

### 2025–26 CVEC EXECUTIVE

#### **Chair:**

Sheila Borman

#### **Vice Chair:**

Pam Munroe

#### **Past Chair:**

John North

#### **Chair, Communications:**

Solweig Williams

#### **Chair, Curriculum:**

Jane Sterk

#### **Chair, Volunteer Support:**

Gary Priestman

#### **Chair, Member Support:**

Beth Regehr

#### **Finance Officer:**

Liz Morris

#### **Members-at-Large:**

David Young & Geoff Battimeli

#### **Co-Secretaries:**

Jackie Greening & Mary Gray

## WHAT A FALL TERM! - JANE STERK

From captivating lectures on island creatures great and small to courses that nourished the mind, body, and soul, this fall has been one to remember. You may wonder how CVEC continues to offer such engaging and high-quality learning experiences, term after term.

The Winter 2026 Course Guide will be available in early January, featuring nearly 70 courses—about half of them brand new—and six lectures guaranteed to make your mouth water. The high standard you've come to expect continues.

Our success depends on the remarkable volunteers who design and deliver these learning opportunities. Their dedication, creativity, and love of teaching make CVEC thrive. We extend heartfelt thanks to each of them for their time and effort.

In the spring, the Curriculum Committee will begin planning the Fall 2026 program. If you've ever thought about sharing your knowledge or passion, we'd love to hear from you.

The Volunteer Support Committee ensures every instructor receives an "official thank-you," but your personal words of appreciation mean the most. If no one steps forward to thank the instructor at the end of a session, please feel free to do so—on behalf of your class and CVEC.

## Welcome to Patricia Harvey, our new CVEC Photographer

You may have met Patricia already, or you will soon, as she has been and will continue to be taking candid shots at various lectures and courses offered by CVEC.



## Supporting Students with Endowment Funds - Sheila Borman

Did you know that over the years, Comox Valley ElderCollege has created three Endowment Funds through the NIC Foundation? They are the CVEC founders Endowment Bursary, named after Founders, Betty Emery and Elizabeth Smith, CVEC 20th Anniversary Bursary, and CVEC 25th Anniversary Bursary. The description of each bursary can be found on the NIC Foundation website.

Depending upon the interest accrued in each Fund over the previous year, a bursary of suitable value is offered. For 2025/26, we are able to offer four bursaries valued at \$3,375 each, in support of two students in health care programs. You can increase support for students by adding to one of our existing endowment funds. Or, you can fund an award on an endowed or an annual basis, or a combination of both. Bursaries help students in need to cover the cost of their education, while scholarships are established to reward and encourage outstanding academic achievement.

In addition to cash donations by cheque or e-transfer, gifting securities or stocks is one of the most effective ways to give. You'll enjoy significant tax advantages while helping to support students in their learning. As the year draws to a close, consider a gift that makes an impact at North Island College and offers meaningful tax benefits for you before the end of 2025.

Contact Erin Petersen via email or at 250-334-5074

## Stan Hagen Theatre Assistive Listening – Terry Hooper

So, you might've heard (yep, pun intended) that the Stan Hagen Theatre at NIC's Comox Valley Campus just got a fresh upgrade: two new assistive listening systems—an induction loop and Auracast. If you've got the right kind of hearing aid set up in the right way, these can make sessions and lectures in the theatre way clearer and easier to follow.

The Comox Valley ElderCollege tech volunteers have been busy putting these systems through their paces and came up with a handful of handy tips to help everyone get the best sound possible.

### How to Use the Induction Loop

First off, to use the induction loop, your hearing aid needs what's called a t-coil feature. Most newer hearing aids have it, but don't take chances—check with your provider to make sure yours has it, and that it's activated. They can also show you how to turn the t-coil on and off, set the volume right, and tell you if you'll only hear the loop or if you'll still pick up regular sounds, too.

Heads up: when you switch on the t-coil, you might notice a faint hum in the background. That's not unusual, but it can get louder if you're close to things like cell phones, electrical outlets, or even cars. The t-coil works best when you're in the theatre's seating area. If you wander onto the stage or leave the theatre, the sound might cut out.

Bonus tip: the hearing aid's t-coil can be used at more places than the Stan Hagen Theatre. You can use it in many places around the Comox Valley—the airport, Sid Williams Theatre, and some churches and senior centres. You may see a sign (like this) posted that indicates its availability at these locations.



## The Scoop on Auracast

The other system installed in the theatre, Auracast, is pretty exciting. It lets you get awesome audio through hearing aids, headphones, or earbuds. But here's the catch: it's really new, so only the latest hearing aids might have Auracast, not many audiologists are familiar with configuring it into hearing aids, and hardly any places have it set up. While we haven't been able to fully try it out, we're hoping to give it a go soon and share what we learn.

## MEET THE CVEC TECH TEAM! – Pat Grappolini

CVEC boasts an extraordinary crew of technology wizards – Terry Hooper, Frank Blues, Brad Champagne, John Black, and Roger Taylor. Together they create the magic that keeps ElderCollege on track. We thought that they deserve an introduction. So here goes:



**Terry** is a member of the Information Technology Support Group (ITSG). In that role he is part of a team that provides advice and support for all the ElderCollege's committees and their members, and for the course leaders for their on-campus or online (via Zoom) courses. More specifically, he is the prime person who provides support and administration of the Curriculum Committee's extensive and active online workspace that holds documents used by the committee members to compile and provide what's needed for the ElderCollege's course and lecture offerings.

Together, with Roger Taylor and Frank Blues, he is part of a team that provides technical support to enable simulcasting of the ElderCollege's lecture series to online audiences via Zoom.

After Terry moved to Courtenay from Regina at the end of 2018, he started offering technology-related courses in 2020, and then joined the Curriculum Committee as a volunteer to assist Roger Taylor with the use and course leader support for using Zoom when all courses went online because of COVID restrictions.

When he joined the Curriculum Committee, all the committee's documents were saved on individual committee member's computers and shared with other members via email. Given his prior career experience in information technology, he offered to move and organize all the committee's working documents onto a centralized cloud storage that everyone could access securely. It was a leap for many on the committee and, although there was a learning curve with this new system, Terry was proud of the committee's members for understanding the benefits and learning to use it effectively. Given that success, this online workspace approach was eventually employed by all ElderCollege committees.

From there Terry began to be consulted and involved in a variety of technology issues and solutions within the ElderCollege domain. Regarding information technology in general, prior to retiring in the Comox Valley he had a working career spanning over 40 years. In that time Terry had experience in the field that is wide and deep – from microcomputers to mainframes, from software development to enterprise-wide strategic planning, and involvement in networks, security, and data analysis and database management. He also presented computer classes for evening and weekend adult education through a provincial education institution.

Terry is currently also a course leader who offers a selection of technology-related courses to ElderCollege members. He has given courses that cover topics like cloud drives, travelling and technology, identifying and dealing with scams, using email, and how the internet works. He also gave a course on purchasing and using an electric vehicle.

On the Curriculum Committee, Terry is on the lecture series subcommittee (with Larry Bambrick and Gerald Wendland) which – every term – imagines a theme, enlists lecturers for that theme, supports the lecturers when they come for their presentations, and ensures the lecture information is distributed to the registrants.

Terry and his wife Marlene have shared many experiences together that have included scuba diving, skydiving, paragliding, piloting gliders, riding motorcycles, and even having a bobsled ride on the Calgary Olympic track. They decided to move to the valley because it checked all the boxes for their retirement wants and needs, and they continue to have a very active lifestyle that the valley supports in spades. That includes alpine (downhill) skiing, snowshoeing, cycling, running, swimming, hiking, and travelling and flying to many places worldwide as part of their retirement ‘career’ as international triathlon officials. The local airport also allows easy, frequent trips to Saskatchewan to visit family and have them visit here – including their new 18-month-old grandson!

**Frank** assists the tech crew with the theatre and simulcast presentation of the lecture series, documentation of theatre equipment setup and tasks related to presentations. On request he assists members of the Elder College executive and committees with tech support using MS Office products.

Initially when Frank began to volunteer with CVEC, he was assigned to the Operations Support Committee where he created an integrated volunteer list to identify the many volunteers, their assigned committees/tasks, skillsets and length of service. The lists of volunteers were formerly held independently by each committee with multiple overlaps and inconsistencies. Frank also established a procedure for the collection and distribution of volunteer information. After leaving the volunteer list three or four years ago, Frank began to help the theatre crew, when not off on winter vacations.

Frank’s background is engineering and not IT, so he follows the lead of fellow tech volunteers and assists as required and able. For members to know – in his working life, Frank developed strong skills in MS Office products (Word, Excel, PowerPoint) and is happy to help others who need assistance.

**Brad** primarily supports CVEC’s Microsoft OneDrive site for cloud storage of all electronic documents generated by the Executive Committee and each of the other standing committees and working groups. He updates access permissions for new and departing volunteers, provide tutorials to new members on how to use OneDrive, responds to questions and resolves problems as they arise.

Brad saw a CVEC newsletter in January 2022 that mentioned the need for additional volunteers to help support the growing use of technology by the various organizing committees. Since he had worked in the IT field for a large portion of his career with the Saskatchewan public service and was looking for volunteer opportunities after having recently retired and moved to Courtenay, it seemed like a good fit.

**John** coordinates ITSG, calling and chairing meetings, and reporting out to the executive. He became involved three years ago in technology assistance after a specific request from John North. John also teaches CVEC courses. And would like you to know that he is NOT a technology expert!



## Let's Get Social! – Barbara Bruederlin

Want more CVEC connection? Follow us on Facebook for all things ElderCollege. From insider info to photos to timely reminders, or just the chance to ask questions or share comments, we are there for you! Facebook Comox Valley ElderCollege.

## CVEC Member Support Committee - Beth Regehr

Many of you who attend the Saturday morning lecture series at the Stan Hagen Theatre on the NIC campus will recognize some of the team on the Member Support Committee, one of the standing committees of Comox Valley ElderCollege. They're the ones in the maroon CVEC t-shirts in the lobby and at key points in the theatre.

This hardworking group of volunteers always gives a warm welcome to CVEC members. They check in registered members, collect fees from members and their guests who drop in, sell CVEC t-shirts and give away CVEC bookmarks, purchase and serve the coffee, tea and cookies that are free to lecture attendees, and are a vital part of the team that is ready to assist people if there is ever an emergency.

Behind the scenes, MSC members distribute CVEC course guides each term throughout the Comox Valley. Whether you visit the libraries or the seniors' centres or independent living facilities, you have likely seen our course guides at one of those locations thanks to their tireless efforts.

We appreciate you, Member Support team!

## Wondering about being a CVEC Volunteer?

We have a team for that! It's called Volunteer Support. This team coordinates the recruiting and placement of potential volunteers, coordinates the thank yous for both the lecturers and the course leaders, and organizes the annual volunteer appreciation event.

If you are interested in exploring volunteer opportunities with CVEC, please go to the CVEC Volunteer page on the North Island College website. A member of the VSC will contact you either to discuss current vacancies or to add your name to an email list so that we can advise you of upcoming opportunities.

## NIC Liaison Changes – Sheila Borman

Instead of two temp staff, we will have one person 8:00-4:00 M-F, covering CVEC and the front desk at Continuing Education, St. Joe's. We are pleased to welcome Erika Peters as the temporary Support Assistant, filling in until the permanent Support Assistant returns. We thank the Program Officer, Sherryl, for her generous support for ElderCollege and wish her good luck with her own continuing studies. Backfilling Sherryl's role while she is on leave is **Renee Reedel**.

Please use [ElderCollegeCV@nic.bc.ca](mailto:ElderCollegeCV@nic.bc.ca) or 250-334-5005 for communicating with our Liaison.



# Winter Course Sneak Peek

There are many great courses planned for our upcoming term including new offerings and repeats of some of your favourites. Here's a sneak peek at some of the new courses coming your way.



## **19th Century French Painting** (5 weeks online)

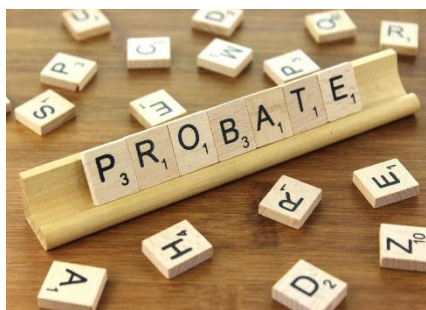
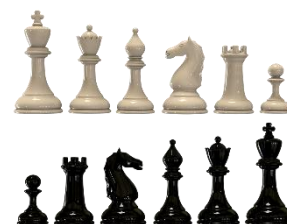
Instructor: John Black

An exploration of the stylistic realities behind the labels “neo-classical”, “romantic”, “realist”, “impressionist”, and “post-impressionist” as applied to French painting produced in this era. Discussion will be encouraged.

## **Chess - The Game of Life!** (4 sessions over 1 week on campus)

Instructor: Robert Crosby

An enjoyable introduction to the world of chess. Whether you are a beginner, average or expert player, you will learn new facets of the game. You can play at home, in your community or on the international stage. You will be taken on a tour of the opening, middle and end games of chess. On our last day, you're invited to play a simultaneous exhibition with your instructor.



## **Estate and Probate Planning** (1 week on campus)

Instructors: Nathaniel Lenard Paisley and Len Paisley

Designed specifically for ElderCollege students, this course offers a practical introduction to estate planning with a focus on strategies for avoiding probate. Learn tools and techniques to help minimize the costs, delays, and challenges often associated with estate settlement, while also learning about common fees and expenses to consider in a comprehensive financial and estate plan.

## **Assassination in History** (8 weeks online) Instructor: Frank Nicholson

On learning of Abraham Lincoln's death, British PM Disraeli told the Commons, “Assassination has never changed world history.” Was he right? In this course, we'll study the role political murder has played in societal change starting with Julius Caesar. Participants will be welcome to make a presentation covering the context, target, perpetrator, motive, method and consequences of an assassination of their choice. Empty slots will be filled by guest presentations.





## **Crafting Creative Nonfiction** (7 weeks on campus)

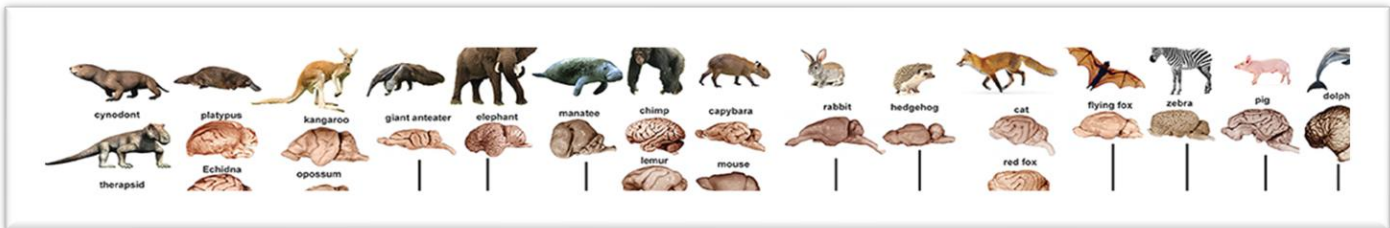
Instructor: Dave Flawse

A course on writing and researching creative nonfiction (CNF), from reported stories to memoir. This workshop-style course outlines the CNF tools: research, interview, immersion, and memory. Expect to read and submit feedback each week and to

write one 2,000-word story. Small class size.

## **Mammals** (7 weeks on campus) Instructor: Joel Kositsky

Let's examine this important and diverse group of animals. We will first look at the qualities and unique traits that define mammals. We will then examine their anatomy, physiology and geographic distribution, as well as their evolution from small shrew-like animals to the myriad types of mammals alive today. We'll close with an examination of the diverse groups, ranging from rodents to elephants, and primates to whales.



## **WINTER LECTURE SERIES SNEAK PEEK – EAT, DRINK AND BE MERRY**

From shellfish to sourdough, cheese to carrots, join us on a journey through the incredible variety of food and beverages that can be found in the Comox Valley. Take a tour of the Island through the pallet of a renowned food journalist. Learn the secrets of a family-run farm. Discover how Fanny Bay has become known around the world for its oysters. Come celebrate the food and beverages of the Valley. Eat, Drink and Be Merry at this winter's lecture series.

### **Making Dough – The Story of Honey Grove -**

Presenters: Bo Waite and Lili Yacub – Feb. 7



What's it take to run a bakery? From early morning starts to the rush of pie-orders (at Thanksgiving and Christmas), you'll get an inside look at making some of the Valley's best baked goods.

Bo and Lili are co-owners of Honey Grove Bakery. As a passionate home baker, Bo decided to leave her "grown-up job" as a medical office assistant to learn more about the art of making sourdough and never looked back. Balancing a busy family and being new to the world of business ownership has left little time for boredom. Lili comes from a

varied background with a degree in Fine Arts. She spent years in Europe as a chef on yachts and finally found her passion in sourdough, pastry and business ownership.

## **Our Journey of Cheese** - Presenter: Doug Smith – Feb. 21

A presentation on the startup and growth of Natural Pastures Cheese Company, including details on the cheese-making process and the dairy sector of the food industry.

Doug is a third-generation farmer in the Comox Valley. Along with his brothers, Edgar and Phillip, he is a co-owner of Natural Pastures Cheese Company and is the operations manager. A lifetime of work in the dairy industry gives Doug some unique perspectives on the food industry from farm to table.



## **Shelter Point Distillery** - Presenter: Chris Read – Feb. 28



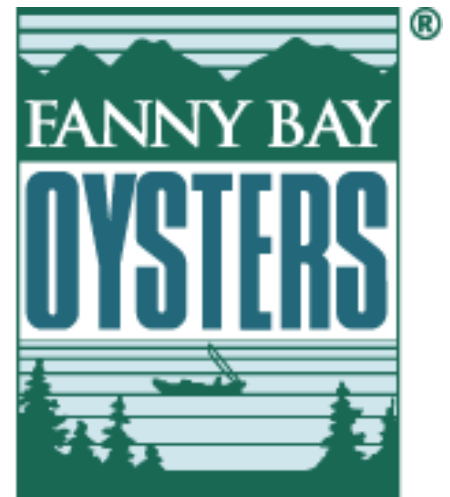
Situated on 380 acres of farmland on the coast of Vancouver Island, Shelter Point Distillery has been distilling and bottling some of the most exciting single malt whiskies made anywhere. Join Chris to talk about the history of the distillery and how the whiskies are made.

As brand experience manager for Shelter Point Distillery, Chris is responsible for sharing the company's story. He oversees the customer experience at the distillery including tours and tastings. Chris provides masterclasses on Shelter Point whiskies and tastings at events, and he enjoys introducing people to the award-winning whiskies and sharing the story of how they are made. He also manages the company's social media and media interactions.

## **Fanny Bay Oysters** - Presenter: Malindi Taylor – March 7

Hear about the history of shellfish farming in the Pacific Northwest from when Malindi's family started their farm in 1890. She will discuss what makes shellfish aquaculture sustainable with minimal to no impact on the surrounding environment and share innovations utilized to foster responsible aquaculture. Malindi is a fifth-generation shellfish farmer from the Pacific Northwest. Growing up on the coast on oyster, clam, geoduck, and mussel farms, she picked up a love for the ocean and sustainable seafood.

Malindi is now the marketing and sales coordinator for Fanny Bay Oysters working to promote BC shellfish to both domestic and international markets, and an Ocean Wise ambassador for sustainable seafood.





## **Sieffert's Farm Market** – Presenter: Alysha Sieffert - March 14



For 50 years the Sieffert family has been running their farm market. Alysha will talk about what goes into a season, how they have grown and changed throughout the years, what it takes to get vegetables from the field to your table and some things they've learned over the years.

Alysha is a third-generation farmer, having grown up in the Comox Valley on the family farm and now raising her family there. She spent a year in Chilliwack at the University of the Fraser Valley learning about horticulture and came back to farm with her parents. Agriculture is a passion for Alysha, and she loves sharing it with the staff on the farm and seeing what creative new things they can try each year.

## **Exploring Local Food** – Presenter: Don Genova - March 21

Don is the author of Pacific Palate, Food Artisans of Vancouver Island and the Gulf Islands. He will share the fascinating backstories of Vancouver Island's best local food producers. Find out why and how you should support these special artisans.

Don is an award-winning, Victoria-based food and travel journalist. He has contributed to the Globe and Mail, the National Post, enRoute, EAT, YAM, Edible Vancouver Island and the CBC. He has been nominated numerous times for James Beard Media Awards for his radio and podcast programs. Don holds a Master of Food Culture from the University of Gastronomic Sciences in Italy.



## **When it's time to register:**

### **Registration cheat sheet for returning CVEC members**

Follow the steps below. View a video of the same steps at: [registerReturningmember.cvec.ca](https://registerReturningmember.cvec.ca)

Step 1: Go to [register.cvec.ca](https://register.cvec.ca)

Step 2: Click on 'Sign in' in the top right of the page. Sign into your account with your assigned username (e.g., [jstudent@northislandcollege.ca](mailto:jstudent@northislandcollege.ca)) and password. Call Student Technical Services (250-334-5010) if you have forgotten your NIC email address.

Step 3: After completing sign in, you should be returned to the Instant Enrollment registration page.

Step 4: To register for a course, find it in the list (it may be on another page). Click the 'Select' button to the right of the course title to see a popup with more information about the course. Choose "Add section" to add it to your basket or "Close" to back out. Repeat this step for every other course you wish to register for.

Step 5: Click the yellow box in the top right corner to dismiss all messages, and then click 'Next' to advance to the payment steps in the process. **On the final credit card payment screen, near the bottom of the screen you will see an optional email address field, pre-filled with an email address. Ensure it has your personal email if you want to receive them there.** Note that receipts are emailed; the print prompt will not work.

If you are uncomfortable with the above, or you run into registration difficulties, call NIC Continuing Education at 250-334-5005 to register over the phone.

### Online registration guide for new CVEC members

Follow the steps below. View a video of the same steps at [registerNewMember.cvec.ca](https://registerNewMember.cvec.ca)

Step 1: Go to [register.cvec.ca](https://register.cvec.ca)

Step 2: To register for a course, find it in the list (it may be on another page). Click the 'Select' button to the right of the course title to see a popup with more information about the course. Choose 'Add section' to add it to your basket, or 'Close' to back out. Repeat this step for every other course you wish to register for.

Step 3: Click the yellow box in the top right corner to dismiss all messages, and then click 'Next' to advance. If you see a red message box asking for your Social Insurance Number (SIN), ignore it.

Step 4: Enter the requested personal information. This will set up a new CVEC online account with NIC.

Step 5: Once your entered personal information is confirmed, you will advance to the payment steps in the process. On the final credit card payment screen, near the bottom of the screen you will see an optional email address field prefilled with your provided personal email address. The emails in the next step will be sent to that email address.

Step 6: When your payment is accepted, you will receive two emails right away: one to confirm your course enrollments and payment receipt; a second to give you your initial password for your new NIC/CVEC online account. A third email will arrive in a day or two that provides your login username (it will look like an email address with your name followed by [@northislandcollege.ca](mailto:@northislandcollege.ca)). **Note that this third email will also indicate that your initial password is based on your birth date, but this is incorrect.** Your initial password is correctly provided in one of the two initial emails received.

If you are uncomfortable with the above or run into registration difficulties, call NIC Continuing Education at 250-334-5005 to register over the phone.

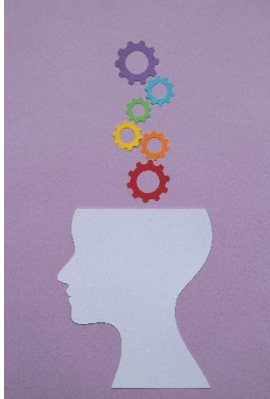
## REFUND POLICY CHANGE!

Effective Winter 2026, NIC will provide a refund only if a course is cancelled OR for medical reasons. No refund will be given if a member has a change of plans OR if the course is not to his/her satisfaction.

# NEW YEAR – NEW YOU!

Your life doesn't end at 50 or 60 or 70 or 80.  
Stop acting like it does.  
You can reinvent yourself whenever you want.

If you can't think of a word say "I forget the English word for that." People will think you're bilingual instead of just forgetful.



Maybe if we tell people that the brain is an app, they'll start using it.

Peace comes when you realize that everything that's out of your control should be completely out of your mind too.

I don't like songs in E Minor.  
They give me the E B G Bs



Someone asked me what my favourite mathematical operation is.  
I told them it has to be subtraction.  
I like making a difference.



Taking steps to overcome my hiking addiction.  
I'm not out of the woods yet.

I recently learned that you can improve your access to the internet by adding "-ai" to the end of your search functions. This removes the AI function, giving you better results and probably has a smaller environmental impact as well.

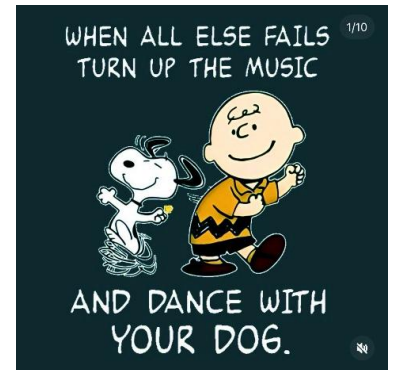


Potatoes make French fries, perogies, gnocchi, chips, and vodka.

It's like the other vegetables aren't even trying.

My older sister texted me: "What does IDK, LY and TTYL mean?"  
I texted back: "I don't know, I love you, and talk to you later."  
Her reply: "OK fine, I'll ask someone else."

I need a day between every day to recover from the day before and prepare for the upcoming day.



Uncommon advice:  
If you don't know what to pursue in life right now, pursue yourself.  
Pursue becoming the healthiest, happiest, most healed, most present, most confident version of yourself.

Sunflowers follow the sun's light, but on a cloudy, rainy day, they turn towards each other.



May we be sunflowers in each other's lives.