

Connector

SEPTEMBER-OCTOBER 2023

2023-24 CVEC EXECUTIVE

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Past Chair:

Don Axtell

Chair, Communications:

Solweig Williams

Chair, Curriculum:

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Chair, Volunteer Support:

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Dee McDonald

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Jackie Greening

Mary Gray

Executive Message

By Dee McDonald

Chair, CVEC Member Support Committee

As the leaves start to turn and the air carries a hint of crispness, Comox Valley ElderCollege (CVEC) extends its warmest greeting to each and every one of you.

I have been asked as the Chair of the Member Support Committee (MSC) to welcome you and make you aware of the part this committee plays under the umbrella of CVEC. The MSC is dedicated to ensuring that your journey through fall and winter registrations is as smooth as possible. Working in harmony with CVEC and NIC, the MSC distributes printed materials and provides support and hospitality for members at CVEC events such as the public forum, Saturday lecture series, volunteer appreciation event and AGM.

We're here to make your CVEC experience even more enjoyable. Picture a warm welcome as you enter our events...the aroma of refreshments and the convenience of print materials that keep you informed. These member services are orchestrated by the MSC to enhance your overall experience. MSC is also your source of support. We understand that being part of CVEC is not just about registration; it's about building social connections. As we gather for CVEC events, know that the MSC is working diligently behind the scenes to ensure your experience is enriching. Whether it's your first time walking through our doors, or you're a seasoned CVEC member, our goal is to make you feel valued and appreciated.

On behalf of the CVEC Member Support Committee, once again, I extend a heartfelt welcome. We, too, are excited to be a part of the upcoming semester. If you have any questions, suggestions, or simply want to say hello, please don't hesitate to stop by and connect with any of us in the burgundy shirts.

And, as always, we would appreciate having you as a volunteer if you're interested in making CVEC even better.

Wishing you a fall semester filled with discovery, growth and meeting new folks.



Fall Lecture Series Examines our Changing World

The ever-popular CVEC lecture series returns in October with six sessions under the theme *Looking Forward: Our Changing World*.

The series kicks off October 14 with Lieutenant-Colonel Justin Olsen giving an overview of Canada's search and rescue system. Bernie Dinter takes over on October 21 to offer insights into xeriscaping as a way to garden in a challenging climate. Join Tim Ennis on October 28 for a lively session on land trusts and how they help protect the environment. If preparing to effectively navigate health and wellness needs is on your mind, our November 4 lecture on Total Life Care with Jonathan Brenner is for you. Karen McKinnon joins us November 18 to discuss restorative justice. The sure-to-be-popular topic of artificial intelligence with Alan Mackworth wraps up the series on November 25.

The lecture series is held in person in the Stan Hagen Theatre on the NIC Comox Valley Campus or online via Zoom.

Lecture Series Registration

The option of signing up for the full series will appear in the registration system as CVEC 9000 along with the individual lectures 9001-9006. A member can sign up for the entire series (\$36.00), or for individual lectures for \$6.00 each. Registration will close on the Monday preceding the Saturday lecture and the Zoom link will be sent out by Thursday for those who are unable to attend in person. There is the option of dropping in on Saturday morning for \$10.00, if you are a CVEC member. Non-members may attend for \$15.00 if signed in by a member.

Feature Committee: Curriculum

With the fall 2023 program set, and following a welcome rest in June and July, the 14-member Curriculum Committee is gearing up to plan the program for winter 2024. A key piece of the committee's work is the programming of the lecture series each term. We rely on a coordinator, or a team of individuals, with a passion for current topics of interest and a willingness to commit the time in the fall to contact prospective speakers. The program will be set by mid-October, and then the work gears up again in January, as arrangements for hosting out-of-town speakers are finalized. The coordinator(s) make a commitment of time on six Saturday mornings to welcome the speaker, provide an introduction and arrange for someone to thank the speaker. To ease the workload for these tasks, past coordinators have created helpful guidelines in our committee handbook.



Rose Webber is one of our long-serving committee members. She began as a course leader with CVEC, after taking a number of courses including "Great Books". She took over the presentation of that course in 2017. She joined the Communications Committee before coming to Curriculum in 2017, first as a subject coordinator for language and literature and then for history and social sciences. She is now a behind-the-scenes researcher for the lecture series. Once a topic has been chosen, Rose is a whiz at finding interesting lecturers and convincing them to speak to our ElderCollege community of learners. She will work with Terry Hooper and Roger Taylor to organize our winter series.

The working topic for the winter series is "Be a Traveller, not Just a Tourist". Past series have had a wide variety of topics such as Dreamers, Schemers, Innovators; Music in the Comox Valley; Frontiers of Science; Snapshots of the Atlantic Coast; Around the World in 8 Weeks; Food Security; Comox Valley Writers; and First Nations Perspectives. If this sparks your interest or taps into a passion, please consider joining the team to be part of the planning for future series. Contact Terry Hooper at terry.hooper@think.ca.

Fall 2023 Course Preview

See what's new!

While there are many great repeat courses coming your way soon, nearly half of the 60+ choices in the fall term are new. Do any whet your appetite? Look for further course details online or check your library or rec centre for a printed copy of our course guide. Registration opens the week of September 18; watch your inbox for notifications.

Clowns: Seriously Funny

Join presenter Diana Kolpak, a veteran of the theatrical clown trenches, as she examines the vital role clowns have played throughout history and reveals why our world needs the art of clowning now more than ever. November 3 from 10 to 11:30 am on campus.



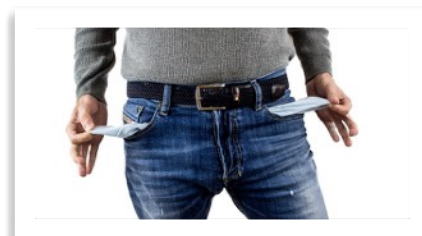
Enneagram Personality Theory

DK Beitel leads us through this powerful system used to understand ourselves and others, as she describes its structure and the dynamics of nine personality types. This course is offered on campus over seven weeks from October 16 to December 4.



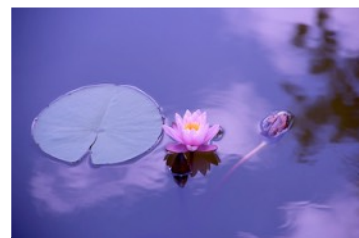
Bankruptcy & Insolvency

This is one of four courses presented this term by Donald Skogstad. Over its two weeks, you will learn about the purpose, procedures, and alternatives to personal bankruptcy. Classes are offered on campus on November 3 and 10.



WildMind WildEarth WildWords

Join Scott Lawrance to explore poetry that emerges from the convergence of Buddhist thought and practice and a love for the more-than-human world with which we are entangled. This is a four-part course on campus from November 8 to 29.



What is Scientific Literacy?

Presenter Rod Montague emphasizes this is not primarily a science course where a large body of information is presented. Rather its aim is to provide tools needed for understanding and evaluating scientific information we encounter each day. Join him on campus for four Tuesdays, October 10 to 31.



Important Dates



Early September

Fall Course Guide available. The [online catalogue of the upcoming courses](#) includes course names and descriptions.

September 16

Fall 2023 Information Forum (forum.cvec.ca)
9:30 - 11:30 am, Stan Hagen Theatre

Week of September 18

Fall 2023 course registration opens. One or two days prior to fall registration, watch for a notification about where you can call in or come to an open lab to complete your sign-on to NIC's Instant Enrolment registration system.

October 2

Fall courses begin.

Parking Accessibility

North Island College has a huge commitment to accessibility for all its students. Please let us know if there is anything we can do to make your experience as an ElderCollege student more conducive to any mobility issues that you might face.

One of our available solutions for those that do not have a BC-issued parking permit for people with disabilities, is to request a parking pass for staff-designated parking closer to frequently used buildings. We hope to continue to offer this for those truly in need, so please contact the Continuing Education office to qualify/arrange a pass: 250-334-5005 or eldercollegecv@nic.bc.ca for the fall 2023 semester in September.

FOLLOW and LIKE us on Facebook!

@ComoxValleyElderCollege



ElderCollege is active on Facebook and recently hit **over 500 followers!** Follow us, Like us, and Share posts to help get the word out.

Volunteer Opportunities

CVEC is run entirely by volunteers. In order to sustain our success, we need individuals to lend their skills and experience to our team of dedicated volunteers. We are looking for:

Recruitment Coordinator – Volunteer Support Committee

Event Coordinator – Volunteer Support Committee

Co-Chairs for all five standing committees

If you have experience leading small groups, or 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.

Silver Celebration

Did you know that CVEC will be turning 25 next year? You can help make this a truly memorable year for CVEC members.

We are looking for volunteers to assist the 25th Anniversary Committee to help plan the festivities. If you are interested in helping the committee, please email Gary Priestman at garypriestman@shaw.ca

Musings for the Mature

