

LIFELONG LEARNING FOR ADULTS 50+

SPRING 2024 COURSE GUIDE

CAMPBELL RIVER

ElderCollege

NORTH ISLAND COLLEGE
NIC

OUR MISSION

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

COURSES ARE IN PERSON

We do not offer online courses at this time. All courses are offered in person. A small number will take place off campus, and are highlighted **yellow** in this course guide.



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Public Information Meeting at NIC Fri, Feb 9 at 1:30 pm

In the Student Commons, refreshments will be served.

Registration opens Mon, Feb 12 at 9:00 am

Register online at www.nic.bc.ca/CREC
or in person at North Island College
or by phone at 250-923-9700

Membership:

Membership is available to anyone age **50** and older. The fee is \$10 + GST for an academic year (Sep 1 to Aug 31). Your membership is automatically added when you register for your first course of the year.

Membership includes use of NIC's Libraries, and an NIC Student photo-ID card. Inquire at the Registration office.

Memberships are **non-refundable**.

Course fees:

Fees are listed with each course. GST is added when registering.

All courses are subject to change and/or cancellation. If cancelled, a refund will be applied to your credit card unless you request otherwise. Please note there is **no refund** if a student cancels within 7 days of the course start date.

Email: eldercollegedr@nic.bc.ca

Phone: 250-923-9750

Website: www.nic.bc.ca/CREC

ELDERCOLLEGE **1**

Courses and workshops

You must be a current member of ElderCollege to register in any course listed below.

LEARN A SKILL

Lapidary Skills

CREC-1240

Tue 10 AM - 12 Noon

Safe use of rock saws, and diamond wheels for shaping and polishing rocks. Some information about rock characteristics and identification rubs off while working on rock samples provided by the instructor or brought by students.

The course is held at the **Rock and Gem Club, 247 Dahl Road.**

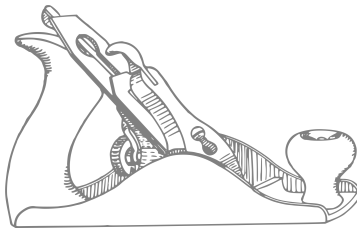
A Simple Woodworking Project

CREC-1260

Fri 3:30 - 6:30 PM

We will use local materials to build a Canadian flag. Students will be taught how to safely use table, band and scroll saws. This project will take between 3 and 6 hours to complete.

The course is held at the **Timberline High School woodworking shop.** Students require safety glasses (even if using prescription glasses) and hearing protection. Long hair should be tied back and no loose-sleeved sweaters or shirts.



Creative Art Cards - Level Up

CREC-1172

Sat 10 - 11:30 AM

This course is designed to introduce students to the art of leveling up your handmade cards. Students will explore new card layout templates, the use of matting, how to choose correct adhesives, contrast colors, and create impact with raised panels.

\$30

With Steve Cooley

Apr 9, 16, 23 & 30

Make A "Memories" Journal

CREC-2335

Fri 1 - 4 PM

Do you have photographs, keepsakes and ephemera stored in a shoebox where you don't see them from one year to the next? It's time to bring them out to creatively give them pride of place in a decorative "Memories" journal. Jennifer will walk you through the steps to transform an altered, blank composition book into a beautiful journal of precious memories you can enjoy and share with others.

Bring the following supplies: a composition book, Folk Art Antiquing medium or Tim Holtz Distress Oide Pad-tea dye, Elmer's glue stick, and keepsakes such as: telegrams, tickets, snail mail letters, lace, patterned napkins, photographs, etc.

\$30

With Jennifer Graham

May 3, 10, 17 & 24

CREC needs your help

We are always looking for Course Leaders. This is a volunteer, unpaid teaching opportunity. You do not need to be a professional teacher – if you have a passion for a particular topic and are willing to share with others, we want you. We are always looking for new topics of interest, be it a class on glass-blowing, a discussion forum on the environmental crisis or a slide-show on the restoration of Notre-Dame Cathedral. Your ideas and experiences are worth sharing! If you would like to share your knowledge, please contact us at: eldercollegecr@nic.bc.ca

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WHAT'S YOUR STORY?

Writing With Purpose

CREC-2371

Thu 10 - 11:30 AM

We all write from time to time, and our writing takes many forms: anecdotes, complaints, letters, blogs, stories, instructions, etc. The purposes for each vary and to be effective, so should the writing styles. In this course you will learn how to write with purpose so that others will read what you write, understand it, be informed, be persuaded, and/or be entertained. Paper and pen required

\$30

With Kristin Butcher

Apr 25, May 2 to 30

Writing Your Own Story

CREC-2212

Tue 2:30 - 4 PM

Take the steps needed to create a biographical story/history of yours, or someone else's life. Engage in some personal research, review logbooks and diaries, or interview others to gather the information you need. Include some interesting details to draw a reader in!

\$30

With Quentin Dodd

Mar 5, 12, 19 & 26



Self-Publishing Your Book

CREC-2306

Fri 11:30 AM - 1 PM

It's never been easier to self-publish a book, but if you want your book to stand tall next to others on the bookshelf, there are some important steps you need to take. Diana will show you how to get your book ready to go out in public. She'll cover final draft, book covers, formatting, editing, and marketing. Resources and handouts will be provided.

\$10

With Diana Stevan

Mar 1

Let's Talk Dialogue

CREC-2312

Thu 1 - 2:30 PM

Dialogue is one of the main ways humans communicate. What is said between people; how it's said; when it's said, not only imparts information and develops a plot, it also tells us a great deal about the speaker. So how do we use it effectively in our writing to do all of those things? We'll use discussion and writing exercises to explore that. Come prepared to write.

\$20

With Jocelyn Reekie

Mar 14 & 21

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Please contact us if you can help.**



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TECH SAVVY

Library Online!

\$10

CREC-4032

With Arija Fisher

Mon 4 - 5:30 PM

Apr 29

Learn how to use the public library from the comfort of your own home! A librarian will walk you through using our catalogue, ordering books, using ebooks, and even how to watch movies, all from your phone or computer.

Excel Level I for Seniors

\$30

CREC-4420

With Wendy Samaroden

Fri 10 - 11:30 AM

Mar 8, 15 & 22

This course is designed to introduce students to Microsoft's powerful spreadsheet program. Students will learn basic spreadsheet techniques. Previous experience with Excel is not required, but students should be familiar with the Windows operating system. Students should have access to Excel 2007 (or newer) on a Windows platform.

Please bring a flash drive to class.

How to be Unscamable

\$30

CREC-4010

With Harry Whale

Tue 1 - 4 PM

Mar 5, 12, 19 & 26

Do you think it doesn't matter if you get hacked? Think again. Getting hacked has devastating consequences to us, our family and friends. Harry will lead this video and workshop series on how we can take simple steps to secure our digital life, so we can safely use technology to stay healthy, happy and connected.

This is a non-technical course applicable to all types of phones, tablets and computers.

EXPLORING YOUR ROOTS

*The following two courses are held at the **Maritime Heritage Centre Library, 621 Hwy 19A**. Please arrive 15 minutes early (12:45PM) as the doors will be locked once classes begin.*

Genealogy Basics and Research

\$30

CREC-6050

With Rita Balbon

and Donna Cox

Mar 2, 9 & 16

Sat 1 - 3 PM

The first class of this three-part course will teach participants how to start researching their family tree and how to record the information that they find. Class two will focus on how to organize research results. Class three will discuss genealogy-related websites and other resources, and the information they contain.

Genetic Genealogy with DNA

\$30

CREC-6090

With Christol James

Sat 1 - 3:30 PM

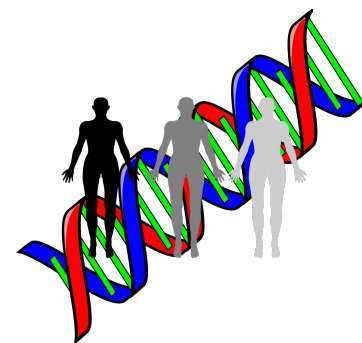
Mar 23, Apr 6 & 13

This course will focus on direct to consumer DNA tests from Ancestry, MyHeritage, FamilyTreeDNA, and 23andMe.

DNA is a powerful tool in genealogy.

Understanding and interpreting your results may verify your family tree research, help find missing branches, identify new cousins, and uncover unknown parentage through adoption or circumstances. We will cover DNA Basics, ethnicity results, shared matches, and some advanced DNA tools.

Students should bring a laptop.



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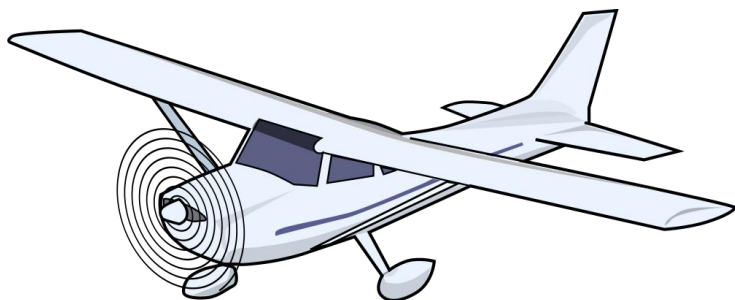
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BEEN THERE, DONE THAT!



Flying for Fun and for CASARA **\$20**
CREC-5960 **With Joan Smith**
Mon 2:30 - 4 PM **Mar 18 & 25**

"Kitimat is a 24 hour drive from Campbell River, but a 2 1/2 hour flight. So I learned to fly."

Joan will share her experiences with search and rescue in central west BC. But also the joy of being able to fly anywhere - from the US border to the Arctic Ocean, and across the 4 western provinces.

Our Experiences in China **\$30**
CREC-5985 **With Cathy & Gord Smith**
Wed 10 - 11:30 AM **May 1, 8, 15 & 22**

Pictures and explanations of our adventures will give you a glimpse into a China you may not have known about. The course will show our living conditions, daily lives, different cultures within China, the real Chinese food and trips to different parts of the country. Come and explore the China we grew to love.



Iceland & Greenland **\$10**
CREC-5987 **With George Wagner**
Thu 1 - 2:30 PM **Mar 7**

Photos and insights of a 10 day driving tour of Iceland followed by a 12 day cruise to Greenland. Visits in Greenland include Erik the Red's settlement in Brattahlid, the capital city of Nuuk, Kangerlussuaq as well as several fjords.



Cruising South America **\$10**
CREC-5995 **With Steve Cooley**
Fri 2:30 - 4 PM **Apr 26**

A 30-plus day cruise that stopped in Argentina (Buenos Aires), Uruguay, Falklands, Cape Horn, Chile, Peru, Ecuador, Mexico, USA, and Canada. Pictures illustrate parts of the towns and show some of the geography of the coast and ports we visited.

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FASCINATING HISTORY

Escape From Colditz Castle \$20
CREC-1730 With Michael Naish
Mon 10 - 11:30 AM Apr 22 & 29
Early in WW2, Reichsmarshall Hermann Goering visited Colditz Castle and declared it to be escape proof. Come and see how Mike's uncle and a bookkeeper from Brandon, Manitoba pulled off one of the most famous & successful WW2 escapes. See how the Dutch pulled off audacious escapes, twice. And learn about the final liberation of Colditz. Time permitting, lesson 2 will include a brief travelogue of this area of Germany.

FOR THE BIRDS

eBird for Beginners \$10
CREC-6309 With Sandra Milligan
Fri 10 - 11:30 AM Apr 5
Join biologist Sandra Milligan to learn about tools that open doors to birding, primarily ebird. This talk is directed towards people with a cell phone who can download the ebird app. Data is not necessary. The class will be split between the classroom, and (weather permitting) a walk outside to practice using ebird. Sandra will share information about local hotspots to enjoy birding, local bird species, and how to use ebird to enrich travel.

Students should download the ebird app before the class, and ideally, try it before class. To prevent conflict with NIC, this class will end 10 min early.



BEGINNER'S LUCK

Beginners Perspective & Portraits \$30
CREC-1416 With Nancy Welsh
Wed 1 - 4 PM Mar 6, 13, 20 & 27
Did you ever want to learn how to draw or paint a loved one or a pet? This is the class! First class bring your photo and supplies to make a pencil value scale & learn perspective. The 2nd class you will learn different ways to draw, like contour & mass drawing. In the 3rd & 4th classes, you will be doing your portrait. I will be taking photos, possible display of final portraits.

Supplies required: A Large Drawing sketch book, a variety of pencils (in H,B,F etc.), eraser and a ruler. Also, a black & white portrait photo. If B&W is unavailable, a colour one will work.

Bridge for Beginners \$30
CREC-6250 With Michael Moscovich
Thu 2:30 PM - 4:00 PM May 2, 9, 16 & 23
This course is designed to give interested persons the opportunity to find out what the game is all about. Applicants should not have had previous experience in the game.

Beginners Photography \$30
CREC-2760 With Ken Beattie
Tue 10 - 11:30 AM Apr 9, 16, 23 & 30
Introduction to Your Camera. How to take better pictures. Problem solving, simple editing, photo sharing and printing. Bring your camera to the first class.

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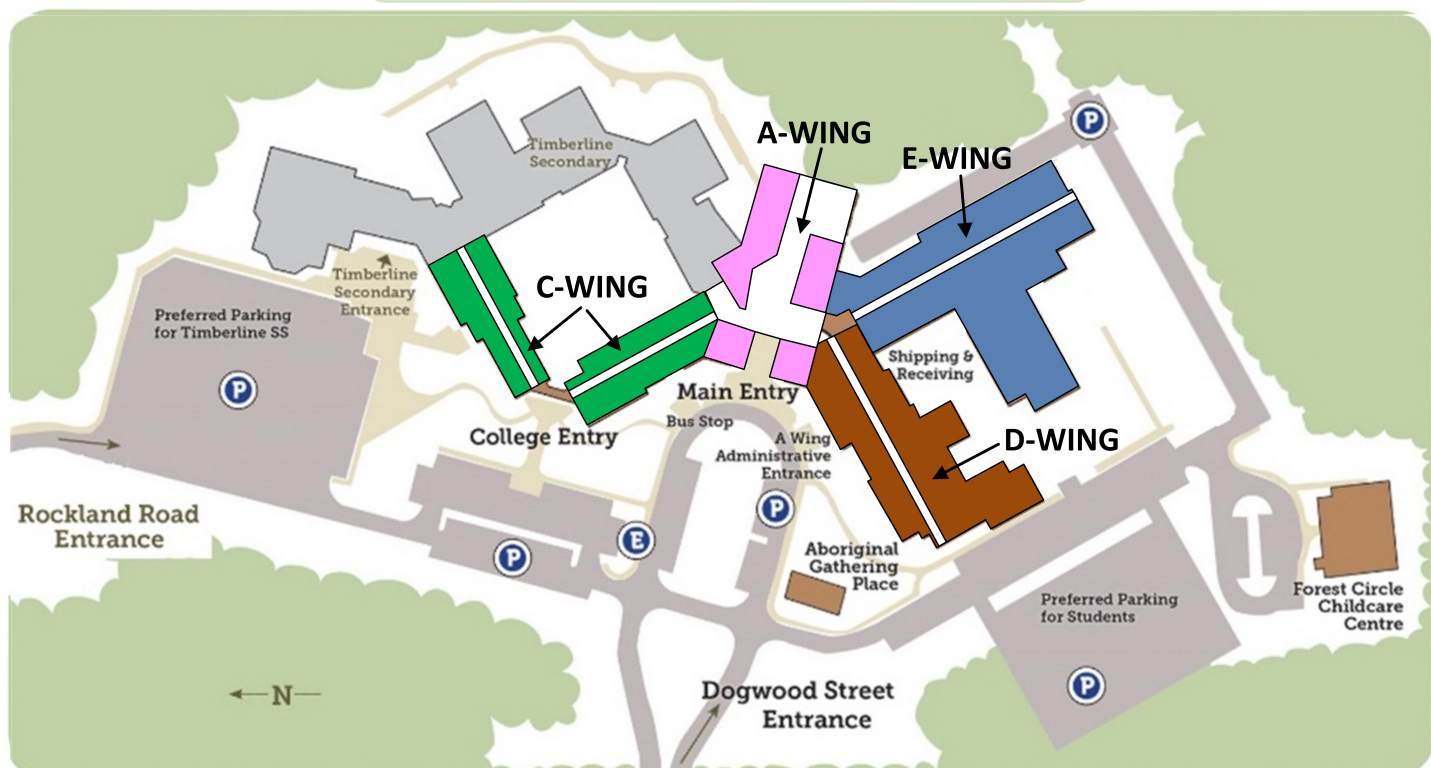
20 Years of Lifelong Learning Excellence!

This year we're celebrating two decades of providing enriching educational experiences to the community. The journey began in 2003 when discussions surrounding the creation of Campbell River ElderCollege started. By late 2004, the discussions crystallized into a partnership between North Island College and the CREC Advisory Committee.

In the spring of 2005, CREC unveiled its inaugural set of just 5 classes. From that small beginning we have consistently grown, now offering approximately 50 classes per year to a dynamic group of learners. We have always fostered a supportive environment, where individuals can pursue knowledge, practice or develop new skills, connect with like-minded peers, and explore ways to enhance their personal intellectual growth.

Campbell River ElderCollege invites the community to join with us in the celebration of 20 years of educational excellence. Stay tuned for announcements regarding anniversary events, special courses, and other exciting activities planned for the summer.

How to find us



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Your week at a glance

*The college is closed on Mar 29th and May 20th.
There are no evening courses.*

MONDAY

Flying for Fun and for CASARA
March 18 & 25 2:30 - 4

Escape From Colditz Castle
Apr 22 & 29 10 - 11:30

Library Online!
April 29 4 - 5:30

TUESDAY

Writing Your Story
March 5, 12, 19, 26 2:30 - 4

How to be Unscammable
March 5, 12, 19, 26 1 - 4

Beginners Photography
April 9, 16, 23, 30 10 - 11:30

Lapidary Skills
April 9, 16, 23, 30 10 - 12

WEDNESDAY

Beginners Perspective & Portraits
March 6, 13, 20, 27 1 - 4

Experiences in China
May 1, 8, 15, 22 10 - 11:30

THURSDAY

Iceland and Greenland
March 7 1 - 2:30

Let's Talk Dialogue
March 14 & 21 1 - 2:30

Writing With Purpose
April 25, May 2, 9, 16, 23, 30 10 - 11:30

THURSDAY

Bridge for Beginners
May 2, 9, 16, 3 2:30 - 4:00

FRIDAY

Self-Publishing Your Own Book
March 1 11:30 - 1

Excel Level 1 for Seniors
March 8, 15, 22 10 - 11:30

eBird for Beginners
April 5 10 - 11:30

Cruising South America
April 26 2:30 - 4

A Simple Woodworking Project
May 3 & 10 3:30 - 6:30

Make a Memories Journal
May 3, 10, 17, 24 1 - 4:00

SATURDAY

Genealogy Basics & Research
March 2, 9, 16 1 - 3:00

Creative Art Cards – Level Up
March 9, 16, 23 10:00 - 11:30

Genetic Genealogy with DNA
March 23, April 6, 13 1 - 3:30

