

LIFELONG LEARNING FOR ADULTS (55+)

# FALL 2022 COURSE GUIDE



## OUR MISSION

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

## INFORMATION FORUM

Watch for details on the Information Forum scheduled for Saturday, September 17, 2022 from 9 to 11 am. Course leaders will give a glimpse into their subject matter. Attend online or in person at the Stan Hagen Theatre on the NIC Courtenay campus. Visit <https://forum.cvec.ca/> for more information and/or to register for the Information Forum.

## COURSE REGISTRATION BEGINS

The week of September 19, 2022. The exact time and day will be announced by email.

## COURSES ARE ON CAMPUS OR ONLINE

For this term, most courses are offered at the NIC Courtenay campus with some online. Should public health orders change to restrict meeting in person, some of the on-campus course instructors are able to switch to online delivery. Zoom links are emailed to students close to start dates; this information is not included with your registration confirmation.

## LECTURE SERIES BEGINS

Saturday, October 1

## COURSES BEGIN

Monday, October 3

## INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: [www.nic.bc.ca/CVEC](http://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](http://www.nic.bc.ca/CVEC) for the most up-to-date information.

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.

## Message from the CVEC Chair



As we (hopefully) emerge from the pandemic, your ElderCollege team of extraordinarily committed volunteers has assembled this broad range of both online and in-person learning opportunities as well as a Saturday lecture series for the fall 2022 semester.

If there is a resurgence of COVID-19 infections, it is expected that most of the courses and all the lectures will be able to transition to a Zoom format to ensure the

safety of our members and volunteers.

An important change is that we've re-introduced memberships, which were temporarily discontinued for technical reasons when COVID hit a couple of years ago. You can become a member or renew your membership and register for all the courses and lectures on our website.

We were pleased to be able to offer a substantial number of online courses throughout the pandemic – and delighted that so many of our members adapted quickly to the Zoom world. We recognize that many of our members now value the convenience of online courses and lectures, so we're planning to continue offering both on-campus and online learning opportunities even when COVID-related restrictions are a distant memory.

We are proud of the way that our course leaders adapted to the COVID challenges over the past couple years and are particularly appreciative of our NIC colleagues who provide such excellent support in scheduling our courses and lectures, both online and on campus. I also want to personally thank all our volunteers – the numerous individuals who donate their invaluable time, energy, and expertise – working behind the scenes to organize ElderCollege courses, lectures, and other activities, as well as the course leaders and lecturers themselves who are the public face of CVEC. Thank you so very much.

– John North

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### New to ElderCollege?

Many of our courses for the fall term are planned to be on campus. Visit and stroll through the forested setting before the term begins. Note the names and location of the various buildings; visit the library; and enjoy the offerings at the cafeteria and coffee kiosk.

### ID Cards

CVEC students may obtain an ElderCollege photo ID at the Registration Office. This ID allows you access to the NIC library and computer lab.

### No Scent Policy

You are asked to refrain from using any scented products while attending in-person CVEC events as some people have allergic reactions to such products.

Parking is free.

Thanks to the course guide team: Jill; Jim; Julian; Kate; Sheila; Solweig.



Find us on Facebook:  
Comox Valley ElderCollege



# How to register for ElderCollege courses

North Island College Continuing Education, which is the home of Comox Valley ElderCollege, has launched a new online registration system.

All existing CVEC students who have a student ID (e.g., n999999) and password will continue to use these when accessing the new system. The website remains unchanged, as well as how the course listings appear on the regular NIC website.

For more details on how to register using the new system, please review our custom video tutorials for “new” and “returning” CVEC students: [www.nic.bc.ca/continuing-education/eldercollege/comox-valley/cvec-registration-guides/](http://www.nic.bc.ca/continuing-education/eldercollege/comox-valley/cvec-registration-guides/)

## Memberships

The \$10 membership fee is returning. Memberships, valid from September 1, 2022 until April 30, 2023, are required if you would like to take a course. Members have access to the NIC library. Purchase your membership online and after the system updates overnight, you will be able to get an NIC photo ID from the Registration Office. (You will need to provide government-issued photo ID to verify your identity.)

## Pricing

Course pricing is based on units of time, one unit of 1½ hours costing \$5.50 and 50 cents for each additional half hour. See courses for costs. Tax is added to course costs.

In some cases, supply fees are extra. The fees are generally collected when you register and added to your course fees. In such cases, these details are noted in the course description.

Each session in the Lecture Series is \$6.

A course must be dropped seven days or more prior to its start to receive a refund.

You cannot change courses once they begin.

Waitlist: You may request your name be added to a waitlist by contacting Julian Benedict ([Julian.Benedict@nic.bc.ca](mailto:Julian.Benedict@nic.bc.ca)). If leaving a message, please state your full name, your student ID number, and the course you wish to be waitlisted for.

# Courses

College closed on Monday, October 10 and Friday, November 11, 2022.

Course information is correct at the time of publication. Please check website for any changes.

## ARTS AND MUSIC

### FELLINI: THE EARLY FILMS **\$28**

(4 weeks on campus)

Kay Kennedy **CVEC-1715-CVS1**  
November 3 – 24 1 – 4 pm

In film, early works – though valued – may not be the most viewed. The instructor believes that a director's early films, made on a shoestring budget before success and fortune, are the most urgent and often the most interesting. Fellini's early work is the epitome of this. We will view and discuss three early films and a later fourth, "La Dolce Vita."

### INSPIRED PHONE PHOTOGRAPHY **\$22**

(4 weeks online)

Debbie Flynn **CVEC-2765-DLS1**  
October 4 – 25 1 – 2:30 pm

Easily understand the basic features of your phone camera and photo editing through a hands-on experience to expressively take photos true to you. Topics include how to use your phone camera and photo editing app, the key to meaningful photography, and inspiring photography fundamentals. Debbie gives feedback on students' photos. Please note students need to review the pre-given course material/links to understand where the features are on their phone type.

### MAINTAIN A MATURE SINGING VOICE **\$44**

(8 weeks on campus)

Oliver Clarke **CVEC-1889-CVS1**  
October 5 – November 23 3 – 4:30 pm

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

### MEDIEVAL AND RENAISSANCE ART **\$35**

(5 weeks online)

Dr. John Black **CVEC-1950-DLS1**  
November 2 – 30 1 – 4 pm

View and discuss a variety of images of medieval and renaissance art. The course is organized into topics related to the worldviews of the period, including Christian belief, naturalism, individualism, and classical humanism. All participants are encouraged to engage in the discussions.

### MUSIC & YOUR HEALTH **\$28**

(4 weeks on campus)

Dr. Alpha Woodward **CVEC-5710-CVS1**  
October 6 – 27 1 – 4 pm

An overview of the influence of music on human behaviour, the role of music in society, and the biology and aesthetics of music as an everyday therapeutic tool. This course is didactic and experiential, and students will engage in assignments and musical activities that explore how values, beliefs and ways of communicating can be expressed through the medium of music. No previous musical training is necessary.

### MUSIC FUNDAMENTALS FOR SINGERS **\$44**

(8 weeks on campus)

Robert Rennie **CVEC-1885-CVS1**  
October 13 – December 1 4 – 5:30 pm

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

CVEC takes pride in the veracity of course content and works hard to ensure high quality overall. However, our course leaders are all volunteers with varying degrees of expertise. CVEC does not accept responsibility for content accuracy.

**THE ART OF CULTURAL PATTERNING** **\$21**

(3 weeks on campus)

Terri Bowen CVEC-1243-CVS1

November 1 – 15 1 – 4 pm

Patterns are important in our lives! In class one, learn about the history and development of Celtic knots and intricate designs. Then create your own design. In class two, discover the beauty of Islamic and East Indian patterning and create a mandala. In class three, discover Plains Indian and Haida cultural art patterns. Then create a bookmark and a larger picture using this knowledge. \$25 supplies' fee added during registration.

**UNIVERSAL DEVOTIONAL CHANTING** **\$44**

(8 weeks on campus)

Oliver Clarke CVEC-5413-CVS1

October 5 – November 23 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 same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe. That may be called God, Tao, Buddha, Great Creator, or the re-creative energy found in nature. All are encouraged to participate, and all levels of singing ability are welcome.

**VISIONS FROM AROUND THE WORLD** **\$28**

(4 weeks on campus)

Brian Charlton CVEC-1726-CVS1

October 5 – 26 1 – 4 pm

This course looks at four film directors: Steve McQueen, Jane Campion, Ang Lee, and Kenneth Lonergan. We will examine how their vision is translated to the screen through one of each of their films. Participants are provided with background material. One of the best parts of the course is anticipated to be the post-screening discussions.

**YOU, TOO, CAN DRAW!** **\$7**

(1 week on campus)

Libby Lang CVEC-1414-CVS1

October 7 1 – 4 pm

Using simple objects, non-artists will create two beautiful life drawings. In the process, you will learn art terminology and how to apply it to create realistic renderings. Results guaranteed! Explore line, shape, composition, texture, shading, background, and the colour wheel in this hands-on class. A \$3 fee will be charged at registration for class materials.

**ECLECTIC****BE KIND TO THOSE YOU LEAVE BEHIND** **\$33**

(6 weeks on campus)

Linda McLean CVEC-3532-CVS1

October 12 – November 16 1 – 2:30 pm

Our passing is inevitable: Be kind to those we leave behind! There are health decisions to make, information required by loved ones, many unknowns. Make it easier for them to handle what's required of them before and after your death. This course will help clarify your wishes, gather information and documentation on the practical side, and guide and encourage you on the personal side. \$4 supplies' fee added during registration.

**BRIDGE – INTERMEDIATE BIDDING** **\$44**

(8 weeks on campus)

Gary Priestman CVEC-6250-CVS1

October 7 – December 2 4 – 5:30 pm

This course is designed for intermediate players who are looking to add more bidding tools to their game. Explore the more frequently used conventions, cue bids and doubles, as well as the 2/1 bidding system.

**BRIDGE – INTRODUCTION TO MODERN BIDDING** (8 weeks on campus) **\$44**

Gary Priestman CVEC-6252-CVS1

October 7 – December 2 1 – 2:30 pm

Designed for new players or players returning to the game of bridge, this course will cover the modern Standard American system of bidding.

**BRIDGE – PLAY THE HAND – DEFEND THE HAND** (8 weeks on campus) **\$44**

Gary Priestman CVEC-6253-CVS1

October 3 – November 28 2:30 – 4 pm

This course is designed to help new or less-experienced bridge players to play a hand better as well as to defend a hand more successfully.

**HOME MAINTENANCE** (4 weeks on campus) **\$22**

John Dickinson CVEC-7028-CVS1

November 7 – 28 11:30 am – 1 pm

Tips to help seniors easily and safely perform basic home maintenance. Topics include siding, roofing, drywall, plumbing, electrical and preparing homes for when you leave on vacation.

**STRATA BASICS** (6 weeks on campus) **\$33**

Michael Naish CVEC-7040-CVS1

October 17 – November 21 1 – 2:30 pm

Downsizing to a strata property has positives and negatives. Thinking of buying, or already a strata owner? This six-session 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; who pays for what; insurance; and the Civil Resolution Tribunal.

**THE SERVAS TRAVEL EXPERIENCE \$5.50**

(1 week on campus)

Rod and Evelyn Keith CVEC-5907-CVS1  
October 14 1 – 2:30 pm

Servas (to serve) helps build world peace and understanding by introducing international travellers to local families eager to share their culture, food, and local attractions. This class will tell you what you need to know to become a Servas traveller or host.

**TRAVEL INSURANCE: A NEW REALITY \$5.50**

(1 week online)

Jeff Simpson CVEC-5901-DLS1  
October 3 10 – 11:30 am

Review the new realities associated with travelling since the COVID-19 pandemic, focusing on the important things to consider when securing travel insurance. Plan your trip with peace of mind. The instructor is a travel and health insurance specialist.

## HEALTH AND WELLNESS

**A NEW VISION FOR LONG-TERM CARE \$5.50**

(1 week on campus)

Sharon Parkes CVEC-5726-CVS1  
November 3 11:30 am – 1 pm

This session is an overview of how Providence Living is reinventing care for seniors and will describe plans for the long-term care village in Comox. The project will create a home for seniors, moving away from a typical institutional model of care to a social-relational model. Residents will be invited to direct their own care, enhancing a normal lifestyle with freedom of movement and access to the outdoors.

**INTRODUCTION TO MEDICINAL CANNABIS (1 week online) \$5.50**

Terese Bowers CVEC-5392-DLS1  
November 1 3 – 4:30 pm

Discover what you need to know about medicinal cannabis before diving in from a certified cannabis wellness coach. What is cannabis? How does it work in the body? How do you try cannabis? Find out what you never knew before about this plant medicine. We'll also uncover some myths and stigmas about what our culture has thought about cannabis and what we might be missing.

**LET'S LIVE & TALK ABOUT DEATH \$5.50**

(1 week on campus)

Janet O'Dell, Sherri Ellis-Bell, & Madeline Christie CVEC-5700-CVS1  
November 5 1 – 2:30 pm

**OR** CVEC-5700-CVS2  
November 26 1 – 2:30 pm

Opening up meaningful conversations about death can encourage living more fully. This interactive course invites participants to begin exploring their own emotions, experiences, and perspectives on death and dying in a safe space. Participants will learn about the death positive movement, community-led death care, death doula practitioners, and more. Thought-provoking questions will be offered, along with a simple writing exercise. Materials provided – journal and pencil are recommended but optional.

**SCENIC HIKES (NO DOGS) \$56**

(8 weeks offsite)

Ted Grainger CVEC-5520-CVS1  
October 11 – November 29 10 am – 1:00 pm

Come enjoy a weekly hike! Pack a lunch and revisit the familiar and, perhaps, discover some new trails. We'll be travelling once a week, as far south as Bowser and north to Campbell River. Car pooling is still not recommended at this time, so you will need to provide your own transportation. The hikes cover variable and occasionally challenging terrain and are not suitable for those with mobility issues or those who would prefer a gentler walk.

**WELCOME TO IMPROV \$56**

(8 weeks on campus)

Susan Osso CVEC-1796-CVS1  
October 3 – November 28 1 – 4 pm

This eight-week course employs the basics of improvisation to hone your creative skills. The classes provide an opportunity to stretch the imagination, spark spontaneity, and laugh with each other. Great for those new to improv as well as seasoned veterans. No experience is necessary, just a willingness to be present.

**WHO CARES? INDEPENDENCE TO CARE \$11**

(2 weeks on campus)

Jennifer Pass and Alison van Schlie CVEC-5720-CVS1  
October 21 – 28 10 – 11:30 am

A look at the legal structures around seniors' care and what is available in the Comox Valley communities (for both the senior needing care and the home caregiver) by way of home-care services, drop-in programs, counselling, respite for caregivers, assisted living and institutional care.

**HISTORY AND SOCIAL SCIENCES****ESCAPE FROM COLDITZ CASTLE \$11**

(2 weeks on campus)

Michael Naish CVEC-1730-CVS1  
November 10 – 17 11:30 am – 1 pm

Reichsmarschall Hermann Goering visited Colditz Castle early in WW2. He declared it to be "escape-proof," one of many prognostications Goering got wrong. In this presentation we will see how the presenter's uncle and a bookkeeper from Manitoba pulled off one of the most famous and successful WW2 escapes, learn more about amazing Dutch escapes, the fate of Prominente/ hostages, and liberation.

**FRANKLIN AND THE N.W. PASSAGE \$5.50**

(1 week online)

Dianne Volrich & Roland Semjanovs CVEC-5908-DLS1  
October 17 1 – 2:30 pm

In 1845, two ships, the HMS Terror and the HMS Erebus, set sail from England to find the northwest passage. Neither ship was seen again until recently when they were discovered in remarkably good condition, containing well-preserved artifacts. Through records and slides, we'll unravel the mystery of what went so terribly wrong, and how Inuit stories and legends helped piece the story together.

**MEDIEVAL HISTORY – WEATHER OR NOT \$22**

(4 weeks online)

Dr. Alana Gowdy CVEC-6330-DLS1  
November 8 – 29 1 – 2:30 pm

There have been several times in history when weather has determined the outcome of events. This course will study examples, mainly medieval, when changes in the weather had a major impact. Topics include the 1066 Norman invasion of England, the Great Famine of 1315, and the Battle of Towton, 1461.

**ROLE OF THE EXECUTOR \$5.50**

(1 week on campus)

Lyle Carlstrom CVEC-3580-CVS1  
October 5 7:30 – 9 pm

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

**SIGNIFICANT U.S. PRESIDENTS \$22**

(4 weeks on campus)

Eric Nellis CVEC-6319-CVS1  
November 8 – 29 11:30 am – 1 pm

The course will examine several U.S. presidencies and their role in shaping the American nation and the U.S. role in world affairs. Emphasis will be on Jefferson, Jackson, Lincoln, T. Roosevelt, F.D. Roosevelt, Nixon, Reagan, and Trump.

**THE CANADIAN CONSTITUTION \$27.50**

(5 weeks on campus)

Keith Ritter CVEC-6421-CVS1  
November 2 – 30 2:30 – 4 pm

A brief comparison of Canadian, American and British Constitutions, an analysis of federal and provincial powers, consideration of how First Nations are treated in the constitution, a review of federal and provincial taxing powers, an introduction to the Charter of Rights and Freedoms, and a review of any current constitutional issues.

**THE COLD WAR, THEN AND NOW \$33**

(6 weeks on campus)

Eric Nellis CVEC-6550-CVS1  
October 5 – November 9 10 – 11:30 am

Examine the origins and history of the Cold War and its role in reshaping international relations into the 21st century. The notion of a new or resumed Cold War will be discussed with a focus on Russian, American, and Chinese relations.

**THE SCIENCE OF HAPPINESS** **\$38.50**

(7 weeks on campus)

David Vranjes CVEC-5750-CVS1

October 19 – November 30 11:30 am – 1 pm

Learn how to live the most fulfilling, resilient, and happy life possible. Research indicates that most humans today are holding fast to wrong ideas about what makes us happier. The course examines recent research from the frontiers of neuroscience and neuropsychology to explore the roots of happiness and what biological purpose it serves, while providing insight and strategies for increased life satisfaction.

**VISITING UNCOMMON CORNERS 1** **\$33**

(6 weeks on campus)

Gregg Strong CVEC-5940-CVS1

October 17 – November 21 11:30 am – 1 pm

Enjoy watching and hearing about the instructor's cycling tours in countries where he has worked. Learn about history, culture, politics, and current events along with personal anecdotes. In part 1, armchair travel to Xinjiang (west China), north Pakistan, Nigeria, East Turkey, Georgia, Sarawak (Malaysian Borneo), Tajikistan, and the Philippines. Part 2 will hopefully follow in 2023. Note: this is an updated course to two previously offered ElderCollege courses.

**LANGUAGE AND LITERATURE****CANADIAN SHORT STORIES** **\$44**

(8 weeks on campus)

Don Fisher CVEC-6258-CVS1

October 11 – November 29 11:30 am – 1 pm

The short story continues to be a thriving genre in Canadian literature, particularly since the mid-twentieth century. This discussion-based course will explore about a dozen of the best of these stories by writers from across the country, with a particular emphasis on the short fiction of our Nobel Prize winning Canadian writer, Alice Munro. Come prepared to share your thoughts and impressions on each week's assigned readings.

**CULTURE CLASH – 2,500 YEARS** **\$44**

(8 weeks on campus)

Annie Smith CVEC-1980-CVS1

October 4 – November 22 11:30 am – 1 pm

The ancient Greek playwrights are considered the source of Western theatre. As acts of decolonization, Yvette Nolan and Deanne Kaseokeo adapt plays by Sophocles and Aeschylus to examine Indigenous cultures on Turtle Island looking at leadership, power, and mythology, and reflecting on contemporary Indigenous life. We will read the original plays and their adaptations, discussing them separately and together. Online materials will be provided for a \$15 charge.

**INVIGORATE YOUR BOOK CLUB!** **\$11**

(2 weeks on campus)

Marlet Ashley CVEC-6205-CVS1

October 5 – 12 11:30 am – 1 pm

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 didn't like about the literature your book club has chosen. Please read the online version of John Steinbeck's *The Chrysanthemums* prior to the course.

**THE REDDENING PATH: GUATEMALA** **\$5.50**

(1 week on campus)

Amanda Hale CVEC-6210-CVS1

October 27 1 – 2:30 pm

Learn how the instructor researched her novel about a Guatemalan-Canadian adoptee's return in search of her birth mother. Pamela discovers her Mayan heritage and untangles a web of political intrigue concerning the genocide against her people. There will be a short reading, an update on the mining situation in Guatemala, and time for a Q & A. The Reddening Path is available at Laughing Oyster in Courtenay.

**WRITERS' WORKSHOP** **\$56**

(8 weeks on campus)

Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1

October 13 – December 1 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.

**SCIENCE AND COMPUTERS****BACKYARD COMPOSTING** **\$5.50**

(1 week on campus)

Joyce McMenamon CVEC-7550-CVS1

October 7 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** **\$52**

(8 weeks online)

Thierry Vrain CVEC-5844-DLS1

October 7 – December 2 10 am – 12 noon

Molecular biology allows us a peek at molecules at work in living cells, revealing that all cells function in the same way with the same protein molecules and the same genetic code. The course presents discoveries at the molecular and cellular level.

The relative importance of bacteria, fungi, plants, and animals is examined. How close are we to other living beings, are we the only intelligent species, is life intelligent?

**CLIMATE SOLUTIONS ACTION WORKSHOP** (5 weeks online) **\$27.50**

Joan Gillies and Kari Nelson CVEC-6390-DLS1  
October 24 – November 21 6:30 – 8 pm

A workshop about climate solutions based on the research of Project Drawdown. Building a supportive community is an essential element of this interactive course. Participants will develop action plans at individual, family and friends, community, and/or policy levels and learn skills to articulate these to others. This course is for the curious and caring who are ready to roll up their sleeves to improve our planet.

**FLIP SIDES OF THE INTERNET** (4 weeks online) **\$22**

Rob Thompson CVEC-3601-DLS1  
October 4 – 25 10 – 11:30 am

This course is an open conversation. It begins with 'applied systems thinking' and ranges on to areas of direct significance to the future(s) of your grandchildren. The overarching questions are: (1) why do your grandchildren need to be on the Internet? (2) why do you need to know what your grandchildren are doing on the Internet? and (3) how do you approach the conversation about the two "why" questions above?

**HOW THE INTERNET WORKS** (2 weeks on campus) **\$13**

Terry Hooper CVEC-3604-CVS1  
October 8 – 22 1 – 3:30 pm

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

**QUANTUM PHYSICS** (8 weeks on campus) **\$44**

Joel Kositsky CVEC-6301-CVS1  
October 11 – November 29 1 – 2:30 pm

Quantum physics (QP), the modern theory of how things work, is encountered mostly when investigating tiny things like electrons and atoms. Because of its heavy reliance on advanced mathematics, QP is difficult to comprehend by the interested non-specialist. Goals in this course are to impart a basic comprehension of this always fascinating, but rarely understood field, discussing its history, its basic (often strange) ideas, and its applications and philosophical ramifications.

**VANCOUVER ISLAND ANCIENT HISTORY** (2 weeks on campus) **\$11**

Russell Ball CVEC-6331-CVS1  
October 7 – 14 10 – 11:30 am

Learn about the geological origins of Vancouver Island with a focus on the Comox and Courtenay area. The course covers Earth movements, ancient lifeforms, and basic geologic processes.

**VANCOUVER ISLAND BIRDS** (1 week on campus) **\$5.50**

Mike Yip CVEC-6308-CVS1  
October 11 2:30 – 4 pm

Well-known nature photographer Mike Yip presents a photographic overview of the common birds of Vancouver Island and an extended discussion on bald eagles and the mysterious white raven. This is an opportunity to learn more about what you might see at your backyard feeder as well as birds from farther afield.

**WHAT ARE VIRUSES ANYWAY?** (8 weeks on campus) **\$44**

Joel Kositsky CVEC-5350-CVS1  
October 7 – December 2 2:30 – 4 pm

Everyone's aware that a virus caused the COVID-19 pandemic. But what exactly are viruses, and how do they differ from bacteria and other parasites? In brief, viruses are tiny biological entities that can infect all other lifeforms: bacteria; fungi; plants; and animals. We will explore how this occurs and how viruses replicate, mutate, spread, and cause illness. We'll also look at how vaccines work to protect us from viruses.



Lecture series coordinators: Elizabeth Johnson, Bonnie Luterbach, Cathie Talbot

## FALL LECTURE SERIES (CVEC-9009-CVS1)

7 SATURDAY LECTURES | 10 AM TO 12 NOON | ON CAMPUS AND ONLINE | \$42 FOR THE SERIES OR \$6/LECTURE

# First Nations Perspectives: Honouring the Past; Exploring the Present

First Nations peoples have lived on Vancouver Island for thousands of years and are the traditional keepers of this land. The Fall 2022 Lecture Series will explore some of the culture and history of the Island through a First Nations' lens. Speakers for this series will share insights into art, the role of knowledge keepers, repatriation of cultural artifacts, the potlatch, Vancouver Island treaties, experiences of living on reserve, and language revitalization.



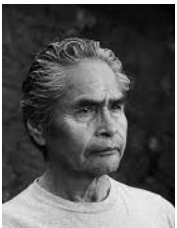
### ART AND TRADITION OF THE NUU-CHAH-NULTH \$6

Joe Martin

CVEC-9000-CVS1 October 1

Master canoe and totem carver Joe Martin from Tofino has revived the art of carving dugout canoes and will explain his role and responsibility as an artist in his community. As an ambassador for Clayoquot Sound and the traditions of the Nuu-chah-nulth, he promotes cultural practice and cross-cultural education. He will also discuss the symbolism of totem poles.

Mr. Martin is dedicated to the art and tradition of carving the ocean-going dugout canoes that connected the villages of the northwest coast of Vancouver Island. He is well-known in the Clayoquot Sound area for his art and skill and



has built 62 canoes. Locally, he supervised the construction of the new K'omoks canoe.

### VANCOUVER ISLAND TREATIES (1850-54) \$6

Dr. Neil Vallance

CVEC-9001-CVS1 October 15

In 1849 Britain granted Vancouver Island to the Hudson's Bay Company for 10 years on the understanding that it would promote colonization and negotiate the surrender of all First Nation land. Starting in 1850 James Douglas, on behalf of the HBC, entered into 14 agreements with Island First Nations. Dr. Neil Vallance provides answers to two questions: what were the terms of these agreements, and why did treaty-making cease in 1854?

Dr. Vallance is an historical researcher who has spent over 20 years preparing ethno-historical reports on claims by First Nations that Canada has breached the terms of the Vancouver Island treaties of 1850-1854. His doctorate from the UVic Faculty of Law focused on the formation of Vancouver Island treaties.



### BEYOND GILAKAS'LA: LANGUAGES COMING ALIVE \$6

†lakwama'ogwa, Sara Child and Dr. Lorna Wanosts'a7 Williams CVEC-9002-CVS1 October 22

†lakwama'ogwa, Sara Child and Dr. Lorna Wanosts'a7 Williams will explain how applying local Indigenous approaches to language learning is essential to breathing life back into the language, not to just create speakers, but to reawaken the soul of the language. Language revitalization is not merely about speaking a language. It is more about unearthing values, beliefs and principles of wellness encoded in the language that can guide one's relationships with the land, sea, spirit, self, and others.



Awi'nakola: we are one with the land, sea, and sky

Maya'xala xus Bałkwine: respect your mind body and Spirit

Yu'xan's Kis'o: our treasures

liDxsa'ałkw: to have learned, been taught

Ms. Child is a researcher and educator specializing in Indigenous language revitalization. She works at North



Island College and is passionate in her belief that revitalizing Indigenous languages will create pathways to healing, equity, and the resurgence of wellness for Indigenous people and nations.

Dr. Williams lost her language as a child attending St. Joseph's Mission residential school. Before retiring, she was the Canada Research Chair in Indigenous Knowledge and Learning at UVic. Dr. Williams is currently chair of the BC First Peoples Cultural Foundation and a member of the Canadian UNESCO work group for the Decade of Indigenous Languages.

**POTLATCH: THEN AND NOW \$6**

Wedlidi Speck

CVEC-9003-CVS1

October 29

Explore the origins of the potlatch ceremony, its historical development, colonial disruption (1884-1930s), and the emergence of the contemporary potlatch (1969-present). Gain a new understanding and appreciation of the cultural significance and complexity of this unique Northwest Coast First Nations tradition.



Mr. Speck is a hereditary chief and recognized historian, storyteller, and spiritual leader. He is currently Director of Indigenous Recruitment and Cultural Safety with the BC Ministry of Children and Family Development.

**KNOWLEDGE KEEPERS – THEIR ROLES AND DUTIES \$6**

Dr. Evelyn Voyageur

CVEC-9004-CVS1

November 5

Wise knowledge keepers were responsible for teaching First Nations people about their history, including the beginning stories of each tribe. Family connections, which were very important, were taught to all children. Connection to the land, earth, water, and air, connection to all creation, whether animals or humans, as well as connection to the Creator (God) were all important. This lecture will explain knowledge keepers' responsibilities using historical and current examples.



Dr. Voyageur has worked in hospitals and communities in Alberta and B.C., and has taught and developed nursing

curricula at UVic and NIC. In her current role as Elder-in-Residence at North Island College, she guides curriculum, mentors students, and brings First Nations' ways of knowing into classrooms.

**ON-RESERVE HOUSING: CANADA'S OTHER HOUSING SYSTEM \$6**

Dr. Sylvia Olsen

CVEC-9005-CVS1

November 19

The presenter shares her rich personal experience of living on-reserve, serving as housing manager, and working across the country on various housing boards and committees. She taught First Nations housing management at Vancouver Island University for years and wrote the first textbook in the field. First Nations housing has been one of Canada's most troubling social issues. Despite continuing challenges, many First Nations are making significant positive changes.



Dr. Olsen is an adult educator and trainer who has worked in the field of on-reserve housing across Canada for many years.

She has served on national and provincial boards and committees, advocating for change to government policy. Dr. Olsen also taught housing management at Vancouver Island University and is an award-winning author of books in a wide variety of genres.

**REPATRIATION AT U'MISTA CULTURAL CENTRE \$6**

Juanita Johnston

CVEC-9006-CVS1

November 26

U'mista Cultural Centre is a small museum with big dreams and an even bigger mandate: "to ensure the survival of all aspects of the cultural heritage of the Kwakwaka'wakw." As one of the longest running cultural centres in Canada, U'mista has extensive experience in repatriation, spanning over 40 years and ongoing to today.

Juanita Johnson will cover the history of their potlatch collection and their experience with repatriation.



Ms. Johnston is the executive director of U'mista Cultural Centre in Alert Bay. She has worked there in various capacities since 1989, supporting membership, maintaining and researching collections, developing exhibits, and coordinating repatriation efforts.

# Courses at a Glance

College closed on Monday, October 10  
and Friday, November 11

## MONDAY

No classes Monday, October 10

**BRIDGE - PLAY THE HAND, DEFEND THE HAND (8 WEEKS ON CAMPUS)** \$44  
CVEC-6253-CVS1 OCT 3-NOV 28 2:30-4 PM

**HOME MAINTENANCE (4 WEEKS ON CAMPUS)** \$22  
CVEC-7028-CVS1 NOV 7-28 11:30 AM-1 PM

**STRATA BASICS (6 WEEKS ON CAMPUS)** \$33  
CVEC-7040-CVS1 OCT 17-NOV 21 1-2:30 PM

**VISITING UNCOMMON CORNERS 1 (6 WEEKS ON CAMPUS)** \$33  
CVEC-5940-CVS1 OCT 17-NOV 21 11:30 AM-1 PM

**WELCOME TO IMPROV (8 WEEKS ON CAMPUS)** \$56  
CVEC-1796-CVS1 OCT 3-NOV 28 1-4 PM

**CLIMATE SOLUTIONS ACTION WORKSHOP (5 WEEKS ONLINE)** \$27.50  
CVEC-6390-DLS1 OCT 24-NOV 21 6:30-8 PM

**FRANKLIN AND THE N.W. PASSAGE (1 WEEK ONLINE)** \$5.50  
CVEC-5908-DLS1 OCT 17 1-2:30 PM

**TRAVEL INSURANCE: A NEW REALITY (1 WEEK ONLINE)** \$5.50  
CVEC-5901-DLS1 OCT 3 10-11:30 AM

## TUESDAY

**CANADIAN SHORT STORIES (8 WEEKS ON CAMPUS)** \$44  
CVEC-6258-CVS1 OCT 11-NOV 29 11:30 AM-1 PM

**CULTURE CLASH – 2500 YEARS (8 WEEKS ON CAMPUS)** \$44  
CVEC-1980-CVS1 OCT 4-NOV 22 11:30 AM-1 PM

**QUANTUM PHYSICS (8 WEEKS ON CAMPUS)** \$44  
CVEC-6301-CVS1 OCT 11-NOV 29 1-2:30 PM

**SIGNIFICANT U.S. PRESIDENTS (4 WEEKS ON CAMPUS)** \$22  
CVEC-6319-CVS1 NOV 8-NOV 29 11:30 AM-1 PM

**THE ART OF CULTURAL PATTERNING (3 WEEKS ON CAMPUS)** \$21  
CVEC-1243-CVS1 NOV 1-15 1-4 PM

**VANCOUVER ISLAND BIRDS (1 WEEK ON CAMPUS)** \$5.50  
CVEC-6308-CVS1 OCT 11 2:30-4 PM

**FLIP SIDES OF THE INTERNET (4 WEEKS ONLINE)** \$22  
CVEC-3601-DLS1 OCT 4-25 10-11:30 AM

**INSPIRED PHONE PHOTOGRAPHY (4 WEEKS ONLINE)** \$22  
CVEC-2765-DLS1 OCT 4-25 1-2:30 PM

**INTRODUCTION TO MEDICINAL CANNABIS (1 WEEK ONLINE)** \$5.50  
CVEC-5392-DLS1 NOV 1 3-4:30 PM

**MEDIEVAL HISTORY – WEATHER OR NOT (4 WEEKS ONLINE)** \$22  
CVEC-6330-DLS1 NOV 8-29 1-2:30 PM

**SCENIC HIKES (NO DOGS) (8 WEEKS OFFSITE)** \$56  
CVEC-5520-CVS1 OCT 11-NOV 29 10 AM-1 PM

## WEDNESDAY

**BE KIND TO THOSE YOU LEAVE BEHIND (6 WEEKS ON CAMPUS)** \$33  
CVEC-3532-CVS1 OCT 12-NOV 16 1-2:30 PM

**INVIGORATE YOUR BOOK CLUB (2 WEEKS ON CAMPUS)** \$11  
CVEC-6205-CVS1 OCT 5-12 11:30 AM-1 PM

**MAINTAIN A MATURE SINGING VOICE (8 WEEKS ON CAMPUS)** \$44  
CVEC-1889-CVS1 OCT 5-NOV 23 3-4:30 PM

**ROLE OF THE EXECUTOR (1 WEEK ON CAMPUS)** \$5.50  
CVEC-3580-CVS1 OCT 5 7:30-9 PM

**THE CANADIAN CONSTITUTION** **\$27.50**  
**(5 WEEKS ON CAMPUS)**

CVEC-6421-CVS1 NOV 2-30 2:30-4 PM

**THE COLD WAR, THEN AND NOW** **\$33**  
**(6 WEEKS ON CAMPUS)**

CVEC-6550-CVS1 OCT 5-NOV 9 10-11:30 AM

**THE SCIENCE OF HAPPINESS** **\$38.50**  
**(7 WEEKS ON CAMPUS)**

CVEC-5750-CVS1 OCT 19-NOV 30 11:30 AM-1 PM

**UNIVERSAL DEVOTIONAL CHANTING** **\$44**  
**(8 WEEKS ON CAMPUS)**

CVEC-5413-CVS1 OCT 5-NOV 23 1-2:30 PM

**VISIONS FROM AROUND THE WORLD** **\$28**  
**(4 WEEKS ON CAMPUS)**

CVEC-1726-CVS1 OCT 5-26 1-4 PM

**MEDIEVAL AND RENAISSANCE ART** **\$35**  
**(5 WEEKS ONLINE)**

CVEC-1950-DLS1 NOV 2-30 1-4 PM

**THURSDAY**

**A NEW VISION FOR LONG-TERM CARE** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-5726-CVS1 NOV 3 11:30 AM-1 PM

**ESCAPE FROM COLDITZ CASTLE** **\$11**  
**(2 WEEKS ON CAMPUS)**

CVEC-1730-CVS1 NOV 10-17 11:30 AM-1 PM

**FELLINI: THE EARLY FILMS** **\$28**  
**(4 WEEKS ON CAMPUS)**

CVEC-1715-CVS1 NOV 3-24 1-4 PM

**MUSIC & YOUR HEALTH** **\$28**  
**(4 WEEKS ON CAMPUS)**

CVEC-5710-CVS1 OCT 6-27 1-4 PM

**MUSIC FUNDAMENTALS FOR SINGERS** **\$44**  
**(8 WEEKS ON CAMPUS)**

CVEC-1885-CVS1 OCT 13-DEC 1 4-5:30 PM

**THE REDDENING PATH: GUATEMALA** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-6210-CVS1 OCT 27 1-2:30 PM

**WRITERS' WORKSHOP** **\$56**  
**(8 WEEKS ON CAMPUS)**

CVEC-2310-CVS1 OCT 13-DEC 1 1-4 PM

**FRIDAY**

No classes Friday, November 11

**BACKYARD COMPOSTING** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-7550-CVS1 OCT 7 1-2:30 PM

**BRIDGE – INTERMEDIATE BIDDING** **\$44**  
**(8 WEEKS ON CAMPUS)**

CVEC-6250-CVS1 OCT 7-DEC 2 4-5:30 PM

**BRIDGE – INTRODUCTION TO** **\$44**  
**MODERN BIDDING (8 WEEKS ON CAMPUS)**

CVEC-6252-CVS1 OCT 7-DEC 2 1-2:30 PM

**THE SERVAS TRAVEL EXPERIENCE** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-5907-CVS1 OCT 14 1-2:30 PM

**VANCOUVER ISLAND ANCIENT HISTORY** **\$11**  
**(2 WEEKS ON CAMPUS)**

CVEC-6331-CVS1 OCT 7-14 10-11:30 AM

**WHAT ARE VIRUSES ANYWAY?** **\$44**  
**(8 WEEKS ON CAMPUS)**

CVEC-5350-CVS1 OCT 7-DEC 2 2:30-4 PM

**WHO CARES? INDEPENDENCE TO CARE** **\$11**  
**(2 WEEKS ON CAMPUS)**

CVEC-5720-CVS1 OCT 21-28 10-11:30 AM

**YOU, TOO, CAN DRAW!** **\$7**  
**(1 WEEK ON CAMPUS)**

CVEC-1414-CVS1 OCT 7 1-4 PM

**BIOFILIA: OUR CONNECTION TO NATURE** **\$52**  
**(8 WEEKS ONLINE)**

CVEC-5844-DLS1 OCT 7-DEC 2 10 AM-12 NOON

**SATURDAY**

**HOW THE INTERNET WORKS** **\$13**  
**(2 WEEKS ON CAMPUS)**

CVEC-3604-CVS1 OCT 8-22 1-3:30 PM

**LET'S LIVE & TALK ABOUT DEATH** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-5700-CVS1 NOV 5 1-2:30 PM

**LET'S LIVE & TALK ABOUT DEATH** **\$5.50**  
**(1 WEEK ON CAMPUS)**

CVEC-5700-CVS2 NOV 26 1-2:30 PM

**FALL LECTURE SERIES: FIRST NATIONS**  
**PERSPECTIVES: HONOURING THE PAST;**  
**EXPLORING THE PRESENT**  
**(7 WEEKS) \$42 FOR ALL OR \$6 EACH**

CVEC-9009-CVS1 (ENTIRE SERIES)

SEE PAGES 9-10 FOR INDIVIDUAL LECTURE DETAILS

CVEC-9000-CVS1 OCT 1 10 AM-12 NOON

CVEC-9001-CVS1 OCT 15 10 AM-12 NOON

CVEC-9002-CVS1 OCT 22 10 AM-12 NOON

CVEC-9003-CVS1 OCT 29 10 AM-12 NOON

CVEC-9004-CVS1 NOV 5 10 AM-12 NOON

CVEC-9005-CVS1 NOV 19 10 AM-12 NOON

CVEC-9006-CVS1 NOV 26 10 AM-12 NOON