



2022-23 CVEC EXECUTIVE

Chair:

John North

Vice Chair:

Craig Bassett

Members-at-Large:

Liz Morris

Deirdre Longenecker

Past Chair:

Don Axtell

Chair, Communications:

Solweig Williams

Co-Chairs, Curriculum:

Sheila Borman

Terry Hooper

Co-Chairs, Volunteer Support:

Gary Priestman

Ilna Horgen

Chair, Membership Support:

Dee McDonald

Chair, Operations Support:

Pam Munroe

Finance Officer:

David Clark

Co-Secretaries:

Jackie Greening

Mary Gray



Greetings from the Chair

By John North

Chair, CVEC

As I write this, the sun is finally shining and the effects of the COVID-19 pandemic appear to be waning. The last couple of years have been very challenging for all of us – perhaps accentuated by the unusually slow transition of our weather from winter to spring – but now it seems that our optimism is being rewarded.

Despite the uncertainties, our CVEC volunteer team and our very supportive colleagues in NIC have worked wonders during COVID to enable CVEC to continue offering a broad program of courses and lectures online, sustaining the dynamic spirit of those forward-thinking individuals who organized the first ElderCollege courses through NIC over 22 years ago.

Going forward, we expect our members to be able to return to learning and discussing fascinating subjects in more social settings by offering a broad range of “in-person” courses during the Fall 2022 semester. We will also provide lectures in a hybrid format, taking advantage of skills that have been learned by many members of our community during COVID and making it easier for people with mobility challenges to access CVEC learning opportunities.

The CVEC Executive welcomes three new faces this year. Deirdre Longenecker and Liz Morris were elected as Members-at-Large during the recent Annual General Meeting (AGM), while Pam Munroe will Chair the Operations Support Committee as it enters its second year. We are looking forward to having



Don Axtell, Past Chair; Craig Bassett, Vice Chair; John North, Chair; Dierdre Longenecker and Liz Morris, Members-at-Large

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Greetings from the Chair *(continued from page 1)*

their energies and enthusiasms on our team of volunteers.

Sadly, we also have to say goodbye to a long-serving contributor. Dennis McMahon has served on the CVEC Executive in several roles: Vice-Chair, Member-at-Large-and – following the sad passing of Michael Syer in January 2022 – Acting Chair of the recently-formed Operations Support Committee. Dennis is now retiring from the CVEC Executive and we are indebted to him for his thoughtful contributions to the work of many committees over many years.

Craig Bassett, who served on the Executive for the past couple of years as a Member-at-Large, was elected as

Vice-Chair of CVEC at the AGM. His many connections around our community and deep knowledge of all aspects of ElderCollege will be invaluable as CVEC continues to provide opportunities for life-long learning.

The full Executive is listed on page one. In addition, we continue to have the pleasure of working with our tireless NIC Liaison Officer, Julian Benedict.

It is this team of thoughtful and committed individuals, and the volunteers who contribute so much to our Standing Committees, who make it possible for Comox Valley ElderCollege to provide the programs that inspire and enable older adults in our community to continue their learning journeys and to share their knowledge and skills.

Volunteer Opportunities

Be part of a collaborative team and learn the inner-workings of CVEC in these important roles.

Curriculum Committee

Become involved in ElderCollege's raison d'etre, working behind the scenes to bring life-long learning to our members.

Subject Coordinator - Eclectic

Subject Coordinator - Language and Literature

Subject Coordinators liaise with current Course Leaders and seek out new ones in their subject area.

Eclectic courses defy categorization and include topics such as Bridge, bicycle safety and travel. Language and Literature courses have included Canadian Short Stories, From Page to Stage and Writing Workshops.

Lecture Assistants, Saturday Lecture Series

The Coordinator of the Saturday Lectures needs some assistants to help her with the planning and execution of this ever-popular series.

Operations Support Committee

Members-at-Large

This committee is responsible for facilitating the development of Comox Valley ElderCollege (CVEC) administrative policy. Members-at-Large review, research and draft policy documents to ensure the smooth operation of CVEC programs.

Volunteer Support Committee

Recruitment Coordinator

This person liaises with Co-Chairs to determine their requirements, advertises vacant positions, conducts an initial conversation with applicants and refers people to Co-Chairs for consideration.

Event Coordinator

In collaboration with committee members, this person takes the lead role in finding a venue, catering, speakers and entertainment for the Spring Appreciation Event.

Please consider filling out the Volunteer Form found at www.nic.bc.ca/eldercollege-cv.

Fall Course Preview

Here's a sneak peak at some of the fall 2022 presentations we are lining up for your edification and enjoyment.

Art of Cultural Patterning (3 weeks on campus)

Instructor: Terri Bowen

Patterns are important in our lives! In class one, learn about the history and development of Celtic knots and intricate designs. You will then create your own design. In class two, discover the beauty of Islamic and East Indian patterning and create a mandala. In class three, discover Plains Indian and Haida cultural art



patterns and then create a bookmark and a larger picture using this knowledge. \$25 supplies fee added during registration.

Inspired Phone Photography (4 weeks online)

Instructor: Debbie Flynn

Easily understand the basic features of your phone camera and photo editing through a hands-on experience to expressively take photos true to you. Topics include how to use your phone camera and photo editing app, the key to meaningful photography, and inspiring photography fundamentals. Debbie gives feedback on students' photos. Please note: students need to review the pre-given course material/links to understand where the features are on their phone type.



Home Maintenance (4 weeks on campus)

Instructor: John Dickinson

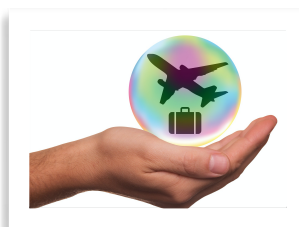
Tips to help seniors easily and safely perform basic home maintenance. Topics include siding, roofing, drywall, plumbing, electrical and preparing homes for when you leave on vacation.



Travel Insurance: A New Reality (1 week online)

Instructor: Jeff Simpson

Review the new realities associated with travelling since the COVID-19 pandemic, focusing on the important things to consider when securing travel insurance. Plan your trip with peace of mind. The instructor is a travel and health insurance specialist.



Flip Sides of the Internet (4 weeks online)

Instructor: Rob Thompson

This course is an open conversation. It begins with 'applied systems thinking' and ranges on to areas of direct significance to the future(s) of your grandchildren. The overarching questions are: (1) why do your grandchildren need to be on the Internet? (2) why do you need to know what your grandchildren are doing on the Internet? and (3) how do you approach the conversation about the two "why" questions above?



Volunteer Appreciation Lunch

By Barbara Bruederlin

Communications Committee Member

There was an extra festive vibe in the air at this spring's CVEC Volunteer Appreciation Lunch. And with very good reason. It was, after all, the first in-person gathering of its kind in three years!

The three dozen or so volunteers who filled the clubhouse restaurant at the Comox Golf Course on May 18 were clearly delighted to be celebrating in person once again. Amidst charmingly decorated tables, and against a photo-stream backdrop of Elder College memories, CVEC members mingled with old friends and were introduced to new ones.

Conversations were spirited and varied, from the success of the recent hybrid-format AGM, to the challenges of presenting complex topics to a wide-ranging audience, to personal reasons for volunteering with Elder College in the first place. Chatting with a group of fellow Member Support committee volunteers, one attendee confessed that it was the overwhelming popularity of the Saturday Lecture Series which initially drove her to volunteer. "The lecture series always filled up so fast, that I started volunteering because then I was guaranteed to get in," she laughed.

As folks settled in to dine upon soup, salad, and a variety of sandwiches and desserts, emcee Gary Priestman (Volunteer Support Committee Co-Chair) kept things lively with ice-breakers and competitive games. Later, as diners wandered back to the buffet table for a second cup of coffee or another coconut lemon square, Volunteer Co-ordinator Kate Clark produced an apparently bottomless door-prize bowl, from which a near-endless selection of prizes were awarded. As the luncheon drew to a close, CVEC volunteers headed home feeling much appreciated and with bellies, arms, and hearts full.



CVEC AGM Celebrates a Milestone

By Don Axtell
Past Chair, CVEC

The 2022 Annual General Meeting (AGM) of CVEC showcased another step in our organization's willingness to adapt to a changing environment!

In 1999, CVEC's founders put into action their dream of offering opportunities for lifelong learning for seniors in the Comox Valley. Over the next twenty years CVEC thrived, adding more courses and members. In 2020, faced with the Covid crisis, instead of capitulating, CVEC retooled its operations by employing new technology to take courses into members' homes. Using ZOOM was a mixed blessing. We lost the intimacy and social aspect of the on campus environment, but we gained a new cohort of members through the convenience of online learning.

This year's AGM was a test case for a blending of the two techniques. It was a success! After a two year hiatus, 34 members came to the Stan Hagen Theatre where they shared tea, coffee, cookies and conversations with Executive members and friends. It was a happy reunion with smiles and laughter! But that is not all — another 18 attended the meeting via ZOOM! This was a historic event in the evolution of CVEC. It is also a harbinger of the future where courses can be offered either in person or remotely, and lectures can be held using both simultaneously.

The business of the meeting was carried out expeditiously. Introductory remarks identified the Executive Committee, our North Island College

colleagues Julian Benedict and Bob Haugen, and explained the CVEC organizational structure.

The Operations report highlighting the year's activities included slides provided by the following Committee Chairs: Solweig Williams, Communications; Sheila Borman and Terry Hooper, Curriculum; Dennis McMahon, Operations Support; Dee McDonald, Member Support; and Gary Priestman and Ilona Horgen, Volunteer Support. It was noted with sadness the passing of Michael Syer, Past Chair and long time volunteer.

David Clark, CVEC Finance Officer, reported on the organization's financial structure, which is managed by NIC. CVEC income continues to fund its operations and provides three NIC student bursaries.

There was a moment of silence in Memoriam of CVEC members who passed away.

Ilona Horgen, Acting Chair of the Nominations Committee, reported that the following individuals were elected by acclamation for 2022-2023 year:

- John North, Chair
- Craig Bassett, Vice Chair
- Liz Morris, Member-at-Large
- Deirdre Longenecker, Member-at-Large

Following a few words by John North, the newly elected Chair, the meeting adjourned.



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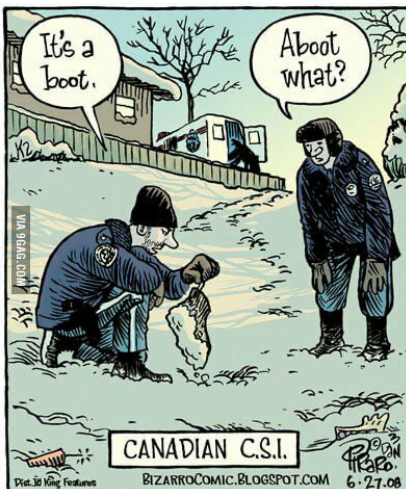
ElderCollege is active on Facebook. **Follow** us, **Like** us, and **Share** posts. Help us get the word out about upcoming events, course announcements and opportunities for diverse, vibrant and affordable education for adults 55+.

Happy Canada Day, Eh!



You're Canadian if:

- You know how to pronounce and spell Saskatchewan without blinking
- You put on shorts as soon as it hits plus 10, even if there is still snow around
- You know what a tuque (toque?) is
- You are excited whenever an American television show mentions Canada
- You use a red pen on your non-Canadian textbooks and fill in the missing 'u's from labor, honor, and color
- You have Canadian Tire money in your kitchen drawers
- Pike is a type of fish, not some part of a highway
- You drive on a highway, not a freeway
- You know what a Robertson screwdriver is
- You understand the sentence, "Could you please pass me a serviette, I just spilled my poutine."
- You drink pop, not soda
- You love your fries with poutine
- You go to the washroom, not the restroom or bathroom
- Someone accidentally stepped on your foot. You apologize.
- You stepped on someone's foot. You apologize, then apologize for making them apologize
- You have worn shorts and a parka at the same time
- "Eh" is a very important part of your vocabulary and you understand all the 1,000 different meanings of "eh", eh?



And who doesn't remember this one?

I AM CANADIAN...

<https://www.youtube.com/watch?v=WMxGVfk09IU>

