

LIFELONG LEARNING FOR ADULTS (55+)

WINTER ❄️ 2024 COURSE GUIDE



OUR MISSION

Enhancing the quality of life for older adults by offering affordable opportunities for continued learning.

At ElderCollege the learning process is lively, full of discussion and humour. Everyone 55+ is encouraged to join and participate. No exams; no grades; no pressure.

INFORMATION FORUM

Watch for details on the Information Forum scheduled for Saturday, January 20, 2024 from 9:30 to 11:30 am. Course leaders will give a glimpse into their subject matter. Attend online or in person at the Stan Hagen Theatre on the NIC Comox Valley campus. Visit forum.cvec.ca for more information and/or to register for the Information Forum.

COURSE REGISTRATION BEGINS Tuesday, January 23. An email will be sent to announce when registration is open.

COURSES ARE ON CAMPUS OR ONLINE

For this term, most courses are offered at the NIC Comox Valley campus with some online and others offsite. Zoom links are emailed to students close to start dates; this information is not included with your registration confirmation.

COURSES BEGIN Monday, February 5. Please register up to 10 days before the start of a course.

LECTURE SERIES BEGINS Saturday, February 10. Lecture time is 10 am to noon in the Stan Hagen Theatre.

INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: www.nic.bc.ca/CVEC.

CANCELLATIONS

Courses are occasionally cancelled or rescheduled. While we endeavour for this guide to be as accurate as possible, changes may happen after we go to print. Check online at www.nic.bc.ca/CVEC for the most up-to-date information.

BIMONTHLY NEWSLETTER

Join our email list at www.nic.bc.ca/CVEC to receive our newsletter and other CVEC communications.

Message from the CVEC Chair

I'm honoured to introduce the superb portfolio of courses and lectures we are offering this semester.

With over 60 courses (including 35 new ones) as well as six Saturday lectures, this promises to be another rewarding season.

I find it particularly poignant that our members can participate and enjoy these events at a time when some societies for lifelong learning have been forced to close their doors. By contrast, we are fortunate to have a strong commitment of ongoing support from North Island College.

While we rely heavily on NIC, a huge proportion of our work is done by volunteers. We depend on the willingness of people to contribute their time – and the skills they've learned through their lives – to help in our mission. Do please consider joining the team.

– John North



Registration cheat sheet for returning members

Step 1: Go to www.nic.ca.ca; select CE REGISTRATION from the Quick Links drop-down menu OR click on the registration link emailed to you.

Step 2: Sign in at the top righthand corner. Call Student Services (1-800-715-0914) if you have forgotten your student number.

Step 3: Enter CVEC in the Course Code Number box and hit Search.

Step 4: Add CVEC 0001 for membership (ignore this prompt if you have already purchased your membership).

Step 5: Select your course(s) – click on the CVEC number for more details.

Step 6: Click the yellow box in the top right corner and select Next.

Note that receipts are emailed; the print prompt will not work.

More information about registration is available on page 2 of this course guide.

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New to ElderCollege?

Most of our courses for the winter term are on the NIC Comox Valley campus. (Campus map available online.) Visit the forested setting before the term begins. Note the names and location of the various buildings; visit the library; and enjoy the offerings at the cafeteria and coffee kiosk.

Parking is free in the student lots.

ID Cards

CVEC students may obtain an ElderCollege photo ID at the Registration Office. This ID allows you access to the NIC library and computer lab.

No Scent Policy

You are asked to refrain from using any scented products while attending in-person CVEC events as some people have allergic reactions to such products.

Thanks to the course guide team: Jill, Kate, Miriam, Sheila, Solweig, Terry.



Find us on Facebook:
Comox Valley ElderCollege



How to register for ElderCollege courses

When registration for our winter 2024 series of courses and lectures opens, you can either register online, call 1-800-715-0914 to register over the phone during business hours, or go to the Registration Office at any NIC campus – whichever is most convenient for you.

All existing CVEC students who have a student ID (e.g., n999999@northislandcollege.ca) and password will use these when accessing NIC's online registration system. For details on how to register using the online system, please refer to the Comox Valley ElderCollege Registration Guide for video tutorials and more at www.nic.bc.ca/CVEC.

INFORMATION FORUM

Comox Valley ElderCollege invites members and the public to the Winter 2024 Information Forum on Saturday, January 20 from 9:30 to 11:30 am. Doors will open at 9, presentations will begin at 9:30, and it will wrap up by 11:30. The forum is an opportunity, prior to registration opening on January 23, to view course leaders presenting information that supplements this course guide.

Many past attendees have remarked that by attending the forum they became aware of – and then registered for – interesting courses they would otherwise have missed.

To view more details and to register to attend, visit forum.cvec.ca.

MEMBERSHIPS

Memberships are required if you would like to take a course. Members have access to the NIC library. Purchase your membership (\$10) and after the system updates overnight, you will be able to get an NIC photo ID from the Registration Office. (You will need to provide government-issued photo ID to verify your identity.)

PRICING

Course pricing is based on units of time, with one unit being 1½ hours costing \$5.50 and 50 cents for each additional half hour. See courses for costs. Tax is added to course costs.

In some cases, supply fees are extra. The fees are generally collected when you register and added to course fees. In such cases, these details are noted in the course description.

Each session in the lecture series is \$6 or \$36 for the entire series. Drop-ins pay \$10 cash at the door; \$15 for guests.

REFUNDS: A course must be dropped seven days or more prior to its start to receive a refund. Contact the NIC liaison at eldercollegeCV@nic.bc.ca or 250-334-5005. Under certain circumstances, you may apply for a refund within seven days. If a course is cancelled, you will receive a refund. You cannot change courses once they begin.

WAITLIST: Your name is not stored in the registration system for a waitlist. If you want to add your name to a waitlisted course, contact the NIC liaison as noted above. Please state your full name, your student ID number, and the course you wish to be waitlisted for.

Courses

College closed on Monday, February 19, Friday, March 29, and Monday, April 1

Course information is correct at the time of publication. Please check website for any changes.

ARTS AND MUSIC

ANIMATED FILMS AROUND THE GLOBE – NEW! **\$42**

(6 weeks on campus)

Brian Charlton and Linda Brune

CVEC-1716-CVS1

Thursdays, Feb 22 - Apr 4 (no class March 14)

2:30 - 5:30 pm

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.

ARTIST TALK 1: HEATHER SOOS – NEW! **\$5.50**

(1 week on campus)

Heather and Frank Soos

CVEC-1403-CVS1

Thursday, Feb 8

4 - 5:30 pm

Heather Soos leads you through her artistic journey, from her childhood drawings and aspiration to become a wildlife artist to the present. She will talk about certain pieces, her creation process in various mediums, her difficulties, achievements, and highlights, and how her husband, Frank, assists her. Frank will then discuss the technical process of reproducing Heather's art from capture to print.

ARTIST TALK 2: KRISTINA CAMPBELL – NEW! **\$7**

(1 week on campus)

Kristina Campbell

CVEC-1404-CVS1

Thursday, Feb 15

2 - 5 pm

View the film *The Other Emily* that Kristina Campbell created for an exhibition at the Royal British Columbia Museum. This award-winning feature-length documentary highlighting the art of Emily Carr through the eyes of artist Manon Elder has been screened at film festivals and art galleries across Canada and the US, including the Audain Gallery in Whistler and Beaverbrook Gallery in New Brunswick. An artist talk and Q&A will follow.

ARTIST TALK 3: SUE PYPER – NEW! **\$5.50**

(1 week on campus)

Sue Pyper

CVEC-1405-CVS1

Thursday, Feb 22

4 - 5:30 pm

Artist Sue Pyper will show you how she combines natural world subjects on live edge wood to create unusual and

organic compositions. She will lead you through her process from selection and preparation of the wood to the finished piece. See what motivates and inspires her and how you can tap into that creative flow.

COMPOSERS' LIVES AND MUSIC – NEW! **\$18**

(3 weeks on campus)

Bruce Dunn

CVEC-1811-CVS1

Saturdays, Mar 2 - 16

1 - 2:30 pm

In an informal and entertaining series, Bruce will explore the pursuits, accomplishments, and lives of composers not well known to the music-loving public. Presentations will include biographical information and recordings of many of the works by the individual composers. Each presentation should leave the listener with a fairly complete picture of the musician and the man....or woman.

FUNDAMENTALS OF PHOTOGRAPHY – NEW! **\$38.50**

(7 weeks on campus)

Norman Mathew

CVEC-2761-CVS1

Fridays, Feb 9 - Mar 22

11:30 am - 1 pm

This is a non-technical look at how to improve your photographic composition. Although many of the concepts presented apply to adjustable cameras, concepts are also pertinent to point-and-shoot cameras and phone cameras. Students should be familiar with the basic operations of their own camera and should bring it to each class. A tripod is useful but not mandatory. There will be three field trips.

INTRODUCTION TO SCRATCHBOARD – NEW! **\$15**

(1 week on campus)

Heather Soos

CVEC-1180-CVS1

Saturday, Feb 24

1 - 4 pm

Scratchboard is a black-and-white-art medium that uses a scratching tool on the black-ink surface of a clay-coated board/paper. Using two scratching tips, we will explore methods of mark making, creating textures, hatching, and crosshatching, and complete a small scratchboard project. All course materials are provided (\$8 in materials cost is included in the cost).

CVEC takes pride in the veracity of course content and works hard to ensure high quality overall. Our course leaders are all volunteers with varying degrees of expertise. CVEC does not accept responsibility for content accuracy.

MAINTAIN A MATURE SINGING VOICE **\$44**
(8 weeks offsite - Berwick Comox Valley)

Oliver Clarke CVEC-1889-CVS1
Tuesdays, Feb 6 - Mar 26 10 - 11:30 am

Participate in vocal exercises designed to extend vocal range and to project your voice both in volume and in energy through intentional focus. This course is especially beneficial for members of choirs. A few with voice problems owing to health concerns have also benefited.

MUSIC AND YOUR BRAIN – NEW! (4 weeks online) **\$22**

Alpha Woodward CVEC-6011-DLS1
Mondays, Mar 4 - 25 9 - 10:30 am

Have you ever experienced music as a whole-body experience? This course focuses on the science (physics and biology) of music. It is for those who seek knowledge about music and the brain, and those who wish to know more about the music-biological connection in health care. Some medical terms and basic brain physiology will be introduced and there will be opportunities to discuss the music-cognitive connection.

MUSICAL PLAY WITH GRANDKIDS – NEW! **\$33**

(6 weeks on campus)
Jacqui Graham CVEC-1805-CVS1
Wednesdays, Feb 28 - Apr 3 11:30 am - 1 pm

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.

SHAKESPEARE IN FILM – NEW! (7 weeks on campus) **\$54**

Kay Kennedy CVEC-1723-CVS1
Tuesdays, Feb 20 - Apr 2 2:30 - 5:30 pm

Watch the presenter's favourite versions of classic Shakespeare plays as he wrote them, as well as contemporary versions: one with teens, one with long-ago samurai, Orson Welles as Falstaff, and a rollicking romp set in the Hollywood Hills. Supplies cost of \$5 is included in the registration fee.

UNIVERSAL DEVOTIONAL CHANTING **\$44**

(8 weeks offsite - Berwick Comox Valley)
Oliver Clarke CVEC-5413-CVS1
Tuesdays, Feb 6 - Mar 26 1 - 2:30 pm

The educational and devotional benefit of this course is the realization that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe found in nature, which may be called God, Tao, Buddha, or the Great Creator. All are encouraged to participate, and all levels of singing ability are welcome. \$3+/- collected in class to cover the cost of materials supplied by the course leader.

ECLECTIC

ASTROLOGY 101 – NEW! (2 weeks on campus) **\$11**

Allan Vonkeman CVEC-5466-CVS1
Tuesdays, Mar 5 & 12 11:30 am - 1 pm

Know your sun sign but want more? Since ancient times, astrology and the movements of the planets and stars have been the domain of mystics, wise men, and medicine people. The Mayans, Egyptians, Jews, Persians, and Indigenous cultures were guided by messages of the heavens. Learn the

basics of astrology: the planets, signs, and houses and how they help us to understand ourselves, our purpose, and our life.

BRIDGE - INTERMEDIATE BIDDING

(8 weeks on campus) **\$44**
Gary Priestman CVEC-6250-CVS1
Tuesdays, Feb 6 - Mar 26 2:30 - 4 pm

This course is designed for players with some experience who wish to add more bidding tools to their game. We will discuss the more popular conventions, cue bids and doubles as well as the 2 over 1 bidding system.

BRIDGE - INTRODUCTION TO MODERN BIDDING **\$44**

(8 weeks on campus)
Gary Priestman CVEC-6252-CVS1
Fridays, Feb 9 - Apr 5 1 - 2:30 pm

This course is designed for people who have never played bridge or who had played years ago and want to get back into the game. Each class consists of a lesson and some hands-on exercises.

BRIDGE - PLAY THE HAND - DEFEND THE HAND **\$44**

(8 weeks on campus)
Gary Priestman CVEC-6253-CVS1
Fridays, Feb 9 - Apr 5 2:30 - 4 pm

This course is designed to help new or less-experienced bridge players to play a hand better as well as to defend a hand more successfully. Each class consists of a lesson followed by hands-on practice.

CAR CARE (4 weeks on campus) **\$22**

Donald Skogstad CVEC-6173-CVS1
Thursdays, Mar 7 - 28 11:30 am - 1 pm

Drawing on his extensive experience with over 100 cars, comprising 20 manufacturers, eight on-road breakdowns, and several upgrade projects, Don will take you from one end of the vehicle to the other and guide you from headlights to exhaust systems. This course will help in purchasing, maintaining, or upgrading a car. It's part physics, automotive mechanics, and part YouTube with anecdotes from Don's considerable experience gained over the years.

INTRO TO CRYPTIC CROSSWORDS – NEW! **\$33**

(6 weeks on campus)
Jim and Barbara Moscovich CVEC-6240-CVS1
Thursdays, Feb 15 - Mar 21 4 - 5:30 pm

Have you tried to do cryptic crosswords but found them incomprehensible and baffling? This course will reveal the hidden mysteries and the idiosyncratic conventions that underlie these entertaining and devious brain-twisters. Cryptic crosswords will appeal to puzzle lovers who have some time and patience and who enjoy humour, wordplay, and a challenge. Participants will have opportunities to learn how to solve cryptic crosswords and to enjoy, or groan, at the clever clues.

KABBALAH, BIBLICAL FOUNDATIONS – NEW! **\$16.50**

(3 weeks on campus)
Allan Vonkeman CVEC-6305-CVS1
Tuesdays, Feb 13 - 27 11:30 am - 1 pm

Come explore Kabbalah, the mystical foundation of the Abrahamic faiths. What biblical mysteries and practices are missing in organized religion? Interested in the names of God and their power? Want to discover the secrets of the Hebrew aleph-bet? Find the feminine aspect of God, meditative practices, and their power. Explore this ancient, mystical tradition, get new understandings of the divine, of creation and our place in the great mystery.

MYSTICS AND THE MUNDANE (8 weeks on campus) **\$44**
 Robert McDonald CVEC-6231-CVS1
 Wednesdays, Feb 7 - Mar 27 2:30 - 4 pm
 Mystics aren't mainstream in our rational scientific world because they don't fit in. Yet normal people do have mystical experiences if they just pay attention. They may occur in times of silence, ritual, great emotion, beauty, creativity, or in nature. Each week we'll read and reflect on mystical writing from different times and traditions, learn about the authors, and share our own reaction or our similar experiences.

PRESENTERS' DOS AND DON'TS – NEW! **\$5.50**
 (1 week on campus)
 Mike Fuller CVEC-4120-CVS1
 Monday, Feb 12 10 - 11:30 am
 To make any presentation better, there are some things great presenters do and things that great presenters do not do. This is an interactive session, so please come prepared to put forward any ideas you have on how to make better presentations. This is a learning session for everyone, even the presenter!

ROSES! ROSES! ROSES! – NEW! (1 week online) **\$5.50**
 Dianne Volrich and Roland Semjanovs CVEC-7850-DLS1
 Tuesday, Apr 2 10:30 am - noon
 This Zoom presentation ranges through the centuries of finding, developing, and nurturing varieties of blooms to the current art of breeding and marketing roses. The presenters will also touch on plant care in their garden, known as Silverlea, in Fanny Bay, where they have 100 varieties. The presentation includes images of some of the world's most famous and loved roses.

THE SCIENCE OF HAPPINESS (8 weeks on campus) **\$44**
 David Vranjes CVEC-5750-CVS1
 Tuesdays, Feb 6 - Mar 26 10 - 11:30 am
 Examine recent research from the frontiers of neuroscience and neuropsychology to explore the roots of happiness and what biological purpose it serves, while providing practical strategies for enhanced individual well-being. Weaving together concepts from genetics, human history, and positive psychology, the central focus of this course is how we can each live the most fulfilling, resilient, and happy life possible.

WEALTH: THE WHAT AND HOW – NEW! **\$5.50**
 (1 week on campus)
 Mike Fuller CVEC-5805-CVS1
 Monday, Feb 12 1 - 2:30 pm
 This one-day session was developed for high school students to explain how wealth is created in our careers and lives. It could be a useful tool to explain to children and grandchildren how a simple, easily understood concept helps us understand wealth. It is an interactive session, so please come prepared to ask questions and get involved in the discussion.

HEALTH AND WELLNESS

DAILY LIFE MEDITATION – NEW! (4 weeks online) **\$22**
 Julie Blais CVEC-6612-DLS1
 Wednesdays, Feb 21 - Mar 13 12:30 - 2 pm
 An overview of hindrances that can come up in meditation, such as sleepiness, restlessness, and doubt, along with some solutions. Discuss integrating meditation in daily life using different techniques such as mindfulness of eating, walking, meditation and more.

ENNEAGRAM PERSONALITY THEORY **\$48**
 (8 weeks on campus)
 DK Beitel CVEC-5822-CVS1
 Mondays, Feb 5 - Apr 8 4 - 6 pm
 The Enneagram is a powerful system to compassionately understand ourselves and others, describing the structure and dynamics of nine personality types. It is a system with psychological, spiritual, and somatic components. By understanding our unconscious and automatic patterns, we can experience profound inner growth and improve our relationships. A combination of PowerPoint, meditation, poetry, music, written reflective practices, and conversation will be used in this introductory course. Optional \$20 text and \$10 personality test.

EVIDENCE OF LIFE AFTER DEATH **\$33**
 (6 weeks on campus)
 Phyllis Chubb CVEC-5700-CVS1
 Fridays, Feb 9 - Mar 15 10 - 11:30 am
 The results from the revival of large numbers of heart and surgical patients have been a driving force in life-after-death research. Where have ideas about death originated? What are some explanations for death? How can death be understood? Why is doubt arising? What does current research tell us? To answer these questions, the effect of alternative world views will be presented.

EXERCISE FOR OLDER ADULTS – NEW! **\$22**
 (4 weeks on campus)
 Ken Redl CVEC-5477-CVS1
 Fridays, Feb 16 - Mar 8 10 - 11:30 am
 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.

LIVING CONSCIOUSLY (6 weeks on campus) **\$33**
 Leon Hawrylenko CVEC-5335-CVS1
 Thursdays, Feb 15 - Mar 21 2:30 - 4 pm
 We'll use experiential exercises to explore some of the basic elements for living a conscious life. The elements we'll be focusing on are what really matters: kindness, gratitude, self-awareness, and choice. Please note that homework exercises will be an important aspect of this program. You can also expect considerable interaction with other students during class time.

MANAGING HUMAN RELATIONSHIPS – NEW! **\$38.50**
 (7 weeks on campus)
 Kathleen Ann Kelly CVEC-5806-CVS1
 Saturdays, Feb 10 - Mar 23 1 - 2:30 pm
 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.

PHARMACISTS' GREATEST HITS **\$22**
 (4 weeks on campus)
 Wendy Stewart-Fox and Catherine McCann CVEC-5723-CVS1
 Thursdays, Feb 15 - Mar 7 10 - 11:30 am
 Through four, 90-minute interactive sessions, you will learn about common drug topics and issues from experienced pharmacists who work with seniors in the community. Following a presentation to set the stage, there will be plenty of time to answer your drug-related or health-related questions.

RE-IMAGINING LONG-TERM CARE **\$5.50**
(1 week on campus)
Sharon Parkes CVEC-5719-CVS1
Monday, Feb 26 10 - 11:30 am
Review the new long-term care village in Comox and how Providence Living is reinventing seniors care by creating a home for residents. This is a move away from a typical institutional model of care to a social-relational model. Residents will be invited to direct their own care, enhancing a normal lifestyle with freedom of movement and access to the outdoors.

SCENIC HIKES 1 (8 weeks offsite) **\$56**
Ted Grainger CVEC-5520-CVS1
Tuesdays, Feb 13 - Apr 2 10 am - 1 pm
Pack a lunch and come for a hike! Revisit the familiar and perhaps discover some new trails. We will be travelling once a week as far south as Bowser and north to Campbell River. We will carpool when necessary. These hikes have variable terrain so are not suitable for those with mobility issues. Our six-to nine-kilometre hikes may often go over three hours. Please, no dogs.

SCENIC HIKES 2 (8 weeks offsite) **\$56**
John Biehl CVEC-5521-CVS1
Tuesdays, Feb 13 - Apr 2 10 am - 1 pm
Follow familiar and new hiking trails to sample forest types, some with water features. Bring some food and water as hikes are 6-9 km and last 2-3 hours. Dress for expected weather. Pace is leisurely to moderate. We are hiking for exercise, meeting fellow seniors, taking photos and to admire our walks. Carpooling is encouraged. The hikes have variable terrain so are not suitable for mobility issues. Please, no dogs.

SENIORS AND FUNCTIONAL MOVEMENT **\$7**
(1 week on campus)
Irene Borecky CVEC- 5631-CVS1
Saturday, Mar 2 2:30 - 5:30 pm
This course uses a modified version of the Functional Movement System developed by Gray Cook. Learn how we develop movement and movement patterns. Work together through a seven-step movement screen to determine your own function and then take away simple home exercises to correct dysfunctions.

TAI CHI FOR MIND AND BODY **\$16.50**
(3 weeks on campus)
Ann Zambilowicz CVEC-5416-CVS1
Thursdays, Mar 14 - 28 10 - 11:30 am
Our focus will be on mind-body coordination, balance, and energy. We will learn the short Yang form and the seven principles and how they apply to the form.

WHAT'S AN END-OF-LIFE PLAN? **\$22**
(4 weeks on campus)
Krista Manuel CVEC-5767-CVS1
Thursdays, Mar 7 - 28 6:30 - 8 pm
An end-of-life plan is an evolving process that includes multiple documents and conversations. This four-part course dives into the questions and possibilities for creating or expanding your own plan along with guidance around which documents to include and who might be involved. Beginning the process now creates opportunity for easier transitions tomorrow.

YOGIC ENERGY TECHNIQUES (2 weeks online) **\$11**
Debbie Narver CVEC-5410-DLS1
Tuesdays, Mar 26 & Apr 2 9 - 10:30 am
While most people are aware of physical yoga, there are also non-physical aspects that can provide great benefit to mind and body. This course will focus on understanding the energy systems in our bodies, the relationship to our mind and emotions, and some simple techniques that you can do just sitting in a chair.

HISTORY AND SOCIAL SCIENCES

CANADIAN CRIMINAL LAW **\$27.50**
(5 weeks on campus)
Donald Skogstad CVEC-3331-CVS1
Fridays, Mar 1 - Apr 5 11:30 am - 1 pm
There have been profound changes in Canadian law in the last 45 years, particularly in the area of assaults, youth offenders, and the adaption of the law to modern technological advancements. The course presenter will contrast changes in other common law countries to those in Canada and draw on real cases to illustrate how the law has evolved with respect to self-defence, abortion, prostitution, jury trials, and internet offences.

DUTCH HISTORY TO 1830 (4 weeks on campus) **\$22**
John Sterk CVEC-5972-CVS1
Fridays, Feb 23 - Mar 15 11:30 am - 1 pm
Explore the origins and development of an important modern European nation state, with an emphasis on the political, economic, and cultural significance of Dutch society, how it emerged as a republic, and became a leading world power in the 17th century. We will trace its diminishing role in international politics and conclude with its conversion into a monarchy after the Napoleonic Wars.

FINANCIAL STRATEGIES FOR RETIREES – NEW! **\$27.50**
(5 weeks on campus)
David Dalton CVEC-3525-CVS1
Tuesdays, Feb 13 - Mar 12 11:30 am - 1 pm
Financial planning ends when we retire. It's too late to change anything or "make retirement better," right?! Nothing can be further from the truth. In this course, we will cover how to make the most of what you have, income sources and how to layer them, retirement risks and how to manage them. We will cover basic economics and taxation as well as estate planning.

ROLE OF THE EXECUTOR (1 week on campus) **\$6**
Lyle Carlstrom CVEC-3580-CVS1
Wednesday, Mar 6 7:30 - 9:30 pm
Learn the role of the executor in BC estate administration law from a practising estate administration lawyer. We will discuss factors to consider before you accept or assign the appointment as an executor. We will also address practical steps to be taken upon a will-maker's death, and the executor's rights and responsibilities in fulfilling their wishes. Optional printed materials to help with document organization available for \$5.

THE CANADIAN CONSTITUTION **\$27.50**
(5 weeks on campus)
Keith Ritter CVEC-6421-CVS1
Thursdays, Feb 15 - Mar 14 1 - 2:30 pm
This course will include 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, a review of federal and provincial taxing powers, an introduction to the Charter of Rights and Freedoms, and a review of any current constitutional issues.

THE COLD WAR, THEN AND NOW **\$33**
(6 weeks on campus)
Eric Nellis CVEC-6550-CVS1
Wednesdays, Feb 21 - Mar 27 8:30 - 10 am
Examine the origins and history of the Cold War and its role in reshaping international relations into the 21st century. The notion of a new or resumed Cold War will be discussed with a focus on Russian, American and Chinese relations.

THE GREAT DEPRESSION IN CANADA **\$22**
(4 weeks on campus)
Robert Noon CVEC-6413-CVS1
Mondays, Feb 26 - Mar 18 1 - 2:30 pm
The Great Depression was a social and economic disaster of global proportions. Few countries were affected as severely as Canada where millions were left unemployed, hungry, and often homeless. A crippling drought across the Prairies only made things worse. This course explores the Depression's devastating impact and how it triggered the birth of social welfare, the beginnings of East versus West rivalries, and the rise of populism.

UNDERSTANDING FEAR AND ITS EFFECTS – NEW! **\$33**
(6 weeks online)
R. Michael Fisher CVEC-5320-DLS1
Mondays, Feb 12 - Mar 25 2:30 - 4 pm
This is an introductory course on the nature and role of fear, individually and collectively. In the last three decades, especially since 9/11, fear has become a growing topic of major concern in several academic disciplines, operations of democracy and governance, and in its uses in business, advertising, and popular culture. Explore your personal relationship to fear and the importance of multiple perspectives to the culture of fear.

VISITING UNCOMMON CORNERS 1 – NEW! **\$42**
(7 weeks on campus)
Gregg Strong CVEC-5940-CVS1
Thursdays, Feb 8 - Mar 21 9:30 - 11:30 am
Learn about far-flung corners where the course leader has lived or explored by bicycle. Dive into history, culture, and current events, sprinkled with personal anecdotes. Armchair travel to Xinjiang and North Pakistan, Nigeria, East Turkey and Georgia, Sarawak (Malaysian Borneo), Tajikistan, the Philippines, and (NEW!) Newfoundland. This course updates an earlier course: it is Part 1; Part 2 is planned for next fall. Participant engagement is encouraged.

LANGUAGE AND LITERATURE

CANADIAN THEATRE AND WAR – NEW! **\$33**
(6 weeks on campus)
Annie Smith CVEC-1775-CVS1
Fridays, Feb 16 - Mar 22 11:30 am - 1 pm
Since Confederation, Canadian playwrights have written about war. The plays selected for this course cover 100 years. We begin with WWI (*Redpatch*), move to the inter-war period

(*And Up They Flew*, to be produced by CLT in April), then WWII (*Waiting for the Parade*), and end with *This is War*, examining the human cost of Canada's role in Afghanistan (2001-2014). Plays are available online for approximately \$15 each (\$60).

FOUR QUARTETS – NEW! (6 weeks on campus) **\$42**
Jane Dawson CVEC-5851-CVS1
Wednesdays, Feb 14 - Mar 20 11:30 am - 2:30 pm
Four Quartets is considered T.S. Eliot's spiritual autobiography. Drawing on personal and universal symbolism and addressing themes of time, reality, and the conditions of self-knowing, this series of four poems takes readers on an exploration of the deepest questions of human existence. Through reading, writing and group dialogue, this course is a deep dive into one of the most profound works of the 20th century. Text required; cost under \$10.

GREAT TRIP TO COMPELLING STORY **\$56**
(8 sessions over 4 weeks online)
Kim Letson CVEC-5950-DLS1
Tuesdays and Thursdays, Feb 27 - Mar 21 9 am - noon
This collaborative workshop discusses components of meaningful travel memoir and develops creative nonfiction writing skills. The importance of journalling, photography, steady writing practice, professional editing and publishing options will be explored. Participants will bring a favourite adventure tale and begin the process of creating a compelling written account. For those wishing to share, we will peer review short class and homework assignments.

GUIDED AUTOBIOGRAPHY – NEW! **\$42**
(6 weeks on campus)
Jane Dawson CVEC-2340-CVS1
Tuesdays, Feb 20 - Mar 26 1 - 4 pm
The practice of life review through guided autobiography groups is an effective method for helping people remember events and experiences from their lives, organize and record them, and share them with others. This eight-week course offers participants the opportunity to discover depth and meaning in their life stories through exploration of a variety of life themes, supported by the motivation and encouragement of working together in a small group.

HEMINGWAY'S PARIS STORIES – NEW! **\$33**
(6 weeks online)
Steve Lane CVEC-2215-DLS1
Mondays, Feb 12 - Mar 25 1 - 2:30 pm
U.S. fiction writer Ernest Hemingway first got the attention of the literary world with the 1925 publication of his collection of short stories and vignettes, *In Our Time*. Most stories in the collection were written during his time in Paris in the 1920s, after the loss of all his manuscripts in late 1922, as documented in several chapters of his memoirs, *A Moveable Feast*.

SASQUATCH DISCOVERED (1 week on campus) **\$5.50**
Terrance James CVEC-5927-CVS1
Thursday, Mar 21 2:30 - 4 pm
Enjoy a slide/lecture presentation based on the work of Dr. John Bindernagel, local author of two seminal sasquatch books, a popular conference speaker throughout North America, and the Canadian news media "go-to guy" for sasquatch information. Learn about the unfolding story of the discovery of the sasquatch.

WORDPLAY: FEARLESS POETRY – NEW! **\$33**
(6 weeks on campus)
Diana Kolpak CVEC-6256-CVS1
Fridays, Feb 9 - Mar 15 10 - 11:30 am
Poems live all around us and inside us, waiting to be expressed. We'll mine dynamic, stress-free ways to source your wild mind to write free verse, as well as exploring the magical possibilities that arise from using meter, rhythm, rhyme, and formal structure. Poets and the poetry curious at all levels of experience are welcome.

WRITERS' WORKSHOP (8 weeks on campus) **\$56**
Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1
Fridays, Feb 9 - Apr 5 1 - 4 pm
This is an interactive class in which writers and would-be writers may share their work and have it gently appreciated and critiqued by others. No formal instruction.

SCIENCE AND COMPUTERS

ALL ABOUT PI – NEW! (7 weeks on campus) **\$38.50**
Joel Kositsky CVEC-6012-CVS1
Mondays, Feb 5 - Mar 25 2:30 - 4 pm
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.

AN INTRODUCTION TO SCIENTIFIC LITERACY **\$22**
(4 weeks on campus)
Rod Montague CVEC-5621-CVS1
Fridays, Feb 23 - Mar 15 2:30 - 4 pm
This is NOT a science course but a course about processing scientific knowledge. The course should help participants understand how scientists approach a question or a problem and give them some skills for distinguishing between what valid scientific knowledge is and what is probably pseudoscience.

ATOMS AND MOLECULES – NEW! **\$38.50**
(7 weeks on campus)
Joel Kositsky CVEC-6304-CVS1
Tuesdays, Feb 6 - Mar 19 2:30 - 4 pm
The idea of atoms and molecules, which underlies modern chemistry, has been around for a long time, but it wasn't until 1905 that Einstein proved their existence. After a brief, somewhat historical non-technical discussion, the presenter will discuss the physical and chemical interactions of these particles of matter. We will then investigate many everyday phenomena that can be readily understood by thinking in terms of these tiny particles.

BACKYARD COMPOSTING (1 week on campus) **\$5.50**
Joyce McMenamon CVEC-7550-CVS1
Thursday, Feb 22 1 - 2:30 pm
Composting makes use of waste and livens up soil. And it's easy to do. Come learn the secrets of safely and quickly making rich nutritious compost out of your kitchen and yard waste. Learn why, how, where, when, and what. Bring your questions for this fun discussion with a master composter. Feed the soil that feeds the plants that feed us!

BIOFILIA: OUR CONNECTION TO NATURE **\$48**
(8 weeks online)
Thierry Vrain CVEC-5844-DLS1
Fridays, Feb 9 - Apr 5 10 am - noon
Biofilia is a 16-hour Grand Tour of Life, all of it. Biofilia translates into "we are all family." Two classes are about what life is made of – the incredible molecules that animate life. Then one class each on bacteria, cells, plants, fungi, animals, and viruses. Learn what makes life tick using educational video material to amplify or give authority to what the instructor teaches.

CLOUD DRIVES: LIFTING THE FOG – NEW! **\$14**
(2 sessions over 1 week on campus)
Terry Hooper and Roger Taylor CVEC-3600-CVS1
Tuesday and Thursday, Feb 20 & 22 2:30 - 5:30 pm
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!

ELECTRICITY AROUND THE HOUSE (4 weeks on campus) **\$27**
Gordon Dann CVEC-7028-CVS1
Tuesdays, Mar 5 - 26 2:30 - 4 pm
Learn to do electrical repairs around your house, how to add a circuit, what you can and can't do without a homeowner's permit, and how to apply for one. Go through types of breakers and circuits in your house with some theory on volts, amps, and watts. The hands-on work needs some basic tools suggested the first day. A \$5 fee is included to cover the cost of materials supplied by the course leader.

ORANGE BELT EMAILING – NEW! **\$26**
(4 sessions over two weeks on campus)
Terry Hooper CVEC-4025-CVS1
Mondays and Wednesdays, Feb 5 - 14 2:30 - 5 pm
Know how to do basic email? That makes you a white-belt emailer. This course will advance you to a yellow- or orange-belt level. Use an NIC computer to set up working, online accounts in both Google/Telus Gmail and Microsoft Outlook/Hotmail services, and then use them to demonstrate email, contacts, and calendar features along with learning general useful tips and techniques applicable to any email service (e.g., Shaw).

PHYSICS: WHAT DO YOU WANT TO KNOW? – NEW! **\$22**
(4 weeks online)
Jess H. Brewer CVEC-6301-DLS1
Wednesdays, Feb 21 - Mar 13 10:30 am - noon
Dr. Brewer, a professor emeritus, will spend the first class in a "meandering autobiography" to give an idea of what physics subjects he knows (or does not know) about. He will then ask for a consensus on what physics topics to discuss over the following weeks.

SCIENTIFIC CHAOS – NEW! (7 weeks on campus) **\$38.50**
Joel Kositsky CVEC-6310-CVS1
Fridays, Feb 9 - Mar 22 1 - 2:30 pm
Chaos theory, a fascinating and revolutionary science that appeared recently, surprised (and both delighted and horrified) scientists in many fields. This theory also lands us in the amazingly beautiful world of fractals and the famous Mandelbrot Set. From the complicated rhythms of the heart to the forecasting of weather, many (often totally unrelated) scientific subjects show irregularities that nonetheless exhibit a hidden structure: an order in the chaos.

Series coordinators: Terry Hooper and Roger Taylor

WINTER LECTURE SERIES (CVEC-9010-CVS1)

6 SATURDAY LECTURES FEBRUARY 10 TO MARCH 23 (NO CLASS FEBRUARY 17)

10 AM TO 12 NOON | ON CAMPUS AND ONLINE | \$36 FOR THE SERIES OR \$6/LECTURE

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

\$6

Kim Letson
CVEC-9011-CVS1
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.

Kim enjoys travelling and writing about her adventures, with four creative nonfiction travel memoirs published. She feels that through exploration, then sharing our stories, we achieve a greater appreciation and compassion for other cultures. When at home in the Comox Valley she spends her time writing, gardening, walking with friends, and planning her next trip.

CONVERSATIONS UNLOCK HIDDEN TREASURES

\$6

Fernanda Gimenez
CVEC-9012-CVS1
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.

Fernanda is an avid amateur photographer who loves to capture the beauty and intricacies of the world around her, turning ordinary moments into visual stories. An insatiable traveller, she not only seeks adventure but also tries to immerse herself in the cultures she encounters. Creating meaningful



connections with the residents of the places she has visited has played a pivotal role in enabling her to capture some of her best photographs.

IRAQ - CRADLE OF CIVILIZATION

\$6

Mike Joss
CVEC-9013-CVS1
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.

Mike’s passion for travel started during his formative years. He spent some of his childhood in Aden, Yemen, and exploring places like Kenya, Tanganyika, and Egypt. As a registered nurse in the military, his career led him to various corners of the world, including the United Kingdom, Germany, and the Maldives. During his second tour of duty in Germany, he ventured to all the neighbouring countries, except for what was then Czechoslovakia. Since then, Mike’s love for exploration has continued to flourish. Whether accompanied by his wife, daughter, twin sons,



or embarking on solo adventures, he has journeyed to an impressive 129 countries, some of which have undergone significant transformations or no longer exist.

VOLUNTOURISM: COMBINING TRAVEL AND SERVICE \$6

Judy Village
CVEC-9014-CVS1

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.



Judy Village has had a 40-year career in occupational health and currently is on the board of WorkSafeBC and two

community boards. She has travelled extensively for work and pleasure to over 50 countries—usually with a backpack and an adventure in mind. Several of her trips have combined volunteering and cultural immersion with travel, a trend known as voluntourism. Judy will explain the benefits and also some of the pitfalls to be aware of in planning a voluntourism trip.

Registration for each lecture closes the Monday prior and a Zoom link is sent to all registrants by Thursday. Latecomers can drop in at the theatre for \$10 (members), \$15 (non-members).

FROM SACRED TRAVEL TO TOURISM IN BHUTAN \$6

Darrell Tomkins
CVEC-9015-CVS1

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.

Darrell Joan Tomkins took early retirement from her career as a medical geneticist to continue her passion for patterns and beauty by pursuing studies in fine arts and photography at North Island College. She has extensive curriculum vitae as a scientist for 35 years, with an MSc and PhD in plant cytogenetics, a Medical Research Council fellowship for post-doctoral studies in medical genetics and a National Research Council scientist award. Since earning a diploma in fine arts, she has been practicing as an artist for 18 years. While developing her photography, Darrell sought opportunities for sacred travel for her art and soul. She continues to enjoy the patterns and beauty in the natural world around her in the Comox Valley.

SERVAS: TRAVELLING TOWARDS WORLD PEACE \$6

Rod and Evelyn Keith
CVEC-9016-CVS1

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.

Evelyn and Rod first became involved with Servas in 2000, as part of an immersive six-month



travel experience with their young children. The purpose was to introduce the children to the vast cultural riches and variations to be found beyond the boundaries of their perhaps too prosperous and culturally narrow prairie city. Short stays in homes scattered across Western Europe gave all members of the family an enhanced world view and appreciation for how different cultures live.

Evelyn taught elementary and junior high school and has worked as a volunteer helping immigrants new to Canada. Rod spent the majority of his career as a park and community researcher and planner, and also taught at both the high school and university levels. They retired to the Comox Valley, and alternate between Courtenay, an off-grid Gulf Island cottage, and travel.

Courses at a Glance

College closed on Monday, February 19,
Friday, March 29, and Monday, April 1

MONDAY

No classes February 19 and April 1

ALL ABOUT PI (ON CAMPUS) **\$38.50**
CVEC-6012-CVS1 Feb 5 - Mar 25 2:30 - 4 pm

ENNEAGRAM PERSONALITY THEORY (ON CAMPUS) **\$48**
CVEC-5822-CVS1 Feb 5 - Apr 8 4 - 6 pm

HEMINGWAY'S PARIS STORIES (ONLINE) **\$33**
CVEC-2215-DLS1 Feb 12 - Mar 25 1 - 2:30 pm

MUSIC AND YOUR BRAIN (ONLINE) **\$22**
CVEC-6011-DLS1 Mar 4 - 25 9 - 10:30 am

ORANGE BELT EMAILING PART 1 & 3 (ON CAMPUS) **\$26**
CVEC-4025-CVS1 Feb 5 - 14 2:30 - 5 pm

PRESENTERS' DOS AND DON'TS (ON CAMPUS) **\$5.50**
CVEC-4120-CVS1 Feb 12 10 - 11:30 am

RE-IMAGINING LONG-TERM CARE (ON CAMPUS) **\$5.50**
CVEC-5719-CVS1 Feb 26 10 - 11:30 am

THE GREAT DEPRESSION IN CANADA (ON CAMPUS) **\$22**
CVEC-6413-CVS1 Feb 26 - Mar 18 1 - 2:30 pm

UNDERSTANDING FEAR AND ITS EFFECTS (ONLINE) **\$33**
CVEC-5320-DLS1 Feb 12 - Mar 25 2:30 - 4 pm

WEALTH: THE WHAT AND HOW (ON CAMPUS) **\$5.50**
CVEC-5805-CVS1 Feb 12 1 - 2:30 pm

TUESDAY

ASTROLOGY 101 (ON CAMPUS) **\$11**
CVEC-5466-CVS1 Mar 5 - 12 11:30 am - 1 pm

ATOMS AND MOLECULES (ON CAMPUS) **\$38.50**
CVEC-6304-CVS1 Feb 6 - Mar 19 2:30 - 4 pm

BRIDGE - INTERMEDIATE BIDDING (ON CAMPUS) **\$44**
CVEC-6250-CVS1 Feb 6 - Mar 26 2:30 - 4 pm

CLOUD DRIVES: LIFTING THE FOG PART 1 (ON CAMPUS) **\$14**
CVEC-3600-CVS1 Feb 20 & 22 2:30 - 5:30 pm

ELECTRICITY AROUND THE HOUSE (ON CAMPUS) **\$27**
CVEC-7028-CVS1 Mar 5 - 26 2:30 - 4 pm

FINANCIAL STRATEGIES FOR RETIREES (ON CAMPUS) **\$27.50**

CVEC-3525-CVS1 Feb 13 - Mar 12 11:30 am - 1 pm

GREAT TRIP TO COMPELLING STORY PART 1, 3, 5 & 7 (ONLINE) **\$56**

CVEC-5950-DLS1 Feb 27 - Mar 21 9 am to noon

GUIDED AUTOBIOGRAPHY (ON CAMPUS) **\$42**
CVEC-2340-CVS1 Feb 20 - Mar 26 1 - 4 pm

KABBALAH, BIBLICAL FOUNDATIONS (ON CAMPUS) **\$16.50**
CVEC-6305-CVS1 Feb 13 - 27 11:30 am - 1 pm

MAINTAIN A MATURE SINGING VOICE (OFF CAMPUS) **\$44**

CVEC-1889-CVS1 Feb 6 - Mar 26 10 - 11:30 am

ROSES! ROSES! ROSES! (ONLINE) **\$5.50**
CVEC-7850-DLS1 Apr 2 10:30 am - noon

SCENIC HIKE 1 (OFF CAMPUS) **\$56**
CVEC-5520-CVS1 Feb 13 - Apr 2 10 am - 1 pm

SCENIC HIKE 2 (OFF CAMPUS) **\$56**
CVEC-5521-CVS1 Feb 13 - Apr 2 10 am - 1 pm

SHAKESPEARE IN FILM (ON CAMPUS) **\$54**
CVEC-1723-CVS1 Feb 20 - Apr 2 2:30 - 5:30 pm

THE SCIENCE OF HAPPINESS (ON CAMPUS) **\$44**
CVEC-5750-CVS1 Feb 6 - Mar 26 10 - 11:30 am

UNIVERSAL DEVOTIONAL CHANTING (OFF CAMPUS) **\$44**

CVEC-5413-CVS1 Feb 6 - Mar 26 1 - 2:30 pm

YOGIC ENERGY TECHNIQUES (ONLINE) **\$11**
CVEC-5410-DLS1 Mar 26 - Apr 2 9 - 10:30 am

WEDNESDAY

DAILY LIFE MEDITATION (ONLINE) **\$22**
CVEC-6612-DLS1 Feb 21 - Mar 13 12:30 - 2 pm

FOUR QUARTETS (ON CAMPUS) **\$42**
CVEC-5851-CVS1 Feb 14 - Mar 20 11:30 am - 2:30 pm

MUSICAL PLAY WITH GRANDKIDS! (ON CAMPUS) **\$33**

CVEC-1805-CVS1 Feb 28 - Apr 3 11:30 am - 1 pm

MYSTICS AND THE MUNDANE (ON CAMPUS) **\$44**
CVEC-6231-CVS1 Feb 7 - Mar 27 2:30 - 4 pm

ORANGE BELT EMAILING PART 2 & 4 (ON CAMPUS) **\$26**
CVEC-4025-CVS1 Feb 5 - 14 2:30 - 5 pm

PHYSICS: WHAT DO YOU WANT TO KNOW? (ONLINE) **\$22**

CVEC-6301-DLS1 Feb 21 - Mar 13 10:30 am - noon

ROLE OF THE EXECUTOR (ON CAMPUS) **\$6**
CVEC-3580-CVS1 Mar 6 7:30 - 9:30 pm

THE COLD WAR, THEN AND NOW (ON CAMPUS) **\$33**
CVEC-6550-CVS1 Feb 21 - Mar 27 8:30 - 10 am

THURSDAY

ANIMATED FILMS AROUND THE GLOBE (ON CAMPUS)	\$42
CVEC-1716-CVS1	Feb 22 - Apr 4 2:30 - 5:30 pm
ARTIST TALK 1: HEATHER SOOS (ON CAMPUS)	\$5.50
CVEC-1403-CVS1	Feb 8 4 - 5:30 pm
ARTIST TALK 2: KRISTINA CAMPBELL (ON CAMPUS)	\$7
CVEC-1404-CVS1	Feb 15 2 - 5 pm
ARTIST TALK 3: SUE PYPER (ON CAMPUS)	\$5.50
CVEC-1405-CVS1	Feb 22 4 - 5:30 pm
BACKYARD COMPOSTING (ON CAMPUS)	\$5.50
CVEC-7550-CVS1	Feb 22 1 - 2:30 pm
CAR CARE (ON CAMPUS)	\$22
CVEC-6173-CVS1	Mar 7 - 28 11:30 am - 1 pm
CLOUD DRIVES: LIFTING THE FOG PART 2 (ON CAMPUS)	\$14
CVEC-3600-CVS1	Feb 20 & 22 2:30 - 5:30 pm
GREAT TRIP TO COMPELLING STORY PART 2, 4, 6 & 8 (ONLINE)	\$56
CVEC-5950-DLS1	Feb 27 - Mar 21 9 am - noon
INTRO TO CRYPTIC CROSSWORDS (ON CAMPUS)	\$33
CVEC-6240-CVS1	Feb 15 - Mar 21 4 - 5:30 pm
LIVING CONSCIOUSLY (ON CAMPUS)	\$33
CVEC-5335-CVS1	Feb 15 - Mar 21 2:30 - 4 pm
SASQUATCH DISCOVERED (ON CAMPUS)	\$5.50
CVEC-5927-CVS1	Mar 21 2:30 - 4 pm
PHARMACISTS' GREATEST HITS (ON CAMPUS)	\$22
CVEC-5723-CVS1	Feb 15 - Mar 7 10 - 11:30 am
TAI CHI FOR MIND AND BODY (ON CAMPUS)	\$16.50
CVEC-5416-CVS1	Mar 14 - 28 10 - 11:30 am
THE CANADIAN CONSTITUTION (ON CAMPUS)	\$27.50
CVEC-6421-CVS1	Feb 15 - Mar 14 1 - 2:30 pm
VISITING UNCOMMON CORNERS 1 (ON CAMPUS)	\$42
CVEC-5940-CVS1	Feb 8 - Mar 21 9:30 - 11:30 am
WHAT'S AN END-OF-LIFE PLAN? (ON CAMPUS)	\$22
CVEC-5767-CVS1	Mar 7 - 28 6:30 - 8 pm

FRIDAY

No classes March 29

AN INTRODUCTION TO SCIENTIFIC LITERACY (ON CAMPUS)	\$22
CVEC-5621-CVS1	Feb 23 - Mar 15 2:30 - 4 pm
BIOFILIA: OUR CONNECTION TO NATURE (ONLINE)	\$48
CVEC-5844-DLS1	Feb 9 - Apr 5 10 am - noon

BRIDGE - INTRODUCTION TO MODERN BIDDING (ON CAMPUS) **\$44**

CVEC-6252-CVS1 Feb 9 - Apr 5 1 - 2:30 pm

BRIDGE - PLAY THE HAND, DEFEND THE HAND (ON CAMPUS) **\$44**

CVEC-6253-CVS1 Feb 9 - Apr 5 2:30 - 4 pm

CANADIAN CRIMINAL LAW (ON CAMPUS) **\$27.50**

CVEC-3331-CVS1 Mar 1-Apr 5 11:30 am - 1 pm

CANADIAN THEATRE AND WAR (ON CAMPUS) **\$33**

CVEC-1775-CVS1 Feb 16 - Mar 22 11:30 am - 1 pm

DUTCH HISTORY TO 1830 (ON CAMPUS) **\$22**

CVEC-5972-CVS1 Feb 23 - Mar 15 11:30 am - 1 pm

EVIDENCE OF LIFE AFTER DEATH (ON CAMPUS) **\$33**

CVEC-5700-CVS1 Feb 9 - Mar 15 10 - 11:30 am

EXERCISE FOR OLDER ADULTS (ON CAMPUS) **\$22**

CVEC-5477-CVS1 Feb 16 - Mar 8 10 - 11:30 am

FUNDAMENTALS OF PHOTOGRAPHY (ON CAMPUS) **\$38.50**

CVEC-2761-CVS1 Feb 9 - Mar 22 11:30 am - 1 pm

SCIENTIFIC CHAOS (ON CAMPUS) **\$38.50**

CVEC-6310-CVS1 Feb 9 - Mar 22 1 - 2:30 pm

WORDPLAY: FEARLESS POETRY (ON CAMPUS) **\$33**

CVEC-6256-CVS1 Feb 9 - Mar 15 10 - 11:30 am

WRITERS' WORKSHOP (ON CAMPUS) **\$56**

CVEC-2310-CVS1 Feb 9 - Apr 5 1 - 4 pm

SATURDAY

COMPOSERS' LIVES AND MUSIC (ON CAMPUS) **\$18**

CVEC-1811-CVS1 Mar 2 -16 1 - 2:30 pm

INTRODUCTION TO SCRATCHBOARD (ON CAMPUS) **\$15**

CVEC-1180-CVS1 Feb 24 1 - 4 pm

MANAGING HUMAN RELATIONSHIPS (ON CAMPUS) **\$38.50**

CVEC-5806-CVS1 Feb 10 - Mar 23 1 - 2:30 pm

SENIORS AND FUNCTIONAL MOVEMENT (ON CAMPUS) **\$7**

CVEC-5631-CVS1 Mar 2 2:30 - 5:30 pm

WINTER LECTURE SERIES: THE ART OF SLOW TRAVEL

\$36 FOR ALL OR \$6 EACH

CVEC-9010-CVS1 (entire series)

See pages 9 - 10 for individual lecture details

CVEC-9011-CVS1	Feb 10	10 am to noon
CVEC-9012-CVS1	Feb 24	10 am to noon
CVEC-9013-CVS1	Mar 2	10 am to noon
CVEC-9014-CVS1	Mar 9	10 am to noon
CVEC-9015-CVS1	Mar 16	10 am to noon
CVEC-9016-CVS1	Mar 23	10 am to noon