

Fall 2017

Become a Member!

Port Alberni ElderCollege is an opportunity for adults 50+ to explore new areas of learning. No exams, no grades and no pressure! Membership is required for ElderCollege course registration.

ElderCollege Annual Membership

Course code PAEC 0001

\$10 + GST Annual Membership Fee (Sep 1 – Jun 30)

Port Alberni ElderCollege's Annual Open House

Friday, Sept 22nd 10:30am at the Port Alberni campus cafeteria

- Bring a friend, mingle, and enjoy refreshments.
- Become a member; register for courses.

Pan Seared Salmon Demonstration with Chef Al Irving!

Come visit NIC's modern, well-equipped kitchen and sample pan seared salmon with a variety of sauces.

- **Free Draws!**

History in Writing

Presenter: Dr. Alana Gowdy

This course will take a lighthearted approach to the examination of documents that illustrate selected periods of British history. Material will include the Anglo-Saxon Chronicle and the Domesday Book, providing first-hand information of the life and times of both writers and readers. Film, hand-outs and hand-arounds will supplement the discussion. Not a class for people who take their history too seriously!

Course Code: PAEC 2801

\$12 + GST

Fri, Sept 29, 1 – 4 pm (1 class)

FINANCIAL AID

Funds are available to assist PA ElderCollege members who may require assistance for a portion of PA ElderCollege course tuition. For information contact Leanne 250-724-8705.

Supported by



Catalyst



An iPad –What Can I do With It?

Presenter: Dr. Bob Perkins

We will examine some available apps for the iPad platform. Learn how to make presentations, listen to music, take pictures, keep track of your food intake, take a tour of the Solar System, read a newspaper, make a movie, crunch some numbers, download free books, check the latest hockey scores, play games, send email, update your Facebook page. The possibilities are indeed endless.

Please Note: Bring your iPad, Apple ID & password to class.

Course Code PAEC 4575

\$60 + GST

Tue, Oct 3 – 17, 10 am – Noon (3 classes)

The Chemistry and Biochemistry of Food

Presenter: Dr. Bob Perkins

You are what you eat. Have you ever wondered where this phrase comes from and whether it is actually true? Vitamins, minerals, fats, oils, carbohydrates and proteins are all in foods that you eat. Which ones do you need/want more of/less of? What exactly happens to food once it hits your stomach? Who can you believe and why does the research on good/bad foods seem to change all the time? Why are more and more people moving to a gluten-free diet? Is maple syrup/honey better for you than ordinary table sugar? Can one really understand all those strange words found on a food product label? No previous chemistry or biochemistry knowledge is required for the course.

Course Code PAEC 5621

\$25 + GST

Tue, Oct 3 – 24, 1 – 3 pm (4 classes)

The Alberni Valley 1914 – 1945

Presenter: Dr. Jamie Morton

In the twentieth century, global factors shaped life in the Alberni Valley. This period began with the outbreak of WWI, and the McKenna McBride Commission on Indian Reserves. It saw the growth of the regional forest industry, and other extractive industries. The end of WWII signaled the start of a new age of prosperity for the Alberni Valley, following the significant change brought during the war. This three-session course will examine the local responses to global forces. The first class will look at how World War I ended the first regional boom, the economic and social impact of the war, and the coming of corporate industry. The second will examine how the Great Depression affected the people of the Alberni Valley and its resource-producing economy. The third class will focus on the many changes brought by the Second World War, with full employment, the internment of Japanese Canadians, and the construction of the Army camp.

Course Code PAEC 6290

\$20 + GST

Wed, Oct 11 – 25, 10 am – Noon (3 classes)

Armchair Travel Series

Join our presenters as they share their travel adventures to places such as: Mongolia, Indonesia and Malaysia, Bhutan, Iceland and across Canada.

Course Code PAEC 5920

Wed, Oct 4 – Nov 1, 6:30 – 8:30 pm

\$35 for series or \$10/individual session + GST

Oct 4 – PAEC 5922 Mongolia

In September 2016, Walt & Linda Fenske travelled to Mongolia with a small group of people, driving by 4x4 SUV over 3,000 km through much of the country. While planning this trip, they discovered that many people have no idea where Mongolia is or why anyone would even consider going there. Yet, as the Fenske's discovered, it is a wonderful country with more livestock than people living amidst mountains, big lakes, endless steppes covered with grass and large sand deserts.

Oct 11 – PAEC 5933 Indonesia & Malaysia

Join us for two dynamic presentations. Phil and Lauralee Edgell will share their experiences in Indonesia and Malaysia, including Bali with its wonderful array of art, creatures and lovely surroundings above and below the surface. They will take us to Flores, where you will see the Komodo Dragons and hear interesting facts about them and then to Raja Ampat, known for the most biodiverse diving in the world. Their amazing underwater and surface photos showcase a spectacular part of Indonesia. They will share Borneo, river and jungle photos showing a variety of birds, eight of the 10 primate species and other amazing creatures as well as images from the world-famous Danum Valley Research Centre in the mountains of Borneo.

We will also enjoy a presentation by Tom and Joan Hall. They will share their experience visiting tropical Bali and beyond. From the sandy beaches near Denpasar to the villas in the rice fields at Ubud and on to the Gili Islands, their stops included temples, markets, factories, a preschool and, on their way home, a brief time in Taipei, Taiwan.

Oct 18 – PAEC 6450 Bhutan

Get off the beaten track with Mary Ann Pruyser as she shares her month-long experience volunteer teaching in a remote mountain village in a tiny Himalayan kingdom sandwiched between India and China.

Discover the brilliant Buddhist architecture of hundreds of exotic monasteries such as the cliff-hanging Tigers Nest in the Paro Valley. Trek through yak pastures and mountain passes strewn with prayer flags and haunted by snow leopards and red pandas. Learn about the how the unique philosophy of Gross National Happiness is guiding the development of this "last Shangri-La."

Oct 25 – PAEC 5934 Iceland

Join the Clark family for a presentation of their experiences traveling by camper through the south and east of Iceland. They will provide an overview of Icelandic life and will also provide insight into other means of travel and accommodation.

Nov 1 – PAEC 5914 Finding My Canada

While travelling across Canada for two months in the summer of 2016, Sharon Hillman recorded, in some detail, the journey she and her husband, Dennis, were undertaking. Writing for three hours each night, Sharon recorded the good, the bad and the sometimes ugly as they unfolded. Hers is a very personal view of the unique geography, intriguing history and diverse cultural identities that thrive in our great land. Marking Canada's 150th birthday, Sharon will present her book, published as a fundraiser for the Alberni Valley Hospice Society, along with a selection of the 2500 pictures she and Dennis captured along the way.

A Huge Thank You to our Volunteer Presenters:

The Clark family, Phil and Lauralee Edgell, Walt & Linda Fenske, Dr. Alana Gowdy, Tom & Joan Hall, Dennis & Sharon Hillman, Chef Al Irving, Dr. Jamie Morton, Dr. Bob Perkins, and Mary Ann Pruyser.

ElderCollege is able to offer such a wide variety of interesting courses because of our volunteer presenters who generously share their skills, experience and wisdom.

INTRODUCING.... Joy of Lifelong Learning

Discover the Joy of Lifelong Learning at NIC! Students, 55 and up, access exceptional NIC faculty, facilities and more than 80 academically focused arts, science, creative writing and fine arts courses at reduced rates.

BENEFITS OF LIFELONG LEARNING

- Choose from more than 80 diverse courses
- Access NIC's exceptional faculty and facilities
- Pay reduced tuition
- Engage with students of all ages
- Keep intellectually active
- Take as many Joy of Lifelong Learning courses as you like
- Register within NIC's academic timelines

Each course costs \$105 + administrative fees (application, student union and learner fees apply).

Some examples of courses available at the Port Alberni campus are:

- PSY 130 Introductory Psychology I
- GEO 111 Environment, Society and Sustainability
- CRM 101 Introduction to Criminology
- ANT 150 Cultural Anthropology
- ENG 120 Introduction to Literature: Short Stories And the Novel
- BIO 103 Principles of Modern Biology 1
- LIB 131 Eastern and Comparative Religions

Please visit <http://www.nic.bc.ca/students/joy-of-lifelong-learning.aspx> for further eligible courses and more information.

For Information, call Leanne, Continuing Education Programmer, at 250 724-8705.

Registration is at North Island College, 3699 Roger Street or online with a Visa or MasterCard

at <http://www.nic.bc.ca/eldercollege/pacampus.aspx>