

LIFELONG LEARNING FOR ADULTS (55+)

FALL  2021

COURSE GUIDE



Notes from the Chair

The 22nd fall semester is about to begin, and the good news is we have a full slate of course offerings for you to choose from.

What a year we have just experienced. When the virus struck the Comox Valley, the ElderCollege executive considered the option of shutting down for the duration of the pandemic. However, we quickly decided that risked losing CVEC's many years of history and accomplishments. Your executive worked hard to keep the fall and winter schedules by employing ZOOM technology for classes. Other changes included the internet to circulate the course guide and upgrading our sporadic Connector newsletter to monthly or bi-monthly status.

These changes have allowed CVEC to maintain a large number of courses and to remain in touch with our membership. The results have been beyond our expectations. Volunteers and course conductors adapted to ZOOM and large numbers of members continued to participate.

Earlier this year when it became time to plan for our fall schedule, we had a difficult decision to make: would we continue to use ZOOM or try to have courses offered on campus? Rooms for on-campus courses must be booked several months in advance. Because of the unpredictability of COVID-19, the executive determined that this fall's courses would again be provided online. We are considering a hybrid system for winter 2022 with some on-campus courses and some via the internet. I know many of our members look forward to the day they can again meet in person, so stay tuned.

Starting this semester, I am pleased to announce that CVEC is again offering a printed copy of the CVEC course guide, which is available at local community centres, libraries, and other outlets. This paper version lists all the classes, but as things do change after we go to press, we ask that you check online to confirm these offerings. We will also continue to send out a regular Connector to keep you informed about ElderCollege.

Don Axtell, CVEC Chair



OUR MISSION

Enhancing the quality of life for older adults by offering affordable opportunities for continued learning.

COURSE REGISTRATION BEGINS

The **week** of September 20. The exact time and day will be announced to all members by email.

ALL COURSES ARE ONLINE

Courses and lectures remain fully online for the fall 2021 semester, regardless of changes to COVID-19 restrictions. Zoom links are emailed to students close to course start dates; this information is not included with your registration confirmation.

INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: www.nic.bc.ca/CVEC.

CANCELLATIONS

Courses are occasionally cancelled or rescheduled. While we endeavour for this guide to be as accurate as possible, changes may happen after we go to print. Check online at www.nic.bc.ca/CVEC for the most up-to-date information.

Registration Changes for ElderCollege Courses

In keeping with the tsunami of changes we have experienced in the last 1.5 years, there are also major changes happening to how we register for classes. ElderCollege falls under the NIC administrative processes and we have recently been informed that a new registration system is being developed. Unfortunately, we are not able to include instructions with this guide. However, the good news is all relevant information will be posted on our website as soon as it is available. Simply google CV ElderCollege or enter our URL: www.nic.bc.ca/CVEC.

Fall 2021 Lecture Series

THE FOURTH BORDER (8 weeks)

Various instructors; coordinated by Dr. Betty Donaldson

CVEC-9000-DLS1

Saturdays; Oct. 2 – Nov. 27 10 am – 12 noon

No class October 9

Canada has the most extensive maritime borders in the world and the longest "undefended" land border—8,890 kilometres. This lecture series provides snapshots of life along the 49th parallel, whether a Point Roberts resident, a movie star, an RCMP officer, or an environmental activist. We have 20 per cent of the world's fresh water, much of it along this border. How are we "standing on guard" with respect to our heritage?

Sign up for the whole series (\$48) or opt for individual classes (\$6 each).

DIVIDING LINES: THE IMPACT OF BORDERS ON INDIGENOUS PEOPLE

MLA Adam Olsen CVEC-9001-DLS1

Saturday, Oct. 2 10 am – 12 noon

The borders we recognize today separating countries, provinces, and communities are all colonial constructs that did not exist prior to European contact. Recently, the Supreme Court of Canada ruled against the Province of British Columbia in a case involving a Sinixt hunter from the Kootenays. This is just one example of the impact of the dividing lines imposed on

Indigenous people. Adam will share his experience in the W_SÁNEC territory.

CANADA, CHINA & THE UNITED STATES: THE UNSETTLED TRIANGLE

Dr. Paul Evans CVEC-9002-DLS1

Saturday, Oct. 16 10 am – 12 noon

As an emergent superpower, China has influenced our traditional "best friends" relationship. Three individuals symbolize this imbalanced triangle of power, interest and perception: the two Michaels and Meng Wanzhou. The Biden administration

may produce a partial reset, but can Canada navigate a US-China strategic competition and make decisions based on its own values and interests? What should be done in the area of technology including Huawei and our 5G networks?

Comox Valley ElderCollege courses and lectures remain fully online for the fall 2021 semester, regardless of changes to COVID-19 restrictions.

Fall 2021 Lecture Series (cont.)

IS POINT ROBERTS AMERICAN OR CANADIAN?

Brian Calder CVEC-9003-DLS1
Saturday, Oct. 23 10 am – 12 noon

Point Roberts, Washington is a border anomaly: part of the USA because it is below the 49th parallel. This five-square-mile peninsula attached to Delta, B.C. has 1,100 permanent residents, mainly Canadians who own 75 per cent of the land. All potable water and electricity are supplied by British Columbia. The local economy is 90

per cent dependent on Canadian support. It is time to review the entire governance.

CANADA-USA GOVERNANCE: COMMON ROOTS/DIFFERENT PRACTICES

Don Axtell CVEC-9004-DLS1
Saturday, Oct. 30 10 am – 12 noon

In this lecture we will look at the development of the governmental structures of Canada and the USA from their common roots in Great Britain to present practices. We will have an opportunity to look at

particular events in our shared history to illustrate where co-operation or tension existed. The course material will include portraits, photos, and political cartoons of the period to illustrate the issues.

WATER, RECONCILIATION AND OUR COMMON FUTURE

Merrell-Ann Phare CVEC-9005-DLS1
Saturday, Nov. 6 10 am – 12 noon

We often hear "water is life" but what does that mean in the face of climate change, our history of



Fall 2021 Lecture Series (cont.)

colonisation, and our relationships within Canada and across the border? These are diverse but connected issues. From a strong background in environmental issues and her work with the International Joint Commission, Merrell-Ann will discuss how water ethics are a critical underpinning to a secure water future.

THE RCMP - STILL DEFENDING THE BORDER

RCMP Superintendent Vince Foy
CVEC-9006-DLS1

Saturday, Nov. 13 10 am – 12 noon
The historic mission of the RCMP was to maintain order and security along the 49th parallel. Vince Foy will focus on its federal priorities pertaining to border security, such as the Integrated Border Enforcement Team, ShipRider (Integrated Cross Border Maritime Law Enforcement Operations), and the US-led Border Enforcement Security Task Force. In addition, they work with other security agencies such as the Armed Services, Canadian Border Security Agency, and CSIS.

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WHAT ARE YOU WATCHING NOW? THE PUSH FOR MOTION PICTURE CONTENT

Julie Stangeland CVEC-9007-DLS1
Saturday, Nov. 20 10 am – 12 noon
Vancouver is Canada's largest, and North America's third largest, movie and TV production "hot spot." Each province supports agencies for business attraction, grants, production, and policy services to maximize mutual benefits for businesses, productions, and hosting communities. Cross-border supports include work permits, locations, logistics, supply company advice, and tax credits for this segment of the creative economy. We learn of B.C.'s remarkable growth and industry changes over this last decade.

THE CANADIAN AND USA HEALTH CARE SYSTEMS: A SENIOR'S PERSPECTIVE

Dr. Tom Noseworthy
CVEC-9008-DLS1

Saturday, Nov. 27 10 am – 12 noon
North American healthcare systems are either tax funded (Canada: social) or a market model (the US). Who is included and what one gets is determined by who funds and delivers the systems; therefore, outcomes vary. The most expensive care does not necessarily mean the best quality. Dr. Noseworthy compares both systems, followed by a Q&A hosted by Ottawa-based based journalist and Parliamentary Press Gallery member Chris Guly.

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Regular Courses

No classes Monday, October 11 and Thursday, November 11

ARTS AND MUSIC

ALL THAT JAZZ (8 weeks) \$40

Bruce Walton CVEC-1837-DLS1

Oct. 7 – Dec. 2 10 – 11:30 am

Learn about jazz: the songs, artists, styles, and recordings that make up the story of this great music. No musical ability needed; good ears recommended. "Stop playing all those weird notes. Play the melody." – T.S. Monk.

CREATIVE ART BOX (8 weeks) \$40

Kate Brown CVEC-1410-DLS1

Oct. 4 – Nov. 29 1 – 2:30 pm

This course is designed for artists and non-artists to open up their creativity with an introduction of simple art techniques to develop an artist's eye, gain confidence in creating art, and develop new skills to create original art on canvas. The eight sessions will include art videos, demonstrations, and interactive discussions. Participants are invited to present their work in a final show and tell online.

DRAMA & DICTATORSHIP

(8 weeks) \$40

Annie Smith CVEC-2240-DLS1

Oct. 5 – Nov. 23 10 – 11:30 am

Shakespeare's time was troubled with war and insurrection, and he had to tread a careful path with what he put on stage. Comparing Julius Caesar to Death of a Chief, a contemporary adaptation by Indigenous playwright Yvette Nolan, offers lots to think about in terms of gender, culture, history, and

systems of governance. We will read the plays (in PDF format) out loud together and discuss our questions and insights.

MAGIC MUSIC BOX (4 weeks) \$20

Judi Murakami CVEC-1805-DLS1

Oct. 16 – Nov. 6 4:30 – 6 pm

Each of the four sessions will feature in-depth interviews, performances, musical tips and interactive discussions with some of the best musicians from the Comox Valley. The genres will include blues, jazz, and contemporary, to name a few. Sit back and enjoy or mix it up and talk to the performers.

MUSIC FOR ARISTOCRATS AND

COMRADES (6 weeks) \$30

David Duke CVEC-4035-DLS1

Oct. 6 – Nov. 10 4 – 5:30 pm

The music of Russia has an honoured place in the classical repertoire: compositions by Mussorgsky, Rimsky Korsakov, Tchaikovsky, Rachmaninov, and Prokofiev grace our concert stages and opera houses with welcome regularity. During this six-week course we will consider important works by major composers that demonstrate various stages in the development of Russian music, from the first tentative experiments with imported ideas to the creation of confident, distinctly Russian masterworks.

PAINTING OUR SALISH SEA

(3 weeks) \$30

Terri Bowen CVEC-1550-DLS1

Nov. 2 – 16 8:30 – 11:30 am

Build knowledge of the land, sea, and sky of our Salish Sea area. Follow with an examination of related paintings of Impressionist, Neo-Impressionist, and Post-Impressionist painters. Then use this knowledge to create your own acrylic paintings with Terri's guidance. There is a balance of theory and hands-on painting and both experienced artists and beginners will have fun learning together. All levels are invited—experience the joy of creativity!

THEMES IN MEDIEVAL AND

RENAISSANCE ART (5 weeks) \$50

John Black CVEC-1950-DLS1

Oct. 7 – Nov. 4 8:30 – 11:30 am

The course will involve viewing and discussing a variety of images of medieval and Renaissance art. It will be organised into topics related to the world views of the period, including Christian belief, naturalism, individualism, and classical humanism. All participants will be encouraged to participate in the discussion.

UNIVERSAL DEVOTIONAL

CHANTING (8 weeks) \$40

Oliver Clarke CVEC-5413-DLS1

Oct. 6 – Nov. 24 1 – 2:30 pm

The educational and devotional benefit of this course is the realization, through actual experience, that all traditions are based in the

Regular courses begin

Monday, October 4.

same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe. That may be called God, Tao, Voice, Great Creator, or the re-creative energy found in nature. Everyone is encouraged to participate and all levels of singing ability are welcomed.

ECLECTIC

COURTENAY'S OFFICIAL MASTER PLAN (2 weeks) \$10

Nancy Gothard CVEC-6445-DLS1
Oct. 7 – 14 1 – 2:30 pm

Most Canadian municipalities have master development plans. In B.C., they are called official community plans (OCP). They describe 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.

DOWNSIZING AND ORGANIZING FOR ELDERS (4 weeks) \$20

Myrna Logan CVEC-3530-DLS1
Oct. 5 – 26 11:30 am – 1 pm

You have accumulated a lifetime of "stuff." What is to happen to it now and when you are gone? With guidance, you will explore your relationship with your stuff and to organize and let go of some of it. You'll learn what to do with things like old love letters, collections, photos, and gifts. And you will find

ways to talk to family about the stuff you may leave behind.

FOUNDERS OF RELIGIONS (JUDAISM, CHRISTIANITY, ISLAM) (8 weeks) \$40

Jack Duckworth CVEC-6279-DLS1
Oct. 6 – Nov. 24 8:30 – 10 am

Every religion has DNA. This course considers Abrahamic religions: Judaism; Christianity; Islam; and their offshoots. Knowledge of the tenets of another belief system allows us to converse and develop relationships with those who have different religious convictions. This course investigates the founders, their life conditions, and motives as they related to their founding efforts. We will undertake this through lectures, readings, and positive, respectful dialogue.

HOW DID WE GET HERE? (8 weeks) \$40

Jack Duckworth CVEC-6280-DLS1
Oct. 6 – Nov. 24 10:30 am – 12 noon

The course considers the interplay between Christianity, Christendom, and secularism. Beginning with Jesus of Nazareth and his Sermon of the Mount, the sessions will consider the implications upon Christendom and today's secular society. Considerations include the Crusades, the Inquisition, Enlightenment, and humanism. The sessions will combine lectures, readings, and respectful dialogue allowing the participants to draw their own conclusions.

MAKING YOUR DREAMS COME TRUE (4 weeks) \$20

Dorothea Gordon CVEC-5810-DLS1
Oct. 9 – 30 10 – 11:30 am

Learn skills to use your innate abilities and passions to create a rewarding and purposeful life. Explore your dreams and then design a blueprint you can follow. By learning more about yourself in this interactive course, you will feel empowered and encouraged to move forward.

RIDE RIGHT: CYCLING ROAD SKILLS (1 week) \$10

Nancy Gothard CVEC-5490-DLS1
Oct. 16 1 – 3 pm

Learn the rules of the road and helpful tips for cycling in traffic. Class will include both theory and discussion. It is highly recommended that participants also register for the two-hour in-person parking lot skills and group ride complement to this theory course. The in-person component can be arranged through the Comox Valley Cycling Coalition (www.cyclecv.com) following this course.

STRATA: THE GOOD THE BAD AND THE UGLY (6 weeks) \$30

Michael Naish CVEC-7040-DLS1
Oct. 4 – Nov. 15 10 – 11:30 am

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, the questions you need to ask, and where to find answers. Topics covered: owners' rights and obligations according to strata

legislation; governance; privacy; human rights; managing during COVID (if still applicable); who pays for what; insurance; and the Civil Resolution Tribunal.

HEALTH AND WELLNESS

FOUNDATIONS OF CONTENTMENT (8 weeks) \$40

Leon Hawrylenko CVEC-6690-DLS1
Oct. 7 – Dec. 2 1 – 2:30 pm

Within us lies a boundless source of inner peace and contentment. This course is aimed at people who feel a longing to experience this source. The course is largely experiential. Simple meditative and heartfulness practices are used to turn within to the deeper reaches of our being. We will examine seven foundational elements of contentment: clarity; inner peace; awareness of self; gratitude; choice; living consciously; and getting support.

LIVING MEDITATION (6 weeks) \$30

Lucas Stiefvater CVEC-6680-DLS1
Oct. 4 – Nov. 15 3 – 4:30 pm

This program is intended for those with some meditation experience who long to deepen their practice and make it part of their daily life. Meditation is not just what happens when you sit in silence. It is about how that ripples into your daily existence. Lucas will guide you into meditation while offering inquiry into what it is to be alive and how we show up on a daily basis.

No classes October 11 and
November 11.

LOOKING FORWARD, GIVING BACK (1 week) \$5

Instructor: TBA CVEC-3528-DLS1
Nov. 10 10 – 11:30 am

You will learn how to leave a legacy that benefits students, your family, and the community. You don't have to choose between supporting your family and the community you love. We will cover tax laws and estate planning. A lawyer and an accountant will be available to answer questions on using tax savings to benefit future generations and worthy community initiatives.

MEDICAL ASSISTANCE IN DYING (2 weeks) \$10

Dr. Tanja Daws CVEC-5727-DLS1
Oct. 13 – 20 4 – 5:30 pm

Medical Assistance in Dying (MAID) has been available since June 2016. The law has since been challenged in court on various occasions, leading to changes in the law as well as changes in clinical practice. This course will review the basics of MAID, the challenges, the resulting changes and anticipated future changes.

TAI CHI (4 weeks) \$20

Ann Zambilowicz CVEC-5416-DLS1
Nov. 17 – Dec. 8 10 am – 1 pm

Tai Chi Chuan (also written as Taijiquan) is an ancient Chinese form of exercise originally created as a fighting art. Today it is recognized as much more than a martial art. 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.

TRAVEL INSURANCE IN A CHANGING WORLD (1 week) \$5

Jeff Simpson CVEC-5901-DLS1
Oct. 5 8:30 – 10 am

Review the new realities associated with travelling, both during and after the current pandemic. The instructor, who is a travel and health insurance specialist, will focus on the important things to consider when securing travel insurance. Plan your trip with peace of mind!

YOGIC ENERGY TECHNIQUES (1 week) \$10

Debbie Narver CVEC-5332-DLS1
Oct. 23 1 – 4 pm

This course introduces non-physical yoga techniques that benefit both body and mind. We will explore the yogic energy systems of prana (life force), nadis and chakras. In particular, we will learn techniques for moving energy through breath work and mudras (hand positions). These techniques are suitable for all physical abilities.

HISTORY & SOCIAL SCIENCES

APPLIED SYSTEMS THINKING (3 weeks) \$15

Rob Thompson CVEC-6435-DLS1
Oct. 4 – 25 12 noon – 1:30 pm

Find out what is meant by applied systems thinking and how it affects every aspect of our daily lives. Examples will be discussed. Learn about the digital generation gap and the work of Marc Perensky as it affects you and your grandchildren.

Don't be left behind.

DOUGHNUT ECONOMICS AND WELLBEING (1 week)

Trevor Hancock CVEC-5275-DLS1
Oct. 25 1 – 2:30 pm

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.

ESCAPE FROM COLDITZ CASTLE (2 weeks)

Michael Naish CVEC-1730-DLS1
Oct. 7 – 14 3 – 4:30 pm

Reichsmarschall Hermann Goering visited Colditz Castle early in WW2. He declared the castle to be "escape-proof," one of many prognostications Goering got wrong. See how the presenter's uncle and a bookkeeper from Manitoba pulled off one of the most famous and successful WW2 escapes. The Dutch did the same a few days later and only got caught when the plan was used a fourth time.

GHOST SHIPS AND SHIP WRECKS

\$5 (2 weeks) Dianne Volrich CVEC-5964-DLS1
Nov. 1 – 8 3 – 4:30 pm

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.

HISTORY OF THE COMOX VALLEY (8 weeks)

\$40 Christine Dickinson CVEC-6234-DLS1
Oct. 4 – Nov. 29 3 – 4:30 pm

An overview of the history of the Comox Valley during the 19th and 20th centuries, including early settlement, agriculture, forestry, military, and social history. We will also highlight the valley's many colourful characters. Questions and discussion will be welcome.

HOW TO ARGUE ABOUT ETHICS (1 week)

\$5 Colin Boyd CVEC-6232-DLS1
Nov. 4 4 – 5:30 pm

This class will introduce you to the topic of applied ethics, giving you the basic tools to be able to argue about the rights and wrongs of most moral dilemmas. It is presented in an entertaining and informative manner, teaching

practical ethical analysis without the sermon.

KNIGHTS & NEEDLEWORK (4 weeks)

\$20 Alana Gowdy CVEC-1120-DLS1
Nov. 2 – 23 3 – 4:30 pm

It has been said that there is only one aspect of the Battle of Hastings on which historians agree—the Normans won! At some point after this undisputed victory, an embroidery known as the Bayeux Tapestry was created. This course will provide a background to England before and during 1066. It will then delve into the mystery and adventure surrounding the making and survival of the Bayeux Tapestry.

MAD HATTER: UK WW2 INTERNMENT (1 week)

\$5 Amanda Hale CVEC-6215-DLS1
Oct. 29 1 – 2:30 pm

Mad Hatter is a fictionalized account of the presenter's family's WW2 experience following her father's three years of internment as a member of Oswald Mosley's British Union of Fascists. The presentation will include information about the political climate of the day; how Hale came to write this novel; her research; characters, settings, and plot points in the story, supported by a short reading. There will be time for questions.

POTLATCH, THEN AND NOW (1 week)

\$5 Wedlidi Speck CVEC-1980-DLS1
Nov. 25 4 – 5:30 pm

We will explore the origins of the potlatch, its historical development (pre-contact), colonial disruption

Membership registration and fees are no longer required.

If you have renewed your 2021-22 membership, a refund will be given. This change only applies to the Comox Valley ElderCollege.

(1884–1930s) and the emergence of the contemporary potlatch (1969–present). You will gain a new understanding and appreciation of the cultural significance and complexity of this unique Northwest Coast First Nations tradition. Wedlidi Speck is a hereditary chief who has been active in many potlatch roles and is a recognized cultural teacher.

PROPERTY VALUES: WHO OWNS THE EARTH? (4 weeks) \$20

D.H. Arnold CVEC-7010-DLS1
Nov. 2 – 23 4 – 5:30 pm

Property holds a significant value to us as individuals and to our society at large. We often don't think much about property other than what it might be worth. This course will use a moderated discussion/seminar format to explore how we might broaden our understanding of property and how it affects our lives and those with whom we must share the land.

RAILS TO TRAILS ON VCR ISLAND (1 week) \$5

Denise Savoie CVEC-5222-DLS1
Oct. 12 1 – 2:30 pm

The disused E&N rail corridor: a unique opportunity! Why convert this right of way? Why not a train? How can we achieve a continuous trail connecting Vancouver Island communities from Victoria to Courtenay? Join us for a discussion of this exciting proposal.

ROLE OF THE EXECUTOR (1 week) \$5

Lyle Carlstrom CVEC-3580-DLS1
Nov. 17 7:30 – 9 pm

You will learn the role of the executor in estate administration law from a practising estate administration lawyer. We will discuss factors to consider before you accept or assign the appointment as an executor. We will also 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 will be available.

SUSTAINABLE RAILWAYS ON VCR ISLAND (1 week) \$5

Larry Stevenson CVEC-5223-DLS1
Oct. 20 11:30 am – 1 pm

We will discuss the sustainability and need for passenger rail service on the Island, compare greenhouse gas emissions of rail travel and other means of transport, and examine the economic benefit to Island communities and the province. We will also explore the roadblocks to this project, and what can be done to ensure the rail line is used and kept as a continuous corridor for now and future generations.

THE COLD WAR AND ITS AFTERMATH (4 weeks) \$20

Eric Nellis CVEC-6550-DLS1
Oct. 5 – 26 10 – 11:30 am

We will discuss the Cold War and how the rivalry between the United States and the Soviet Union for ideological and political

hegemony shaped world history in the last half of the twentieth century. When the Cold War eased in the 1990s, it was followed by the emergence of China as a big power and a resurgent Russia as rivals to American influence in world affairs.

THE LEGAL SYSTEM OF PRE-MODERN CHINA (8 weeks) \$40

Clive Ansley CVEC-6454-DLS1
Oct. 7 – Dec. 2 10 – 11:30 am

The philosophical origins of Chinese legal thinking pre-date Confucius (551–479 BC). We address the most influential schools of philosophy: Confucianism; Daoism; and legalism. We trace Chinese legal theory, institutions, and practice from the classical period to the Republican Revolution in 1911. Adolf Hitler's bestiality emerged from the rich civilization of Germany; a Chinese civilization without parallel produced the barbaric mass murder for organs industry in today's China. How and why?

LANGUAGE & LITERATURE

GREAT TRIP TO COMPELLING STORY (6 weeks) \$30

Kim Letson CVEC-5950-DLS1
Oct. 6 – Nov. 10 10 – 11:30 am

Discuss components of meaningful travel memoir and develop your creative nonfiction writing skills. The importance of journaling, blogging, photography, steady writing practice, professional editing and publishing options are explored. Participants will bring a favourite adventure tale and begin the process of

creating a compelling written account. For those wishing to share, we will peer review short homework writing challenges each week.

INTERMEDIATE SPANISH

(8 weeks) \$40

Isabel Melado CVEC-2481-DLS1

Oct. 4 – Nov. 29 10 – 11:30 am

This course will expand vocabulary and communication skills for seniors with an intermediate level in Spanish. They will already be able to describe experiences and give brief reasons for opinions, plans and courses of action, provided that the subject is familiar or of personal interest. The focus will be on oral communication, and interaction will be encouraged. Open discussions will focus on suggested topics, particularly those useful for travellers.

INVIGORATE YOUR BOOK CLUB!

(2 weeks) \$10

Marlet Ashley CVEC-6205-DLS1

Oct. 7 – 14 1 – 2:30 pm

Want to liven up your book club meetings? Learn how to apply the language of literary analysis to the work you read, and sound informed as you comment on what you liked or disliked about the book selection.

SPANISH FOR BEGINNERS

(8 weeks) \$40

Isabel Melado CVEC-2480-DLS1

Oct. 5 – Nov. 23 10 – 11:30 am

This course seeks to provide basic skills for everyday communication to seniors with no previous knowledge of Spanish. They will be confronted with real-life situations,

with an emphasis on those encountered when travelling (introducing themselves, giving or asking for information, ordering a meal, etc.). Oral communication and acquisition of basic phonetics will be prioritized so students learn to understand and be understood. Interaction will be encouraged.

THE 1798 LYRICAL BALLADS

(4 weeks) \$20

Steve Lane CVEC-6259-DLS1

Oct. 15 – Nov. 5 1 – 2:30 pm

The 1798 poetry publication *Lyrical Ballads* is often seen as the start of the Romantic period. Published anonymously, we later found out the authors: Samuel Taylor Coleridge and William Wordsworth. We will discuss this collection, which includes well-known poems such as *The Rime of the Ancient Mariner* (Coleridge) and *Tintern Abbey* (Wordsworth), as we identify the elements that made the works "Romantic." Required text: *Lyrical Ballads* (1798) (free at gutenberg.org).

WRITERS' WORKSHOP

(8 weeks) \$60

Marvin Haave and Ian McIntyre

CVEC-2310-DLS1

Oct. 8 – Nov. 26 1 – 4 pm

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. No formal instruction.

OUR MISSION

Enhancing the quality of life for older adults by offering affordable opportunities for continued learning.

MATH, SCIENCE & COMPUTER TECHNOLOGY

BACKYARD COMPOSTING

(1 week) \$5

J. McMenamon CVEC-7550-DLS1

Oct. 21 1 – 2:30 pm

Composting makes use of waste and livens up soil. And it's easy to do! Come learn the secrets of safely and quickly making rich nutritious compost out of your kitchen and yard waste. Learn why, how, where, when, and what. Bring your questions for this fun discussion with a Master Composter. Feed the soil that feeds the plants that feed us!

BIOFILIA: OUR CONNECTION TO

NATURE (8 weeks) \$40

Thierry Vrain CVEC-5844-DLS1

Oct. 8 – Nov. 26 10 – 11:30 am

Is nature intelligent? How closely related are we to other living species? Molecular biology is allowing us a peek at molecules at work in living cells, revealing that all cells function with the same protein molecules and genetic code, and the same molecules that energize all organisms. Come and learn the importance of bacteria, plants, animals, and humans in the natural systems and cycles of the biosphere. A non-technical course.

COMOX VALLEY GEOLOGICAL

PREHISTORY (2 weeks) \$10

Russell Ball CVEC-6323-DLS1

Oct. 8 – 15 3 – 4:30 pm

The course's two sessions will cover the geological journey that Vancouver Island has taken over the eons. Topics include volcanic

origins, plate movements and earthquakes, prehistoric fossils, and newest finds and discoveries.

DIGITAL SAFETY FOR SENIORS (1 week) \$5

Joseph Talavera CVEC-5010-DLS1
Oct. 5 8:30 – 10 am

The TELUS Wise for Seniors program engages Canadian seniors in a discussion about getting the most out of participating in our growing digital society, safely. Topics include internet, smart phone, and social media safety tips as well as protecting yourself from identity theft.

ELECTRIC CARS: ARE THEY FOR YOU? (1 week) \$10

Dale Erhart CVEC-6172-DLS1
Oct. 8 8:30 – 11:30 am

Break the myths about today's electric cars and autonomous driving and find out about the latest advancements. Learn how EV cars can fit into your lifestyle: the benefits, risks, and consequences for tomorrow. Interactive with Q&A.

HOW THE INTERNET WORKS (1 week) \$10

Terry Hooper CVEC-3604-DLS1
Nov. 2 4 – 7 pm

When you use emails and web browsing, does it seem akin to magic? What happens when your computers, tablets and phones connect and use the internet? This short course is for those who are curious about how things work behind the curtain and will be presented in high-level, layperson's terms.

SOLAR PANELS AND ENERGY STORAGE (1 week) \$10

Dale Erhart CVEC-6171-DLS1
Oct. 15 8:30 – 11:30 am

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.

TRAVELLING AND TECHNOLOGY (5 weeks) \$50

Terry Hooper CVEC-5910-DLS1
Nov. 6 – Dec. 4 1 – 4 pm

An introduction and overview with demonstrations of how to use various internet sites and your personal devices (smartphones, tablets, laptops) to improve your travels. Using these puts a different spin on more effective globetrotting as you plan, tour, and wrap things up on your return. Open sharing by participants of related experiences will also be encouraged during the course.

YOUR MICROBIOME – BOTH GOOD AND BAD (8 weeks) \$40

Dr. John North CVEC-5751-DLS1
Oct. 5 – Nov. 23 1 – 2:30 pm

Over the past decade there has been a scientific revolution in our understanding of the human microbiome—the trillions of bacteria, archaea, yeasts and other microbes that live in/on us and are now known to be essential for normal development and function of our brain, immune systems and metabolism. Learn how medical science is

taking the early steps toward powerful new approaches to obesity, diabetes, asthma, allergies and—perhaps—Alzheimer's.

FALL 2021 COURSES ARE ONLINE

Courses and lectures remain fully online for the fall 2021 semester, regardless of changes to COVID-19 restrictions. Zoom links are emailed to students close to course start dates; this information is not included with your registration confirmation.

CANCELLATIONS

Courses are occasionally cancelled or rescheduled. While we endeavour for this guide to be as accurate as possible, changes may happen after we go to print. Check online at www.nic.bc.ca/CVEC for the most up-to-date information.

REGISTRATION

Course registration begins the **week** of September 20. The exact time and day will be announced to all members by email.

INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: www.nic.bc.ca/CVEC.

Courses at a Glance

No classes Monday, October 11 and Thursday, November 11

MONDAY

APPLIED SYSTEMS THINKING (3 WEEKS) CVEC-6435-DLS1	OCT. 4 – 25	\$15	12 – 1:30
CREATIVE ART BOX (8 WEEKS) CVEC-1410-DLS1	OCT. 4 – NOV. 29	\$40	1 – 2:30
DOUGHNUT ECONOMICS AND WELLBEING (1 WK) CVEC-5275-DLS1	OCT. 25	\$5	1 – 2:30
GHOST SHIPS AND SHIP WRECKS (2 WEEKS) CVEC-5964-DLS1	NOV. 1 – 8	\$10	3 – 4:30
HISTORY OF THE COMOX VALLEY (8 WEEKS) CVEC-6234-DLS1	OCT. 4 – NOV. 29	\$40	3 – 4:30
INTERMEDIATE SPANISH (8 WEEKS) CVEC-2481-DLS1	OCT. 4 – NOV. 29	\$40	10 – 11:30
LIVING MEDITATION (6 WEEKS) CVEC-6680-DLS1	OCT. 4 – NOV. 15	\$30	3 – 4:30
STRATA: THE GOOD THE BAD & THE UGLY (6 WKS) CVEC-7040-DLS1	OCT. 4 – NOV. 15	\$30	10 – 11:30

TUESDAY

DIGITAL SAFETY FOR SENIORS (1 WEEK) CVEC-5010-DLS1	OCT. 5	\$5	8:30 – 10
DOWNSIZING & ORGANIZING FOR ELDERLY (4 WKS) CVEC-3530-DLS1	OCT. 5 – 26	\$20	11:30 – 1
DRAMA AND DICTATORSHIP (8 WEEKS) CVEC-2240-DLS1	OCT. 5 – NOV. 23	\$40	10 – 11:30
HOW THE INTERNET WORKS (1 WEEK) CVEC-3604-DLS1	NOV. 2	\$10	4 – 7
KNIGHTS AND NEEDLEWORK (4 WEEKS) CVEC-1120-DLS1	NOV. 2 – 23	\$20	3 – 4:30
PAINTING OUR SALISH SEA (3 WEEKS) CVEC-1550-DLS1	NOV. 2 – 16	\$30	8:30 – 11:30
PROPERTY VALUES: WHO OWNS THE EARTH? (4 WK) CVEC-7010-DLS1	NOV. 2 – 23	\$20	4 – 5:30
RAILS TO TRAILS ON V.I. (1 WEEK) CVEC-5222-DLS1	OCT. 12	\$5	1 – 2:30
SPANISH FOR BEGINNERS (8 WEEKS) CVEC-2480-DLS1	OCT. 5 – NOV. 23	\$40	10 – 11:30
THE COLD WAR & ITS AFTERMATH (4 WEEKS) CVEC-6550-DLS1	OCT. 5 – 26	\$20	10 – 11:30
TRAVEL INSURANCE IN A CHANGING WORLD (1 WK) CVEC-5901-DLS1	OCT. 5	\$5	8:30 – 10
YOUR MICROBIOME - BOTH GOOD & BAD (8 WKS) CVEC-5751-DLS1	OCT. 5 – NOV. 23	\$40	1 – 2:30

WEDNESDAY

FOUNDERS OF RELIGIONS (8 WEEKS) CVEC-6279-DLS1	OCT. 6 – NOV. 24	\$40	8:30 – 10
GREAT TRIP TO COMPELLING STORY (6 WEEKS) CVEC-5950-DLS1	OCT. 6 – NOV. 10	\$30	10 – 11:30
HOW DID WE GET HERE? (8 WEEKS) CVEC-6280-DLS1	OCT. 6 – NOV. 24	\$40	10:30 – 12
LOOKING FORWARD, GIVING BACK (1 WEEK) CVEC-3528-DLS1	NOV. 10	\$5	10 – 11:30
MEDICAL ASSISTANCE IN DYING (2 WEEKS) CVEC-5727-DLS1	OCT. 13 – 20	\$10	4 – 5:30
MUSIC FOR ARISTOCRATS & COMRADES (6 WKS) CVEC-4035-DLS1	OCT. 6 – NOV. 10	\$30	4 – 5:30
ROLE OF THE EXECUTOR (1 WEEK) CVEC-3580-DLS1	NOV. 17	\$5	7:30 – 9
SUSTAINABLE RAILWAYS ON V.I. (1 WEEK) CVEC-5223-DLS1	OCT. 20	\$5	11:30 – 1

TAI CHI (4 WEEKS) CVEC-5416-DLS1	NOV. 17 – DEC. 8	\$20	10 – 1
UNIVERSAL DEVOTIONAL CHANTING (8 WEEKS) CVEC-5413-DLS1	OCT. 6 – NOV. 24	\$40	1 – 2:30

THURSDAY

ALL THAT JAZZ (8 WEEKS) CVEC-1837-DLS1	OCT. 7 – DEC. 2	\$40	10 – 11:30
BACKYARD COMPOSTING (1 WEEK) CVEC-7550-DLS1	OCT. 21	\$5	1 – 2:30
COURTENAY'S OFFICIAL MASTER PLAN (2 WEEKS) CVEC-6445-DLS1	OCT. 7 – 14	\$10	1 – 2:30
ESCAPE FROM COLDITZ CASTLE (2 WEEKS) CVEC-1730-DLS1	OCT. 7 – 14	\$10	3 – 4:30
FOUNDATIONS OF CONTENTMENT (8 WEEKS) CVEC-6690-DLS1	OCT. 7 – DEC. 2	\$40	1 – 2:30
HOW TO ARGUE ABOUT ETHICS (1 WEEK) CVEC-6232-DLS1	NOV. 4	\$5	4 – 5:30
INVIGORATE YOUR BOOK CLUB! (2 WEEKS) CVEC-6205-DLS1	OCT. 7 – 14	\$10	1 – 2:30
POTLATCH, THEN AND NOW (1 WEEK) CVEC-1980-DLS1	NOV. 25	\$5	4 – 5:30
THE LEGAL SYSTEM OF PRE-MODERN CHINA (8 WK) CVEC-6454-DLS1	OCT. 7 – DEC. 2	\$40	10 – 11:30
THEMES IN MEDIEVAL & RENAISSANCE ART (5 WKS) CVEC-1950-DLS1	OCT. 7 – NOV. 4	\$50	8:30 – 11:30

FRIDAY

BIOFILIA: OUR CONNECTION TO NATURE (8 WKS) CVEC-5844-DLS1	OCT. 8 – NOV. 26	\$40	10 – 11:30
COMOX VALLEY GEOLOGICAL PREHISTORY (2 WKS) CVEC-6323-DLS1	OCT. 8 – 15	\$10	3 – 4:30
ELECTRIC CARS: ARE THEY FOR YOU? (1 WEEK) CVEC-6172-DLS1	OCT. 8	\$10	8:30 – 11:30
MAD HATTER: UK WW2 INTERMENT (1 WEEK) CVEC-6215-DLS1	OCT. 29	\$5	1 – 2:30
SOLAR PANELS AND ENERGY STORAGE (1 WEEK) CVEC-6171-DLS1	OCT. 15	\$10	8:30 – 11:30
THE 1798 LYRICAL BALLADS (4 WEEKS) CVEC-6259-DLS1	OCT. 15 – NOV. 5	\$20	1 – 2:30
WRITERS' WORKSHOP (8 WEEKS) CVEC-2310-DLS1	OCT. 8 – NOV. 26	\$60	1 – 4

SATURDAY

FALL LECTURE SERIES: THE FOURTH BORDER (8 WEEKS) CVEC-9000-DLS1 (ENTIRE SERIES)			
\$48 FOR ALL 8 OR \$6 EACH			
SEE PAGES 3-4 FOR INDIVIDUAL LECTURE DETAILS			
CVEC-9001-DLS1	OCT. 2		10 – 12
CVEC-9002-DLS1	OCT. 16		10 – 12
CVEC-9003-DLS1	OCT. 23		10 – 12
CVEC-9004-DLS1	OCT. 30		10 – 12
CVEC-9005-DLS1	NOV. 6		10 – 12
CVEC-9006-DLS1	NOV. 13		10 – 12
CVEC-9007-DLS1	NOV. 20		10 – 12
CVEC-9008-DLS1	NOV. 27		10 – 12
MAGIC MUSIC BOX (4 WEEKS) CVEC-1805-DLS1	OCT. 16 – NOV. 6	\$20	4:30 – 6
MAKING YOUR DREAMS COME TRUE (4 WEEKS) CVEC-5810-DLS1	OCT. 9 – 30	\$20	10 – 11:30
RIDE RIGHT: CYCLING ROAD SKILLS (1 WEEK) CVEC-5490-DLS1	OCT. 16	\$10	1 – 3
TRAVELLING AND TECHNOLOGY (5 WEEKS) CVEC-5910-DLS1	NOV. 6 – DEC. 4	\$50	1 – 4
YOGIC ENERGY TECHNIQUES (1 WEEK) CVEC-5332-DLS1	OCT. 23	\$10	1 – 4

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