

ElderCollege Connector June 2020



Lifelong Learning For Adults (55+)

Greetings

Our most unusual days continue in our new normal world, with everyone learning to adjust to this COVID-19 environment. We hope the social distancing has not been too stressful for you and that you are safe, healthy, and staying connected with friends and family. The role of ElderCollege is to provide stimulating learning, discussion and fun in a social setting – we can't provide the social setting, but we will try to stay connected to you on a regular basis through the Connector. We welcome your feedback.

Annual General Meeting

Our AGM was held via Zoom on Saturday, May 16, with approximately 35 participants. Michael Syer, the executive chair, outlined the successful year we had until the pandemic forced the closure of the NIC campus, with 1200 members sampling 29 short courses and 88 regular courses in addition to the popular Saturday lecture series.

ElderCollege is totally dependent on volunteers, both at the organizational level and instructional level. Recognition was given to the executive members and committees with a special thank you to Sandra Harrison for her many years on the Executive in many capacities, most recently as Past Chair. This was Michael's last year as chair and we would like to extend our gratitude for his calm and wise guidance in this role. Thankfully, he will continue as Past Chair for a few years. And, of course, thanks were extended to Julian Benedict for his tremendous assistance as our liaison to NIC.

A new slate of executive officers was sworn in

Chair: Don Axtell

Vice Chair: John North

Members-at-Large: Dennis McMahon
and Craig Bassett

Past Chair: Michael Syer



CVEC Bylaw Amendment 8 was passed regarding fees and refunds.

Tuition fees will be returned to a member who drops a course, single lecture within the lecture series, the full lecture series, or the special one-time only lecture from the time of registration up to seven calendar days of the start date. If a course is cancelled because of the closure of the campus by NIC for reasons beyond their control, fees shall not be refunded but every effort will be made to reschedule the class or lecture.

No In-class Fall Courses

It was announced that there would not be any classes for the Fall Session, so what will the session look like? We are so excited to be able to tell you there will be some on-line classes and lectures. These will be at no cost and the annual membership fees will be reduced to \$5.00 to entice members to try on-line offerings. Like you, we are also learning new ways.



We expect to offer 20 regular courses, 6 short courses, and several lectures. Courses will have some limits in order to enable on-line interaction. However, lectures will accommodate up to 500! Registration for annual memberships will start on June 1. As this will be our only source of revenue and the membership list is the only way to send out notices and The Connector, we encourage you to register. We want to stay connected with you.

Look for more information in upcoming editions of Connector, and see page 4 for some selected online classes



How to Use Zoom

What is Zoom?

Most of our classes will be offered using a program called Zoom. It is free, easy to use, and safe because we use passwords. So, what exactly is it?

Zoom is an internet-based face-to-face video meeting tool that allows participants to join from the comfort and safety of their home or office, using a desktop or laptop computer, smartphone, or tablet device

[\(here is a demonstration\).](#)

Zoom is a safe tool that does not require any personal information to be provided. Meeting participants are sent a meeting ID and password (it will be different for every meeting), and are only allowed to join the meeting by the host.

How to Join a Zoom Meeting

You will receive an email with the meeting ID and password before the session start. Please note that you do NOT need to sign up for Zoom account to attend sessions.

Before you join a meeting for the first time on a desktop or laptop, you will be prompted to install the Zoom software on your device. Here is a [video demonstration](#) of how to join a meeting for the first time on a PC, Mac or laptop.

If you are using a smartphone or tablet, install the appropriate app before joining. Here is a video for installing and using Zoom on an [iPad or iPhone](#). Here is a video for installing and using Zoom on an [Android phone or tablet](#).

DONT YOU WISH IT COULD
BE LIKE THIS ALL YEAR,
FOREVER? NO SCHOOL,
NO JOB, NO ANYTHING?



Some of the Fall Courses Are Featured Below

More courses and lectures will be featured in future Connectors – stay tuned.

Bioflia - Our Connection to Nature

Thierry Vrain is the instructor for this eight-week course. Molecular biology is allowing us a peek at molecules at work in living cells, revealing that all cells function in the same way with the same protein molecules and the same genetic code. The course presents these recent discoveries at the molecular and cellular level. The relative place of bacteria, fungi, plants, animals, and humans is examined. How close are we to other living species? Come and meet your ancestors!

Consciousness in the Veda

Vedas – ancient Indian writings – once thought to be simple praises to gods, have proven to be more. Previously ridiculed, Vedas now lead science exploring the complexity of our world and life within it. We will explore subjects such as cosmology, language, physical development, ayurveda, and near-death experiences. The importance of consciousness in the world and in life experiences, with self and others, will become the focus. Phyllis Chubb leads you on this eight-week journey.

Dance Fitness

Wendy MacDougall leads this eight-week course. In an encouraging and supportive environment for both beginner and experienced dancers, this course will focus on developing and maintaining flexibility, endurance, and strength using dance forms from classical ballet (centre barre, floor barre), contemporary dance, musical theatre, and world beat.

History of the Comox Valley

Instructor Christine Dickinson leads this eight-week overview of the history of the Comox Valley during the 19th and 20th centuries, including early settlement, agriculture, forestry, military and social history. We will also highlight the valley's many colourful characters. Questions and discussion will be welcome.

What is a Virus Anyway?

Joel Kositsky is our guide on this timely eight-week course. Everyone is aware of the COVID-19 virus and the pandemic that it is causing. But what exactly are viruses? How are they different from bacteria and other parasites? How do they infect, replicate, spread, cause illness and even kill? Why are they so hard to treat? Where do they come from? How do they evolve? Are viral pandemics inevitable? I will address these and other issues.

Digital Safety for Seniors

TELUS's Harper Bauer will lead this one-session course via WebEx (rather than Zoom). TELUS Wise seniors 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.

Looking for volunteers

Your Experience, our Hope!

Can you imagine a life without ElderCollege?

Comox Valley ElderCollege needs you now more than ever. In order to maintain and further develop ElderCollege, we need to hear from people who have experience in leading small groups or teams; in coordinating group efforts and in fostering collaboration among peers.

In return, we can offer an orientation, training and mentorship. Above all, you will have the satisfaction of knowing that you will be making a significant contribution to the continuing success of CVEC.

So if this challenge intrigues you, please contact us to discuss potential leadership opportunities on several of our committees. Together, we can align your experience and preferences with our needs.

**TO GET IN TOUCH REGARDING VOLUNTEERING,
PLEASE EMAIL:**

cvec.volunteers@nic.bc.ca

OR go to

<https://www.nic.bc.ca/continuing-education/eldercollege/comox-valley/cv-volunteer-form/>



Here is some fun.

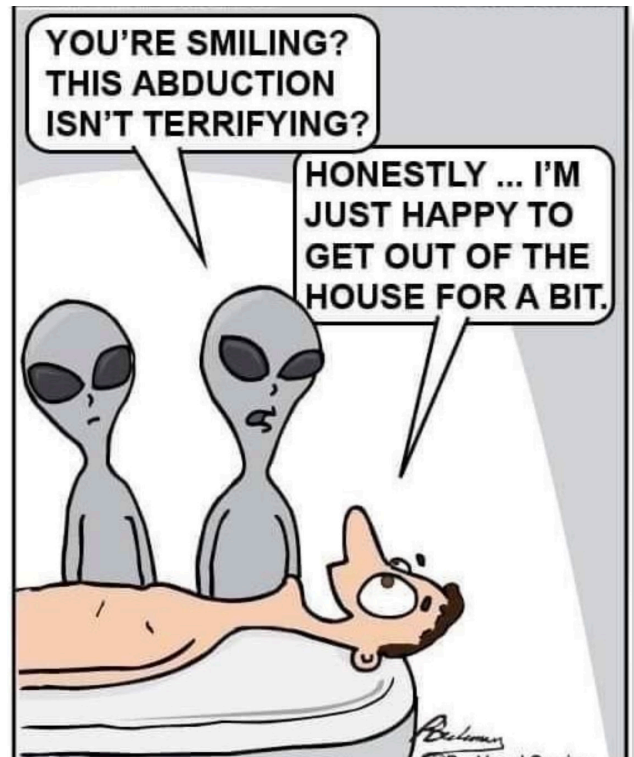
<https://youtu.be/BISrGwN-yH4>

How to make a clarinet out of a carrot, and play it!

<https://youtu.be/uL52AuF4QzY>

Latest version of Nessun Dorma

Adrian Raeside cartoon: Self-isolating because of COVID-19 included with permission from Raeside



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