



COMOX VALLEY
ElderCollege Connector
FEBRUARY/MARCH 2022

Greetings

Happy New Year everyone. Good riddance to the last two years with too much heat and dryness, forest fires, too much rain, flooding, slides, supply shortages, travel bans, and, of course, continuing COVID 19! We finished off 2021 with great hopes for 2022, but it seems we are off to a very slow start.

A huge thank you goes to the many volunteers that make our ElderCollege possible and to the many members who have hung in with us during these trying times. The good times will return.

Information about CVEC is so easy to find. Check the bottom of each page to connect to our website, Facebook, email and telephone.

Solweig Williams, Chair
CVEC Communications Committee

Registration Note

Emails with Zoom information are sent out approximately one week ahead of a course start date. If you have registered but have not received the Zoom access information, you should first check your junk mail for an email from Julian Benedict. If you still do not have the information, Julian should be contacted. julian.benedict@nic.ca

Curriculum Committee Update

Sadly, as you know by now, our high hopes for a return to in-person classes for the Winter term were dashed by the virulent Omicron variant, resulting in some eleventh-hour changes to the plans. We trust you will have seen the digital course guide and will have registered for some of the 37 courses we are still offering in the capable hands of 32 course leaders who are comfortable with delivering an online course. We were able to move 10 of the in-person courses but still had to cancel 20. Arts and Music had the biggest loss because so many of the courses were hands-on – drumming, film appreciation, photography, and dance to name a few. We thank those course leaders who stepped up with wonderful plans for in-person courses and hope that we can offer them instead next fall. The eight lectures for the series, “Food for Thought” will go ahead as planned and we invite you to consume all eight or pick and choose from the menu.

www.nic.bc.ca/CVEC

eldercollegeCV@nic.bc.ca

250-334-5000 local 4602

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

After a two-year hiatus, we also planned the return of the Course Information Forum to take place both in the Stan Hagen Theatre and digitally. Not to be thwarted, it was moved to a webinar format with 212 participants on Saturday, January 15. Sixteen course leaders each made a 90-second presentation to promote their course, and an additional four leaders sent text to be read out. Following this, eleven course leaders attended an orientation via Zoom to bring them up-to-date with CVEC procedures.

All of this programming could not be done without the hard work of the Subject Coordinators on the Curriculum Committee. They not only find the presenters, but also maintain communication with them from the start of the process at least six months before until the course is completed. Elizabeth Johnson has been such a person for over five years and her wealth of information is a boon to the work of the committee. Enjoy her biography below.

Sheila Borman,
Co-chair, Curriculum Committee

Meet Elizabeth Johnson

I was raised in Thunder Bay, and moved to BC in 1967 with my family. After attending the University of Victoria (English) and working in Munro's Books for several years, I attended Library School at Western University in London, Ontario.

Following graduation from Western, I worked for almost thirty years for the Vancouver Island Regional Library, as well as periods at the Campbell River Museum and two more bookstores, including Page Eleven Books in Campbell River. As a public librarian, my duties included reference and collections work, organizing programming, and a great deal of administration. Although I worked mostly in Campbell River and Courtenay, I regularly visited rural libraries in nearby communities. I also learned a lot about boat-building, beer-making, and other specialized pursuits from my husband Harold, who was a book-mender when I joined the library system.



After retiring, I volunteered for the Comox Valley Lifelong Learning Society, the Comox Valley Horticultural Society, and discovered ElderCollege. In the summer of 2017, someone was needed to help with the lecture series on Writers of the Comox Valley. Although I knew almost nothing about ElderCollege, I offered to help. There was quite a learning curve since I wasn't even a member when I started, but everyone was helpful and supportive. Eventually I took over organizing Short Courses, and

have been on the Curriculum Committee ever since. The work is stimulating, sometimes challenging, and I have met many interesting, friendly people in this role.

My husband and I have lived in the Comox Valley since 2001. We both like to garden, preserve food and enjoy the company of our two cats. I use my clothesline year-round, but spend too much time washing plastic bags. Am currently enjoying reading *Mad Hatter* by Amanda Hale, who spoke last Fall at EC.

A Word from Our Volunteer Committee

WE NEED NEW BLOOD!

If you attended January's Public Information Forum, you will have heard my appeal for volunteers to join our team of approximately 50 committee members and 50 Course Leaders. Yes, Comox Valley ElderCollege, the "little engine that could" has become more like a locomotive, with the inherent advantages of more courses, greater use of technology and increased sharing of ideas in its administration. Without our volunteers we could not bring you what we do.

We are particularly targeting the 55 to 65 age group at this point in time as the 75+ demographic is getting a bit too long in the tooth to keep going. This in no way means that if you are over 65 we don't want you! We are just trying to rally the "young 'uns" moving forward.

We have an urgent need to fill the following vacancies:

Communications Committee

Co-Chair - The key responsibility of this role is coordinating all communications to CVEC members and the public, in print, on-line and in person. The advantage of co-chairing this team is the ability to share ideas, share the responsibility of chairing meetings, and being able to count on your partner to be there when you cannot.

Newsletter Editor -The Connector has been an invaluable tool in times of the pandemic to keep in touch with the membership. The key responsibility of this position is the design and production of this on-line newsletter with the assistance of committee members as well as input from other committees.

Curriculum Committee

Subject Coordinator, Eclectic – As Subject Coordinator you are responsible for liaising with current Course Leaders and seeking new ones. The "Eclectic" courses include Bridge, Cycling and Travel in the mix. You will inherit a detailed and well-organized binder to start you on your way!

Operations Support Committee

Vice Chair – Supports the Chair in leading specific assigned policy review and drafting policy discussion and proposal documents as requested.

Committee Members – Assist with policy review and development.

Volunteer Support Committee

Volunteer Recruitment and Record-keeping Coordinator – Liaises with Co-Chairs to determine their requirements for vacant positions, receives and screens applications and refers potential volunteers on to Co-Chairs for their consideration. Maintains the master spreadsheet of active and inactive volunteers.

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

Kate Clark, Volunteer Support

Winter Courses - Sign up Today!

Courses resume 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 space.... Register [here!](#)

Brain Health and Dementia Care

February 8

Instructor: Dr. Roger Wong

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.



Internet Ongoing: Flip Side of the Coin

Feb. 9 – March 2

Instructor: Rob Thomson

Are we failing to “raise”, or even to “educate” an entire generation of young folks who believe they “know” how to use the internet safely, effectively and respectfully?

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Meet Local Author Kim Letson

March 16

Instructor: Kim Letson

In the Footsteps of a Roman Legion chronicles two friends walking the route of a Roman road—the Via Egnatia. Encountering refugees, human smugglers and feral dogs, a sense of humour, personified GPS, and an imagined Roman legionnaire sees them through. This journey explores Albania’s poverty, North Macedonia’s emergence as a nation, the Greek economic collapse, Istanbul in the wake of a failed coup, and the continuing refugee crisis.

* See the next course to learn from Kim.



Great Trip to Compelling Story

Feb. 9 – March 30

Instructor: Kim Letson

In a workshop setting, discuss components of meaningful travel memoir and develop creative nonfiction writing skills. The importance of journalling, blogging, photography, steady writing practice, professional editing, and publishing options will be explored. Participants will bring a favourite adventure tale and begin creating a compelling written account.

Taiwan in International Law

Feb. 10 – March 10

Instructor: Clive Ansley



This course combines international law with the history of Taiwan to demonstrate that, throughout most of its history, Taiwan was never part of the Chinese empire. For roughly two centuries, it was nominally claimed by China as its territory but was never under China’s effective control. The claim that Taiwan is part of China is a myth manufactured by the Chinese Communist Party.

How Did We Get Here?

Feb. 9 – March 30

Instructor: Jack Duckworth

The course considers the interplay between Christianity, Christendom, and secularism. Beginning with Jesus of Nazareth and his Sermon on the Mount, the sessions will reflect on the implications upon Christendom and today’s secular society. Considerations include the Crusades, the Inquisition, Enlightenment, and Humanism. The sessions combine lectures, readings, and respectful dialogue allowing participants to draw their own conclusions.

For Your Enjoyment

February is the month for love, relationships, and connections.



Watch this video for the happiest, snappiest earworm: Memories by Maroon 5 sung by the One Voice Children's Choir. www.youtube.com/watch?v=XB6yjGVuzVo or click [here](#).



They really are friends fur-ever. These adorable animals have struck up amazing friendships. www.flixy.com/the-beauty-of-friendship.htm or click [here](#).

