



COMOX VALLEY

ElderCollege Connector

JANUARY 2021

Greetings

ElderCollege has just completed its first term where all courses and lectures were delivered virtually over the Internet using the ubiquitous Zoom software, yet another consequence of the all-pervading COVID-19 pandemic. This was a very steep learning curve for everyone involved, not least of all for the Curriculum Committee. Not surprisingly there were a few false starts and the odd hiccup as we transitioned all courses to an online format.

The feedback received from our members has been very encouraging. There were things we could have done better and we have taken that to heart, hoping it will be reflected in our winter 2021 offerings. We have greatly expanded the number of courses on offer and in many cases have significantly increased the maximum class size of courses carried over from the fall. None of this would have been possible without the enthusiastic co-operation of our course leaders. They have embraced the challenge of teaching in the virtual classroom, even when, in many cases, they had never done so before.

Although this will be the second term where all course offerings are in a virtual format, we plan to return to using physical classrooms as soon as it is safe to do so. We are aware that for many of our members ElderCollege has presented a wonderful opportunity to socialize with friends while learning about an interesting topic. At the same time, for many of you, the current virtual classroom has been a godsend. Mobility restrictions, long travel distances, etc., are just some examples of why Zoom has been your friend.

Our vision for the future is that there will be a mixture of in-class courses and online ones. That may be a little way off now as the most important thing is to stay safe and healthy.

On behalf of all my hard-working colleagues on the Curriculum Committee, we wish you Happy New Year and hope to “see” you in one of our virtual classrooms next term.

Roger Taylor, Co-chair
Curriculum Committee

Website

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Facebook: [COMOXVALLEYElderCollege](#)

Winter Courses Preview

Winter 2021 course registration begins the week of January 18. Keep your eye on your inbox and be ready to register for your top choices. All courses for this term will once again be online.

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. Duration: 1 week.

Instructor: Maria Boothman



Estate and Financial Planning

Learn legal and financial aspects of estate planning including the benefits of having an enduring power of attorney, a representation agreement, and a will. Duration: 1 week.

Instructors: Lyle Carlstrom and Lara Austin



Founders of Religions

This course attempts to grasp the “DNA” of Eastern religions through the lives and circumstances of their founders. Consideration is given to sects, cults, and philosophies versus religion of non-Abrahamic or Eastern religions. Duration: 8 weeks.

Instructor: Jack Duckworth



How to Argue about Ethics

This entertaining, interactive lecture will describe a simple framework for the analysis of ethical problems—practical ethics without the sermon! Duration: 1 week.

Instructor: Dr. Colin Boyd



Looking Forward; Giving Back

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 on using tax savings to benefit future generations. Duration: 1 week.

Instructor: Randall Heidt



Making Your Dreams Come True

Bring new clarity to what you really want out of life. Identify your longings and discontents and uncover the fears that are holding you back. Design a vision or goal and use the tools the instructor provides. Duration: 4 weeks.

Instructor: Dorothea Gordon



Medical Uses of Cannabis

The instructors will guide us through accepted medical uses for cannabis. Learn more about this developing field of treatment and be a wise consumer. Duration: 1 week.

Instructors: Dr. Sue Booth and Denise Ropp



Sharing a Garden to Grow Food

Do you want to garden to grow your own food, but don't have the space, tools, time, or expertise? Learn about the Community Food Growers Co-op and how it works. Duration: 1 week.

Instructor: Nancy Gothard



Stocks: The Nuts and Bolts

This course will help to demystify stocks and their associated jargon. Learn about common and preferred stocks, dividends, investment strategies, and different ways to own stocks. Duration: 1 week.

Instructor: Aaron Macluskie



Stress Management

Stress management is not something we learn in school, yet it is very costly to society. It negatively affects health, relationships, and business. It makes us vulnerable to bad habits and addictions. This course introduces ways to effectively deal with stress. Duration: 8 weeks.

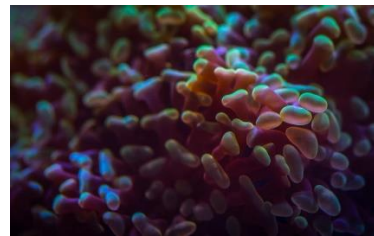
Instructor: Jan Hesseling



Your Microbiome - Good and Bad

In recent years there has been a scientific revolution in our understanding of the human microbiome. Learn how medical science is taking the first small steps toward powerful new approaches to obesity, diabetes, asthma, allergies and—perhaps—Alzheimer's. Duration: 8 weeks.

Instructor: John R. North



Introducing the Volunteer Support Committee

Can you imagine an ElderCollege without volunteers? Yes, it's hard to believe that ours is a 100-per-cent volunteer-run organization, with the added resource of a committed liaison person from North Island College. We source and interview potential candidates and pass on names to co-chairs of standing committees where we think there might be a mutually beneficial fit. We provide an ElderCollege orientation session and make sure our volunteers are recognized for their work.

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Current committee members

- We are lucky to have two co-chairs, Louise Argyle and Ilona Horgen, to run our meetings, guide and support us in executing our responsibilities, and report to the executive committee.
- Gary Priestman provides valuable information to new volunteers as orientation coordinator.
- Barb Smith, as gifting coordinator, takes the lead in suggesting, purchasing, and distributing gifts for our course and lecture presenters.
- It has been a tough job during COVID times for Dee McDonald, appreciation event coordinator, to come up with a way to thank our volunteers in a “gathering” but she is on it!
- Kate Clark is volunteer acquisition and record-keeping coordinator, a long name for finding people to fill vacant positions and keeping track of when they came and went.
- And finally, we would love to **put your name here** as recording secretary. Dee and Barb have been doing double duty taking on this responsibility, but we do need someone to record the minutes of our meetings and distribute them, as well as provide assistance on team projects. (contact clarkkate989@gmail.com if interested).

THANK YOU

to the following people who stepped up to volunteer for the fall and winter sessions:

Curriculum Committee

- ★ Sheila Borman, from Subject Coordinator, Math and Science to Co-Chair
- ★ Anicca de Trey, Instructor
- ★ Dyan Grant-Francis, Subject Coordinator, Math and Science
- ★ Terry Hooper, Zoom Support
- ★ Bonnie Luterbach, Online Instructor Support
- ★ Virginia Philipson, Subject Coordinator, Language and Literature
- ★ Kathy Tae, Subject Coordinator, Health and Wellness

Member Support Committee

- ★ Marie Vilches, Member Support Assistant

YOU ARE ALL STARS IN ELDERCOLLEGE'S EYES

For Your Enjoyment

Paraprosdokians: figures of speech in which the latter part of a sentence or phrase is surprising or unexpected.

- I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
- In filling out an application, where it says, 'In case of Emergency, Notify:' I put 'DOCTOR.'
- To steal ideas from one person is plagiarism. To steal from many is research.
- If I agreed with you, we would both be wrong.
- Change is inevitable, except from a vending machine.

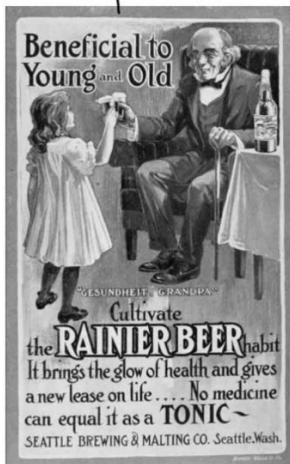
Take some time to tickle your funny bone with these short clips that depict what it's like when you are [not smart enough to live in your smart house](#) and some insights from Pam Ayres with her "[They should have asked my husband.](#)"



For those of us not ready to leave the holidays behind, here's a [drone Christmas light show](#).



Check out these historical ads that remind us how far medical advice has come (thank goodness!):



And then, for an extra chuckle, these two ads are contemporary interpretations of that type of advice:

