

FALL 2017

LIFELONG LEARNING FOR SENIORS (55+)



Saturday, September 9, 2017
COURSE INFORMATION FORUM

10:00AM – 12:00PM

Stan Hagen Theatre
(Komoux Hall)
North Island College

Instructors will provide brief presentations describing their courses. Online and in person registration procedures and wait list options will be clarified.

Monday, September 18 to
Wednesday, September 20
COURSE REGISTRATION BEGINS

CVEC members will receive an email from NIC indicating that CVEC course registration has been opened. Members can then register online at: www.nic.bc.ca/ec or in person at the Registration Office in Discovery Hall.

September 30, 2017
LECTURE SERIES BEGINS

Stan Hagen Theatre
(Komoux Hall)
North Island College

Those planning to enrol in courses or lectures are expected to have a current membership valid September 2017 until August 2018.

Back to School

For those of us who spent years going to school or college or university, or who had children and grandchildren, or who spent their careers as teachers, the arrival of fall means “Back to School”.

Do you remember as a child looking forward to getting back to school, back to a regular timetable, back to learning challenges, back to friends? Many of us started out in a small school and from there moved out into the big wide world. Now as seniors, with the free time and flexibility that retirement provides, we join together again. We enjoy seeing old friends and making new ones. We spend time together, acquire new information, start new hobbies. Best of all, if we choose ElderCollege, there are no exams to be taken or grades to be given.

Comox Valley ElderCollege Curriculum Committee has been busy this past spring and summer lining up courses. The Newsletter Team, part of the Communications Committee, is happy to provide an exciting slate of courses for this fall. We have over 40 regular

length courses (4 to 8 weeks) and almost 20 short courses. We cover everything from Australian Films to Our Solar System, from Expressing your Inner Poet to Successful Small



The Communications Committee: Back row: Solweig Williams, Christine Dickinson, Diane Keeling, Pat Potratz, Evelyn Keith, Kim Stallknecht. Front row: Rose Webber, Alana Gowdy, Janet Bjarnson, Nicky Arsenault. Missing: Frances Wright

Scale Organic Farming. We are also presenting an exceptional 8-week lecture series entitled Food for Thought - What We Don't Know About What We Eat. Lectures include topics such as Change in Canadian Agriculture and How to Make Sense of Dietary Advice.

You will certainly find something of interest in these pages. It's fall - it's Back to School time, it's Back to ElderCollege time! Enjoy the Fall 2017 CVEC Newsletter.

Find us on Facebook (Comox Valley Elder College)

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NEW TO ELDERCOLLEGE?

Visit the beautiful Comox Valley North Island campus. Stroll through the forested setting before the semester begins. Note the names and location of the various buildings, visit the library, and enjoy the offerings at the cafeteria or the coffee kiosk. Stop at the Registration Office in Discovery Hall to purchase or update your membership.

PARKING

When going to press, parking procedures had not been confirmed. Latest information is available at www.nic.bc.ca/eldercollege and in the local media.

ID CARDS

CVEC members may obtain an ElderCollege Photo ID at the Registration Office. This ID allows members to access to the NIC Library and Computer Lab.

NO SCENT POLICY

CVEC members are asked to refrain from using any scented products while attending CVEC events as some members have allergic reactions to such products.

Wow, What An Impact!

WELCOME TO COMOX VALLEY ELDERCOLLEGE (CVEC)

Whether you are returning or are a potential new member – everyone aged 55+ years is welcome here.

You don't need to have ever gone to a college or university and there are no exams and no tests. As a member you can use the North Island College (NIC) library and you will be among the first to learn about our upcoming courses and other lifelong learning opportunities at NIC.

Can't wait to take a peek inside this newsletter? I understand, but if you can spare a moment, I would like to give you a bigger picture of what lies ahead in 2017-2018.

CVEC started with just 100 community members inspired by our founders Betty Emery and Elizabeth Smith. Now 18 years later as a community of life-long learners, our 800-900 Comox Valley ElderCollege members remain committed to the concept of

ElderCollege. We are a grass roots, volunteer based, not for profit initiative planned and administered by and for older adults. We are located, welcomed and supported at our NIC home campus. Our course offerings are eclectic and vary in length and delivery. Our educators are all volunteers. An additional 80 volunteers commit their time, energy and talents behind the scenes to lead, coordinate and ensure it all comes together. Simply stated – our members who volunteer make magic happen every fall and winter.

In this our 19th year, the CVEC Executive and Standing Committee members are already engaged in implementing our 2017-2019 Comox Valley ElderCollege Three Year Strategic Plan (www.nic.bc.ca/eldercollge/pdf/Strategic-Planning-Report.pdf). Initial steps include prioritizing recommendations and developing operational plans to bring the Strategic Plan to life. Watch for opportunities to have input.



Please accept this as my personal invitation to each of you to consider joining our members who volunteer on projects, on committees, or as educators. We need you and we are committed to linking your passion and talent with rewarding opportunities.

**JOIN THE TEAM
 HAVE A VOICE
 MAKE A DIFFERENCE**

*Sandra Harrison,
 Volunteer Chair of Executive
 Committee – Comox Valley
 ElderCollege*

To learn more about volunteering, please contact: cvec.volunteers@nic.bc.ca

DO YOU KNOW... You may obtain a Student Card?

As an Elder College Member, age 55 and up, you are eligible to receive a Student Photo ID Card, with benefits to

- Borrow books from the NIC library.
- Receive student discounts at participating businesses.

First, pay your EC membership and register in at least one course. Then head to the Student Services office with your student number and another piece of photo ID to have your picture taken.



ELDERCOLLEGE IN ACTION!



Birds And Butterflies

OFFERED BY MIKE YIP

This Fall, CVEC members will be delighted that renowned photographer Mike Yip is offering a short course of two 2-hour classes, entitled Birds and Butterflies. Over two information packed sessions, Mike will share his prolific knowledge of birds and butterflies in our local area.

If you are a camera enthusiast, you will appreciate Mike's impressive cameras as he explains how through his photography he learned a lot about birds. True to his nature as an educator Mike will use his photos and knowledge to teach CVEC members about both birds and butterflies. To this end he will select from his thousands of images, hundreds of newspaper articles, five self-published books, and numerous public presentations.

The course will explain that as most of the birds seen on Vancouver Island are migratory, we see many different birds throughout the year. Some winter



here, migrating north or inland to their summer nesting grounds and returning in the fall with their new families. Meanwhile, many birds from the tropics use Vancouver Island for summer nesting areas and then return south for the winter. Still others just stop to fuel up before continuing north in the spring and south in the fall. Mike describes the final group of birds as vagrants – birds that have simply lost their way, either storm assisted or otherwise.

Mike will also share his passion for local butterflies. Butterflies are among the most beautiful creatures on earth, and seventy species have been discovered on Vancouver Island. Learn what they are, where and when they are found, and what they require for survival.

Russian Film And Society

OFFERED BY DR. NICHOLAS TYRRAS

Join us this autumn in viewing and contemplating eight films that reveal the many aspects that make up the face of Russia. These films are arranged in chronological order over nine decades and illustrate the massive societal upheavals that occurred in the Soviet Union and Russia between the 1920s and the first decade of the twenty-first century. Each film is a product of its time, and reflects the issues and events of those times, and these films typify what audiences in the USSR and Russia would have been watching. These films will also reveal to us

'If one calls literature the heart of a society, then cinema is its face.'

- Jeanne Vronskaya

something about the Russian peoples' interpretation of history, a glimpse of their contemporary issues, their system of values and their moral notions.

The state's involvement in filmmaking is one reason for their denigration by the West as propaganda or fanciful depictions. However, the Soviet government actually expected films to heighten intellectual awareness, maintain social consciousness, and promote emotional commitment to the state. The West's narrow interpretation of either Soviet or Russian films

as propaganda does not take into account the thousand-year cultural heritage and cultural identity, which Russian scholars defined as a shared memory, a collective consciousness, and a common system of values that continue to hold sway. These elements are discernible in the films being presented.

Tentative List of Films

1. *October* (1927)
View of the 1917 revolution
2. *Volga, Volga* (1938)
Another Aspect of 1930s
3. *Alexander Nevsky* (1938)
Political & Historical Shift
4. *Prisoner of the Caucasus* (1966)
Bride kidnapping in Muslim societies
5. *Ascent* (1977)
Soviet View of WW II
6. *Station for Two* (1982)
Re-evaluation of the present
7. *House of Fools* (2002)
War in post-soviet Chechnya
8. *The Italian* (2005)
Life after the collapse of the USSR



New Way of Opening Course Registration

KEEP CALM AND REGISTER ON

As many members are aware, there have recently been challenges in CVEC course registration. In order to make the process as smooth as possible, important changes are being made for the 2017 Fall Semester. The patience and flexibility of CVEC members is much appreciated as your Executive Committee does its best to make the registration needs of ElderCollege compatible with the computer requirements of North Island College.

These changes will also be addressed online and at the CVEC Forum on Saturday 9 September 2017, 10.00 a.m. at the Stan Hagen Theatre, North Island College.

Please make note of the following.

Major Change in Registration Opening Date

As the use of a precise date and time for CVEC registration was a basic cause of past problems, the registration process has been changed to begin with a 'soft launch'. This means that between **Monday, September 18 and Wednesday, September 20** all CVEC members will be sent an email letting them know that registration is open. Over a period of a few hours, this dispersion of course registration applications should avoid an overload of the computer system.

The opening will also be announced on the CVEC website and on Facebook.

Memberships

Registration for CVEC membership, which is treated as a course, can be applied for at any time. Membership lasts from September 1 to August 31. Without a membership, online information on the date of registration opening cannot be forwarded. All new and returning members are urged to apply for membership as soon as possible. [\$10.50].

Please note, a Membership and Course Registration Guide is to the right.

Saturday Lecture Series

Lectures will now be offered as individual courses. Members can therefore register in all lectures or any lecture according to their own preference and availability. Each lecture will be paid for individually. [\$6.00]

In-person Registration

All courses will continue to hold 10 per cent or a minimum of two seats for in-person registration at North Island College. After a few days, seats not claimed in this way will revert to on-line availability.

Wait Lists

Due to cancellations or increase in class size, courses which are filled may become available at a later date. CVEC members can request that their name is added to a wait list by contacting Susan Murray 250-334-5000 ext. 4602.

How to Register for Membership and Courses

A STEP BY STEP GUIDE

Membership is considered a course and is available now. You may want to complete your membership as soon as possible as you will then receive all future online information. You will also become familiar with the registration process, moving from screen to screen.

CVEC courses are added in September.

Unlike the Newsletter information, all courses are presented in a single, numerically ordered list. Before starting, it helps to note your choices numerically, irrespective of title or topic.

1. In a browser (e.g. Chrome, Microsoft Edge, Safari) enter www.nic.bc.ca/eldercollege
2. Select **NIC Connect Online Registration Available** (blue rectangle under photo)
3. Select **Continuing Ed/ElderCollege** (gold strip) *[If you are already a member, select **Log In** here, at top. Provide the information requested and select **Submit**. You will be returned to this page. Select gold strip.]*
4. Select **Register and Pay** (very small blue letters, beneath 'Registration for CE/EC')
5. At the arrow drop down menu for **Course Type**, select **ElderCollege**
6. At the arrow drop down menu for **Location**, select **CV Comox Valley Campus** [N.B. Nothing is needed in 'Course Code Number' or 'Search for Keyword']
7. Select **Submit**. This will reach 'Select Classes.'
8. Select **CVEC courses** by checking to the left of your chosen courses.
9. Select **Submit**.
10. **Provide** the information requested. Confirmation will be sent via email.

Did you know?

Student Services & Registration
(250) 334-5000

Hours – Mon.-Fri. 9am-4pm
Except Wed. 9am-6pm

Bookstore
(250) 334-5013

Hours – Mon.-Fri. 9am-4pm

How to Reach Us

Email: eldercollegeCV@nic.bc.ca

NIC Library
(250) 334-5037

Hours – vary on time of year:
Sept.-Apr. - Mon.-Thurs. 8am-9pm,
Fri. 8am-4pm

May-June – Mon.-Thurs. 8am-7:30pm,
Fri. 8am-4pm

July-Aug. – Mon.-Fri. 10am-3pm

Lies, Damned Lies and Statistics

AN INTRODUCTION TO PROBABILITY AND STATISTICS

An Interview with Dr. Barrie Turnham

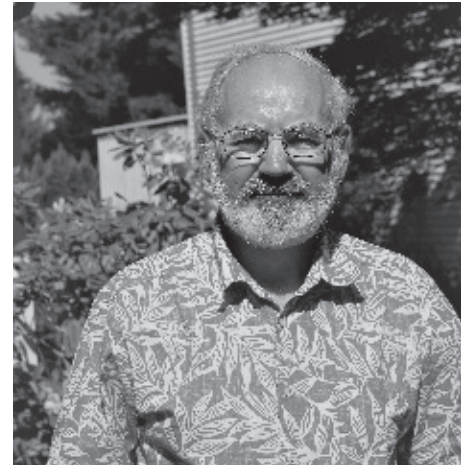
Like many Comox Valley retirees, Barrie Turnham originally hails from England. He was born in London in 1948, emigrating to Canada with his family in 1957, originally living near Barrie, Ontario until the cold weather drove his father west to Victoria. Barrie attended school in Victoria, graduating from the recently founded University of Victoria with a Bachelor of Science (honours) in Chemistry. Then it was off to Stanford University for studies in physical chemistry, achieving a Ph.D. in 1975.

Barrie returned to his native England for research and experience at Brunel University, Uxbridge. He then worked as a researcher for Allied Chemical, now Honeywell, and Capital Research and Technology, Victoria, before taking a position at North Island College's Math/Science Department in 1992.

Now retired, Barrie is volunteering his time and expertise to teach a class at ElderCollege. Interestingly, Barrie has taken his course title from British Prime Minister, Benjamin Disraeli, who once said there are three kinds of lies: Lies, Damned Lies and Statistics.

No doubt, many of you are aware of the increasing role of statistics in the present day, more than ever due to the use of computer algorithms. In Lies, you will be asked what sparked your interest in this class and if and how you use statistics in your daily life. In his presentations, Barrie will provide information from his lengthy teaching experience in a format which will allow ample class participation. He will help clarify statistics using examples from politics, business and medicine.

Barrie enjoys cycling through the Comox valley, is married and has three children. Through the NIC Foundation,

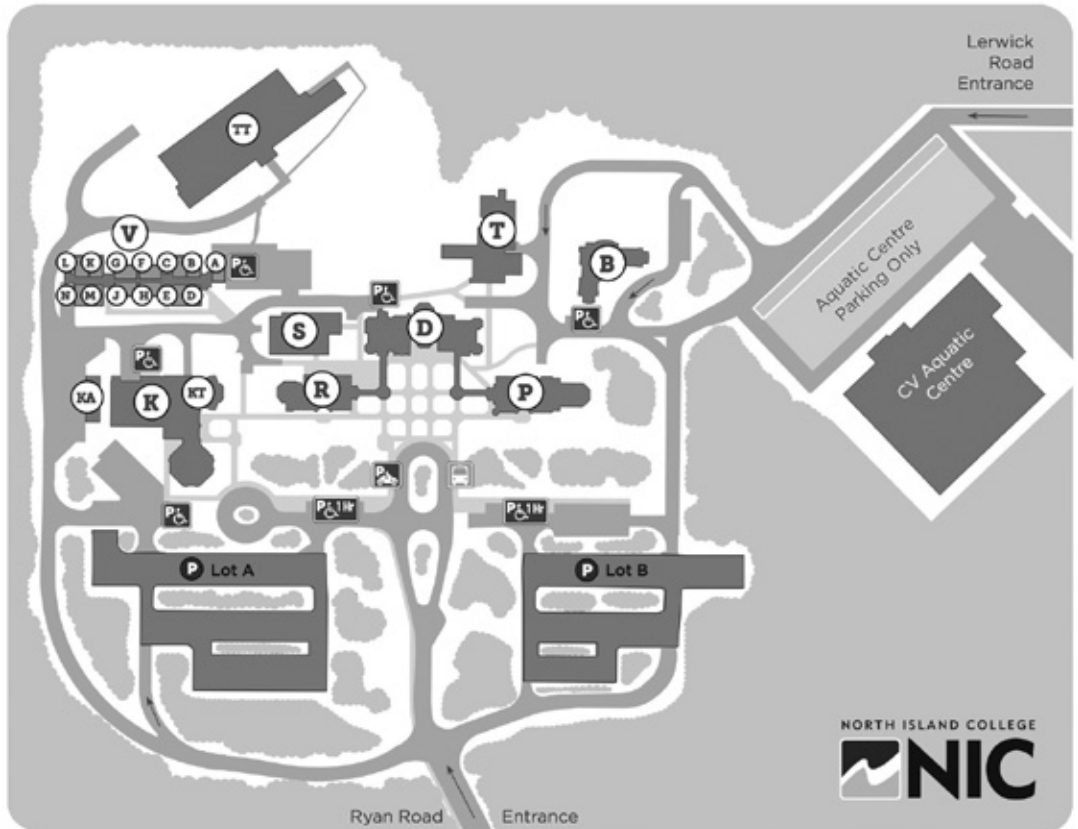


Barrie has endowed the Mary Turnham Memorial Bursary in honour of his mother who was forced to leave Grammar School at the age of 15 to work in her parents' boarding house even though she was a good student. She, like many British women of the time, never had the opportunity to return to her studies.

Barrie invites you to join him for a short journey into the statistical world that is becoming more and more an essential part of our daily lives.

COMOX VALLEY CAMPUS BUILDING DIRECTORY

- D** Discovery Hall
Assessments & Testing
Library & Learning Commons
Student Employment Services
Student Services
- K** Komoux Hall
College-Wide Administration
Shipping & Receiving
- KA** Komoux Annex
Facilities
Human Resources
Continuing Education
- KT** Stan Hagen Theatre (K104)
- P** Puntledge Hall
Access for Students with Disabilities
Office of Global Engagement
- R** Raven Hall
- S** Shadbolt Studios
- T** Tyee Hall
Cafeteria / Student Lounge
Campus Store / Bookstore
North Island Students' Union
- TT** Trades Training Building
- V** Village
- B** Beaufort Childrens Centre



FALL
2017



Regular Courses

FALL 2017



NO CLASSES: MONDAY, OCT. 9, MONDAY, NOV. 13

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
Saturday, September 9, 2017
10:00am – 12:00pm
Stan Hagen Theatre, NIC

Important Dates
Lecture Series Begins
Saturday, September 30, 2017, 10am
No Lecture on Saturday, October 7, 2017 or November 11, 2017

Winter Semester courses begin
Monday, February 4, 2018

Fees - prices include tax

\$10.50	Annual Membership (CVEC 0001)
\$10.50	Short Courses
\$21.00	4 - 5 Week Courses
\$34.65	6 - 8 Week Courses
\$48.00	Lecture Series (CVEC 9000)
\$6.00	Individual Lecture

Membership fees are not refundable. Members cannot change courses once they begin.

ARTS & MUSIC

ALL THAT JAZZ (8 WEEKS)

Bruce Walton CVEC 1837
Thursday, Oct. 5 – Nov. 23 10:00 – 11:30

This is about the people, songs, styles and development of one of the best things about the 20th century. Meet giants like Duke, Pops, Bird & Monk. Listen to great tunes. Discover jazz from unlikely places. Learn about classic LPs like Kind of Blue and great labels like Blue Note. Each class mixes music listening and talk. No prior jazz experience required.

ARTISTS IN THEIR STUDIOS (6 WEEKS)

Bette Kosmolak CVEC 1982
Thursday, Oct. 5 – Nov. 9 10:30 – 12:00

Gain an insider's view of the creative process through visiting six central island artists in their studios. The studios include: Heather Alton (mixed media), Jo Swallow (fabric designer), Barbara Callow (fine art), Lynda Glover (artist), Diane Volrich (eclectic art) and April Dyck (acrylic painter).

AUSTRALIAN FILMS, THE BEST FROM DOWN UNDER (4 WEEKS)

Heather McFetridge/Brian Charlton CVEC 1735
Wednesday, Oct. 25 – Nov. 15 1:00 – 4:00

Australian films will feature such acclaimed ones as: Breaker Morant, Priscilla: Queen of the Desert, Rabbit-Proof Fence and a closing film chosen by the course participants to wrap up this four-week series that spans decades of film making.

COMOX VALLEY – A MUSICAL PARADISE (8 WEEKS)

Mark Allen CVEC 1805
Thursday, Oct. 5 – Nov. 23 1:00 – 2:30

The Comox Valley has a local music scene that is as rich, talented and diverse per capita as any in Canada. Join freelance writer/music lover Mark Allen as he explores it. Local guests such as Doug Cox, Sue Medley and Helen Austin will discuss song writing, production, festivals and singing as well as genres that include roots/blues, rock, jazz and world music/classical.

FILM HISTORY 101 (6 WEEKS)

Kay Kennedy CVEC 1718
Thursday, Oct. 5 – Nov. 9 2:30 – 5:00

If the first course was the beginning of film from flip pictures in Nickelodeon to 1915, this one picks up with D.W. Griffith and continues through 1935 with French, German and American films of that time, silents to early sound. No background required to enjoy, only a delight in movies and watching some seldom seen on a large screen.

COMPUTERS AND DATA

BEYOND THE BASIC MAC (8 WEEKS)

Phil Smith CVEC 4555
Thursday, Oct. 5 – Nov. 23 8:30 – 10:30

This course is for those with some, but limited, experience on Macs or PCs. You will be introduced to

Mac's OS and its more useful apps, including Mail, Safari (to explore the web), Time Machine (a back-up for peace of mind), iTunes, iPhoto and many others. You will also learn how all Mac computers and devices are linked. We will cover a lot, but have fun doing it.

LIES, DAMNED LIES AND STATISTICS (4 WEEKS)

Barrie Turnham CVEC 6013
Friday, Oct. 6 – 27 2:30 – 4:00

You will learn what everyone needs to know about statistics in order to consider oneself an educated citizen. The course will give an overview of the two important branches of statistics: descriptive – the study of the methods of collecting and organizing data, and inferential – the study of interpreting data. Topics will include sampling techniques, probability distributions, counting and various formal hypothesis tests to determine the validity of sample data.

SPREADSHEET SECRETS (8 WEEKS)

Ted Brooks CVEC 4040
Monday, Oct. 2 – Nov. 20 10:00 – 11:30

Spreadsheets are very useful especially for manipulating numbers. Some common uses of spreadsheets are budgeting, expense analysis, loan calculations, etc. The course will cover the basics and also some useful, practical applications where spreadsheets can simplify your life. Participants will be expected to have basic computer competency. Bring a flash drive to class to save your work.

HEALTH & FITNESS

COMFORTABLE SCENIC SAUNTERS (6 WEEKS)

Rose Webber/Frances Wright CVEC 5510
Thursday, Oct. 5 – Nov. 9 10:00 – 11:30

These will be gentle walks suitable for people who wish to enjoy the Valley scenery, fresh air, good company and conversation. No boulders, tree roots or climbing – maybe some very gentle slopes. Lasting one to one and a half hours, there will be an opportunity to have lunch afterwards. Typical walks would be Royston Seaside Trail and Morrison Creek Greenway. Cameras welcome. No dogs please.

IMPROV, A WORKOUT IN THE BRAIN GYM (8 WEEKS)

George Brose/Susan Osso CVEC 1797
Tuesday, Oct. 3 – Nov. 21 11:00 – 1:00

Learn the basics of Improv Comedy or hone your rusted skills in the art. Relearn how to laugh and share your humour with others.

SCENIC HIKES (NO DOGS) (8 WEEKS)

Ted Grainger CVEC 5520
Tuesday, Oct. 3 – Nov. 21 1:00 – 4:00

These 2 - 4 hour hikes covering variable terrain for 7 – 10 km. are suited for those who walk or hike regularly. Effort is made not to repeat any hikes in a calendar year, but weather and trail conditions can be cause for exceptions. The hikes go on rain or shine, so appropriate clothing is required.

SCENIC HIKES (WITH DOGS) (8 WEEKS)

Rod Bell-Irving CVEC 5521
Thursday, Oct. 5 – Nov. 23 1:00 – 4:00

Explore the beautiful Comox Valley in this series of 6-8 km, 2+ hour walks/hikes beside rivers, through forests, and along trails. Having your dog(s) off leash, watching them all interact and enjoy the journey is a large part of the experience. Most of the hikes/trails have occasional steep, muddy, or interesting sections so appropriate footwear is advised. We usually stop part of the way through for a snack and to give the dogs a treat. Those who do not have dogs are welcome.

SPRING FOREST QIGONG FOR BEGINNERS (4 WEEKS)

Barb Timmer CVEC 5465
Friday, Oct. 6 – 27 1:00 – 2:30

Spring Forest Qigong (SFQ) is a powerful, self-healing practice of gentle movements that can be done standing or sitting. It increases vital energy and heals body, mind and spirit. SFQ was created by Master Chunyi Lin and is a moving, meditative practice that is simple and easy to learn, combining movements, breath, sound and visualizations.

T'AI CHI GONG – LEVEL 1 (8 WEEKS)

Sherry Brydon CVEC 5461
Friday, Oct. 6 – Nov. 24 10:00 – 11:30

T'ai Chi Gong is a cross between T'ai Chi and Chi Gong exercises. It is a series of 20 simple movements that are slow, gentle, repetitive and non-martial. This form can be done by anyone regardless of age, physical condition or religion. T'ai Chi Gong can be modified to suit the individual's needs and abilities. It emphasizes self-awareness and helps to reconstitute us, bringing us into balance and contentment. This practice requires no special clothing or equipment and can be learned in a series of 8 lessons. T'ai Chi Gong is moving meditation that brings us body awareness and joy.

T'AI CHI GONG - LEVEL 2 (8 WEEKS)

Sherry Brydon CVEC 5462
Tuesday, Oct. 3 – Nov. 21 1:30 – 3:00

Basically, a continuation of Level 1. This course is for those participants who have completed Level 1 or who have more experience.

VOCAL YOGA – UNIVERSAL DEVOTIONAL CHANTING (8 WEEKS)

Oliver Clarke CVEC 5413
Wednesday, Oct. 4 – Nov. 22 11:30 – 1:00

The educational focus and benefit of this course is the realization, through actual experience, that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe. That may be called God, The Tao, The Void, Great Creator, or re-creative energy found in nature. All are encouraged to participate and all levels of singing ability are welcome.

YOGA FOR MEN (4 WEEKS)

Jessie Kerr CVEC 5411
Wednesday, Oct. 4 – 25 1:00 – 2:30

This course is run like a 4-week workshop, 1.5 hours each week. We cover the basic principles of yoga and learn how to practice yoga safely. You will learn all the basic yoga poses, which will enable you to continue on your own when the course is over. Comfortable clothing such as shorts or sweats are recommended. If you have a yoga mat, bring it along. There are also yoga mats available for use. **There is a \$10 hall fee included in the registration.**

HOBBIES

BRIDGE – INTERMEDIATE BIDDING (8 WEEKS)

Gary Priestman CVEC 6250
Friday, Oct. 13 – Dec. 1 2:30 – 4:00

This course is designed for intermediate players who wish to gain new tools in order to improve their bidding. Each class will be a lesson followed by playing hands that reinforce the lesson.

BRIDGE – INTRODUCTION TO MODERN BIDDING (8 WEEKS)

Gary Priestman CVEC 6252
Monday, Oct. 16 – Dec. 11 11:30 – 1:00

This course is designed for people just learning the game of Bridge or for those players returning to the game after years away. The focus will be on learning modern bidding techniques. Each class will be a lesson followed by playing hands that reinforce the lesson.

BRIDGE – PLAY THE HAND, DEFEND THE HAND (8 WEEKS)

Gary Priestman CVEC 6253
Friday, Oct. 13 – Dec. 1 11:30 – 1:00

This course is designed for people just learning the game of Bridge or for those players returning to the game after years away. The focus will be on techniques either for playing a hand or for defending a hand. Each class will be a lesson followed by playing hands that reinforce the lesson.

CREATING BEAUTIFUL ART CARDS (4 WEEKS)

Gayle Lindsay CVEC 1171
Thursday, Oct. 5 – 26 2:30 – 4:00

In this easy class, you will create greeting cards using water colours, dye inks, and techniques that include sponging and stamping. You will learn some of the newest trends and re-discover some of the tried and true methods of card-making. This class will surely get your creative mojo going! **There will be a \$40 materials fee payable at registration and please bring a double-sided tape or a tape runner.**

FUNDAMENTALS OF PHOTOGRAPHY (8 WEEKS)

Norman Mathew CVEC 2761
Thursday, Oct. 5 – Nov. 23 10:00 – 11:30

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

JOY OF BEER (8 WEEKS)

David Hysert CVEC 7350
Friday, Oct. 6 – Nov. 24 2:30 – 4:00

This course will give you an understanding of how beer is made, the ingredients that go into it and their effect on flavour, some of the defects commonly found in beer and how many can be avoided. You will gain an appreciation of how the marketing of beer has evolved over the years. You will learn about the many styles of beer from around the world and get to taste many. **There is a \$45 course supply fee payable at time of registration.**

UPCYCLING YOUR OLD TREASURES (4 weeks)

Cindy Monahan CVEC 1243
Wednesday, Oct. 4 – 25 1:00 – 2:30

Students will be taught how to "upcycle" some of their old jewelry and other objects from home into new and usable treasures. Using what students bring

to the class we will create a number of projects together, including a "memory piece" (jewelry) which will have personal significance. There will be plenty of creative resources as well as skill building in basic jewelry design and implementation.

LANGUAGE AND LITERATURE

CONVERSEMOS (8 WEEKS)

Consuelo Ortiz CVEC 2477
Thursday, Oct. 5 – Nov. 23 8:30 – 10:00

Students of Spanish of intermediate or advanced beginner levels will have the opportunity to practice their Spanish conversation. Participating in role plays, sharing the news, enjoying music or poetry among other activities, will help students to increase vocabulary, improve pronunciation, and organize and share ideas. It is definitely a great opportunity to have a good time with others who also enjoy Spanish.

EXPRESSING YOUR INNER POET (4 WEEKS)

Cecilia Hutchison CVEC 2342
Friday, Oct. 6 – 27 1:00 – 4:00

This course is a fun, inspiring workshop-style activity. For the first quarter of each session, we will explore the foundation of a particular type of poetry, discussing questions and ideas about the form and reading a sample of poetry in that genre. This is a natural approach that will create safe boundaries and guidance to assist you in expressing your personal muse. Then, great stuff happens! We retreat to a private area and write a poem using the guidelines just established. I am always amazed at the results of such an exercise, and I think you will be too.

GREAT BOOKS (8 WEEKS)

Ken McKenzie CVEC 6210
Tuesday, Oct. 3 – Nov. 21 11:30 – 1:00

This course is a discussion group based on reading material from the Fifth Series of The Great Books Reading and Discussion Program. Readings include works by Nietzsche, Adams, Aristotle, Plato and Shakespeare. About 2-3 hours of reading is required each week. **The text book is available from GreatBooks.org (about \$40).**

SPEECH CRAFT: COMMUNICATION SKILLS (8 WEEKS)

Harry Piercy CVEC 5829
Friday, Oct. 6 – Nov. 24 11:30 – 1:00

Using Toastmasters' Speech Craft guidelines for listening, organizing thoughts and delivering a speech, participants will be shown the importance of gestures and vocal variety as part of speech making. Participants will be introduced to impromptu speaking and gain self-confidence in communicating their thoughts and ideas. Participants will be given feedback on all aspects of their presentation.

STORIES OF OTHER WORLDS (8 WEEKS)

Jean Higginson CVEC 2215
Thursday, Oct. 5 – Nov. 23 1:00 – 2:30

This is an introduction to the diverse literature which uses situations, characters, or settings which might be considered unreal, uncanny, impossible, speculative, or downright weird. Class discussions will be based on readings from such widely different fields as fairy tale, horror, science fiction, fantasy, magic realism, and the modern literary novel. Copies of readings will be supplied to participants. Expect the unexpected in this course.

WRITERS' WORKSHOP (8 WEEKS)

Marvin Haave/Ian McIntyre CVEC 2310
Friday, Oct. 6 – Nov. 24 10:00 – 12:00

This is an interactive class where writers or would-be writers have an opportunity to share their work with others and receive creative feedback. Any form of writing is welcome. In the first class, the participants will be divided – one class for the more advanced writers and another for the more beginning writers.

SCIENCE

BIRTH, LIFE AND DEATH OF THE STARS (8 WEEKS)

Joel Kositsky CVEC 6351
Tuesday, Oct. 3 – Nov. 21 2:30 – 4:00

This astronomy course focuses on the most dynamic players in the pantheon of celestial objects: the stars. Stars are the places where the forces of nature result in the creation of radiation, chemical elements, a myriad of celestial fireworks as well as long periods of stable light and warmth that can lead to planetary life. We will examine all aspects surrounding the birth, lives and deaths of stars.

COSMOLOGY: AN INTRODUCTION TO THE UNIVERSE (8 WEEKS)

Joel Kositsky CVEC 6355
Tuesday, Oct. 3 – Nov. 21 4:00 – 5:30

Cosmology, the study of the Universe's origin and development has always been of interest to human cultures but had been, until recently, in the realm of mere speculation. The emergence of cosmology as a scientific endeavour has led us to a coherent, cogent and testable understanding of the birth, morphology and contents of the Universe. We will examine what is known and what is still unanswered in this exciting science.

GEOLOGICAL FEATURES AND HOW THEY FORMED (4 WEEKS)

Dixon Edwards CVEC 6323
Thursday, Oct. 5 – 26 4:00 – 5:30

There are distinctive natural features visible on maps, photos from space or on a globe. How are these features formed? How did the Himalaya Mountains form? Why are they so high? Why are Hawaii and Iceland in the middle of oceans? Were they formed in the same way? In this course I will provide a geological explanation for some worldwide, Canadian and BC features and curiosities.

GEOLOGY AND PALAEOLOGY – AN INTRODUCTION (6 WEEKS)

Pat Trask CVEC 6326
Tuesday, Oct. 3 – Nov. 7 8:30 – 10:00

To understand the fossils of Vancouver Island, we need to understand its rocks. Participants will gain a better understanding of the geological and palaeontological record preserved in rocks that formed over 350 million years ago in the Pacific Ocean. Since then, volcanism, sedimentation, tectonic uplift and erosion have given us today's Vancouver Island. There will be two field trips for those comfortable walking on slippery trails and uneven terrain.

GEOLOGY, NUCLEAR POWER & OUR ENVIRONMENT (4 WEEKS)

Ted Trueman CVEC 6361
Friday, Oct. 6 – 27 10:00 – 11:30

This course will introduce the geological evolution of our planet and local geology. We will examine the genesis and distribution of uranium deposits, the production and use of uranium, and review the historical development of nuclear reactors and examine reactor accidents. The

pros and cons of nuclear power will be discussed and compared to other methods of generating electricity with an emphasis on safety and environmental issues.

GOOD AND BAD BUGS – THE HUMAN MICROBIOME (8 WEEKS)

John North CVEC 5751
Wednesday, Oct. 18 – Dec. 6 8:30 – 10:00

In the last seven years, there has been a scientific revolution in the understanding of the human microbiome – the trillions of bacteria that live in/on us and are now known to be essential for normal development and function of our brain, immune systems and metabolism. Learn how medical science is taking the first small steps that could lead to powerful new approaches to obesity, diabetes, asthma, allergies and – perhaps – autism.

OUR SOLAR SYSTEM (8 WEEKS)

Joel Kositsky CVEC 6352
Monday, Oct. 2 – Dec. 4 1:00 – 2:30

Our cosmic home, the solar system, includes a star (the sun), several orbiting 'worlds' (the planet and moons), comets, rocks of varying sizes (asteroids and meteors), gas, dust, ices as well as light, magnetism, ions and other inhabitants; all in a grand cosmic gravitational dance. In this course, we will attempt to understand and not merely catalogue all the amazing objects, processes and forces shaping the solar system.

TIMES AND PLACES

A TASTE OF THE WORLD'S RELIGIONS (8 WEEKS)

Elizabeth Fussell CVEC 6283
Wednesday, Oct. 4 – Nov. 22 8:30 – 10:00

What is religion? How does it fit into and affect our culture, our lives, our being? How has religion shaped our "culture"? Can culture and religion be separated? We will explore the concept and history of religion generally and specifically by looking at the foundations of Indigenous religions, Judaism, Christianity, and Islam.

ARAB SPRING – WHAT HAS IT BECOME (8 WEEKS)

Neil Crouch CVEC 6244
Friday, Oct. 6 – Nov. 24 11:30 – 1:00

Understanding the current mess in the Middle East requires an examination of a range of faith and cultural traditions as they have grown out of both deep tribal roots and a very sophisticated history. It also requires us to take a serious look at the development of our own western history and our complicity in that region, both historically and to this day.

HERALDIC SYMBOLS (4 WEEKS)

Steve Cowan CVEC 6065
Thursday, Oct. 5 – 26 1:00 – 2:30

This Introduction to Heraldry and Symbols of History and Heritage will teach you about the background and design of coats of arms and how they are granted in Canada. Discover the design aspects of heraldry and learn how you can develop your own coat of arms. **Required is a Heraldry Reference Book for \$10.00 and it will be included in your registration fee.**

INDIA CALLING (8 WEEKS)

Judy Norbury CVEC 5924
Thursday, Oct. 5 – Nov. 23 11:30 – 1:00

The course will present a broad overview of India, touching upon recent history, religion, social structure, caste system, transportation, and politics seen by the presenter's experience and photographs. This course is for those who wish to go to India, those who only want to read about going to India and those who have been.

MORE HISTORY IN WRITING (4 WEEKS)

Alana Gowdy CVEC 2802
Monday, Nov. 6 – Dec. 4 2:30 – 4:00

This will be a lighthearted, life-and-times approach to important and interesting material that gives us a context for events in British history. Included will be Beowulf, the Magna Carta and personal letters. Classes will provide guests, film and fun. Lots of good information, but not a course for people who take their history too seriously!

RULE OF LAW AND ORGAN PILLAGING IN CHINA (8 WEEKS)

Clive Ansley CVEC 6284
Wednesday, Oct. 4 – Nov. 22 10:00 – 11:30

We will trace the evolution of legal thinking in China from the Zhou Dynasty (551-221 B.C.) to the present. We shall examine the historical schools of theory about law, and identify those concepts which have continuously influenced how Chinese feel about 'Rule of Law' and one of the most fundamental philosophical issues throughout Chinese history: whether governments should be based on 'Rule of Man' or the 'Rule of Law', and in more recent years, whether China is in fact characterized by Rule of Man or Rule of Law.

RUSSIAN FILM AND SOCIETY (8 WEEKS)

Nicholas Tyras CVEC 1733
Monday, Oct. 16 – Dec. 4 10:00 – 1:00

In this course, six films made in the USSR and two after its dissolution will be shown. Viewed in chronological order, these popular films reflect contemporary issues and also mark the changes through which Russia has passed since the 1917 revolution and the dissolution of the USSR in 1991. These films provide an insight into the Russian mentality and reflect the system of values that influence many issues today.

AND MORE COURSES

BE KIND TO THOSE YOU LEAVE BEHIND (5 WEEKS)

Linda McLean CVEC 3532
Thursday, Oct. 5 – Nov. 2 2:30 – 4:00

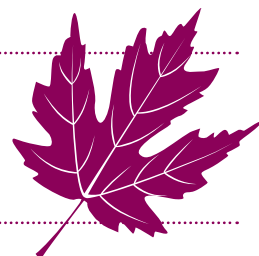
Death is inevitable. Before and after that day, there may be health care decisions to make, information required for estate probate, many arrangements to be made, and wishes to be followed. We can be kind to those we leave behind, making it easier to handle all that will be required of them. This course will guide and encourage you to clarify your wishes, gather information and documentation into one place, and have "the conversation."

LOCAL GOVERNMENT (8 WEEKS)

Cameron Cairncross CVEC 6449
Tuesday, Oct. 17 – Dec. 5 10:00 – 11:30

This is an overview of local government regulatory processes, the laws and the roles of elected officials and staff. The course should provide the basic information needed to distinguish what good governance looks like at the local level.

Short Courses



A FICTION WRITER'S TOOLKIT

Jayne Barnard CVEC 2355
Friday Nov. 10, 17 1:00 – 3:00

The modern reader, editor, or agent expects writing to get to the point quickly. Maximize your writing's impact with simple techniques to amalgamate settings, characters, and plot developments seamlessly. This course emphasizes student participation in discussions and in-class exercises.

ADVANCE CARE PLANNING: 1 AND 2

Joyce Kuhn CVEC 5720
Friday Oct. 20, Nov. 17 1:00 – 3:00

"Having THE talk" will take on new meaning for you after attending this course. You will learn how to outline and discuss your preferences for health care should you ever become unable to express your wishes on your own behalf. Some preparation required for second class.

ALZHEIMER'S – I'M STILL HERE

Madeleine Mills CVEC 5742
Wednesday, Oct. 4 10:30 – 1:00

This course will provide a performance of a research-based drama on living with dementia. The play, "I'm Still Here", by Vrenia Ivonoffski, weaves several real-life stories together to present a moving, sometimes humorous, and ultimately hopeful, look at Alzheimer's. Audience members will be invited to share their thoughts.

BIRDS AND BUTTERFLIES

Mike Yip CVEC 6385
Friday, Oct. 20, 27 1:00 – 3:00

You will learn about the birds and butterflies of Vancouver Island. You will be made aware of the astonishing array of these creatures with which we share the Island and be apprised of their origins, development and habitat.

DIGITAL PHOTO WORKSHOP

Peter Sinclair CVEC 2750
Friday, Nov. 3 1:00 – 4:00

Are you having trouble getting photos from your camera into emails for your grandchildren? Do you have simple questions about your camera? This workshop is presented by people who know. Bring your camera, tablet or computer.

EMERGENCY PREPAREDNESS

Howie Siemens CVEC 6915
Friday, Nov. 3 1:00 – 4:30

People will learn about the local emergency program, risks and consequences of various possible disasters in our community. You will learn how to become better prepared as well as the importance of working with neighbours.

GET YOUR AFFAIRS IN ORDER

Wendy Johnstone CVEC 5766
Friday, Sept. 22, 29 1:00 – 3:00

Most seniors don't think about needing care so planning ahead is challenging. This course will guide participants in knowing what information to collect, provide practical resources, strategies, and tools and help build the foundation of an eldercare plan. Participants will need an accompanying workbook for \$10.50. This will be added to your registration fee.

HUMAN ANATOMY: THE STUFF WE'RE MADE OF

Dr. W. Dawn Armstrong CVEC 6392
Friday, Nov. 24 1:00 – 5:00

Learn all about the stuff we're made of – a comprehensive look at cells, tissues and structures of our amazing bodies from start to finish.

INTERCULTURAL COMMUNICATION

Margaret Hearnden CVEC 2805
Friday, Oct. 6 1:00 – 4:30

In this interactive workshop, participants will share their experiences of communicating across cultures. Participants will learn the nuanced ways that our own culture influences our interactions with others and will identify strategies for effective intercultural communication.

INTRODUCTION TO METEOROLOGY

Peter Schwarzhoff CVEC 6336
Friday, Nov. 10, 17 1:00 – 3:00

You will learn the basic principles of meteorology and climate as they relate to the Comox Valley and area. The course will describe how a meteorologist forecasts the weather and will give you some tips on forecasting.

INTRODUCTION TO 3D PRINTING

Bartosz Bos CVEC 4070
Friday, Oct. 27 8:30 – 12:30

An engaging lecture and discussion session focusing on one of today's most disruptive technologies. Examples of 3D Printing will be available.

LAUGHTER WELLNESS

Joanne McKechnie CVEC 5416
Friday, Nov. 3 11:00 – 2:30

Learn to laugh at life's moments, both stressful and otherwise, through a series of playful, improv-style exercises in a non-judgmental environment. The class ends with a relaxing meditation. No experience necessary, just a willingness to have fun and be yourself.

LEARN TO MEDITATE

Peter Brother CVEC 5476
Friday, Oct. 6 1:00 – 4:00

Meditation is a way to increase awareness, well-being and energy, reduce stress and enliven your

spiritual practice. Several approaches to meditation will be explored. Learn how to calm the mind, to handle difficult emotions, to become more aware of the body and the breath and to live life more fully. In this workshop you will learn about and practice the best postures for meditating and seven different types of meditation:

MASON BEE MANAGEMENT PART II

Al Morton CVEC 7923
Friday, Oct. 6, 13 1:00 – 2:30

In the previous course the life cycle of mason bees and their value to the environment was covered in a hands-on workshop. Bee houses (called "condos"), site selection and parasite control were discussed. Part II will involve bee house cleaning and winter storage. Bring the "houses" for cleaning and a clean glass jar with a base of at least 7 cm and a metal lid.

NATURE'S WATERWORKS

Paul Horgen CVEC 6315
Friday, Nov. 10 10:00 – 12:00, 1:00 – 3:00

Comox Valley Watersheds are our local nature's waterworks emptying into the estuary. Habitat restoration, demonstration of interactive estuary map and Comox Valley walking maps, breaching lagoons and planning for ecological restoration of a decommissioned sawmill will be topics discussed.

OWNING AND OPERATING A BED AND BREAKFAST

Dove and Mike Hendren CVEC 3220
Friday, Oct. 6 8:30 – 11:30

We have had twenty-three years of success. We will share and give an overview of our experiences and the pros and cons of owning and operating a Bed and Breakfast. There will be an opportunity to participate and discuss what your guests expect of you and what you can expect from your guests.

SUCCESSFUL SMALL SCALE ORGANIC FARMING

David Wicklund CVEC 7605
Friday, Nov. 24, Dec. 1 1:00 – 3:00

This course will explore the key strategies necessary for successful small scale farming based on field proven experience.

THE FUTURE OF THE INTERNET

Robert Thompson CVEC 3602
Monday, Oct. 16, 23 2:30 – 4:30

Big Data is essential to the Internet's future. What is Big Data? How might it improve my life? – my business? How might it negatively impact me - my business? Most significant... what do I NEED to know about the differences in generational approaches to Internet use?

FALL 2017 SATURDAY LECTURE SERIES

8 LECTURES | 10:00AM TO 12:00PM | STAN HAGEN THEATRE – KOMOUX HALL

Lecture Series Co-ordinators:
Claudette Preece and Shirley Reynolds.

FOOD FOR THOUGHT - What we don't know about what we eat

Food has always been needed to maintain life. However, today many contradictions and misconceptions exist regarding the subject of food. In this lecture series, highly qualified presenters will help us filter the conflicting information. They will address areas such as the local and global food industry, changes in Canadian agriculture over the decades, and the facts and fallacies of food trends. Currently there is a wide variety of influences that affect the food we consume. These lectures will examine such influences. The complete series will appeal to those who believe in the old adage "You are what you eat", and want to make informed choices.

September 30

CANADIAN AGRICULTURE – THEN AND NOW Jan Slomp CVEC 9001

Jan Slomp has been the President of the National Farmers' Union since 2013. Over recent decades, he has watched many changes take place in Canadian farming practices. What are these changes and who has benefited? What has happened to family farms? How are these changes affecting the quality of our food, food sovereignty, farm income, and environmental sustainability? How do we fix the deteriorating global, legal and structural economic policies introduced in the 1970s which affect today's farms? And where does climate change fit in? Jan will address these underlying questions and how they relate to the food we eat.

October 14

BUILDING COMMUNITY ONE CONTRACT AT A TIME Sandra Hamilton CVEC 9002

Sandra Hamilton, project lead of the NIC FEED Comox Valley initiative, spent two years trying to get local food used by the new hospital. Sandra actively explores models to provide next generation farmers with the stable level of demand that is needed to re-vitalize food systems on Vancouver Island. Holding the first Social MBA in Canada, Sandra will investigate the ways in which tax dollars are spent and the impact this has on both Vancouver Island's economy and the future of our community.

October 21

FOOD SECURITY, PUBLIC POLICY, AND THE SITE C DAM Wendy Holm CVEC 9003

Wendy Holm is an award winning Canadian Agrologist, columnist, author and speaker. She holds ten national journalism awards, as well as two Queen's Medals for Contribution to Community. Why does Site C Dam have her interest and what does it have to do with food? The rich alluvial soil and class one climate make this some of the most important agricultural land in Canada. Can the fruit and vegetables imported from water-scarce California be grown here? Is Site C right where it needs to be for continental water sharing plans to bring northern water east of the Rockies to the parched Midwest? Wendy Holm, Agrologist of the year in 2000 and Distinguished Alumna of UBC, will address these questions.

October 28

HUNGRY CANADIANS Dr. Graham Riches CVEC 9004

Is there domestic hunger in Canada? Who is responsible? Are food banks and 'Big Food' corporate partners enabling governments to look the other way? Why the corporate capture of food charity? Who benefits and why? Why do international law, the Right to Food, and public policy matter? Graham is emeritus professor and former director of the UBC School of Social Work. His research lies primarily in the field of poverty studies, human rights and social policy within Canada and the Global North. Graham has several books to his name and has been a consultant to the UN Food and Agriculture Organization. He has recently co-edited *First World Hunger Revisited: Food Charity or the Right to Food?*

November 4

BEYOND FOOD PRODUCTION Dr. Will Valley CVEC 9005

What is Urban Farming? What and where are Inner City Farms? What are the advantages? Dr. Will Valley is the academic director of the Land, Food and Community series of courses at UBC. This set of courses form the core curricula of the faculty where students from a diverse set of disciplines work on issues of food system sustainability, food security and food sovereignty. An instructor in the Applied Biology program in the Faculty of Land and Food Systems, Dr. Valley is co-director of an urban farming non-profit society which grows food in multiple residential spaces. This food is then distributed to 13 restaurants and 50 households. Could the model work anywhere?

November 18

RASPBERRY CHOCOLATE BROWNIES Sophia Murphy CVEC 9006

What can we learn from the ingredients of a recipe? Sophia Murphy has 25 years of experience in international development cooperation. She is serving her second term as one of 15 members of the International High-Level Panel of Experts to the UN Committee on World Food Security. Her research and advocacy has ranged across diverse dimensions of food systems, including international trade law, food aid, the right to food and concentrated economic power in food and agriculture markets. Sophia is Chair of the Board of Directors of ActionAid USA, writes for both

academic and non-academic audiences and is bilingual. So, what can we learn from raspberry chocolate brownies? Come for a tour of the world's complex and interdependent food systems through the lens of the ephemeral brownie – covered in raspberries of course.

November 25

MAKING SENSE OF DIETARY ADVICE Dr. Jen Wrye CVEC 9007

Jen Wrye is a Sociology instructor at North Island College with expertise in food studies. She is the Director of LUSH Valley Food Action Society and is also working on research projects related to teaching and food security in the Comox Valley. Jen will address common questions on the topics of food and nutrition. What is a healthy diet? How can we measure the health qualities of food? When did all this advice get started? Jen's presentation will examine the emergence and history of nutrition and dietary advice. She will also consider the way in which the idea of eating well has changed and what that means for how we eat today. Food is always a popular subject and facts and fiction even more so. Jen will explore some facts and also some misconceptions that we currently hold about food.

December 2

FOR THE LOVE OF FOOD Panel CVEC 9008

Four women whose career and passion focus around food will share their stories. Tricia St. Pierre, co-owner of Locals Restaurant will talk about how Locals manages to celebrate the uniqueness of the Comox Valley. As well as her serving experience, Tricia's nursing education and management prepared her well for the responsibilities of managing a busy restaurant. Debbie Bowman, manager of *Edible Island* will discuss the products and types of services that appeal to her nutrition conscious customers. Debbie is passionate about health and how it relates to the kind of foods we choose to eat daily. Lindsay Anderson and Dana Van Veller, authors of *FEAST: Recipes and Stories from a Canadian Road Trip*, will share the adventures they experienced in search of stories about Canadian food. They launched *FEAST* as a celebration of Canada's food, culture, and wealth of compelling characters.

FALL 2017 COURSES AT A GLANCE

REGULAR COURSES

MONDAY

BRIDGE – INTRODUCTION TO MODERN BIDDING (8 WEEKS)	CVEC 6252	OCT. 16 – DEC. 11	11:30 – 1:00
MORE HISTORY IN WRITING (4 WEEKS)	CVEC 2802	NOV. 6 – DEC. 4	2:30 – 4:00
OUR SOLAR SYSTEM (8 WEEKS)	CVEC 6352	OCT. 2 – DEC. 4	1:00 – 2:30
RUSSIAN FILM AND SOCIETY (8 WEEKS)	CVEC 1733	OCT. 16 – DEC. 4	10:00 – 1:00
SPREADSHEET SECRETS (8 WEEKS)	CVEC 4040	OCT. 2 – NOV. 20	10:00 – 11:30

TUESDAY

BIRTH, LIFE AND DEATH OF THE STARS (8 weeks)	CVEC 6351	OCT. 3 – NOV. 21	2:30 – 4:00
COSMOLOGY: AN INTRODUCTION TO THE UNIVERSE (8 WEEKS)	CVEC 6355	OCT. 3 – NOV. 21	4:00 – 5:30
GEOLOGY AND PALAEOLOGY – AN INTRODUCTION (6 WEEKS)	CVEC 6326	OCT. 3 – NOV. 7	8:30 – 10:00
GREAT BOOKS (8 WEEKS)	CVEC 6210	OCT. 3 – NOV. 21	11:30 – 1:00
IMPROV, A WORKOUT IN THE BRAIN GYM (8 WEEKS)	CVEC 1797	OCT. 3 – NOV. 21	11:00 – 1:00
LOCAL GOVERNMENT (8 WEEKS)	CVEC 6449	OCT. 17 – DEC. 5	10:00 – 11:30
SCENIC HIKES (NO DOGS) (8 WEEKS)	CVEC 5520	OCT. 3 – NOV. 21	1:00 – 4:00
T'AI CHI GONG - LEVEL 2 (8 WEEKS)	CVEC 5462	OCT. 3 – NOV. 21	1:30 – 3:00

WEDNESDAY

A TASTE OF THE WORLD'S RELIGIONS (8 weeks)	CVEC 6283	OCT. 4 – NOV. 22	8:30 – 10:00
AUSTRALIAN FILMS, THE BEST FROM DOWN UNDER (4 WEEKS)	CVEC 1735	OCT. 25 – NOV. 15	1:00 – 4:00
GOOD AND BAD BUGS – THE HUMAN MICROBIOME (8 WEEKS)	CVEC 5751	OCT. 18 – DEC. 6	8:30 – 10:00
RULE OF LAW AND ORGAN PILLAGING IN CHINA (8 WEEKS)	CVEC 6284	OCT. 4 – NOV. 22	10:00 – 11:30
UPCYCLING YOUR OLD TREASURES (4 WEEKS)	CVEC 1243	OCT. 4 – 25	1:00 – 2:30
VOCAL YOGA – UNIVERSAL DEVOTIONAL CHANTING (8 WEEKS)	CVEC 5413	OCT. 4 – NOV. 22	11:30 – 1:00
YOGA FOR MEN (4 WEEKS)	CVEC 5411	OCT. 4 – 25	1:00 – 2:30

THURSDAY

ALL THAT JAZZ (8 weeks)	CVEC 1837	OCT. 5 – NOV. 23	10:00 – 11:30
ARTISTS IN THEIR STUDIOS (6 WEEKS)	CVEC 1982	OCT. 5 – NOV. 9	10:30 – 12:00

BE KIND TO THOSE YOU LEAVE BEHIND (5 WEEKS)
CVEC 3532 OCT. 5 – NOV. 2 2:30 – 4:00

BEYOND THE BASIC MAC (8 WEEKS)
CVEC 4555 OCT. 5 – NOV. 23 8:30 – 10:30

COMFORTABLE SCENIC SAUNTERS (6 WEEKS)
CVEC 5510 OCT. 5 – NOV. 9 10:00 – 11:30

COMOX VALLEY – A MUSICAL PARADISE (8 WEEKS)
CVEC 1805 OCT. 5 – NOV. 23 1:00 – 2:30

CONVERSEMOS (8 WEEKS)
CVEC 2477 OCT. 5 – NOV. 23 8:30 – 10:00

CREATING BEAUTIFUL ART CARDS (4 WEEKS)
CVEC 1171 OCT. 5 – 26 2:30 – 4:00

FILM HISTORY 101 (6 WEEKS)
CVEC 1718 OCT. 5 – NOV. 9 2:30 – 5:00

FUNDAMENTALS OF PHOTOGRAPHY (8 WEEKS)
CVEC 2761 OCT. 5 – NOV. 23 10:00 – 11:30

GEOLOGICAL FEATURES AND HOW THEY FORMED (4 WEEKS)
CVEC 6323 OCT. 5 – 26 4:00 – 5:30

HERALDIC SYMBOLS (4 WEEKS)
CVEC 6065 OCT. 5 – 26 1:00 – 2:30

INDIA CALLING (8 WEEKS)
CVEC 5924 OCT. 5 – NOV. 23 11:30 – 1:00

SCENIC HIKES (WITH DOGS) (8 WEEKS)
CVEC 5521 OCT. 5 – NOV. 23 1:00 – 4:00

STORIES OF OTHER WORLDS (8 WEEKS)
CVEC 2215 OCT. 5 – NOV. 23 1:00 – 2:30

FRIDAY

ARAB SPRING – WHAT HAS IT BECOME (8 WEEKS)
CVEC 6244 OCT. 6 – NOV. 24 11:30 – 1:00

BRIDGE – INTERMEDIATE BIDDING (8 WEEKS)
CVEC 6250 OCT. 13 – DEC. 1 2:30 – 4:00

BRIDGE – PLAY THE HAND, DEFEND THE HAND (8 WEEKS)
CVEC 6253 OCT. 13 – DEC. 1 11:30 – 1:00

EXPRESSING YOUR INNER POET (4 WEEKS)
CVEC 2342 OCT. 6 – 27 1:00 – 4:00

GEOLOGY, NUCLEAR POWER & OUR ENVIRONMENT (4 WEEKS)
CVEC 6361 OCT. 6 – 27 10:00 – 11:30

JOY OF BEER (8 WEEKS)
CVEC 7350 OCT. 6 – NOV. 24 2:30 – 4:00

LIES, DAMNED LIES AND STATISTICS (4 WEEKS)
CVEC 6013 OCT. 6 – 27 2:30 – 4:00

SPEECH CRAFT: COMMUNICATION SKILLS (8 WEEKS)
CVEC 5829 OCT. 6 – NOV. 24 11:30 – 1:00

SPRING FOREST QIGONG FOR BEGINNERS (4 WEEKS)
CVEC 5465 OCT. 6 – 27 1:00 – 2:30

T'AI CHI GONG - LEVEL I (8 WEEKS)
CVEC 5461 OCT. 6 – NOV. 24 10:00 – 11:30

WRITERS' WORKSHOP (8 WEEKS)
CVEC 2310 OCT. 6 – NOV. 24 10:00 – 12:00

SATURDAY

LECTURE SERIES (8 WEEKS)
CVEC 9000 SEP. 30 – DEC. 2 10:00 – 12:00

CANADIAN AGRICULTURE - THEN AND NOW
CVEC 9001 SEP. 30 10:00 – 12:00

BUILDING COMMUNITY ONE CONTRACT AT A TIME
CVEC 9002 OCT. 14 10:00 – 12:00

FOOD SECURITY, PUBLIC POLICY, AND THE SITE C DAM
CVEC 9003 OCT. 21 10:00 – 12:00

HUNGRY CANADIANS
CVEC 9004 OCT. 28 10:00 – 12:00

BEYOND FOOD PRODUCTION
CVEC 9005 NOV. 4 10:00 – 12:00

RASPBERRY CHOCOLATE BROWNIES
CVEC 9006 NOV. 18 10:00 – 12:00

MAKING SENSE OF DIETARY ADVICE
CVEC 9007 NOV. 25 10:00 – 12:00

FOR THE LOVE OF FOOD
CVEC 9008 DEC. 2 10:00 – 12:00

SHORT COURSES

MONDAY

THE FUTURE OF THE INTERNET
CVEC 3602 OCT. 16, 23 2:30 – 4:30

WEDNESDAY

ALZHEIMERS - I'M STILL HERE
CVEC 5742 OCT. 4 10:30 - 1:00

FRIDAY

A FICTION WRITER'S TOOLKIT
CVEC 2355 NOV. 10, 17 1:00 – 3:00

ADVANCE CARE PLANNING: 1 AND 2
CVEC 5720 OCT. 20, NOV. 17 1:00 – 3:00

BIRDS AND BUTTERFLIES
CVEC 6385 OCT. 20, 27 1:00 – 3:00

DIGITAL PHOTO WORKSHOP
CVEC 2750 NOV. 3 1:00 – 4:00

EMERGENCY PREPAREDNESS
CVEC 6915 NOV. 3 1:00 – 4:30

GET YOUR AFFAIRS IN ORDER
CVEC 5766 SEPT. 22, 29 1:00 – 3:00

HUMAN ANATOMY: THE STUFF WE'RE MADE OF
CVEC 6392 NOV. 24 1:00 – 5:00

INTERCULTURAL COMMUNICATION
CVEC 2805 OCT. 6 1:00 – 4:30

INTRODUCTION TO METEOROLOGY
CVEC 6336 NOV. 10, 17 1:00 – 3:00

INTRODUCTION TO 3D PRINTING
CVEC 4070 OCT. 27 8:30 – 12:30

LAUGHTER WELLNESS
CVEC 5416 NOV. 3 1:00 – 2:30

LEARN TO MEDITATE
CVEC 5476 OCT. 6 1:00 – 4:00

MASON BEE MANAGEMENT PART II
CVEC 7923 OCT. 6, 13 1:00 – 2:30

NATURE'S WATERWORKS
CVEC 6315 NOV. 10 10:00 -12:00, 1:00 - 3:00

OWNING AND OPERATING A BED AND BREAKFAST
CVEC 3220 OCT. 6 8:30 – 11:30

SUCCESSFUL SMALL SCALE ORGANIC FARMING
CVEC 7605 NOV. 24, DEC. 1 1:00 – 3:00