



COMOX VALLEY

Elder College Connector

FEBRUARY 2021

Greetings

The 21st winter semester just exploded out of the blocks with so many tantalizing options from which to choose. We look forward to seeing you in class.

What a year! As a 10-year CVEC volunteer, I marvel at the commitment, talent, and spunkiness of our members, especially those who volunteer. We stand on the shoulders of founders who approached NIC with a germ of an idea 20 years ago. One hundred members signed up, volunteered, and launched CVEC. In 2010/2011 we had 900 members, 1,174 in 2018/2019, and despite the challenges this year we have 800+ members. Sadly, we understand that some B.C. programs like ours did not survive the pandemic.

In the early days, CVEC members registered in person. Keeners lined up at 7 a.m. to be the first in the queue. The excitement was palpable as our members visited and waited their turn. After more than 10 years, CVEC decided—OK, we were pushed—to go online. After much planning, members were given the date and time registration opened. They registered or tried to—all at once. We crashed the entire IT system on every campus. We persevered. This term 97 per cent of us registered online.

We have a can-do attitude. Climbing stairs in the theatre problematic? We installed hand railings. Trouble hearing in the theatre? We funded and NIC just installed a state-of-the-art sound system. Can't wait to try it!

Throughout our 21 years we have remained true to our founders' vision. We are a grass roots, self-funding, self-governing, volunteer program. Good governance, fiscal viability, maintaining our symbiotic relationship with NIC, and—most of all—creating a warm and welcoming learning environment for our members, is our focus.

CVEC exists because of you and for you. Please ask how you can help.

It has been my pleasure to be a small part of the CVEC team and I look forward to many years in the classroom or zooming with you.

Cheers,

Sandra Harrison, Long-time Executive Member

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Facebook: [COMOXVALLEYElderCollege](https://www.facebook.com/COMOXVALLEYElderCollege)

Getting to Know You... Sandra Harrison

One of three children, CVEC volunteer Sandra Harrison was born in small-town Saskatchewan and raised in Alberta.

From early childhood she was encouraged to pursue a career in nursing and indeed started the training. When she was a hair's breadth away from graduating from nursing school, she became attracted to social work and psychiatry, and enrolled in social work at the University of Calgary. Her nursing experience served her well in the spheres of criminology and social work.

Sandra earned a Master of Social Work and enjoyed interdisciplinary work in the fields of mental health, justice and corrections. She served as a psychiatric social worker, correctional centre program director and warden; she ran probation for the province and was the executive head of the Alberta Correctional Services administrative team in head office. She served as vice president with the Alberta Mental Health Board and was appointed by Order in Council as the Alberta Mental Health Patient Advocate.



Ever ready to learn and discover, Sandra has always been willing to take on new challenges as they presented themselves, and quickly learned that to be part of the decision-making team one must be at the table and work collaboratively.

After she retired, she became a consultant and ombudsman as Alberta Mental Health advocate by Order in Council.

Sandra retired to the Comox Valley in 2010, attracted by the climate, good libraries and ElderCollege, as well as the opportunity of pursuing her hobbies in genealogy, history, art appreciation and travel. Sandra has been a hard-working, dedicated volunteer with ElderCollege ever since she arrived here, and we are most fortunate to have her in our community.

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Winter Courses Update

Courses are set to re-Zoom this month and ElderCollege members have again appeared eager to learn. Despite added capacity, many sessions filled up quickly. Here are some of the classes that (at the time of writing) still had some space.... Register [here!](#)

Electric Cars and Solar Panels

This course helps break the myths of solar energy, electric cars, and autonomous driving, providing the latest advancements. Learn how EV cars can fit into your lifestyle and details of information on installing solar panels at home. Duration: 2 weeks.

Instructor: Dale Erhart



Making Your Money Last

Ten principles for living well in retirement. This course shares perspectives to help participants keep on track during retirement and help make sure their money lasts. Subjects include planning, spending, inflation, maintaining a healthy portfolio, taxes and legacy considerations. Duration: 1 week.

Instructor: Aaron Macluskie



What Am I Doing Here?

All religions nurture their adherents as they involve them in the belief system. However, in a multicultural society, all faiths are but one among the many. This course considers some basic characteristics of eight major world religions and aspects of their spiritual practices. This inquiry considers how these might influence us as we ask, "What am I doing here?" Duration: 6 weeks.

Instructor: Jack Duckworth



Looking Forward; Giving Back

Instructor: Randall Heidt with Brent Woodside & Donna Cloutier

You don't have to choose between supporting your family and the community you love. Learn how to leave a legacy that benefits both. We will cover tax laws and estate planning. A lawyer and an accountant will be available to answer questions. Duration: 2 weeks.



Digital Safety for Seniors

The TELUS Wise Seniors program engages Canadian seniors in a discussion about getting the most out of participating in our growing digital society, safely. Topics include internet, smartphone, and social media safety tips as well as protecting yourself from identity theft. Duration: 1 week.

Instructor: Maria Boothman



Cognitive Impairment & Dementia

UBC Professor of Geriatrics Dr. Roger Wong will discuss the effects of aging on brain health and introduce the health conditions of cognitive impairment and dementia (such as Alzheimer's disease), including their prevention and management strategies. Duration: 1 week.

Instructor: Dr. Roger Wong



Modern Chinese Legal System

The course covers the Republican Era, Soviet Era, Mao Era and Westernization. Our focus is on the current human rights situation, the function of Chinese "courts" under the Chinese Communist Party, and involuntary organ harvesting. Duration: 8 weeks.

Instructor: Clive Ansley



Craft Beer: Styles & Pairings

Instructor: Alan Brown; assistant Elaine Brown

With so many good beers available, how do you decide which one to try? Explore basic styles of beer and what they taste like, how to properly taste beer, off flavours, proper storage, presentation, glassware, food pairings, recipes using beer, how and where to buy beer, and much more. Duration: 4 weeks.



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For Your Enjoyment

- A dentist and a manicurist married. They fought tooth and nail.
- With her marriage, she got a new name and a dress.
- Some people are like Slinkies... not really good for anything, but you can't help smiling when you see one tumble down the stairs.

And the winner of an annual Paraprosdokian contest was:

- Those who get too big for their pants will be exposed in the end.

It's the month of love. Relax and enjoy these vintage Valentine's Day cards.





Animal love!



Our pets provide us with much love, especially during difficult times. Click [here](#) to see a golden retriever and a kitten show the beginning of a beautiful friendship.

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Animals have been known to make for some odd couples... check out [this report](#).



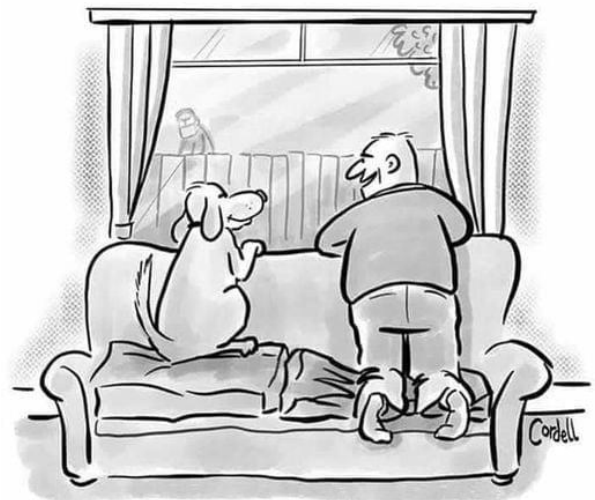
Sometimes you might get the feeling that your cat has seen enough of you during the pandemic! [You're in my Chair](#) is a feline response to COVID-19, set to the Johann Strauss's Blue Danube.



Check out this touching story of friendship between a man and a penguin he rescued: [João & Jinjing](#).



And, we will leave you with one more pandemic-inspired cartoon:



"Until now, I never understood why you got so excited when someone walked past the house."