



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

Ilona Horgen

Chair, Membership Support:

Dee McDonald

Chair, Operations Support:

Pam Munroe

Finance Officer:

David Clark

Co-Secretaries:

Jackie Greening

Mary Gray



Executive Message

By Craig Bassett, Vice-Chair

When registration for fall classes opened on September 20th, the process did not follow tradition of the 'early bird gets the worm'. There was a small glitch in the system resulting in Comox Valley ElderCollege (CVEC) classes not being available for online registration for a short period of time. If you were one of those people experiencing these temporary technical difficulties, I understand your frustration. Fortunately, many people were helped by the NIC staff in the registration department as well as our good friends Julian Benedict, NIC Program Coordinator for CVEC, and Kaley Williams, Program Assistant for Continuing Education. Many thanks to all.

NIC Continuing Education sent out an email about 12:30 pm advising that the online system was operational. My understanding is that registration went well from that time on. I hope everyone got into most of the classes they wanted and are excited about the new term. I'm sure many of you are extremely pleased to be getting back on campus again and taking courses in person. Others are happy to continue taking courses online.

Now I am pleased to let you know about some very interesting and rewarding volunteer opportunities to get more involved with ElderCollege.

EVENT COORDINATOR – This is the perfect position for someone who likes to have fun! This person works together with other members of the volunteer support committee to organize and coordinate the annual volunteer appreciation social event. This event is held in the spring and in the past has involved a luncheon and some fun group activities which have always been enjoyed by all. Contact Ilona Horgen by email at Ilona.horgen@gmail.com.

VOLUNTEER RECRUITMENT COORDINATOR – This is a great position for meeting interesting people who want to get more involved with ElderCollege. This person works with the chairs of the standing committees to identify roles requiring volunteers. The recruitment coordinator conducts activities to attract and recruit volunteers and then contacts and interviews the potential volunteers to find the best fit for each individual. Contact Ilona Horgen by email at Ilona.horgen@gmail.com.

Continued on Page 2

Executive Message *(Continued from Page 1)*

INFORMATION TECHNOLOGY (IT) SUPPORT

COORDINATOR – ElderCollege is looking for a well organized person with managerial skills who will coordinate the projects of the IT Support Group. There is no need to be an IT expert, as there are already several IT specialists available; however, the individual needs to be comfortable with e-mail communications and editing of text. Contact John North by email at johnrnorthca@shaw.ca.

In closing, I want to wish you all wonderful learning experiences this year and to remind you that we are a large organization completely run by volunteers.

FOLLOW and LIKE us on Facebook!

@ComoxValleyElderCollege



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+.

Volunteer Opportunities

Be part of a collaborative team and learn the inner-workings of Comox Valley ElderCollege (CVEC) in these important roles. Please consider filling out the Volunteer Form found at www.nic.bc.ca/eldercollege-cv.

In addition to the opportunities outlined by Vice-Chair Craig Bassett in the Executive Message, the following opportunities are available. ElderCollege could really use your time and expertise!

Curriculum Committee

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

Subject Coordinators

Language and Literature; Eclectic

Subject Coordinators liaise with current Course Leaders and seek out new ones in their subject area. Language and Literature courses have included Canadian Short Stories, From Page to Stage and Writing Workshops. Eclectic courses may include Bridge, Travel and Cycling.

Operations Support Committee

This committee is responsible for facilitating the development of CVEC administrative policy.

Member-at-Large

We need one more member to serve in this position that involves reviewing, researching and drafting policy documents to ensure the smooth operation of CVEC programs.

Communications Committee

Speakers' Bureau Coordinator

As community groups are meeting again with COVID restrictions easing up, this committee is reinstating the Speakers' Bureau. The Coordinator arranges for speakers with CVEC experience and good communication skills to address the various clubs and organizations in the Comox Valley with a view to publicizing the advantages and joys of CVEC membership.

Sign up before they fill up!

Registration has opened for the fall session and many classes are already full. Here are some options that still had space at the time of writing. For a list of all the courses offered this fall, check the CVEC website.

Music Fundamentals for Singers

8 weeks on campus; \$44; CVEC-1885-CVS1

October 13 to December 1 from 4:00 to 5:30 pm

Instructor: Robert Rennie

This fast-paced interactive course teaches singers how to read music and improve their listening skills. By understanding basic music theory and solfège, you will learn to read melodic and rhythmic passages, and interpret music symbols used in choral music. Singing of rounds and two- and three-part songs will enhance your ability to sing in harmony with others.



Maintain A Mature Singing Voice

8 weeks on campus; \$44; CVEC-1889-CVS1

October 5 to November 23 from 3:00 to 4:30 pm

Instructor: Oliver Clarke

Participants will take part in vocal exercises designed to extend vocal range and to project one's voice both in volume and energy through intentional focus. This course is especially beneficial for members of choirs. A few with voice problems owing to health concerns have also benefited.

How the Internet Works

2 weeks on campus; \$13; CVEC-3604-CVS1

October 8 to 22 from 1:00 to 3:30 pm

Instructor: Terry Hooper



When you use email and web browsing, does it seem akin to magic? What happens when your computers, tablets, and phones connect and use the internet? And why does that connection sometimes seem slow or not work at all? This course is for those who are curious about how things work behind the curtain and will be presented in high-level, layperson's terms.

Role of the Executor

1 week on campus; \$5.50; CVEC-3580-CVS1

October 5 from 7:30 to 9:00 pm

Instructor: Lyle Carlstrom

Learn the role of the executor in B.C. estate administration law from a practicing estate administration lawyer. Discuss factors to consider before accepting or assigning the appointment as an executor. Address practical steps to be taken upon a will-maker's death, and the executor's rights and responsibilities in fulfilling their wishes. Optional printed materials to help with document organization are available for purchase.

[Register here.](#)

Spreading the Word

Speakers Bureau

We are passionate about the Comox Valley ElderCollege and we want to share this passion with others! Did you know that we have a **Speakers Bureau** that arranges for knowledgeable members to give short presentations to interested groups? In the past we have presented to clubs such as Probis, Newcomers, Kiwanis, Rotary, Soroptimist, Lions, and anywhere folks who are 55+ years congregate.

If you belong to a group that would be interested in hearing about ElderCollege, we will arrange for a speaker. Presentations are usually about 20 minutes long, including questions and answers. Please contact Solweig Williams (solwilliams@shaw.ca) to make arrangements.



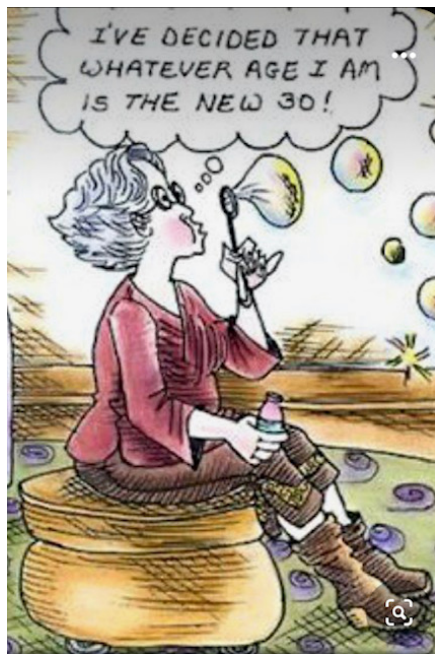
Out and About

Did you spot us at the market? Members of the CVEC Communications committee set up shop at the Comox Valley Farmers' Market on September 3, where we were thrilled to meet so many of you who are excited about the upcoming Fall semester. Interest is so high for the return of in-person classes that we ran out of fall Course Guides to hand out (oops)! Fortunately, we are printing more and you can always find the entire course guide (and lots more information) at nic.bc.ca/CVEC.

Next stop on the CVEC Road Trip is the Comox Valley Newcomers' Club on October 11. Our Speakers' Bureau is heading to the CVNC General Meeting, where we'll welcome new Valley folks with information on everything that ElderCollege has to offer.



Thoughts for your New “School Year”



SENIOR CITIZEN TEXTING CODES

ATD - At the Doctors

BFF - Best Friend Fell

BTW - Bring the Wheelchair

BYOT - Bring Your Own Teeth

FWIW - Forgot Where I Was

GGPBL - Gotta Go Pacemaker Battery Low

GHA - Got Heartburn Again

IMHO - Is My Hearing-Aid On

LMDO - Laughing My Dentures Out

OMMR - On My Massage Recliner

OMSG - Oh My! Sorry, Gas

ROFLACGU - Rolling On Floor Laughing And Can't Get Up

TTYL - Talk To You Louder

Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said; "Success is when you look back at your life and the memories make you smile."

