



COMOX VALLEY

## *ElderCollege Connector*

JUNE/JULY 2021

### *Greetings*

**“You can’t stop the waves, but you can learn to surf.” - Jon Kabat-Zin**

What a learning curve we have had during these many pandemic months! Our world suddenly shifted and, as humans, we have just as suddenly shifted as well. It has been amazing to see how rapidly we can adapt and learn, and the senior generation has also shown its flexibility.

We are so fortunate to have ElderCollege volunteers with a wide variety of skills, determination, and drive. Just as it looked like we could not possibly continue to provide courses and lectures, our volunteers went into overdrive to learn how to present offerings online. We offered the first semester at no charge as we worked through the technical learning stages, and we were grateful for the willing participants who could give constructive feedback.

While our fall semester will continue to be online, we can proudly inform you that we are offering 57 courses and a full eight-session lecture series, an amount equivalent to our past sessions. While North Island College will be changing to an online platform called Blue Jeans, we will stick to what we all have just learned to use well: Zoom.

We can report that our AGM, via Zoom, was a success with 47 attendees. Again, the fact that we were using Zoom instead of meeting in person did not affect the turnout. We had expected fewer attendees but were so pleased to see the strong continuing support for our ElderCollege.

We can’t thank our all volunteers enough for making ElderCollege continue to thrive. However, we must give extra thanks to the Curriculum Committee for teaching the technical skills and finding the jam-packed programs to be offered. Please show your support by renewing your membership and signing up for courses and lectures.

You will notice that this Connector is a June/July edition, and the next one will be issued as an August/September edition, with an added printed course guide to be distributed at the beginning of September. But you don’t have to wait for these dates to learn about what is happening—remember all the information is on our website as soon as it becomes available.

Website

[eldercollegeCV@nic.bc.ca](mailto:eldercollegeCV@nic.bc.ca)

250-334-5000 local 4602

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

Keep learning and we will “see” you all online this fall.

Solweig Williams, Chair

Communications Committee

## *Fall Lecture Series: The Fourth Border*

Our large country has the most extensive maritime borders in the world and the longest undefended land border: 8,890 kilometres or 5,524 miles. This lecture series, coordinated by Dr. E.L. (Betty)

Donaldson, provides snapshots of life along the 49th parallel.

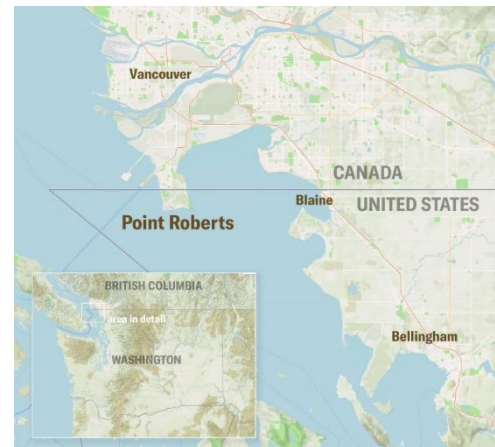
Whether a Point Roberts’ resident, a movie star, an RCMP officer, or an environmental activist, our southern neighbour

is a dominant influence. The legal cases involving the 3 Ms

(Meng, the two Michaels) suggest how future superpower

pressures will affect Canada’s role in North American border issues. We have 20 per cent of the world’s fresh water—much

of it along this border: how are we “standing on guard” with respect to this heritage?



## *Fall 2021 Course Preview*

A preview of more courses to look forward to this fall. Classes will continue to be offered online only.

### **All that Jazz**

**Duration: 8 weeks**

**Instructor: Bruce Walton**

Learn about jazz: the songs, artists, styles, and recordings that make up the story of this great music. No musical ability needed; good ears recommended.



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### Comox Valley Geological Prehistory

Duration: 2 weeks

The course's two sessions will cover the geological journey that Vancouver Island has taken over the eons. Topics include volcanic origins, plate movements and earthquakes, prehistoric fossils, and newest finds and discoveries.

Instructor: Russell Ball



### Backyard Composting

Duration: 1 week

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!

Instructor: Joyce McMenamon



### Great Trip to Compelling Story

Duration: 6 weeks

Discuss components of meaningful travel memoir and develop creative nonfiction writing skills. The importance of journaling, blogging, photography, steady writing practice, professional editing and publishing options are explored. Participants will bring a favourite adventure tale and begin the process of creating a compelling written account.

Instructor: Kim Letson



### How the Internet Works

Duration: 1 week

When you use emails and web browsing, does it seem akin to magic? What happens when your computers, tablets and phones connect and use the internet? This short course is for those who are curious about how things work behind the curtain and will be presented in high-level, layperson's terms.

Instructor: Terry Hooper







*Emma is a very large, friendly tiger shark.*

Perhaps you are more interested in dancing? [This video](#) mixes various stars dancing their hearts out in the movies.



### The times they are a changin

