and methods utilized; and
- liaising with other committees on areas of mutual concern.

Volunteer Recruitment Coordinator

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

In this role the incumbent will have the opportunity to interact both with the Chairs of all the CVEC committees to ascertain their volunteer needs and the potential volunteers. If you enjoy dealing with people, please consider becoming part of the VSC team.

CVEC Course Leaders in the News

Three of our course leaders were recently in the local news, earning them positive press for their dedication to various causes. CVEC is so fortunate to have leaders like these. Thank you to all of our leaders who give so much to our members, and to our community.

Peter Shostak

In September, Peter Shostak was elected to the College of Fellows of the Royal Canadian Geographical Society, recognizing his 40-plus years of commitment to the arts and his artistic career. Fellows are individuals who have distinguished themselves by directly contributing to scientific knowledge in the field of geography, geographical exploration or allied sciences. They may also have distinction in areas such as teaching, academia, community service and the arts and have received major awards/official recognition.

This fall, Peter led two CVEC courses – Canada’s Ukrainian Settlers 1891-1914 and Artist Talk 1.

Read the full story in the [Comox Valley Record](#).



Thierry Vrain

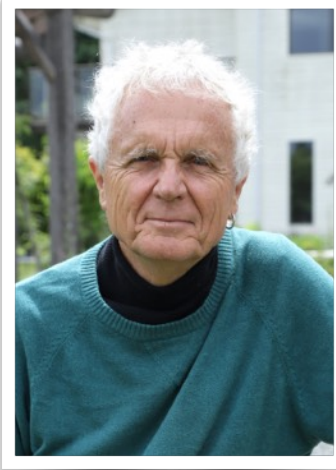
Earlier this fall, Thierry Vrain raised over \$33,000 for Comox Valley Search and Rescue. After being lost and injured while hiking on Mount Becher in August, Thierry wanted to help others learn from his mistakes and give back to those who helped him.

The goal for the fundraiser was \$5,000, and Thierry originally planned to match the funds raised with his own donation.

Over the following week, the donations far surpassed expectations. He doubled his donations to \$10,000, bringing the final fundraised total to just over \$30,000.

Thierry is leading the CVEC course Biofilia: Our Connection to Nature this fall and winter.

Read the full story in the [Comox Valley Record](#).



Ted Grainger

The Comox Valley community came together on September 6 to celebrate the 2023 Local Hero Awards – a partnership between the Comox Valley Record and Courtenay Appliances - and recognized amazing individuals in 15 categories who perform acts of service, are selfless and make the Comox Valley a vibrant place to live, work and play.

CVEC Scenic Hikes leader Ted Grainger was recognized as the Seniors’ Champion. His community involvement not only includes CVEC, but also the CVRD Tsolum River Trail Maintenance Crew, his strata council and participation in the Yearly Tree Contest.

Source: Comox Valley Record (2023, September 20). Local hero awards 2023 Seniors’ Champion. *Comox Valley Record*, pp. Z3, Z33.



Ode to Furry Friends...

