



COMOX VALLEY

ElderCollege Connector

MAY 2021

Greetings from the Chair

When we celebrated the 20th anniversary of Comox Valley ElderCollege in September 2019, we looked to the future with confidence and expectation. None of us foresaw the looming health crisis that would soon rock the world. By March, the pandemic was upon us. NIC closed and our winter 2020 courses were canceled in midterm.

Your volunteer Executive Committee weighed the options: wait out the pandemic by going into hibernation; or work to schedule a series of fall classes using Zoom, the web-based platform about which we had just learned. The executive agreed the latter option would be in the best interest of our members who look forward to learning together through ElderCollege classes. Our first task was to organize the May 2020 CVEC Annual General Meeting using Zoom. We then mobilized to introduce Zoom to our members, volunteers, and course leaders.



Despite the challenges, and with the support of NIC through its liaison officer, Julian Benedict, the fall semester pilot project succeeded, as did our more ambitious winter 2021 semester. After this past semester, we asked our members for feedback and suggestions and I am happy to report that the vast majority of those taking classes were satisfied with the Zoom format. Of course, our members and volunteers look forward again to joining in person for classes at North Island College.

During the year I had the privilege of working with the following Executive Committee members:

- Vice Chair John North
- Members at Large Craig Bassett and Dennis McMahon
- Past Chair Michael Syer
- Curriculum Committee Co-chairs Roger Taylor and Sheila Bowman
- Communications Committee Chair Solweig Williams
- Membership Support Committee Chair Jan Harding
- Volunteer Support Committee Co-Chairs Louise Argyle and Ilona Horgen

Website

eldercollegeCV@nic.bc.ca

250-334-5000 local 4602

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

- Finance and Administration Committee Acting Chair Sandra Harrison
- Finance officer David Clark
- Secretaries Jackie Greening and Mary Gray

It is the knowledge and determination of all our volunteers who keep the spirit of elder learning alive in the Comox Valley.

I hope you will join us for the 21st Annual General Meeting of Comox Valley ElderCollege, which will be convened via Zoom at 10 a.m. on Saturday, May 8.

Keep active, keep safe and keep on learning!

Don Axtell, Chair

Comox Valley ElderCollege

Comox Valley ElderCollege Zoom seminar for members

For the next while, during the COVID-19 restrictions, it is expected that many will still be missing the opportunity to socialize in person. To help our members better connect with others during this time, ElderCollege is offering a free online seminar to help improve your use of Zoom web conferencing.

An expectation is that you would already have a basic understanding of using Zoom as a participant but want to improve your experience. Or perhaps you are fine with using Zoom as a participant but would like some basic information and tips on using Zoom as a host for personal use (e.g., creating and running a meeting for family and friend gatherings, or for club and hobby meetings).

Date/time: Tuesday, May 11 from 9:30 to 11 a.m. plus time for questions and answers.

Cost: Free.

Registration: Limited to the first 100 registrants. Click on [this link](#) to register. You will then receive an email with the confirmation and Zoom connect information.

The registration information collected will only be used for attendance analysis.



Fall 2021 Course Preview

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

Tai Chi

Duration: 4 weeks

Instructor: Ann Zambilowicz

Tai chi is an ancient Chinese form of exercise originally created as a fighting art. Today it is recognized as much more than that. Research shows how tai chi improves balance and cognition in the aging population, has a meditative and relaxing effect, and has health benefits as well. Research on fibromyalgia and Parkinson's has resulted in physicians recommending tai chi to their patients.



Ghost Ships and Shipwrecks

Duration: 3 weeks

Instructor: Dianne Volrich

The list includes historical ships and legends, land-locked ships and canals, lighthouses, dive wrecks, ships frozen in ice and at the bottom of the Mariana Trench. Witness the building of ships and their demise by nature or misadventure.



Courtenay's Official Master Plan

Duration: 2 weeks

**Instructor: Nancy Gothard with
Tatsuyuki Setta**

Most Canadian municipalities have master development plans. In B.C., it is called an official community plan (OCP). It describes the long-term vision of communities as relates to land-use planning, transportation, housing, greenhouse gas reduction, servicing and other community priorities. Are you interested in learning how Courtenay's OCP is developed? Join City staff as they discuss the public engagement and technical analysis that goes into creating a community plan.



Website

eldercollegeCV@nic.bc.ca

250-334-5000 local 4602

Facebook: [COMOXVALLEYElderCollege](#)

Doughnut Economics and Wellbeing

Duration: 1 week

Instructor: Trevor Hancock

Our current economic system is arguably the greatest threat to human health and societal stability we face, generating massive inequality while devastating the environment. The instructor will provide some background on this threat to our wellbeing and discuss new directions we need to pursue, with a particular focus on the concept of doughnut economics, a new model related to concepts such as a wellbeing economy and a steady state economy.



Solar Panels and Energy Storage

Duration: 1 week

Instructor: Dale Erhart

Considering a solar panel array for your home? As an owner of a large full system array, Dale shares experience and insight into this alternative energy source, its cost and consequences as well as the benefits for you and the planet.



For Your Enjoyment

Good for a chuckle

- Ghosts like to ride in elevators because it lifts their spirits.
- Lego store reopens after lockdown. Folks lined up for blocks.
- My son wants to study burrowing rodents. I told him to gopher it.
- When you teach a wolf to meditate, he becomes aware wolf.
- What do you call a hippie's wife? Mississippi.
- Some people are saying they want the Pfizer vaccine because Pfizer also makes Viagra. If they can raise the dead, then surely they can save the living.

Website

eldercollegeCV@nic.bc.ca

250-334-5000 local 4602

Facebook: [COMOXVALLEYElderCollege](#)

Flying with the birds

Click [here](#) for extraordinary footage of microlight pilot Christian Moullec flying with orphaned geese as he helps them migrate.



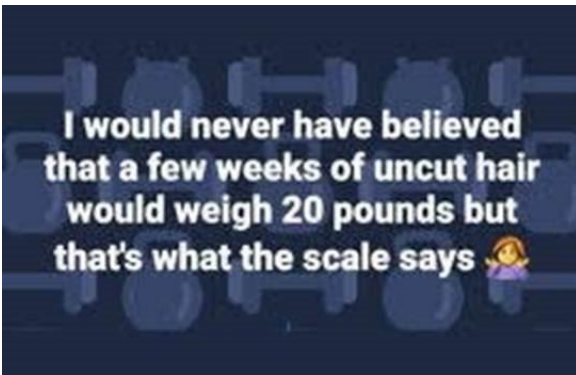
Why did the bear cross the road?

To get to the other cub! This [viral video](#) captures a mama bear trying to wrangle her four cubs to cross a busy road. It happened in Connecticut in late March, but you could just as easily imagine it taking place here.



COVID laughs





"It's just that I find that having two glasses of wine at once stops me touching my face..."

Just picked up my social distance support animal.

