

LIFELONG LEARNING FOR ADULTS (55+)

FALL 2019

COURSE GUIDE



PUBLIC INFORMATION FORUM

Saturday, September 7, 2019
10:00am – 12:00pm
Stan Hagen Theatre
(Komoux Hall)
North Island College

Instructors will provide brief presentations describing their courses. Online and in person registration procedures and wait list options will be clarified.

COURSE REGISTRATION BEGINS

The third week of September 2019. The exact time will be announced to all members by email.

COURSES BEGIN

Monday, September 30, 2019

LECTURE SERIES BEGINS

Saturday, October 5, 2019
Stan Hagen Theatre
(Komoux Hall)
North Island College

Those planning to enrol in any courses or Lectures must have a current membership valid September 2019 until August 2020.


At ElderCollege the learning process is lively, full of discussion and humour. Everyone 55+ is encouraged to join and participate. No exams, no grades, no pressure.

Comox Valley ElderCollege: 20 Years of Shared Learning



On hand to officially open the Comox Valley ElderCollege were Dr. Lou Dryden, NIC President, Clay Rutherford, master of ceremonies, Betty Emery, ElderCollege chair, Jim Hooton, Comox Valley campus director for NIC and Vivian Wylie, advisory member and chairman of the curriculum committee

Twenty years ago, a dream caught hold in the Comox Valley – the dream of providing affordable opportunities for continued learning for older valley residents. Founders Betty Emery and Elizabeth Smith had that dream, which is carried on today by the Comox Valley ElderCollege (CVEC), an institution offering over sixty learning opportunities in each of two annual semesters.

The success of CVEC is demonstrated by the level of its membership, which has grown from 100 in 1999 to more than 1200 members today. Annual membership fees of \$10.00 and mod  charges for courses enable the college to pay North Island College a nominal fee for use of its facilities and for basic services.

The spirit of volunteering is the bedrock upon which CVEC's continuing success has been built. From its beginning, ElderCollege operations have been

carried out by volunteers including instructors and members who work in committees such as Curriculum, Finance and Administration, Communications, Volunteer Support and Member Support. These groups are coordinated by an elected Executive who encourage others to join as members, to take classes and to volunteer. To this end, the CVEC Executive has evolved with the times by providing

for co-leadership of committees and designing many tasks to be short-term, specific projects as favoured by today's volunteers.

CVEC Chair Michael Syer has stated, "We know our continued success depends on us working smarter rather than simply harder. If you believe in our mission – in our dream, please consider working with us as a member of our volunteer team!"



After 20 successful years, the Comox Valley ElderCollege is poised to continue its positive role in the Valley by encouraging older citizens to remain active in mind and body and engaged in community affairs.

INSIDE THIS Issue

Notes from the Chair	2
Anniversary Event	2
ElderCollege in Action	3
Membership & Registration	4
Instructors' Workshop	4
Interview with Elizabeth Fussell	5
Discovery Lecture	5
Intriguing New Courses	6
Regular Courses	7
Short Courses	10
Saturday Lecture Series	11
Courses at a Glance	12

NEW TO ELDERCOLLEGE?

Visit the beautiful Comox Valley North Island campus. Stroll through the forested setting before the semester begins. Note the names and location of the various buildings, visit the library, and enjoy the offerings at the cafeteria or the coffee kiosk. Stop at the Registration Office in Discovery Hall and purchase your membership.

ID CARDS

CVEC members may obtain an ElderCollege Photo ID at the Registration Office. This ID allows members access to the NIC Library and Computer Lab.

NO SCENT POLICY

CVEC members are asked to refrain from using any scented products while attending CVEC events as some members have allergic reactions to such products.

PARKING IS FREE.



Find us on Facebook:
Comox Valley ElderCollege

Notes from the Chair

I hope that you enjoyed our past semester and found opportunities to broaden your knowledge or enjoy one of our recreational offerings.

Your executive team worked hard to provide these experiences. I applaud their efforts and commitment. In addition I acknowledge the considerable contributions made by our new NIC Liaison Officer, Julian Benedict without whom our success would have been so much harder to achieve.

Twenty years deserves celebration and we are planning a publicity event acknowledging our great partnership with NIC. This will take place on campus, early afternoon Friday September 13. All CVEC members and volunteers will be invited to attend.

In our 21st year we shall be looking to add one or two exciting new "Discovery" lectures - the first on Sunday afternoon, October 20. These lectures will be in addition to our traditional Saturday lecture series.



They are intended to provide in-depth exposure to liberal arts and broad political science subjects and they will be presented by subject area experts.

It's been said many times but none of these things, nor indeed our very existence will be possible without dedicated volunteers. Please consider if you could offer your help - now or beginning later with our winter semester next January. If so, or for further information, please complete and forward the form on our website: nic.bc.ca - Continuing Education - ElderCollege - Comox Valley Campus - Volunteer.

Keep on learning!

Michael Syer

Comox Valley ElderCollege 20th Anniversary Recognition Event

On Friday September 13, 2019 at 2 pm, Comox Valley ElderCollege members and guests will gather at North Island College's Stan Hagen Theatre for the unveiling of a plaque commemorating the 20th Anniversary of the formation of the Comox Valley ElderCollege. The program will feature a few short speeches and will provide an opportunity for group photos celebrating twenty years of learning together in the Comox Valley. Due to space limitations we ask you to register for the event during the week of August 12. The membership will be informed by e-mail when registration is open. Go to nicconnect.nic.bc.ca and select course code GENI 9500 to attend this event.



ElderCollege Comox Valley
Founders: Betty Emery and
Elizabeth Smith





ElderCollege in Action!



We Love Photos

Please expect our photographer in your classes.



How to Register for ElderCollege Courses

STEP 1 JOIN OR RENEW YOUR Membership

Once you become a member (or renew your membership), you can register for courses and receive updates and information. Course Registration takes place the THIRD WEEK of September – the official registration start date will be emailed to members as well as posted on the NIC website and facebook. Courses and lectures fill up fast – online registration is the best way to ensure you get in!



ONLINE

Returning members need to login first (with their student number and password) before following the instructions below. New members just follow instructions below:

Online membership: nicconnect.nic.bc.ca

Select: Continuing Ed / ElderCollege

Select: Register and Pay

Select the following:

Course Type: ElderCollege

Location: Comox Valley Campus

Course Type: CVEC-0001-CVS1

New members will receive a student number with their membership receipt.

Forgot your student number or password?
Call Julian Benedict at 250-334-5000 ext.4601



IN PERSON

Drop by Student Services in Discovery Hall at the North Island College campus. Credit cards, cheques or cash accepted.



BY MAIL

Mail a completed membership form (with payment) to Student Services, ElderCollege, 2300 Ryan Rd., BC. V9N 8N6. Membership form is available online at: www.nic.bc.ca/pdf/eldercollege-registration-form.pdf

STEP 2 STEP TWO: COURSE Registration

A valid membership is required to register for courses.

Course descriptions are available online and in this Newsletter.



ON-LINE

Register at: nicconnect.nic.bc.ca

Select: Online Registration Available

Login: Using the student number and password provided with your membership receipt (Login is located at the top/right of page)

Select: Continuing Ed/Eldercollege.

Select: Register and Pay

Select the following:

Course Type: ElderCollege

Location: Comox Valley Campus
(no need to fill in other boxes)

Select: All the courses you wish to register for (they are listed in order of CVEC#)

After pressing submit, simply provide the requested payment details and Log out. Enjoy your classes!

This is a secure site that accepts MasterCard, Visa or American Express. Class confirmation and a receipt will be emailed to you.

For a tutorial on how to register:
www.nic.bc.ca/student-services/admissions/mature-learners/elder-college.



IN PERSON

After registration is opened, you can register in person at the Student Services area in Discovery Hall on the North Island College campus. Credit cards, cheques or cash accepted.

Instructors' Workshop

For anyone interested in the possibilities of leading a course at ElderCollege.

Perhaps you have had an interesting career or a unique hobby that would interest others. Maybe you have some unusual expertise you could share with our members. If so, Elder College would like to hear from you and provide you with the encouragement and practical support to get you started.

One of our members with over 40 years experience in the education field would be happy to help new instructors with course planning, or with increasing their awareness of the issues relevant to teaching adult learners. One-on-one help isn't out of the question but we organize a short workshop each semester that course leaders or prospective course leaders can attend. The experience of sharing your gifts might change your life and enrich ours!

If you are thinking about it please contact: eldercollegeCV@nic.bc.ca

Conversation with Elizabeth Fussell

INTERVIEW BY ENID FARMAR

Elizabeth Fussell is one of the numerous volunteers and unsung heroes of ElderCollege. Very generous with her time and energy, her lively and engaging personality makes her one of the driving forces behind ElderCollege. She has been a member since the inception of ElderCollege, and played a vital, integral role in its growth and enormous success over the past twenty years.

She modestly attributes her sense of volunteering and service in the community to her parents and grandparents, from whom she learned the importance of social, religious and occupational sharing in the larger society within which it exists. She and her late husband Roy were schoolteachers, and she now finds educating seniors a rewarding experience.

Elizabeth has worked on all of the committees that help to make ElderCollege a vibrant and convivial

component of the Comox Valley education community. She has led various courses including Mac for Muddlers (until Phil Smith took over), autobiographical writing, and Religions of the World. She has coordinated several of the Saturday Morning Lecture series.

Elizabeth has three children, one of whom lives in Tasmania, where she visits from time to time, and then participates in their ElderCollege equivalent, or University of the Third Age. During her most recent visit she learned about Crypto Currency. In May, she plans to do the Camino "Lite" in Spain. She hopes that T'ai Chi exercises at d'Esterre House and walking will keep her fit enough to undertake that challenge.

With her natural, easy capacity for communication, she is a perfect ambassador for ElderCollege, broadcasting the joys of membership.



Elizabeth has worked on all of the committees that help to make ElderCollege a vibrant and convivial component of the Comox Valley education community.

SPECIAL
EVENT

ELDERCOLLEGE *Discovery Lecture*



Classical Music in the 21st Century: What's New in How We Present and Hear the Classics?

By definition, "Classical Music" is our shared heritage of musical masterworks from the past. Yet, in our own time, how we play music of past eras, the expansion of repertoire, changing attitudes towards performances, and the use of technology is creating new challenges and wonderful new opportunities. Join David Gordon Duke for an informative and accessible, illustrated lecture (for all knowledge levels) that considers how exciting developments in music have created a new Golden Age for music lovers.

Dr. Duke holds degrees in Historical Musicology from UBC, the University of North Carolina, and UVIC; he is also the long-time music critic for The Vancouver Sun, and contributes to the American Record Guide, and Classical Voice, North America. Dr. Duke is a faculty member of Vancouver Community College's celebrated School of Music

SUNDAY, OCTOBER 20, 2019

3pm - 5pm

Stan Hagen Theatre (KMX 104)

CVEC 8901

Fee: \$15.00

Partial proceeds from this fundraiser will go to the Comox Valley Youth Music Centre (CYMC). The CYMC proposes to use the gift to help fund their Artists in Residence Program. Each Artist in Residence delivers masterclasses and workshops to students and is featured prominently in performance opportunities throughout the Comox Valley.

Intriguing New Courses

Giving Up War

A 3-HOUR PRESENTATION OFFERED BY DR. MARY-WYNNE ASHFORD AND DR. JONATHAN DOWN, WITH MUSIC BY LETZ SING, DIRECTED BY TINA FILIPPINO.

Threats of fire and fury between the United States and North Korea galvanized two doctors to warn again that in the event of a nuclear war, medicine has nothing meaningful to offer. Nuclear war is still the only thing that can end all life on earth in an afternoon.

This is not a gloom and doom talk, but an update on how we, civil society, have almost succeeded in banning nuclear weapons, and how we must now stop the war system itself because it is destroying our climate. Global military emissions are huge, and they are exempted from reporting to the Intergovernmental Panel on Climate Change (IPCC). Saving our climate requires new thinking about security and how we use our resources in this urgent situation. Giving up war is no longer a utopian dream; it is a survival issue for

all countries, not just the ones that get bombed. It is time for creative responses to resolving our international conflicts collaboratively.

Firstly, we can look at our successes. Civil society was the force behind the Treaty to Ban Landmines, and the treaties that banned chemical and biological weapons. We are likely to have a Treaty to Prohibit Nuclear Weapons enter into force within a year. The story of the International Campaign to Abolish Nuclear Weapons (ICAN) is a good news story. ICAN won the Nobel Peace Prize in 2017 for its work bringing the Ban Treaty to the UN, and all of us can take action to further the completion of the Treaty process. As we look seriously at giving up war, we need to heed the wise advice that: first we imagine how we would do it, then we do it. Then afterward, we ask if it is possible.



Dr. Mary-Wynne Ashford is a retired Family Doctor and Palliative Care specialist. She is a Past Co-President of International Physicians for Prevention of Nuclear War. Her award-winning

book, Enough Blood Shed: 101 Solutions to Violence, Terror and War, has been translated into Japanese and Korean.

Co-presenter Dr. Jonathan Down is a Developmental Paediatrician, and President of Physicians for Global Survival (Canada). He is a member of the US Physicians for Social Responsibility Campaign for the Abolition of Nuclear Weapons Committee.

Strata Basics – the Good, the Bad and the Ugly

A 4-WEEK COURSE OFFERED BY MICHAEL NAISH

This course will explain how strata (condo) ownership differs from other forms of ownership. Differences between renting, owning a strata unit and owning a residential property on its own parcel will be explained. Doing your “due diligence” before you buy a strata will likely lead to a better and happier ownership experience.

Some strata owners seem oblivious to how a strata is actually governed; this course should demystify much. The first part of the presentation will cover what to look for before buying, such as the unit of entitlement; this determines how much to pay in fees and levies. We’ll look at reviewing the strata plans to discover your actual ownership and what is common property, the depreciation report, and we will review the strata minutes to get a clear understanding of

how the strata is run. Maybe this strata is not for you and there could be another strata with a better fit.

Using the Strata Property Act as a template and with reference to the Strata Property Regulations and the By-Laws, we will go through the most important sections of the first half of the Act, such as electing council, council powers, the AGM, the budget, levies, who repairs what, strata insurance, and how to collect monies owing. Using the multiple sources of information available, participants should know how and where to find the answers to any particular strata problem by the end of the course.

Mike lived in the Comox Valley for almost 50 years and recently moved to Campbell River. He has worked as both



a government and private real estate appraiser in the Comox Valley and is a retired member of the Appraisal Institute of Canada (AACI), Professional division of the Real Estate Institute of BC (RI), and Royal Institution of Chartered Surveyors (MRICS). As an appraiser he has knowledge of construction, property, legal issues and accounting. He has served in numerous volunteer positions over the years and is currently a member of the Campbell River Board of Variance. He lived in a strata complex for fourteen years.

PUBLIC INFORMATION FORUM
Saturday, September 7, 2019
10:00am – 12:00pm
Stan Hagen Theatre, NIC

REGISTRATION –
The third week of September
The opening date for registration will be announced to all members via email and announced on the CVEC website.

CLASSES BEGIN
Monday, September 30, 2019

LECTURE SERIES BEGINS
Saturday, October 5, 2019

DISCOVERY LECTURE
Sunday, Oct. 20. 3:00pm – 5:00pm

FEES – Fees subject to tax.
\$10.00 Annual membership
(CVEC 0001)

Course pricing is based on units of time, one unit being 1½ hours to 2 hours and costing \$5.00. Some longer courses have been capped at \$60. See Courses for cost.

\$48.00 Lecture Series (CVEC 9000)
\$6.00 Individual lecture
\$10.00 Individual Lecture – at the door (not registered).
Exact amount please

Membership fees are not refundable. Members cannot change courses once they begin.

A course must be dropped 7 days prior to start to receive a refund.

Wait Lists: CVEC members can request their name be added to a wait list by contacting Julian Benedict, 250-334-5000, ext. 4601.

Regular Courses

ARTS & MUSIC

ARTISTS IN THEIR STUDIOS (6 weeks) \$30
Dianne Volrich CVEC 1982
Thursday, Oct. 17 – Nov. 28 10:30 – 12:00

Gain an insider's view of the creative process of six central island artists in their own studios. Artists include Heather Soos (wildlife painter), Larissa McLean (acrylic painter and teacher), Loris Dawn Nygaard (glass artist), Douglas Walker (metal sculptor using musical instruments), Marianne Enhorning (abstract painting) and Bette Kosmolak (acrylic painter and art facilitator). No class Oct. 31.

COLOUR (8 weeks) \$40
Jean Higginson CVEC 1005
Friday, Oct. 4 – Nov. 22 13:00 – 14:30
An opportunity to think imaginatively about colour, its history and place in our world, especially in textiles, art, architecture, ritual, and decoration.

FILM'S GREATEST DIRECTORS (PART 1- ORSON WELLES) (4 weeks, 3 hours each) \$40
Kay Kennedy CVEC 1721
Monday, Nov. 4 – Dec. 2 13:00 – 16:00

Throughout the history of film many great directors have left their mark on this popular medium of dramatic expression. In this course we will view four diverse films by Orson Welles: The Magnificent Ambersons, The Lady from Shanghai, Touch of Evil, and Chimes at Midnight. Unlike his more famous Citizen Kane, these four are not often shown on the large screen but illustrate just as well his incredible creativity.

FOREVER YOUNG FOR FILM LOVERS PART 2 (4 weeks, 3 hours each) \$40
Heather McFetridge & Brian Charlton CVEC 1735
Monday, Sept. 30 – Oct. 28 13:00 – 16:00

This 4-week course will feature films that deal with aging, sometimes with humour, sometimes with sadness, but always truthfully. It will be comprised mainly of European films with tentative titles being Amour, Umberto D, Wild Strawberries, but also The Tokyo Story. As always we look forward to your avid participation in the discussion following the showing of each film.

INTRO TO BUCKET DRUMMING (4 weeks) \$20
Monica Hofer CVEC 1891
Friday, Oct. 4 – 25 10:00 – 11:30

Join this class for a stimulating and fun journey into the world of bucket drumming. The benefits of drumming in general include decreased feelings of stress and balancing of the two hemispheres of the brain. Bucket drumming has the added benefit of being accessible to anyone who has a bucket (and who doesn't?!) and being

COLLEGE CLOSED ON:
Monday, Sept 2, 2019
Monday, October 14, 2019
Monday, November 11, 2019

a whole lot of fun! So if you're looking for a class where laughter and rhythm-making combine wonderfully, this is the one for you! Participants must bring a bucket (large plastic garbage can or medium sized plastic paint pail) to class.

MAINTAINING THE MATURE SINGING VOICE (6 weeks) \$30
Oliver Clarke CVEC 1889
Tuesday, Oct. 1 – Nov. 5 10:00 – 11:30
Participants will learn techniques designed to increase the fullness and richness of their voices, to increase vocal range and breath support, plus vocal projection. At Berwick.

UNIVERSAL DEVOTIONAL CHANTING (8 weeks) \$40
Oliver Clarke CVEC 5413
Tuesday, Oct. 1 – Nov. 19 13:00 – 14:30
The educational and devotional benefit of this course is the realization, through actual experience, that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe: God, The Tao, The Voice, Great Creator, or re-creative energy found in nature. All are encouraged to participate and all levels of singing ability are welcome.

WALKING WITH YOUR CAMERA (8 weeks) \$60
Norman Mathew CVEC 5550
Tuesday, Oct. 8 – Nov. 26 10:00 – 13:00

This course is intended for those who like to take their cameras on walks. Cameras should be adjustable, and participants should be familiar with how to set shutter speed, aperture, and ISO settings. In addition to exploring scenic local hikes with a camera, photographic techniques and composition will be presented through a series of tailgate talks at the trailhead and during the hikes.

ECLECTIC

BE KIND TO THOSE YOU LEAVE BEHIND (5 weeks) \$30
Linda McLean CVEC 3532
Thursday, Oct. 3 – Nov. 7 14:30 – 16:00

Death is inevitable. Before and after that day, there may be health care decisions to make, information required for estate probate, many arrangements to be made, and wishes to be followed. We can be kind to those we leave behind, making it easier to handle all that will be required of them. This course will guide and encourage you to clarify your wishes, gather information and documentation into one place, and have "the conversation."

CV ElderCollege takes pride in the veracity of course content offered and works hard to ensure high quality overall. However, our instructors and course leaders are all volunteers with varying degrees of expertise and CV ElderCollege does not accept responsibility for content accuracy. Course participants are advised to verify any advice received before acting thereon.

Course Information is correct at the time of publication; please check website for any changes.

BEGINNERS' IMPROV (8 WEEKS) \$40
 Bill Fradgley CVEC 1797
 Friday, Oct. 4 – Nov. 22 14:30 – 16:00
 We will learn basic Improv techniques, do warm-up exercises and play various Improv games. There is nothing to prepare as it is all improvisation. You will progress at your own comfort level. So come out, have some fun and share a laugh.

BRIDGE - INTERMEDIATE BIDDING (8 weeks) \$40
 Gary Priestman CVEC 6250
 Friday, Oct. 4 – Nov. 22 14:30 – 16:00
 This course is designed for intermediate players who are looking to add more bidding tools to their game. We will explore the more frequently used Conventions, Cue Bids and Doubles.

BRIDGE - INTRODUCTION TO MODERN BIDDING (8 weeks) \$40
 Gary Priestman CVEC 6252
 Monday, Sept. 30 – Dec. 2 11:30 – 13:00
 This course is designed for new players or players returning to the game. This course will cover the modern Standard American system of bidding.

BRIDGE - PLAY THE HAND, DEFEND THE HAND (8 weeks) \$40
 Gary Priestman CVEC 6253
 Friday, Oct. 4 – Nov. 22 11:30 – 13:00
 This course is designed to help new or less-experienced players to better play a hand as well as how to defend a hand more successfully.

COMPASSIONATE COMMUNICATION (6 weeks) \$30
 Bonnie Larush CVEC 2800
 Thursday, Oct. 3 – Nov. 7 13:00 – 14:30
 Our culture has taught us to communicate in a way that perpetuates conflict and pain. The four-step process of Compassionate Communication teaches us how to listen and speak authentically from the heart and bring peace to our lives. The class focuses on practising these skills with real life examples. *Non-Violent Communication: A Language of Life* by Marshall Rosenberg is required reading.

IMPROV: INTERMEDIATE AND ADVANCED (6 weeks, 3 hours each) \$60
 Susan Osso CVEC 1799
 Thursday, Oct 3 – Nov 7 14:30 – 16:00
 This course is for those who have taken Improv classes and wish to continue exploring more advanced techniques. Participants will review basic activities and games and be introduced to new ones. Participants will build on the knowledge they have learned to further their skills as Improv Performers. If you like to laugh, are inspired by the creative process, and feel that laughter and well-being complement each other, then this is the course for you.

MAH JONG (6 weeks, 3 hours per class) \$60
 Harry Piercy CVEC 6246
 Friday, Oct. 4 – Nov. 8 13:00 – 16:00
 Learn to play Mah Jong, an ancient tile-based game developed in China. Experience the ways to Mah Jong from the 144 pieces on the board. This is the version played at the two senior centres in the Comox Valley.

PEOPLE TYPES AND TIGER STRIPES (5 weeks) \$25
 Mary Sullivan CVEC 6605
 Wednesday, Oct. 30 – Nov. 27 14:30 – 16:00
 Myers-Briggs Type Theory is based on Jungian psychology and describes inborn preferences for various ways of seeing the world and operating in it. The preferences describe opposite strengths. Understanding these allows us to reflect on our own filters and those of the people around us. This focus can show us how to maximize our own talents as well as accommodate and appreciate the differing gifts of others.

THE POWER OF PERSUASIVE SPEECH (8 WEEKS) \$40
 Harry Piercy CVEC 5829
 Friday, Oct. 4 – Nov. 22 11:30 – 13:00
 Improve your communication skills. Emphasis is on listening and evaluating. An introduction to the skills taught in leading speech enhancement programs.

STRATA BASICS (KNOW THE GOOD, THE BAD, AND THE UGLY) (4 WEEKS) \$20
 Michael Naish CVEC 7040
 Tuesday, Oct. 29 – Nov. 19 10:00 – 11:30
 Downsizing to a strata property has positives and negatives. Thinking of buying, or already a Strata Owner? This course will guide you through the things you need to know and the questions you need to ask. Topics covered: Owner's rights and obligations according to strata legislation, governance, who pays for what, insurance issues, privacy legislation and how you can ensure you are being treated fairly, and the Civil Resolution Tribunal (CRT).

HEALTH & WELLNESS

INTRODUCTION TO MEDITATION (4 weeks) \$20
 Lucas Stiefvater CVEC 5455
 Thursday, Oct. 3 – 24 13:00 14:30
 Meditation is a mindful practice; it is calming, relaxing, grounding and helps one to focus. Regular meditation is an exercise for the brain. It increases brain activities in the happy, calm zone of the brain. Meditation is simple and for everyone.

LIFE ON A WHOLE FOOD, PLANT BASED DIET (4 weeks) \$20
 Granville Airton CVEC 5626
 Wednesday, Oct. 30 – Nov. 24 13:00 – 14:30
 Great benefit can be gained from Whole Food Plant Based (WFPB) eating, for health in general and curing many health-related conditions. The instructor is 77 and in excellent condition (plays squash at least 5x a week). The material taught in this class is all supported in the research literature. Recipes for delicious WFPB meals will be provided, with explanation, in class.

SCENIC HIKES [NO DOGS] (8 weeks) \$40
 Ted Grainger CVEC 5520
 Tuesday, Oct. 1 – Nov. 19 13:00 – 16:00
 These 2 - 3 hour hikes, covering variable terrain for 7 - 10 km, are suited for those who enjoy walking or hiking regularly. We will do hikes from Bowser to Campbell River so car pooling is encouraged. The hikes can be postponed due

to extreme weather but otherwise go on, rain or shine. Experience great exercise, discover new places, meet great people!

T'AI CHI GONG (8 weeks) \$40
 Sherry Brydon CVEC 5461
 Thursday, Oct. 3 – Nov. 21 13:00 – 15:00
 T'AI CHI GONG is a mix of T'ai CHI and Qui GONG and is 20 simple movements that are taught at a slow pace and repeated in a gentle form. It is also a form of self meditation incorporating CHI or energy that provides improved balance, circulation and calmness. It can be done by anyone of any age and physical condition, modifying the moves to suit the individual's needs and abilities. So come out and have a peaceful session to "Make your day".

WALKING LOCAL TRAILS (6 weeks) \$30
 Ricarda Van Orden & Cathy Anderson CVEC 5506
 Thursday, Oct. 3 – Nov. 7 10:00 – 12:00
 These 6 walks will take us to different areas of the valley. The trails, while fairly flat, will have some hilly sections and the occasional rough patch. The walks will be about 1 ½ to 2 hours long and about 5 to 7 km. in length. Coffee or lunch after is an option. Well-socialized dogs are welcome but no more than two per person.

HISTORY & SOCIAL SCIENCES

BUDDHISM AND DZOGCHEN – 21ST CENTURY (6 weeks) \$60
 Scott Bain CVEC 6680
 Thursday, Oct. 24 – Nov. 28 13:00 – 16:00
 A basic study of Buddhism as a synergistically integrated educational system. The focus will be on the Wisdom/Compassion traditions through Study/Practice: patterns that connect Meditation, Contemplation, Realization; and qualities of self-reflective awareness becoming the Altruistic mind of Enlightenment. The Dzogchen symbol for Mind is the mirror. Understanding the qualities of reflections, the conceptual structure of Mind can be known. The paradoxes of change become the paradigms of evolution.

EARLY MINING HISTORY IN B.C. (4 weeks) \$20
 Giles Peatfield CVEC 6335
 Thursday, Nov. 14 – Dec. 5 16:00 – 17:30
 Stories about early mining in B.C. Tales of claim-jumping and murder, political manipulation, legal chicanery, etc. What was the extent of American influence? Why did some cities prosper after mine closures, and others die? And much more!

ETHICAL IMPLICATIONS OF RELIGIOUS SPIRITUAL PRACTICES (8 weeks) \$40
 Jack Duckworth CVEC 6282
 Tuesday, Oct. 1 – Nov. 19 14:30 – 16:00
 All religions are lived out in a society. The challenge is to understand their spiritual praxis. This course will examine some world religions experienced in Canadian culture. The sessions will include readings, lecture and discussion. Participants should purchase 'God is Not One' by Prothero. The classes provide respectful enquiry that respects each person's insight and experiences.

HISTORY OF BEER, PART 1 (8 weeks) \$40

Alan Brown CVEC 7353

Tuesday, Oct. 15 – Dec. 3 15:30 – 17:30

This course, the first of two parts, investigates the relationship that humanity has had with beer from the dawn of civilization to the Industrial Revolution. Along the way, we will explore beer's central role in the economy, religion and art of ancient societies, the move from medieval kitchens to monasteries to brewing guilds, and the first industrial brewers. A course material fee of \$10 will be collected at the first class.

HISTORY OF THE COMOX VALLEY (8 weeks) \$40

Christine Dickinson CVEC 6234

Monday, Sept. 30 – Dec. 2 10:00 – 11:30

An exploration of the history of the Comox Valley, including the K'omoks First Nation, the earliest European settlers, the communities of Comox, Cumberland and Courtenay, and the economy, politics and social life of the 20th century. One class will be a historical tour of Cumberland (Tour has a \$15 charge).

RULE OF LAW & ORGAN PILLAGING IN CHINA (8 weeks) \$40

Clive Ansley CVEC 6284

Thursday, Oct. 3 – Nov. 21 10:00 – 11:30

We will trace the evolution of legal thinking in China from the Zhou Dynasty (551-221 B.C.) to the present. We shall examine the historical schools of theory about law, and identify those concepts which have continuously influenced how Chinese feel about 'Rule of Law' and one of the most fundamental philosophical issues throughout Chinese history: whether governments should be based on 'Rule of Man' or the 'Rule of Law,' and in more recent years, whether China is in fact characterized by Rule of Law or Rule BY Law.

RUSSIAN HISTORY, THOUGHT & CULTURE 9TH –18TH CENTURIES (8 weeks) \$40

Nicholas Tyras CVEC 6285

Tuesday, Oct. 1 – Nov. 19 10:00 – 11:30

Why has Russia always been 'the great other'? Against the background of Russian history from the 9th to 18th centuries, this course acquaints adult learners with the country's past, and how the Greek version of Christianity, and then coming under Mongol dominion for over two centuries, affected the Russian mindset. Rapid westernization in the 18th century only scaled down the differences with Europe, but it also exacerbated divisions in Russian society.

UNDERSTANDING THE CANADIAN CONSTITUTION (4 weeks) \$20

Keith Ritter CVEC 6421

Wednesday, Oct. 2 – Oct. 23 14:30 – 16:00

This course will include discussion of the powers of the federal and provincial governments, the Charter of Rights and Freedoms, and the roles of municipalities and other government institutions. It will also involve consideration of the taxing powers of each level of government and how the constitution can be amended. Finally, items in the news that raise constitutional issues will be discussed.

INFORMATION TECHNOLOGY**A DAY IN THE LIFE OF MY IPAD (4 weeks) \$20**

Peter Newsted CVEC 4569

Thursday, Nov. 7 – 28 13:00 – 14:30

Selective coverage of my favourite applications ("apps") and features including Internet use and management, e-mail, photo sharing and albums, word processing, dictation, printing, presentations, iCloud storage, and iPad maintenance/manuals. Apps covered include those for news, sports, radio stations, games, birdwatching, currency conversion, hearing aid management and marine traffic. This is an intermediate course for people who have a basic familiarity with their iPad.

PODCASTING 101 (6 weeks, 3 hours per session) \$60

Jean Sarrazin CVEC 4020

Friday, Oct. 4 – Nov. 8 13:00 – 16:00

Learn how to create your first piece of sharable audio. Discover the basics of Audacity - free, open-source audio software - to record, edit and save your first podcast. This course takes place in a computer lab and requires intermediate level knowledge of a PC computer and the Windows 10 Operating system. Bring your earbuds, and your best story idea and turn that into a piece of shareable internet audio.

LANGUAGE AND LITERATURE**CONVERSEMOS (INTERMEDIATE) (8 weeks) \$40**

Consuelo Ortiz CVEC 2482

Wednesday, Oct. 2 – Nov. 20 13:00 – 14:30

Through a variety of activities, students of Spanish at advanced beginner or intermediate levels will have the opportunity to practice their Spanish conversation. Describing images or experiences, discussing a video or a song, participating in short roleplays or practicing some grammar according to the interest of the group, will provide opportunities to increase vocabulary, improve pronunciation, share ideas, ask and answer questions and enjoy Spanish in a fun and relaxed atmosphere.

EMILY'S CREATURES (8 weeks) \$40

Bill Graham CVEC 2349

Wednesday, Oct. 2 – Nov. 20 11:30 – 13:00

Emily Carr felt a deep affinity with animals and birds, her "creatures" as she called them. Her writing will help us explore our own experiences with pets and people, writing imaginatively in the genre of memoir. At each meeting we will read from Emily's work before writing ourselves. We will share thoughts on how to discover writing ideas and to make the most of them. Those who choose can read their work to the group for comment and affirmation.

EXPLORING CANADIAN SHORT STORIES (8 weeks) \$40

Don Fisher CVEC 6258

Wednesday, Oct. 2 – Nov. 20 10:00 – 11:30

The short story continues to be a thriving genre in Canadian Literature, particularly since the mid-twentieth century. This discussion-based course will explore a number of seminal

Canadian short stories by writers from across the country, with a particular emphasis on the short fiction of Alice Munro - the Nobel prize winning Canadian writer who has been referred to as "our Chekov." Come prepared to share your thoughts and impressions on each week's assigned piece(s) of short fiction.

GREAT BOOKS, EAST AND WEST (8 weeks) \$40

Rose Webber CVEC 6211

Tuesday, Oct. 1 – Nov. 19 11:30 – 13:00

Are we different from ancient people? Find out in this lively discussion group based on readings from the Eastern and Western canon. Explore the literature of the world beginning with the ancient Egyptians and moving on to the Greeks for this semester. Later classes will continue the journey. Two to three hours of reading a week are required and links to the material will be provided at no cost.

HABLEMOS ESPAÑOL (BEGINNERS) (8 weeks) \$40

Consuelo Ortiz CVEC 2480

Wednesday, Oct. 2 – Nov. 20 13:00 – 14:30

Give Spanish a try in a friendly and relaxed atmosphere. Through a communicative approach we will talk a little bit about ourselves, learn some grammar basics, get some vocabulary related to everyday situations such as at a restaurant, going shopping, etc. Soon, you will be able to understand and express yourselves within a beginner's level.

RUMI'S INSIGHTS (4 weeks) \$20

Ann Johnstone CVEC 5875

Thursday, Oct. 3 – 24 10:00 – 11:30

Do Rumi's insights have any relevance to the way I choose to live my life? (Bring a book of Rumi's poetry.)

WRITERS' WORKSHOP (8 weeks, 3-hour classes) \$60

Marvin Have & Ian G. McIntyre CVEC 2310

Friday, Oct. 4 – Nov. 22 13:00 – 16:00

This is an interactive class in which writers and would-be writers may share their work and have it gently appreciated and critiqued by others. Each two-hour class will be followed by an optional hour for discussion of writing improvement.

MATH & SCIENCE**GEOLOGY OF VANCOUVER ISLAND (4 weeks) \$20**

Ted Trueman CVEC 6331

Thursday, Oct. 31 – Nov. 21 10:00 – 11:30

This course is an introduction to the geology of Vancouver Island for the lay person. We will look into the types of rock that make up our island, where they originated, when and how it all got put together, and what economic mineral deposits formed. We will discuss aspects of the active seismic region in which we live and look at what history tells us of the earthquake and tsunami risks.

**GLACIAL HISTORY OF THE COMOX VALLEY
(6 weeks) \$30**

Lucas Evans CVEC 6334
Wednesday, Oct. 16 – Nov. 20 13:00 – 14:30
This class will explore the role glaciation has played in the evolution of the Comox Valley landscape, as well as Vancouver Island as a whole. We will use local examples of landforms and features to discuss concepts such as uniformitarianism and superposition, isostasy and sea level rise, mass balance and ice advance/retreat, climate record proxies, and others. Time permitting, a walkthrough at the Cumberland Sand and Gravel pit can be organized for the final lecture.

MAMMALS (8 WEEKS) \$40

Joel Kositsky CVEC 6390
Wednesday, Oct. 2 – Nov. 20 13:00 – 14:30
During this course, we will examine this important and diverse group of animals. We will first look at the qualities and unique traits that define mammals. We will then examine their anatomy, physiology, geographic distribution, as well as their evolution from small shrew-like animals to the myriad types of mammals alive today. We'll close with an examination of the diverse groups, ranging from rodents to elephants, and primates to whales.

PEBBLE - BEDROCK GEOLOGY (3 weeks) \$15

Dixon Edwards CVEC 6339
Thursday, Oct. 3 – 17 14:30 – 16:00
Make the connection from beach pebbles to the local bedrock. On a fieldtrip we gather beach pebbles, identify them in class and then develop a geological history for each that stretches back to their bedrock source. "Field guide to the identification of pebbles" available for \$10.

THE TSOLUM RIVER: A WILD RIVER IN RECOVERY (6 weeks) \$30

Laura O'Brien CVEC 6340
Thursday, Oct. 24 – Nov. 28 14:30 – 16:00
The Tsolum River flows from Mount Washington and joins the Puntledge River before emptying into the K'omoks Estuary. The river meanders 45 kilometres through rural areas and city neighbourhoods. An abandoned copper mine on the mountain polluted the river with toxic acid mine drainage for 40 years. The mine was capped in 2009. Learn about the problem, the solution, the recovery efforts and this amazing river.

Short Courses

BIKE RIGHT \$10

Rick Howell CVEC 5493
Saturday, Oct. 5 12:30 – 16:30
Learn/review rules of the road and safety skills through classroom, parking lot and on-road activities. Participants should be comfortable handling their bikes. Please bring your bike, helmet, suitable clothing, water, and a snack. A mandatory \$10 CV Cycling Coalition Membership fee is payable at the beginning of the course (for insurance).

**CREATING SLIDESHOWS USING IMOVIE
(2 weeks, 3 hours each) \$20**

Allan J. Tippett CVEC 4565
Friday, Oct. 4, 11 13:00 – 16:00
Learn how to use iMovie on a MAC computer to turn your holiday photos into a movie with music and titles, for playing on your TV, iPad, Apple TV, and Computer. Must have working knowledge of the "Photos" program and Mac computers, and a selection of photos and music on a memory stick.

**GIVING UP WAR: WHAT WE CAN DO
(1 class, 3 hours) \$10**

Dr. Mary-Wynne Ashford,
Dr. Jonathon Down CVEC 6514
Thursday, Oct. 3 13:00 – 16:00
The effects of war are now so catastrophic we need to de-militarize the planet to reduce climate change. Retired physician Dr. Ashford and Dr. Jonathon Down present a passionate call to abolish nuclear weapons, reform the UN, and rebuild our trust in a rules-based order. Includes choir performance.

MEDICAL OVERDIAGNOSIS (1 class) \$10

Dr. David Arnold CVEC 5708
Wednesday, Nov. 27 16:00 – 19:00
In today's medicine, there is a lot of diagnosis and even more treatment, often of dubious value. This course examines this phenomenon critically by increasing understanding of what doctors do and why they do it, the influence of statistics, the role played by academic institutions and the Jekyll and Hyde personality of the pharmaceutical industry.

**NATURAL BURIAL: A GROWING ALTERNATIVE
(1 class, 3 hours) \$10**

Rachel Parker CVEC 5755
Friday, Nov. 15 9:00 – 12:00
As many of us seek to live in a more environmentally sustainable way, we are also looking at our end of life options. This course is an exploration of natural or green burial alternatives, which are increasingly available in funeral and cemetery services.

**OLD GROWTH FORESTS: WHAT'S LEFT?
(One class, 1 ½ hours) \$5**

Galen Armstrong & Mark Worthing CVEC 6321
Thursday, Oct. 17 13:00 – 14:30
Vancouver Island old growth forests are disappearing at the rate of 34 football fields a day. Mark Worthing, a naturalist and journalist, and Galen Armstrong, environmental educator, and back country ranger, know these forests and are well placed to shed light on their importance. Both have extensive experience in things environmental and both now work with Sierra Club BC. This will be an informative class with time for questions.

**PEOPLE TYPES AND TIGER STRIPES II
(2 weeks, 3 hours each) \$20**

Mary Sullivan CVEC 6606
Thursday, Nov. 14, 21 14:30 – 17:30
This interactive course is a follow-up to last winter's People Types and Tiger Stripes course. Students must have attended the first-level course. We will examine ways to further our own Type development and problem-solve in practical ways to enhance relationships.

**PREPARING YOUR GARDEN FOR WINTER
(1 class, 3 hours) \$10**

Leslie Cox CVEC 7525
Friday, Oct. 11 13:00 – 16:00
As fall arrives and the garden is winding down from the busy growing season, there are still chores to do before winter weather arrives. Learn what you should do for your garden now, whether you are an ornamental or year-round vegetable gardener.

**REPRESENTATION AGREEMENTS
(1 class, 1 ½ hours) \$5**

Lyle Carlstrom CVEC 3537
Tuesday, Nov. 12 19:00 – 20:30
Every adult in BC should have a representation agreement. A lawyer specializing in Estate Planning will guide you through the rules and forms that can empower someone you trust to speak for you when you can't. A planning booklet will be provided for a \$10 fee.

**SHINRIN YOKU: JAPANESE FOREST BATHING
(1 class, 1 ½ hours) \$5**

Chanchal Cabrera CVEC 5860
Friday, Oct. 25 13:00 – 14:30
Join Chanchal in an illustrated lecture describing how the simple art of contemplative walking can bring healing to body, mind and spirit. We'll journey from the structure of DNA to the shape of flowers, from ancient meditation to cutting edge medicine.

**TRAVEL INSURANCE: BUY WITH CARE!
(1 class, 1 ½ hours) \$5**

Jay Nadler CVEC 5901
Friday, Oct. 11 10:00 – 11:30
Are you planning some travel? Have you also planned for the unexpected? A health emergency outside the province can drain your retirement nest-egg. In this course, you will learn how to find a suitable travel policy and gain peace of mind.

UNDERSTANDING THE US ELECTORAL COLLEGE (1 class, 3 hours) \$10

Don Axtell CVEC 6428
Friday, Oct. 4 13:00 – 16:00
Electing a President. A romp through American history with a focus on the Electoral College and its role in American elections.

**WILD AND WACKY CEREMONIES
(2 classes, 3 hours each) \$20**

Dianne Volrich CVEC 5340
Friday, Oct. 4, 11 13:00 – 16:00
The Monkey Buffet Festival, a colossal Tomato Food Fight, Carry the Wife and Camel Wrestling - just a few traditions that might test your mettle. This course is designed for those with a great sense of humour and nerves of steel!

**WORKING WITH ANCIENT MURRELETS
(1 class, 1 ½ hours) \$5**

Bela Hermanek CVEC 6382
Friday, Oct. 25 13:00 – 14:30
Learn about Bela's exciting work as a volunteer, banding chicks of Ancient Murrelets on Lime Stone Island, Haida Gwaii. These fascinating sea birds are declining, but we used to have them here on our own Island coast.

Fall Lecture Series CVEC 9000

8 SATURDAY LECTURES | 10:00AM TO 12:00PM | STAN HAGEN THEATRE - KOMOUX HALL, NIC

Snapshots of Atlantic Canada

Life along the Atlantic Ocean Coast is excitingly unique and different from the West Coast but it also reflects our shared Canadian culture, challenges and values. From Nunavut via Labrador, Newfoundland, Prince Edward Island and New Brunswick to Nova Scotia, these eight presenters share their expertise.



SATURDAY OCTOBER 5, 2019

CONFEDERATION BRIDGE: THE CHALLENGE AND THE SOLUTION

Tom Brown CVEC 9001

Confederation Bridge is the longest span bridge in the world. Built in 1997, it links the provinces of PEI and NB. Dr Brown is a Professor Emeritus in the Department of Civil Engineering, the University of Calgary. He was one of the civil engineering specialists who enjoyed the challenges involved in planning and designing this structure. While his talk will address many aspects of construction problems, including politics, some emphasis will be placed on the bridge interactions with ice.

SATURDAY OCTOBER 12, 2019

No lecture.

SATURDAY OCTOBER 19, 2019

THE MARITIMES: MUCH MORE THAN FIDDLES

Sheila Doncaster CVEC 9002

When we think of the Maritimes, we often think of fiddles and fish. "On my tour you will travel back east and discover the cultural diversity that represents the true nature and character of the area. I hope it will capture your heart and imagination. Come enjoy the music, the foods, the people and their stories and the beautiful scenery that always delights me every time I return". Born in New Brunswick, Sheila now makes the Comox Valley her home.

SATURDAY OCTOBER 26, 2019

THIS NORTHERN LIFE: CONTEMPORARY STORIES ON FILM

Amber D. Bellemare CVEC 9003

Amber Dawn Bellemare, a Montreal-based documentary filmmaker, showcases stories of Inuit youth traversing the Nunavik tundra and a Labradorian Inuit community resisting the Muskrat Falls Hydro Dam development. Her video clips highlight how resilience results from environmental grief, ancestral connections to the land, and the power of the collective; She shows what it means as a "cultural outsider" to share intimate moments of struggle and perseverance.

SATURDAY NOVEMBER 2, 2019

WHERE THE EARTH SHOWS ITS BONES: WESTERN NEWFOUNDLAND

Keith Nicol CVEC 9004

Keith Nicol taught geography at Grenfell College (Memorial University) in Corner Brook. The west coast of NFD has fjords that rival Norway or BC, offering the interested hiker, sea kayaker or backcountry skier a variety of places to explore. Its unique geology is a major reason that Gros Morne National Park was established. It is one of Canada's most scenic landscapes and a UNESCO World Heritage site. This talk shows why the area looks the way it does and what processes have shaped its landscape.

SATURDAY NOVEMBER 9, 2019

HALIFAX: WARDEN OF THE NORTH

John Ambler CVEC 9005

Colonel John Ambler served as a young navigator on long-range patrol aircraft, at 14 Wing Greenwood, just down the road from Halifax. As a result, he has a warm spot in his heart for this historic city. The largest city in Atlantic Canada, Halifax possesses one of the world's greatest harbours. First fortified in 1749, It quickly became an important military centre, playing a role in the American Revolution, the War of 1812 and the USA Civil War and becoming a hub in both World Wars. The city also provided resources during the Titanic disaster and survived a vast civic explosion.

SATURDAY NOVEMBER 16, 2019

SPRINGHILL USES GEOTHERMAL ENERGY FROM ITS FORMER COAL MINES

Raymond Hickey CVEC 9006

Raymond Hickey is the Executive Director of the Cumberland Energy Authority (CEA). Nova Scotia is well known for mine disasters and Anne Murray's lovely voice, but not many Canadians realize that Springhill mine water is a source of geothermal energy. These mines flooded after closure, but various entrepreneurs since have used this water for commercial sources of energy. The Municipality of Cumberland NS's geothermal expansion is part of an overall plan to develop renewable energy sources within the region.

SATURDAY NOVEMBER 23, 2019

FLUTES AND SPALLS: ARCHAEOLOGY OF THE ATLANTIC COAST

Callum Thomson CVEC 9007

Callum Thomson, a graduate of the University of Calgary, is an archeologist specializing in circumpolar cultures. He has spent more than 40 years undertaking field research in the Canadian Arctic and Subarctic and for 20 years has served as an off-season lecturer and Zodiac driver guide on small expedition cruise ships. From the northern tip of Labrador to the southern tip of Nova Scotia, native peoples have sought out the natural resources of the land and sea from which to make a living. Ten thousand years ago glaciers retreated and people moved in from the south. Six thousand years later Arctic adapted people moved south into Labrador. Archaeological remains provide a glimpse of how these peoples utilized the resources around them.

SATURDAY NOVEMBER 30, 2019

FROM KITCHEN TABLE TO MAINSTAGE: A LIFE IN MUSIC ON P.E.I.

Sarah Hagen CVEC 9008

Award-winning international concert pianist Sarah Hagen explores what makes musical creation and performance different on PEI. Prince Edward Island has its own flavour and recipe for music making and Sarah is devouring every ounce of it that comes her way. Our local Island talent has fallen in love with the heartbreaking beauty and the warm hospitality of this East Coast Island. Sarah is also a professional humorist. She may even share a tune and some jokes!



Courses at a Glance

COLLEGE CLOSED ON: Monday, Sept 2, 2019;
Monday, October 14, 2019; Monday, November 11, 2019.

REGULAR COURSES

MONDAY

BRIDGE - INTRODUCTION TO MODERN
BIDDING (8 WEEKS) \$40
CVEC 6252 SEPT. 30 – DEC. 2 11:30 – 13:00

FILM'S GREATEST DIRECTORS (PART 1- ORSON
WELLES) (4 WEEKS, 3 HOURS EACH) \$40
CVEC 1721 NOV. 4 – DEC. 2 13:00 – 16:00

FOREVER YOUNG FOR FILM LOVERS PART 2
(4 WEEKS, 3 HOURS EACH) \$40
CVEC 1735 SEPT. 30 – OCT. 28 13:00 – 16:00

HISTORY OF THE COMOX VALLEY (8 WEEKS) \$40
CVEC 6234 SEPT. 30 – DEC. 2 10:00 – 11:30

TUESDAY

ETHICAL IMPLICATIONS OF RELIGIOUS SPIRITUAL
PRACTICES (8 WEEKS) \$40
CVEC 6282 OCT. 1 – NOV. 19 14:30 – 16:00

GREAT BOOKS, EAST AND WEST (8 WEEKS) \$40
CVEC 6211 OCT. 1 – NOV. 19 11:30 – 13:00

HISTORY OF BEER, PART 1 (8 WEEKS) \$40
CVEC 7353 OCT. 15 – DEC. 3 15:30 – 17:30

MAINTAINING THE MATURE SINGING VOICE
(6 WEEKS) \$30
CVEC 1889 OCT. 1 – NOV. 5 10:00 – 11:30

RUSSIAN HISTORY, THOUGHT & CULTURE 9TH
–18TH CENTURIES (8 WEEKS) \$40
CVEC 6285 OCT. 1 – NOV. 19 10:00 – 11:30

SCENIC HIKES [NO DOGS] (8 WEEKS) \$40
CVEC 5520 OCT. 1 – NOV. 19 13:00 – 16:00

STRATA BASICS (KNOW THE GOOD, THE BAD,
AND THE UGLY) (4 WEEKS) \$20
CVEC 7040 OCT. 29 – NOV. 19 10:00 – 11:30

UNIVERSAL DEVOTIONAL CHANTING
(8 WEEKS) \$40
CVEC 5413 OCT. 1 – NOV. 19 13:00 – 14:30

WALKING WITH YOUR CAMERA (8 WEEKS) \$60
CVEC 5550 OCT. 8 – NOV. 26 10:00 – 13:00

WEDNESDAY

CONVERSEMOS (INTERMEDIATE) (8 WEEKS) \$40
CVEC 2482 OCT. 2 – NOV. 20 13:00 – 14:30

EMILY'S CREATURES (8 WEEKS) \$40
CVEC 2349 OCT. 2 – NOV. 20 11:30 – 13:00

EXPLORING CANADIAN SHORT STORIES
(8 WEEKS) \$40
CVEC 6258 OCT. 2 – NOV. 20 10:00 – 11:30

HABLEMOS ESPAÑOL (BEGINNERS) (8 WEEKS) \$40
CVEC 2480 OCT. 2 – NOV. 20 13:00 – 14:30

GLACIAL HISTORY OF THE COMOX VALLEY
(6 WEEKS) \$30
CVEC 6334 OCT. 16 – NOV. 20 13:00 – 14:30

LIFE ON A WHOLE FOOD, PLANT BASED DIET
(4 WEEKS) \$20
CVEC 5626 OCT. 30 – NOV. 24 13:00 – 14:30

MAMMALS (8 WEEKS) \$40
CVEC 6390 OCT. 2 – NOV. 20 13:00 – 14:30

PEOPLE TYPES AND TIGER STRIPES (5 WEEKS) \$25
CVEC 6605 OCT. 30 – NOV. 27 14:30 – 16:00

UNDERSTANDING THE CANADIAN
CONSTITUTION (4 WEEKS) \$20
CVEC 6421 OCT. 2 – OCT. 23 14:30 – 16:00

THURSDAY

A DAY IN THE LIFE OF MY IPAD (4 WEEKS) \$20
CVEC 4569 NOV. 7 – 28 13:00 – 14:30

ARTISTS IN THEIR STUDIOS (6 WEEKS) \$30
CVEC 1982 OCT. 17 – NOV. 28 10:30 – 12:00

BE KIND TO THOSE YOU LEAVE BEHIND
(5 WEEKS) \$30
CVEC 3532 OCT. 3 – NOV. 7 14:30 – 16:00

BUDDHISM AND DZOGCHEN – 21ST CENTURY
(6 WEEKS) \$60
CVEC 6680 OCT. 24 – NOV. 28 13:00 – 16:00

COMPASSIONATE COMMUNICATION
(6 WEEKS) \$30
CVEC 2800 OCT. 3 – NOV. 7 13:00 – 14:30

EARLY MINING HISTORY IN B.C. (4 WEEKS) \$20
CVEC 6335 NOV. 14 – DEC. 5 16:00 – 17:30

GEOLOGY OF VANCOUVER ISLAND (4 WEEKS) \$20
CVEC 6331 OCT. 31 – NOV. 21 10:00 – 11:30

IMPROV: INTERMEDIATE AND ADVANCED
(6 WEEKS) \$30
CVEC 1799 OCT 3 – NOV 7 14:30 – 16:00

INTRODUCTION TO MEDITATION (4 WEEKS) \$20
CVEC 5455 OCT. 3 – 24 13:00 – 14:30

PEBBLE - BEDROCK GEOLOGY (3 WEEKS) \$15
CVEC 6339 OCT. 3 – 17 14:30 – 16:00

RULE OF LAW & ORGAN PILLAGING IN CHINA
(8 WEEKS) \$40
CVEC 6284 OCT. 3 – NOV. 21 10:00 – 11:30

RUMI'S INSIGHTS (4 WEEKS) \$20
CVEC 5875 OCT. 3 – 24 10:00 – 11:30

T'AI CHI GONG (8 WEEKS) \$40
CVEC 5461 OCT. 3 – NOV. 21 13:00 – 15:00

THE TSOLUM RIVER: A WILD RIVER IN RECOVERY
(6 WEEKS) \$30
CVEC 6340 OCT. 24 – NOV. 28 14:30 – 16:00

WALKING LOCAL TRAILS (6 WEEKS) \$30
CVEC 5506 OCT. 3 – NOV. 7 10:00 – 12:00

FRIDAY

BEGINNERS' IMPROV (8 WEEKS) \$40
CVEC 1797 OCT. 4 – NOV. 22 14:30 – 16:00

BRIDGE - INTERMEDIATE BIDDING (8 WEEKS) \$40
CVEC 6250 OCT. 4 – NOV. 22 14:30 – 16:00

BRIDGE - PLAY THE HAND DEFEND THE HAND
(8 WEEKS) \$40
CVEC 6253 OCT. 4 – NOV. 22 11:30 – 13:00

COLOUR (8 WEEKS) \$40
CVEC 1005 OCT. 4 – NOV. 22 13:00 – 14:30

INTRO TO BUCKET DRUMMING (4 WEEKS) \$20
CVEC 1891 OCT. 4 – 25 10:00 – 11:30

MAH JONG (6 WEEKS, 3 HOURS PER CLASS) \$60
CVEC 6246 OCT. 4 – NOV. 8 13:00 – 16:00

THE POWER OF PERSUASIVE SPEECH
(8 WEEKS) \$40
CVEC 5829 OCT. 4 – NOV. 22 11:30 – 13:00

PODCASTING 101
(6 WEEKS, 3 HOURS PER CLASS) \$60
CVEC 4020 OCT. 4 – NOV. 8 13:00 – 16:00

WRITERS' WORKSHOP
(8 WEEKS, 3 HOURS PER CLASS) \$60
CVEC 2310 OCT. 4 – NOV. 22 13:00 – 16:00

SHORT COURSES

TUESDAY

REPRESENTATION AGREEMENTS
(1 CLASS, 1 ½ HOURS) \$5
CVEC 3537 NOV. 12 19:00 – 20:30

WEDNESDAY

MEDICAL OVERDIAGNOSIS (1 CLASS) \$10
CVEC 5708 NOV. 27 16:00 – 19:00

THURSDAY

GIVING UP WAR: WHAT WE CAN DO
(1 CLASS, 3 HOURS) \$10
CVEC 6514 OCT. 3 13:00 – 16:00

OLD GROWTH FORESTS: WHAT'S LEFT?
(ONE CLASS, 1 ½ HOURS) \$5
CVEC 6321 OCT. 17 13:00 – 14:30

PEOPLE TYPES AND TIGER STRIPES II
(2 WEEKS, 3 HOURS EACH) \$20
CVEC 6606 NOV. 14, 21 14:30 – 17:30

FRIDAY

CREATING SLIDESHOWS USING IMOVIE
(2 WEEKS, 3 HOURS EACH) \$20
CVEC 4565 OCT. 4, 11 13:00 – 16:00

NATURAL BURIAL: A GROWING ALTERNATIVE
(1 CLASS, 3 HOURS) \$10
CVEC 5755 NOV. 15 9:00 – 12:00

PREPARING YOUR GARDEN FOR WINTER
(1 CLASS, 3 HOURS) \$10
CVEC 7525 OCT. 11 13:00 – 16:00

SHINRIN YOKU: JAPANESE FOREST BATHING
(1 CLASS, 1 ½ HOURS) \$5
CVEC 5860 OCT. 25 13:00 – 14:30

TRAVEL INSURANCE: BUY WITH CARE!
(1 CLASS, 1 ½ HOURS) \$5
CVEC 5901 OCT. 11 10:00 – 11:30

UNDERSTANDING THE US ELECTORAL COLLEGE
(1 CLASS, 3 HOURS) \$10
CVEC 6428 OCT. 4 13:00 – 16:00

WILD AND WACKY CEREMONIES
(2 CLASSES, 3 HOURS EACH) \$20
CVEC 5340 OCT. 4, 11 13:00 – 16:00

WORKING WITH ANCIENT MURRELETS
(1 CLASS, 1 ½ HOURS) \$5
CVEC 6382 OCT. 25 13:00 – 14:30

SATURDAY

BIKE RIGHT \$10
CVEC 5493 OCT. 5 12:30 – 16:30