



COMOX VALLEY

ElderCollege Connector

APRIL 2021

Greetings

Every three to five years, CVEC prepares a strategic plan to guide its development and activities. This enables our executive and standing committees to make operational decisions within the context of agreed overall priorities and desired outcomes. The previous strategic plan was developed during the 2016-17 year, so this year the executive asked the Strategic Planning Working Group (SPWG) to start from a clean slate and prepare a new plan.

Three long-term CVEC members committed the significant time and energy required to be members of the SPWG: Ian McIntyre; Olive Scott; and Diane Keeling. They were joined by members-at-large Dennis McMahon and Craig Bassett, past-chair Michael Syer, and co-chair of the Curriculum Committee Roger Taylor. I chaired the SPWG

We started by discussing the annual reviews of the 2017 strategic plan and the invaluable feedback received from CVEC members via recent surveys. We asked members of ElderCollege committees to let us know their vision for CVEC and their thoughts about challenges the college might face in the coming years. In the November 2020 Connector we asked for your ideas, hopes, and vision for ElderCollege. Many thanks to those members who provided helpful comments and suggestions.

During the many Zoom meetings of the working group, we focused on the overall game plan for the coming three to five years—the big picture—rather than the tactics and operational decisions that will be needed to achieve these strategic objectives. As you may imagine, this required considerable discussion! Speaking personally, it was a great pleasure to work with such a fully engaged and thoughtful group.

The 2021-23 CVEC Strategic Plan has now been finalised and presented to the executive; we will be presenting it to the members during the Annual General Meeting on May 8. It will be available online after the AGM at this [link](#).

John North, Chair

Strategic Planning Working Group and CVEC Vice Chair

Website

eldercollegeCV@nic.bc.ca

250-334-5000 local 4602

Facebook: [COMOXVALLEYElderCollege](#)

Fall 2021 Course Preview

Our winter season is only just behind us and the Curriculum Committee is already at work preparing to bring ElderCollege members more great courses this fall. Our next sessions will continue to be offered online only. Check out below some of the courses we can look forward to.

Creative Art Box

Duration: 8 weeks

Instructor: Kate Brown with
Judi Murakami

An introduction of simple art techniques to develop an artist's eye, gain confidence in creating art, and develop new skills to create original art on canvas. Sessions will include art videos, demonstrations, and interactive discussions. Participants are invited to present their work in a final show and tell.



Rails to Trails on Vancouver Island

Duration: 1 week

Instructor: Denise Savoie with
Jim Smiley

The disused E&N rail corridor: a unique opportunity! Why convert this right of way? Why not a train? How can we achieve a continuous trail connecting Vancouver Island communities from Victoria to Courtenay? Join us for a discussion of this proposal.



Medical Assistance in Dying

Duration: 2 weeks

Instructor: Dr. Tanja Daws

Medical Assistance in Dying (MAID) has been available since June 2016. The law has been challenged in court on various occasions, leading to changes in the law as well as changes in clinical practice. This course will review the basics of MAID, the challenges, the resulting changes, and anticipated future changes.



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Drama and Dictatorship

Duration: 8 weeks

Instructor: Annie Smith

Shakespeare's time was troubled with war and insurrection and he had to tread a careful path with what he put on stage. Comparing Julius Caesar to *Death of a Chief*, a contemporary adaptation by Indigenous playwright Yvette Nolan, offers lots to think about in terms of gender, culture, history, and systems of governance. We will read the plays together and discuss our questions and insights.

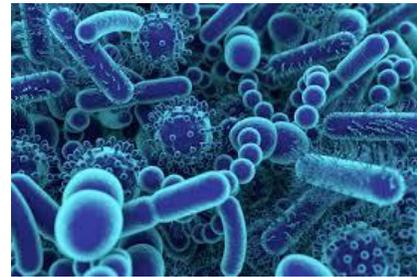


Your Microbiome - Both Good & Bad

Duration: 8 weeks

Instructor: Dr. John North

Over the past decade there has been a scientific revolution in our understanding of the human microbiome—the trillions of microbes 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 early steps toward powerful new approaches to obesity, diabetes, asthma, allergies and—perhaps—Alzheimer's.



A Memo from Your Volunteer Support Committee

According to Volunteer Canada, one of the prime motivators for volunteering is a belief in the cause. As a member of ElderCollege you are already showing a commitment to our cause: “Enhancing the quality of life for older adults, by offering affordable opportunities for continued learning.”

Now we need you to take a step further and offer your volunteer support. Start out as a member-at-large on one of our five standing committees to get an understanding of the inner workings of ElderCollege and find the best fit for you. Our committees take care of communications, curriculum, member support, operations support, and volunteer support.

Please consider sharing your expertise and experience. Contact cvec.volunteers@nic.bc.ca to find the volunteer form or clarkkate989@gmail.com if you have questions.

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Getting to Know You: Jan Harding

Chair, Member Support Committee

Jan was born and grew up in suburban Montreal where she met and married Ed. They relocated to Kitimat in northern B.C. in the early 1970s. In 1974 they moved to Fort Saskatchewan, Alberta to work and raise their daughter and son. Jan graduated from U of Alberta with a BSc. (H. Ec/Family Studies) and worked 20 years in the Edmonton area.

Since retiring in 2006 to the Comox Valley, Jan and Ed continue to be active and still volunteer with several organizations (Ringette, Newcomers, Probus, Glacier Grannies, and ElderCollege).

Retirement has meant not only enjoying a new community, but trying new activities, volunteering, and continued learning at North Island College.



Introducing the Member Support Committee

The Member Support Committee is one of the five standing committees of the Comox Valley ElderCollege Executive Committee. Along with North Island College, and Julian Benedict (the liaison for North Island College), the committee's mandate is to assist ElderCollege members.

We support you with the registration process, the public information forums, the annual general meeting, and by greeting registrants at Saturday lectures. We ensure a warm welcome with coffee/tea and cookies in the comfort of the Stan Hagen Theatre in Komoux Hall.

The past year has been challenging and different as online courses were the only option in the fall 2020 and winter 2021 semesters. We look forward to a safe return and will need a few new volunteers to step up as chair/co-chairs and assistants.

A huge THANK YOU goes to these volunteers: Marion Aitcheson; Marj Adams; Darien Duck; Joyce Gordon; Kay Griffiths; Marilyn Hannah; Linda Leslie; Pat Peden; Heather Pitman; Maris Ratel; Rita Timberley; as well as outgoing volunteers Cherie Clancy, Marie Vilches, and Jan Harding.

For Your Enjoyment

Proofreading is a dying art

Newspaper headline: Juvenile Court to Try Shooting Defendant

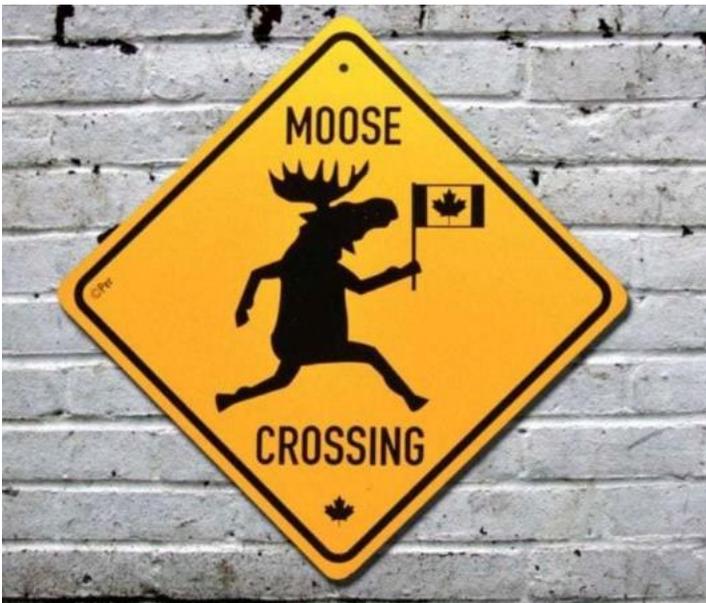
Newspaper headline: War Dims Hope for Peace

Sign in a London department store: Bargain Basement Upstairs

Sign outside a second-hand shop: We exchange anything—bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

Message on a leaflet: If you cannot read, this leaflet will tell you how to get lessons.

Road signs





For your viewing pleasure



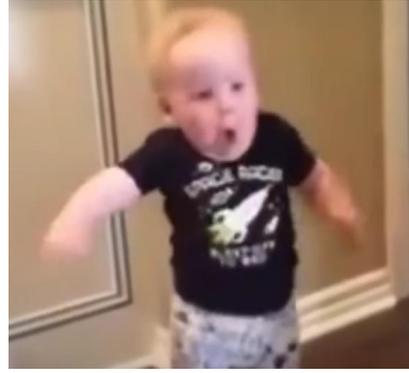
Click [here](#) for a touching reunion between Damian Aspinnall of the Aspinnall Foundation and a gorilla released into the wild.



Good news is no news... check out [this video](#) from journalist Charles Groenhuijsen about media manipulation.



The latest tool in our fight against COVID? [Check this out!](#)



Think you're cautious about avoiding infection? Check out [this toddler's reaction](#) to a sneeze.