

COMOX VALLEY ELDERCOLLEGE

Connector

APRIL/MAY 2022

CVEC EXECUTIVE

Chair:

Don Axtell

Vice Chair:

John North

Chair, Communications:

Solweig Williams

Co-Chairs, Curriculum:

Terry Hooper

Sheila Borman

Co-Chairs, Volunteer

Support:

Gary Priestman

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Chair, Member Support:

Dee McDonald

Finance Officer:

David Clark

Members-at-Large:

Dennis McMahon

Craig Bassett

Co-Secretaries:

Jackie Greening

Mary Gray

Good News From Your Volunteer Support Committee

Kate Clark

Volunteer Support Committee

It seems that on January 1, 2022 some people rolled out of bed and said to themselves, “I need to think about how I am going to spend my time in retirement”! While it may be a stretch to be that specific, happily for Comox Valley ElderCollege (CVEC) we have found a number of people in our target demographic — the newly retired (and in a number of cases, new to the valley) — interested in taking on a volunteer position with CVEC. The common thread is that they value the role of volunteering, whether to give back to the community or to enjoy the camaraderie of working towards a shared goal in life-long learning. They have come to us through various channels: responding to an article or position posting, through personal contact, or by doing their own independent research on the CVEC website.

A heartfelt thank you to all who choose to share their time and talents with ElderCollege and, to the new members, thank you for stepping up and welcome to the team!

Shortly, volunteers will be receiving an invitation from the Volunteer Support Committee to our Appreciation Event. What a joy to be able to offer this event in-person once again where the camaraderie mentioned above will be in full evidence. This is an opportunity to enjoy the company of members beyond your committee and find out all the “inside scoop”!

However, all this good news does not negate the fact we are always on the lookout for “new blood”. In preparation for the Fall 2022 semester, we still have a few vacancies that we would like to fill before we take a summer break.



Volunteer Opportunities

Curriculum Committee

Subject Coordinator, History and Social Sciences

This person liaises with current Course Leaders and seeks out new Course Leaders in these subject areas.

Volunteer Support Committee

Recruitment and Record-keeping Coordinator

This person liaises with Co-Chairs to determine their requirements, advertises vacant positions, receives and screens applications and refers potential volunteers to Co-Chairs for consideration. Also maintains the master spreadsheet of active and inactive volunteers.

Event Planner

This person takes the lead role, in collaboration with committee members, in finding a venue, catering, speakers and entertainment for the Spring Appreciation Event.

Please consider filling out the Volunteer Form found at www.nic.bc.ca/eldercollege-cv or contact Kate Clark at clarkkate989@gmail.com if you would like to know more about a specific position.

Elder College and Social Media

Your Communications Committee is currently discussing opportunities of social media for supporting ElderCollege activities. We are interested in your thoughts. Are you a Facebook user? Instagrammer? Tweeter? Let us know!



National Volunteer Week

As we celebrate National Volunteer Week, April 24-30, 2022, the Comox Valley ElderCollege Executive wishes to take this opportunity to recognize, and sincerely thank, all volunteers past and present who truly make a difference in our organization and in the Comox Valley community. Without your dedicated service and enthusiasm, we could not fulfill our mission of *enhancing the quality of life for older adults in our community by offering affordable opportunities for continued learning.*

National Volunteer Week 2022 (NVW2022) celebrates Canada's volunteers. This year's theme is "Volunteering is Empathy in Action" — so significant, and so evident, in these current times. Volunteer Canada provides this definition of empathy:

A quality that can help people related to others and build awareness around different experiences. It connects people in ideas and actions and helps create bonds forged in common goals and aspirations.



Fall Course Preview

While winter courses are only just winding down, our volunteers are hard at work coordinating the 2022 fall session. Fingers are crossed that we will be able to enjoy a mix of online and in-person courses. Here's a sample of some you can look forward to:

The Gifts of a Plant-Based Diet Five Week On-Campus Course Instructor: Granville Airton

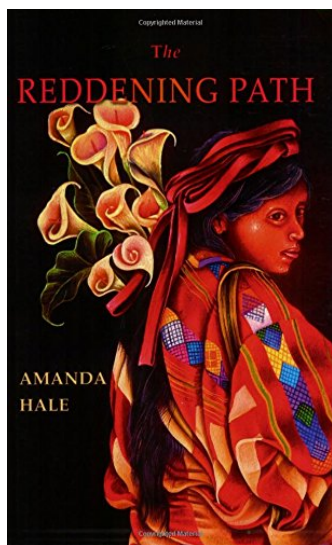


The course will include a description of a low-fat, plant-based diet, the reasons why the instructor has chosen this diet, and an outline of

the benefits of eating this way. Learn about the dietary gurus whose work he relies on for information. Three downloadable recipes will be provided for each class with instructions on how to prepare the dishes.

The Reddening Path: Guatemala One Week On-Campus Course Instructor: Amanda Hale

Learn how the instructor researched her novel about a Guatemalan-Canadian adoptee's return in search of her birth mother. Paméla discovers her Mayan heritage and untangles a web of political intrigue concerning the genocide against her people. There will be a short reading, an update on the mining situation in Guatemala, and time for a Q & A.



Backyard Composting One Week On-Campus Course Instructor: Joyce McMenamon



Composting makes use of waste and livens up soil. And it's easy to do! Come learn the secrets of safely and quickly making rich nutritious compost out of your

kitchen and yard waste. Learn why, how, where, when, and what. Bring your questions for this fun discussion with a master composter. Feed the soil that feeds the plants that feed us!

What are Viruses Anyway? Eight Week On-Campus Course Instructor: Joel Kositsky

Everyone's aware that a virus caused the COVID-19 pandemic. But what exactly are viruses, and how do they differ from bacteria and other parasites? In brief, viruses are tiny biological entities that can infect all other lifeforms: bacteria; fungi; plants; and animals. We will explore how this occurs and how viruses replicate, mutate, spread, and cause illness. We'll also look at how vaccines work to protect us from viruses.

Visions From Around the World Four Week On-Campus Course Instructor: Brian Charlton

This course looks at four film directors: Steve McQueen, Jane Campion, Ang Lee, and Kenneth Lonergan. We will examine how their vision is translated to the screen through one of each of their films. Participants are provided with background material. One of the best parts of the course is anticipated to be the post-screening discussions.



Tribute to Michael Syer, Past Chair, CVEC

Don Axtell, Chair

Comox Valley ElderCollege



I first met Michael and Liz in 2010 after arriving in the Comox Valley. Like so many new arrivals we knew few people so we joined the Tennis Club and Glayne joined the Newcomers Association. Our first social event was a Newcomers dinner party hosted by Liz and Michael at their home in Crown Isle.

Although we were both immigrants, Michael and I came from very different backgrounds, which was obvious from the way we talked. He spoke proper English coming from the UK and having lived and worked in Ontario. My English still had traces of my Western American dialect which was barely lost after forty years in Saskatchewan! However, as we shared the wine and pastas of the evening we learned we had things in common. Michael had spent his career with the bank, whereas my work in government touched on financial matters. Then, almost by accident, we found that that we both

enjoyed the science fiction classic, *The Hitchhikers Guide To the Galaxy*! We knew the main characters, Ford Prefect and Arthur Dent, and much to the puzzlement of the other guests, we knew that the answer to the "ultimate question" posed in the book was 42!

Michael and I continued to meet at social events and I became aware of his commitment to the community through his volunteering for Rotary, Probus and the Red Cross.

In 2012, Michael turned his energies to the Comox Valley ElderCollege when he took over as Chair of the Finance and Administration Committee. In May 2018, Michael became the 12th Chair of the CVEC Executive Committee. During his two year tenure as chair, he and then NIC President John Bowman presided over CVEC's 20th anniversary activities. As past chair, he remained an active committee member as we wrestled with the difficulties presented by the COVID-19 pandemic. More recently, he took on the additional role of Acting Chair of the Operations Support Committee.

Over its 23 years history, CVEC has had numerous volunteers, each of whom has contributed in his or her own way to the success of CVEC in its mission of "offering affordable opportunities for continued learning." Michael's commitment to that goal never wavered during his many years of service.

Michael died January 28, 2022.



For Your Enjoyment

Spring is upon us in the Valley, and so we hope these videos will get you thinking about the great outdoors and moving your body to rid the winter cobwebs!

Yoga Dog

<https://youtu.be/XpLJbCGMXvA>



Hoop Acrobatics

<https://youtu.be/K-5Bs4rVnyY>



Amazing Facts About the Body

<https://youtu.be/DDV1gUDyEsA>



You're Never Too Old to Swing

https://youtu.be/ZP3DM8_hiLg

