



COMOX VALLEY

## *ElderCollege Connector*

MARCH 2021

### *Greetings*

On behalf of our Communications Committee, I would like to say how delighted we have been to be able to stay in touch with all our ElderCollege members and friends. We know how easy it would have been to have our ElderCollege diminished in these COVID times. Apparently, many similar institutions have ceased operating, but we have maintained a fairly strong following and we have been able to continue online.

Our ElderCollege is driven totally by volunteers and our monthly Connectors have given us the chance to acknowledge many of them. These volunteers come from all over Canada and even the USA, and they have a wide range of life and work experiences. We hope you enjoy reading about them.

To each executive member, committee member, and course leader, we say THANK YOU! You have truly made a difference. And to all our members, we encourage you to step forward to offer your enthusiasm and skills to keep Comox Valley ElderCollege successful. You would be joining a vibrant and enthusiastic group of young-at-heart seniors.

Solweig Williams, Chair

Comox Valley ElderCollege Communications Committee

### *Communications Committee Snapshots*



#### **Solweig Williams, Chair**

Solweig is a retired educator, having both taught and worked as an administrator in the North Island and Comox Valley school districts. She was raised in Victoria, lived in Port Alice and Port McNeill, and has been settled in the Comox Valley for the last 31 years. She has always been involved in some sort of volunteering: children's activities; community committees; and she was a Soroptimist for over 20 years. She now puts her volunteering skills to use for ElderCollege.

Website

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Solweig spent a gap year in Europe, between high school and university, becoming acquainted with her Danish roots. This began a lifelong passion for travelling. While travelling is now curtailed, she can still continue her other passion, playing bridge –online, of course.

### **Enid Farmar, Writer and Speakers Bureau**

Enid was born in Rhodesia (now Zimbabwe) and attended school in Cape Town and in London.

She worked as a verbatim reporter in Hansard and in the Law Courts, where she met her lawyer husband.

Their son lives in Kent, England, with his wife and two sons.

She immigrated to Canada in 1990 and is profoundly grateful to be living in this beautiful part of the world.



### **Jim Peacock, Photographer**

Jim was born in Toronto “a long time ago” and has moved west gradually since 1965, first to Mississauga, then Calgary in 1973, and finally to the Comox Valley in 2004.

He graduated from Ryerson in 1955 and has been *institutionalized* for approximately 30 years at various places of employment, as an in-house photographer. Over the years, he has worked for Moffat Stoves Ltd, Benjamin Photo Lab, Toronto Western Hospital, Ontario Research, and two universities (McMaster and the University of Calgary) until 1988 when he became a freelance photographer.

He finally "saw the light" and moved to the Comox Valley, and still enjoys taking photos for people.

### **Jim Sparling, Secretary**

Before moving to Comox in 2019, Jim lived in Yellowknife for 30 years and worked for the Government of the Northwest Territories. Mostly, he worked on environmental subjects with a focus on air quality and climate change issues.



Working for the government meant serving on numerous committees over his career, and that experience provided an excellent background to join the Communications Committee in the role of recording secretary.

Living in Comox means Jim is unlearning gardening techniques adapted to sub-Arctic conditions of frozen soil for over half of the year. Wow, plants grow fast here!

Easy access to Mount Washington gives Jim the chance now to catch up on downhill skiing opportunities he never had as a youth, when he could not take a year off to be a ski bum.



**Jill Lunde, Editor**

Jill is a relative newcomer to the Comox Valley, having moved here from Vancouver in 2019.

She is a communications consultant and has been running her own business for over 20 years. She was the manager of marketing and communications for Science World for 10 years and also worked at CBC Vancouver.

Jill started volunteering with CVEC shortly before COVID-19 turned our lives upside down. She joined the Communications Committee as editor, and now assists with editing course descriptions and newsletters.

She also volunteers with the Comox Valley Land Trust, the Comox Valley Newcomers Club, and Anderton Therapeutic Gardens, and recommends volunteering as a great way to meet new people and settle into the community.

## *Courses and Lectures*

The Curriculum Committee was busy putting together an amazing selection of online courses and lectures. The following are still available.

### **Investing Rules of the Road (CVEC-3505)**

This course provides participants with 10 principles for sound investing and also discusses how to identify and avoid the most common investment mistakes. The class will begin with a current overview of market performance covering the day and week of the course.

Instructor: Aaron Macluskie



### **Retirement Outlook for Women (CVEC-3508)**

This course shares perspectives on financial concerns facing women who are getting ready for or have transitioned to retirement. Part one shares retirement income strategies; part two discusses four separate themes to help people live well in retirement.

Instructor: Aaron Macluskie



### **Making Your Money Last (CVEC-3520)**

Ten principles for living well in retirement. This course shares perspectives to help participants keep on track during retirement and help make sure their money lasts. Subjects include planning, spending, inflation, maintaining a healthy portfolio, taxes and legacy considerations.

Instructor: Aaron Macluskie



### **Exercise for Older Adults (CVEC-5477)**

In this time of COVID-19, exercise is recognized as vitally important to strengthening the immune system and maintaining a healthy body weight. Older adults face challenges in starting and maintaining an exercise program. This course gives a good base knowledge of exercise physiology, prevention, and treatment of orthopedic injuries, and will discuss why and how to get fit. Home-based fitness programs will be discussed.

Instructor: Ken Redl



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Our lecture series has offered us the chance to visit London with a very delightful tour guide. Anna-Maria is full of energy and very knowledgeable and she makes even a map or brochure come to life! While we are at the half-way point, you can still join the last four tours, listed below. Register for individual sessions or all that appeal.

**March 6: British Spirit in Paintings** ([CVEC-9005](#))

Royalty and scientific innovation, but also an unconditional love for nature and a passion for animals have always characterised the British spirit. We will explore these themes, as well as satire and respectability, through a selection of masterpieces from the London art galleries.

**March 13: World Civilizations' Treasures** ([CVEC-9006](#))

Or shall we say, 'world civilization'? Although we tend to speak of 'the Egyptians,' 'the Romans,' etc., connections between different peoples have shaped human history since its inception. In this virtual tour of highlights of the British Museum we will discover the magic encounters that happen when religions spread, ideas are exchanged, and goods shipped across borders.

**March 20: Intellectual Bloomsbury** ([CVEC-9007](#))

All London neighbourhoods have their own charm, but Bloomsbury is special because of its intellectual connections. Numerous blue plaques mark the beautiful Georgian houses where writers such as Virginia Woolf lived, and the calm garden squares give today's academics the tranquillity to focus their minds on their latest discoveries or ideas. In fact, Bloomsbury is home to many prestigious medical institutions, London's oldest university, University College London, as well as the oldest public museum in the world, the British Museum.

**March 27: London's St Art** ([CVEC-9008](#))

In our virtual tour on street art, we will gain a better understanding of this phenomenon through works, big and small, made by international street artists in Brick Lane and the surrounding areas. We will appreciate the impressive diversity of styles and techniques of this art form, as well as the powerful messages that emanate from it. We will also learn how street art developed in this multi-ethnic part of town and speculate on where it is heading.

## *Keeping You in the Know*

- The 2021 fall term will continue to be on online only. We have our fingers crossed for the 2022 winter term.
- We remind online participants to fill out the evaluation forms. Your responses will help us in honing our digital skills and provide valuable information to presenters.
- General evaluation forms will be sent in April to all ElderCollege members, whether you took courses or not this year. This is a chance to provide, honest, usual feedback so that ElderCollege keeps moving forward in the best way possible.
- Get ready for our upcoming AGM, via Zoom, on May 8. You will receive an invitation and information package by April 23. We hope you will join us.
- And, as always, we look for new or returning volunteers. There is something for everyone, some small tasks and some mightier. Click [here](#) to get in touch with the Volunteer Committee.

### Ordering Student ID Cards

As an ElderCollege student, you are eligible to receive a student photo ID card. Social distancing restrictions currently in place prevent face-to-face service from Student Services, but it is possible to obtain a card by mail. To do this, mail a headshot in jpeg format, between 10-2500KB, and a clear copy of another photo ID (driver's licence, passport, etc.) to [photoid@nic.bc.ca](mailto:photoid@nic.bc.ca). An ID card will be produced and mailed to the current address on your NIC student record. Please update your address if necessary. For further questions, please call 1-800-715-0914.

### Forgot Your Password?

Go to the enrollment system... on the front page you will see a link to "reset" your password. Simply type in your student number (e.g. n999999) and then your last name. A reset password will be automatically emailed to you.

Remember, if your password is not accepted when you sign in, simply click on the "reset my password" hyperlink (located on the right side of the sign-on page) ONCE in order to automatically receive a new emailed password.

## *For Your Enjoyment*

The Washington Post's Mensa Invitational once again invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.

Here are a few winners:

- Cashtration: The act of buying a house, which renders the subject financially impotent for an indefinite period of time.
- Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
- Osteopornosis: A degenerate disease.
- Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.
- Glibido: All talk and no action.

This [video compilation of elephants](#) is worth a laugh or two... or three.



Think your canine companion(s) may have a trick up its sleeve to convince you that it's time for a walk? Check out [this video](#).



The Generation Gap is alive and well as illustrated below!

