

LIFELONG LEARNING FOR ADULTS (55+)

WINTER 2020

COURSE GUIDE

COMOX VALLEY

ElderCollege
NORTH ISLAND COLLEGE

OUR MISSION

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

PUBLIC INFORMATION FORUM

Saturday, January 11, 2020

NEW TIME: 9:00am – 12:30pm

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 week of January 20 - 24. The exact time will be announced to all members by email.

COURSES BEGIN

Monday, February 10, 2020

LECTURE SERIES BEGINS

Saturday, February 8, 2020

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.

No Time for Complacency

"In 1989, I hosted a CBC radio series, *It's a Matter of Survival*, featuring interviews with almost 150 scientists and environmental experts from around the world. Their warning was consistent and stark: Human beings were causing unprecedented changes to Earth's systems, the detrimental effects were already taking shape, and people would need to reinvent how we live, consume, use energy and move around in order to avoid a looming global crisis.... That was 30 years ago." David Suzuki, Canadian academic, science broadcaster and environmental activist.

www.thestar.com/opinion/contributors/2019/09/06/david-suzuki-why-were-almost-out-of-time-on-climate-change.html

Our lecture series this winter will explore changes in the natural world and the actions of societies and governments that are creating circumstances to which the planet can no longer adapt/adjust. This series aims to foster understanding about changes to the environment by

providing information about practices and factors that have led to an ecological dilemma, and to explore positive actions that can be taken by individuals along with private and public sector organizations to mitigate the challenges that we and future generations face.

Experts from various disciplines will share their insights and knowledge about what has played, and what may yet play a role in decisions to be made in our world and in the Comox Valley. We are fortunate that members of the local core team of the Youth Environmental Action group have agreed to attend each session, actively participating in each Q&A period. As members of the cohort to live through the consequences of past and future decisions, these individuals will share their insights, perspectives and questions as participants of the final session in the series.



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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

THANKS TO THE NEWSLETTER TEAM

Frances, Enid, Heather, Mic, Jim, Solweig Diane, Ellen and Tammi.



Find us on Facebook:
Comox Valley ElderCollege

Notes from the Chair



Here we are, well into our 21st year, and I do believe we have 'come of age'. Our latest Saturday lecture series providing a diverse range of studies from Canada's East Coast is proving both very interesting and popular – again selling out in short order (though we generally manage to find space for members who choose to drop-in, taking a chance on others' absence). On a trial basis, we have introduced additional lectures – our Discovery Series, the first of which was held on Sunday afternoon, October 20th. An innovation that successfully raised \$1,000 for the Comox Valley Youth Music Centre (CYCM) in which Doctor Duke spoke about 'what's new in how we present and hear the classics'. A second lecture in this series will be held Sunday April 5th. As we move forward, we will keep experimenting in an effort to remain relevant and vibrant.

In late February, we plan to send members a short survey, asking for feedback and opinions. However, if you have some thoughts you'd like to share, we are listening

anytime – just send an email to us at eldercollegeCV@nic.bc.ca – oh, and we thrive on compliments as well as heeding complaints and suggestions!

Our 20th anniversary event on September 13th was well attended by representatives of our principal stakeholder groups – our partners at NIC, community leaders, and EC members. It was wonderful that each of our two founding members (Betty Emery and Elizabeth Smith) were able to attend and say a few words. Each of them added funds to the two bursaries we maintain with the NIC Foundation in their names. A commemorative plaque was unveiled and can be seen just outside the doors into the Stan Hagen theatre.

A special 'thank you' to our volunteers – instructors, operational and administration volunteers plus my executive team. I am so grateful to you all. You make an amazing contribution to the well-being of our Comox Valley community. It is a real privilege to work with you all.

I wish everyone a happy, healthy 2020. Keep on learning!

CVEC Online Membership Survey Coming Soon to Your Inbox

Each semester, ElderCollege distributes course evaluations in its classes to get a sense of how we are doing. This information is an important part of how we plan our programming, and make improvements.

This February, we will be expanding these efforts, by introducing our first-ever online membership survey. This short online survey will be sent to your inbox on **Monday, Feb 24, 2020** and will ask common sense questions about things like how you first discovered ElderCollege, which subject areas do you like most, and where we can add additional programming.

When you receive the survey, please take a moment to complete it. Your opinion matters!

If that wasn't enough incentive, everyone who participates in the survey will be automatically entered to receive a beautiful gift basket!



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 FOURTH WEEK of January – 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.



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.

Forgot your Password?

Online registration

Reset your password before registration

1. Visit <https://nicconnect.nic.bc.ca>
2. Select the hyperlink on the left side of the webpage that says "reset it"
3. Type in your student number (also called your User ID) into the corresponding field, using a small "n" then the number - for example: n9999999
4. Type in your last name in the "last name" field.

Done! Your new 4 digit password will be automatically emailed to you!

Still having challenges?

Email Julian at Julian.Benedict@nic.bc.ca.

What Room Is My Course In?

There are three ways to find the room number for any CVEC or lecture you can:

1. Check your registration receipt emailed to you when you registered.
2. Check the CVEC course list located on the wall just outside the Stan Hagen Theatre.
3. Check the CVEC course list located on the wall outside the main registration office in Discovery Hall



Chat With Christine Dickinson

INTERVIEW BY ENID FARMAR

Born in New Zealand, Christine Dickinson is a historian and author of several publications. She is the recipient of the Paul Harris award for her services to humanity, and was a co-winner of the Lieutenant Governor's award for her book "Atlin: the Story of British Columbia's Last Gold Rush" (co-authored with Diane Solie Smith).

She followed a career in teaching, married a Canadian educator, and moved to the Comox Valley where her husband's parents lived. The couple subsequently took up teaching positions in Atlin in northern B.C. The Gold Rush had happened in Atlin at the same time as the rush to the Klondike in the Yukon. Christine became involved in trying to preserve the historical sites, artifacts and old heritage buildings left behind by the fortune seekers, and sought assistance

from the government and influential authorities such as historian/journalist Pierre Berton.

Christine's time in Atlin was very productive. She wrote a book about her research, earned a Master's degree, and raised three children. After moving to the Bulkley Valley she became vice principal, principal and then assistant superintendent.

Her life is very full because of her numerous interests and her involvement with so many groups. A very active member of ElderCollege, she was on the Curriculum, is the instructor of "A History of the Comox Valley", and is past Vice Chair and Member At Large of ElderCollege.



She is a member of the Rotary Club of Courtenay. She works with 1000x5 which is a literacy program for pre-schoolers; she belongs to the Comox Valley Writers Society, and is a volunteer at the Museum. She is also on the Board of the McLoughlin Gardens Society.

What an extraordinarily productive immigrant we have in our midst, whose contributions greatly enhance our society!

**SPECIAL
EVENT**

ELDERCOLLEGE *Discovery Lecture*



Soundtrack of Change: Music and European History

The canon of Western art music is a treasure trove of great works spanning many centuries and nations, but it also provides a soundtrack of changes in European society and culture of the past millennium. In this presentation, illustrated with musical examples from many periods, styles, and genres, Nicolas Krusek considers how an appreciation of music from the past can enrich our understanding of the history of Western civilization.

ABOUT THE LECTURER Nicolas Krusek is a musician, conductor, speaker and music educator. After completing a degree in composition at the University of British Columbia, he studied orchestral and choral conducting at the Janacek Academy of Music and Performing Arts in Brno (Czech Republic). In addition to giving educational lectures for Vancouver Opera and the VSO, he has been music director of the Ambleside Orchestra since 2010.

SUNDAY, APRIL 5, 2020 | 2 pm to 4 pm

NIC Comox Valley campus

Stan Hagen Theatre (KMX 104)

Open to Comox Valley ElderCollege members

Course code: CVEC 8902 | **Fee:** \$20

YOUR TICKET SUPPORTS THE LIFE STORIES PROJECT

Partial proceeds from this ElderCollege Discovery Lecture fundraiser will support a unique memory rejuvenation project being organized through Glacier View Lodge. This ground-breaking Life History project seeks to capture the rich and full lives of residents who have had their memories robbed from them by Alzheimer's or other types of dementia. Through the power of film, this series will reconnect the resident to their own memories, personal achievements, purpose, meaning and joy.

Modern Chinese Legal System 1911–Today

CLIVE ANSLEY | 8 WEEKS

When Deng Xiaoping seized power in the late 1970's he broke fundamentally with Mao's "closed" policy which had largely isolated China from international commerce for two decades. Deng declared China "open for business" and openly courted foreign traders and investors.

Deng's ambitious seduction of foreign corporate investment in China could not succeed in the absence of a recognizable and credible legal system. Foreign corporations, Deng knew, would not invest in a country with no legal system to protect them. He created legal institutions and infrastructure almost overnight, mostly to instill confidence in the international business community.

On July 1, 1979, Deng published the first formal statutes and Chinese "courts" were created, judges were appointed, and law schools were opened. The Chinese Communist Party's propaganda mills began churning out unceasing paeans to China's newfound reverence for the "Rule of Law" and the impartiality of Chinese "courts".

Unfortunately, Rule of Law has been impossible from the outset in the context of the objective reality of China's political system. And the entire discussion has been marked by cynicism on the part of both the Chinese Communist Party and the western politicians whom the CCP successfully co-opted. The CCP leadership has trumpeted its commitment to Rule

of Law for almost four decades; western politicians have meanwhile focused on selling their citizens a romanticized and wholly apocryphal new mythology about that system.

Only since Meng Wanzhou recently walked into Justin Trudeau's life, has the Canadian government belatedly come to realize the bogus nature of the contemporary Chinese "legal" system.

For reasons of trade, western governments, businesses and media have for almost three decades refused to recognize or discuss the greatest Crime Against Humanity since the Third Reich, a crime against the Chinese people which continues unabated today.



Fitness & Exercise for an Aging Population

KEN REDL | 6 WEEKS

Physical activity is medicine for older adults. Evidence from high quality studies supports the positive association between increased levels of physical activity and improved health in older adults. This course will provide helpful information on both aerobic and strengthening exercises. Evidence supports the positive association between increased levels of physical activity and improved health in older adults; in particular improvements in the musculoskeletal (muscles, bones and ligaments) and cardiovascular (heart, lungs and circulatory) systems. Impaired balance and gait (the way a person walks) lead to limited mobility and an increased risk for falls in the elderly. It is important to understand the effects of aging and the positive results of exercise on these risk factors.

This course will provide information and practical demonstration. Participants should come away from the course with helpful tips on how to maintain and improve their physical status and quality of life.



Medical Overdiagnosis

DAVID ARNOLD, MD | 4 WEEKS

This 4 session course will allow students to better understand how modern medicine has become tilted towards making diagnoses and recommending treatments that offer very little benefit (or risk) to patients yet make many people anxious about their health and introduce added costs to patients and the public health care system. This change in medical practice has developed over the past 30 years and has its most dramatic effects on common, chronic conditions such as diabetes, osteoporosis, heart disease and hypertension, conditions that primarily affect older people.

Cannabis: Miracle Cure or Snake Oil?

SUE BOOTH, MD | 1 CLASS, 3 HOURS

Come along to our educational and informative session on medical cannabis given by Dr. Susan Booth MD and Denise Ropp owner/manager of DR Health White Cedar Medical Cannabis Clinic.

This will be an informal class with an initial educational session followed by time for question such as: Where do I get medical cannabis? / Will it work for my chronic pain? / Will I get addicted? / Will medical cannabis interact with my prescriptions? Space is limited so sign up now to avoid disappointment, unfortunately samples cannot be provided!



PUBLIC INFORMATION FORUM

Saturday, January 11, 2020
NEW TIME: 9:00am - 12:30pm
Stan Hagen Theatre, NIC

REGISTRATION –

The fourth week of January (January 20 - 24)

The opening date for registration will be announced to all members via email and announced on the CVEC website.

CLASSES BEGIN

Monday, February 10, 2020

LECTURE SERIES BEGINS

Saturday, February 8, 2020

DISCOVERY LECTURE

Sunday, April 5 2pm - 4pm

FEES – Fees subject to tax.

\$10.00 Annual membership (CVEC 0001)
Membership fees are not refundable.

COURSE PRICING

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.

SUPPLY FEES

In some cases, supply fees will be additional and billed by instructors. Generally, the fees are collected when you register, and added to your course fees. In such cases, these details will be noted in the course description.

LECTURE SERIES PRICING

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

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

Members cannot change courses once they begin.

Wait Lists: CVEC members can request their name be added to a wait list by contacting Julian Benedict, Julian.Benedict@nic.bc.ca.

Regular Courses

COLLEGE CLOSED ON: MONDAY, FEBRUARY 17 AND THURSDAY FEB. 20



ARTS & MUSIC

ART OF CULTURAL PATTERNING (3 WEEKS) \$30

Terri Bowen CVEC 1915
Thursday, March 19 – April 2 1:00 – 4:00
Examine artistic patterns of the Celts through the knots and illuminated texts; East Indian mandalas; Islamic tiles and Plains Indians and Haida art forms. In the second half of class, create your own patterned works of art. \$25 supply fee billed on registration.

DANCE FITNESS (8 WEEKS) \$40

Wendy MacDougall CVEC 1872
Monday, Feb. 10 – April 6 3:00 – 4:30
In an encouraging and supportive environment for both beginner and experienced dancers, this course will focus on developing and maintaining flexibility, endurance and strength using dance forms from Classical Ballet, Contemporary Dance, Musical Theatre and World Beat. **Classes held at Berwick Comox Valley.**

FILMS AND MUSIC TOGETHER (4 WEEKS, 3 HOURS PER CLASS) \$40

Heather McFetridge & Brian Charlton CVEC 1722
Wednesday, Feb. 12 – March 4 1:00 – 4:00
Music and film are two great art forms and when combined they can be enthralling. We have our documentary films that are great examples of that collaboration: Stop Making Sense, The Last Waltz, Forever Young, and one that will be chosen by the participants. It all should make for interesting discussions.

FILM'S GREATEST DIRECTORS, PART 1 - ORSON WELLES (4 WEEKS, 3 HOURS PER CLASS) \$40

Kay Kennedy CVEC 1721
Wednesday, March 11 – April 1 1:00 – 4:00
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.

FUNDAMENTALS OF PHOTOGRAPHY (8 WEEKS) \$40

Norman Mathew CVEC 2761
Tuesday, Feb. 11 – March 31 1:00 – 2:30
This is a non-technical look at how to improve your photographic composition. Although many of the concepts presented will apply to adjustable cameras, concepts will also apply to point-and-shoot cameras and phone cameras. Students should be familiar with the basic use

of their own camera and should bring the camera to each class. A tripod is useful but not mandatory. **There will be three field trips.**

MAINTAINING THE MATURE SINGING VOICE (6 WEEKS) \$30

Oliver Clarke CVEC 1889
Tuesday, Feb. 11 – March 17 10:00 – 11:30
Participants will learn techniques designed to increase the richness and fullness of their voices, to increase their vocal range and breath support, plus vocal projection. **Classes held at Berwick Comox Valley.**

UKULELE FOR BEGINNERS (4 WEEKS) \$20

Donna Griffiths CVEC 1840
Tuesday, Feb. 11 – March 3 10:00 – 11:30
This course will get you started playing the ukulele - from tuning to strumming basic chords and accompanying yourself on several songs. The goal will be to make you familiar enough with the ukulele that you would feel comfortable to join a Uke Circle either here in the valley or perhaps in Hawaii! Participants should bring a ukulele and a tuner to the first class.

UNIVERSAL DEVOTIONAL CHANTING (8 WEEKS) \$40

Oliver Clarke CVEC 5413
Tuesday, Feb. 11 – March 31 1:00 – 2:30
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 void, the Creator, or the re-creative energy found in nature. All are encouraged to participate and all levels of singing ability are welcome. **Classes held at Berwick Comox Valley.**

CREATIVE COMPUTING

A DAY IN THE LIFE OF MY IPAD (4 WEEKS) \$20

Peter Newsted CVEC 4569
Thursday, Feb. 13 – March 12 2:30 – 4:00
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.

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.

YOUR EMAIL/FILES IN THE CLOUD

(4 WEEKS, 3 HOURS PER CLASS) \$40

Terry Hooper CVEC 4019
Wednesday, Feb. 12 - March 14 4:00-7:00

Know how to do basic email? Want to know more about using Google or Microsoft in a better way for your personal email, and then explore the cloud drive features? This course will walk you through setting up an account and then synchronizing your files on your computer to have them copied to the cloud. Then we'll walk through all kinds of access and sharing possibilities! Windows Operating System required.

ECLECTIC

BE KIND TO THOSE YOU LEAVE BEHIND

(6 WEEKS) \$30

Linda McLean CVEC 3532
Thursday, Feb. 13 - March 26 2:30 - 4:00

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

BRIDGE - INTERMEDIATE BIDDING

(8 WEEKS) \$40

Gary Priestman CVEC 6250
Friday, Feb. 14 - Apr 3 10:00 - 11:30

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. We will also explore the 2/1 Bidding System.

BRIDGE - INTRODUCTION TO MODERN BIDDING (8 WEEKS)

\$40
Gary Priestman CVEC 6252
Monday, Feb. 10 - March 6 2:30 - 4:00

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, Feb. 14 - April 3 1:00 - 2:30

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.

BUDDHISM FOR THE 21ST CENTURY

(8 WEEKS, 3 HOURS PER CLASS) \$60

Scott Bain CVEC 6253
Friday, Feb. 14 - April 3 1:00 - 4:00

A basic study of Buddhism as a synergistic integrated educational system. The focus will be on the Wisdom/Compassion traditions through Study/Practice. Patterns that connect Meditation/Contemplation/Realization. Qualities

of self-reflective awareness becoming the altruistic mind of enlightenment. Contrasted with the Epistemology of thought behind our current Techno-Industrial Civilization. Paradox of change, the paradigms of evolution. Zen Koans new age. Experience with meditation/homework helpful.

COMPASSIONATE COMMUNICATION

(6 WEEKS) \$30

Bonnie Larush CVEC 2800
Thursday, Feb. 13 - March 26 1:00-4:00

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 practicing these skills with real life examples. *Non-Violent Communication: A Language of Life* by Marshall Rosenberg is required reading.

CONSCIOUSNESS IN THE VEDA

(8 WEEKS, 3 HOURS PER CLASS) \$60

Phyllis Chubb CVEC 6255
Thursday, Feb. 13 - March 9 4:00 - 7:00

Vedas, ancient Indian writings, thought to be simple praise to gods, have proven to be more. Once ridiculed, the Vedas now lead science exploring the complexity of our world and our life within it. For example, subjects such as cosmology, language, physical development, ayurveda, and near-death experiences are explored. Once introduced, the importance of consciousness in the world and in life experiences, with self and others, will become the focus.

FINANCIAL LITERACY FOR WOMEN

(4 WEEKS) \$20

Aaron Macluskie CVEC 3508
Tuesday, March 10 - 31 10:00 - 11:30

Four classes with the goal of helping women to feel confident in their financial futures through education and discussions around topics which impact future decision making. At the completion of the course, participants will have a much better understanding of the tools available to create a comfortable retirement as well as a meaningful legacy.

FOUNDERS OF RELIGIONS (8 WEEKS) \$40

Jack Duckworth CVEC 6279
Thursday, Feb. 13 - April 9 1:00 - 2:30

The purpose of this course is to consider the character of (some) founders of religions as they set the "DNA" of their movement. Some founders are deemed perfect while others are less virtuous. Some founders are vehemently defended while others allow the seeker/follower to discern the truth. The search for truth is best discovered by understanding the interplay of the founder and the conditions of his or her time.

GARDENING FOR THE PLANET

(6 WEEKS, 3 HOURS PER CLASS) \$60

Karen Cummins & Royann Petrell CVEC 7552
Thursday, Feb. 13 - March 26 1:00 - 4:00

Learn via lectures, hands-on planning and field trips to create a natural garden, reduce resource use, and increase the population of beneficial organisms. Every class will be an opportunity to create a garden plan, and learn to care for a guilt-free, nature-loving paradise. Ideal for those who are tired of mowing grass and are nature lovers. Neighbourhood groups are welcome.

HOME MAINTENANCE COURSE

(4 WEEKS) \$20

John Dickinson CVEC 7028
Tuesday, March 10 - 31 10:00 - 11:30

This course will cover tips for the Senior to easily and safely perform basic home maintenance. Topics will include siding, roofing, drywall, plumbing, electrical and preparing homes for when you leave on vacation.

IMPROV-I-GANZA

(8 WEEKS, 3 HOURS PER CLASS) \$60

William Fradgley & Susan Osso CVEC 1796
Wednesday, Feb. 12 - April 1 1:00 - 4:00

Improv for all, experienced or not. Let loose your "inner child" and learn to play again. Improv games for 3 hours too much? Come when you can and leave when you must. Two instructors will put you through a number of games for you to both learn and grow your Improv skills.

READY, SET, GARDEN! (3 WEEKS)

\$15
Leslie Cox CVEC 7548
Monday, Feb. 10 - March 2 2:30 - 4:00

Early spring has arrived. It's time to get your garden ready. New beds to be started. Soil needs feeding, plants need dividing. Fruit trees, shrubs and vines need pruning. Vegetable garden needs attention. Compost needs tending. Get set, we're gardening!

SECRETS TO HAPPINESS (6 WEEKS)

\$30
David Vranjes CVEC 5750
Monday, Feb. 24 - March 30 10:00 - 11:30

Explores the roots of happy, meaningful life. Most humans hold fast to a number of wrong ideas of what makes us happy. Neuroscience and neuropsychology help explain how happiness is fostered in our brains, and what biological purpose it serves. Using concepts from genetics, human history, and positive psychology, the central focus of 'Secrets to Happiness' will look into the future and discover what best will make us happy.

HEALTH AND WELLNESS

FITNESS & EXERCISE FOR AN AGING

POPULATION (6 WEEKS) \$30

Ken Redl CVEC 5495
Tuesday, Feb. 11 - March 17 10:00 - 11:30

Physical activity is medicine for older adults. Evidence from high quality studies supports the positive association between increased levels of physical activity and improved health in older adults. This course will provide helpful information on both aerobic and strengthening exercises.

FOUNDATIONS OF CONTENTMENT (6 WEEKS)

\$30

Leon Hawrylenko CVEC 5322
Wednesday, Feb. 12 – March 18 1:00 – 2:30

This program is aimed at those persons who feel a longing to experience their deeper being. Only the deeper being satisfies our fundamental yearning for contentment. Simple mindfulness practices will be used to turn within to the deeper reaches of our being. We'll begin by exploring what a foundation of contentment is about, and then examine six foundational elements: clarity, inner peace, self awareness, appreciation, inner strength, and well-being support.

INTRODUCTION TO MEDITATION (4 WEEKS)

\$20

Lucas Stiefvater CVEC 5455
Thursday, Feb. 13 – March 12 1:00 – 2:30

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, March 4 – 25 2:30 – 4:00

Great benefit can be gained from Whole Food, Plant Based (WFPB) eating for health and curing many health related conditions. The instructor is 77, in excellent condition (plays squash at least 5 times 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.

MEDICAL OVERDIAGNOSIS (4 WEEKS)

\$20

David Arnold, MD CVEC 5708
Wednesday, Feb. 12 – March 4 4:00 – 5:30

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.

SCENIC HIKES [NO DOGS] (8 WEEKS, 3 HOURS PER CLASS)

\$60

Ted Grainger CVEC 5520
Tuesday, Feb. 25 – April 14 1:00 – 4:00

These 2 - 4 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!

YOGA FOR MEN (4 WEEKS)

\$20

Jessie Kerr CVEC 5411
Wednesday, March 4 – March 25 1:00 – 2:30

A yoga class for men. All levels, introductory to more advanced. Please wear comfortable clothing you can easily move in. Mats are available or bring your own. The cost of off-site studio space will be shared among participants.

HISTORY AND SOCIAL SCIENCES

ARAB SPRING IN A NEW WORLD ORDER (8 WEEKS)

\$40

Neil Crouch CVEC 6244
Tuesday, Feb. 11 – March 31 10:00 – 11:30

A renewed sense of nationalism is sweeping across the globe. Alliances and tensions between nations are under constant threat and change. This course deals with the ancient history of the Middle East and the development and fragility of the modern nations carved out since WWI. Classes are based on photos/experiences from living in Egypt for 5 years, culminating in the Arab Spring revolution of 2011, and close attention to world events.

HISTORY OF BEER, PART 2 (8 WEEKS)

\$40

Alan Brown CVEC 7354
Tuesday, Feb. 11 – March 31 2:30 – 4:00

This course continues the relationship of humanity with beer. (Part 1 is not a prerequisite.) We start in the Industrial Revolution, examine the success story of both lager and of the American beer barons who made it, the backlash that resulted in Prohibition in both Canada and the U.S., the globalization of beer, and the craft beer revolution. A \$10 course material fee will be collected at registration.

MODERN CHINESE LEGAL SYSTEM

1911–TODAY (8 WEEKS)

\$40

Clive Ansley CVEC 6456
Wednesday, Feb. 12 – April 1 2:30 – 4:00

The course covers Republican Era 1911 to 1949, Soviet Era 1949 to 1958, Mao Era 1958 to 1976, and "Westernization" 1979 to present. Focus is on the current human rights situation, the function of Chinese "courts" under the Chinese Communist Party, and involuntary organ harvesting. The course will also examine the impact of China's legal system on Canadian domestic and foreign policy, with particular emphasis on Canada's refugee practices.

RUSSIAN HISTORY, THOUGHT & CULTURE

19TH & 20TH CENTURIES (8 WEEKS)

\$40

Nicholas TyrRAS CVEC 6285
Tuesday, Feb. 11 – March 31 10:00 - 11:30

This course follows Russian history of the 19th and 20th centuries, examining the country's evolving trends in culture that culminated with the revolution of 1917. As revolutionary zeal began to wane, the dichotomy between Marxist ideology and a thousand-year-old Russian culture began to surface. Finally, World War II, the Cold War, and the dissolution of the USSR were demoralizing but also rejuvenating as Russia began to re-assert itself.

UNDERSTANDING THE CANADIAN CONSTITUTION, PART 2 (4 WEEKS)

\$20

Keith Ritter CVEC 6422
Monday, March 2 – 23 1:00 – 2:30

This course is designed to complement Part 1, which is not a prerequisite. This course will include a more detailed discussion of the Charter of Rights and Freedoms. Constitution topics include analysis of how First Nations are considered as well as the taxation powers of each level of government. Finally, the class will consider how the Constitution can and should be amended to reflect our current society.

LANGUAGES & LITERATURE

GREAT BOOKS EAST AND WEST (8 WEEKS)

\$40

Rose Webber CVEC 6211
Thursday, Feb. 13 – April 9 10:00 – 11:30

Join in lively discussions of literature from the past that has influenced Western thinking. Such works as the Bhagavad Gita, Analects of Confucius, Horatian odes, and an eclectic selection of Roman writers will be explored. Discover who said "a room without books is like a body without a soul". A tablet is useful but not essential to read the weekly emailed selections.

IRISH POETRY - THE CONSUMMATE WORD

(6 WEEKS)

\$30

Margaret Nyland CVEC 6288
Friday, Feb. 14 – April 20 2:30 – 4:00

A novel relies on the decision about which paragraphs to include; the short story is built on the choices of a sentence. But the poem... one word can make all the difference.

WRITERS' WORKSHOP (8 WEEKS)

\$60

Marvin Haave and Ian McIntyre CVEC 2310
Friday, Feb. 14 – April 3 1:00 – 3:00

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 AND SCIENCE

BIOFILIA – OUR CONNECTION TO NATURE (4 WEEKS, 3 HOURS PER CLASS)

\$30

Thierry Vrain, PhD CVEC 5844
Friday, Feb. 14 – March 6 9:00 – 12:00

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.

FROM WELLHEAD TO YOUR GAS TANK**(6 WEEKS) \$30**

Giorgio Grappolini CVEC 6325
 Thursday, Feb. 27 – April 2 10:00 – 11:30
 This course will review the production and processing of crude oil to produce the fuels used in transportation. We will review the basic processes of crude oil extraction and synthetic crude production in the upstream. Then we will review the processes of separation, conversion, purification and blending to produce the various fuels in a refinery.

SCIENCE OF CHAOS (8 WEEKS) \$40

Joel Kositsky CVEC 6310
 Friday, Feb. 14 – April 3 1:00 – 2:30
 "Chaos Theory", a fascinating and revolutionary science that appeared just recently, surprised (and both delighted and horrified) scientists in many fields. Surprisingly, this theory also lands us in the amazingly beautiful world of fractals and the famous "Mandelbrot Set". From the complicated rhythms of the heart, to the forecasting of weather, many (often totally unrelated) scientific subjects show irregularities that nonetheless exhibit a hidden structure: an order in the chaos.

YOUR MICROBIOME - BOTH GOOD AND BAD (6 WEEKS) \$60

John North, PhD CVEC 5751
 Friday, Feb. 14 – March 20 1:00 – 4:00
 In recent years there's been a scientific revolution in our understanding of the human microbiome – the trillions of bacteria and other microbes that live in/on us and are now known to be essential for normal development and function of the brain, immune systems and metabolism. Learn how medical science is taking the first small steps toward powerful new approaches to obesity, diabetes, asthma, allergies and - perhaps - Alzheimer's.

Short Courses

BIKE RIGHT (1 CLASS, 4 HOURS) \$10

Rick Howell CVEC 5493
 Saturday, April 4 12:00 – 4:00
 Learn/review rules of the road and safety skills through classroom, parking lot and on-road activities. Participants should be comfortable handling their bikes. Bring bike, helmet, suitable clothing, water, snack. \$10 CV Cycling Coalition membership fee for insurance will be collected with tuition.

CANNABIS: MIRACLE CURE OR SNAKE OIL? (1 CLASS, 3 HOURS) \$10

Sue Booth, MD CVEC 5392
 Monday, February 24 1:00 – 4:00
 Dr. Booth will guide us through accepted medical uses for cannabis, such as for chronic pain, insomnia, anxiety, and treating the side effects of chemotherapy. Learn more about this developing field of treatment and be a wise consumer.

CEREMONIES FROM BEAUTIFUL TO BIZARRE (2 CLASSES, 1½ HOURS EACH) \$10

Dianne Volrich CVEC 5340
 Monday, Feb. 10, 24 1:00 – 2:30
 Through videos we'll view rites of passage, marriages, a massive tomato fight, ritual body piercings, controversial baby jumping, and mythological creatures. Bizarre includes Monty Python and Carol Burnett! No class Feb. 17.

CREATING SLIDESHOWS USING IMOVIE (2 CLASSES, 3 HOURS EACH) \$20

Alan Tippett CVEC 4565
 Friday, Feb. 21, 28 5:30 – 8:30
 Learn to use iMovie to turn your photos into a movie, with music and titles, for playing on your TV, iPad, etc. Must have working knowledge of Photos program and Mac computers. Bring photos and music on a memory stick.

EASTER ART COURSE FOR GRANDPARENTS (1 CLASS, 3 HOURS) \$10

Libby Lang CVEC 1480
 Friday, March 27 9:00 – 12:00
 Using formal art techniques including directional line, shading, one and two point perspective, and aerial perspective, grandparents will increase their skill and confidence, and be able to lead school-age children in fun fool-proof activities using everyday materials. A \$15 fee will be added to the tuition for materials supplied by the instructor.

INTRODUCTION TO MAC "PHOTOS" (2 CLASSES, 3 HOURS EACH) \$20

Alan Tippett CVEC 4580
 Friday, March 6, 13 5:30 – 8:30
 Explore the use of the Mac application "Photos" to store, sort and edit your pictures as well as produce slideshows and cards. Must be familiar with the operation of Mac computers.

INTRODUCTION TO MASON BEES (1 CLASS, 1½ HOURS) \$5

Al Morton CVEC 7922
 Thursday, Feb. 13 10:00 – 11:30
 You will learn their life cycle, and how to make nesting tubes, boxes, and a starter house. \$15 charge for the starter kit and tube materials. Optional additional charge of \$20 for 20 cocoons. Help your fruits and veggies!

IREST® FOR SLEEP AND PAIN RELIEF (1 CLASS, 3 HOURS) \$10

Donna Sullivan CVEC 5752
 Saturday, Feb. 22 1:00 – 4:00
 iRest is an evidence-based protocol that combines deep relaxation with meditative inquiry to promote healing. Learn easy-to-use techniques to relieve chronic pain, insomnia and anxiety and enhance your well-being. Experience a guided iRest practice. Accessible for all physical abilities.

PUBLIC ART AROUND THE WORLD (2 CLASSES, 1½ HOURS EACH) \$10

Dianne Volrich CVEC 6120
 Friday, Feb. 14, 21 1:00 – 2:30
 This course offers an eye-opening look at public art in its many forms. We'll move from cave drawing to graffiti, local and world art on massive scales, sculptures, and the splendors of Las Vegas and Dubai.

SERVAS - AN ENRICHING TRAVEL EXPERIENCE (1 CLASS, 1½ HOURS) \$5

Evelyn & Rod Keith CVEC 5907
 Friday, Feb. 21 1:00 – 2:30
 Servas ("we serve" in Esperanto) helps build world peace and understanding by introducing international travelers 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 traveler or host.

TOUR THROUGH MY BELOVED PRAGUE (2 CLASSES, 3 HOURS EACH) \$20

Bela Hermanek CVEC 5910
 Thursday, April 2, 9 1:00 – 4:00
 We will look at some highlights of Czech history, and how they are reflected in Prague's architecture, music, lifestyle and beer. Optional visit to Prague in the fall 2020 with a small group is planned.

UNDERSTANDING THE US ELECTORAL COLLEGE (2 CLASSES) \$10

Don Axtell CVEC 6428
 Wednesday, Feb. 12, 19 2:30 – 4:00
 Electing a President. A romp through American history with a focus on the Electoral College and its role in American elections.

VANCOUVER ISLAND BIRDS (1 CLASS, 1½ HOURS) \$5

Mike Yip CVEC 6308
 Friday, March 27 1:00 – 2:30
 Learn about the birds of Vancouver Island through Mike's photography. What are the common birds? Where do they come from? When are they here? What are vagrants? Who are the White Ravens?

VANCOUVER ISLAND BUTTERFLIES (1 CLASS, 1½ HOURS) \$5

Mike Yip CVEC 6309
 Friday, April 3 1:00 – 2:30
 Learn about the butterflies of Vancouver Island through Mike's photography. What are the 70 species recorded? When and where will you find them? Which ones are endangered? How can you help them?

WHO CARES? HOME AND RESIDENTIAL CARE OPTIONS (2 CLASSES, 1½ HOURS EACH) \$10

Jennifer Pass & Betty Donaldson CVEC 5720
 Friday, Feb. 28, March 6 10:00 – 11:30
 Comox Valley Elders Take Action members Jennifer Pass and Betty Donaldson explore the journey from independence through home care to residential care in the Comox Valley. What is the process? How does it start? What are one's options?

WINTER LECTURE SERIES (CVEC 9000)

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

No Time for Complacency

For many years Mother Nature has shouted warnings at us in the form of raging fires and unprecedented storms of every kind, but like oblivious children we happily continue skipping down the same road, blind to what lies ahead. The Intergovernmental Panel on Climate Change warns that the clock is ticking and unless we make a sharp U-Turn within 11 years, opportunities to take meaningful action will greatly diminish. This series touches on two areas of importance locally, but mainly focuses on aspects of our society that got us here in the first place and hopefully will inspire ideas on how we can make that U-Turn.



FEBRUARY 8, 2020

A FIRST NATIONS PERSPECTIVE

Robert Everson

CVEC 9001

Robert Everson is Nagedzi, Hereditary Chief of the Giga'gam Walas Kwagut. A member of K'omoks First Nation with K'omoks, Kwakwaka'wakw, he has been an indigenous advocate in the Comox Valley for years with a strong understanding of indigenous governance, community development and the resource industry as it pertains to First Nations.

GETTING TO KNOW YOUR CHILDREN'S HOME-PLACE

Loys Maignon

The greatest tragedy of North American life was once described by the late Canadian plant-ecologist, Dr. Stan Rowe, as the irretrievable loss of "home-place." In the face of today's climate emergency, biologists note that there is an urgent need to "re-acquaint man with nature." This lecture will review and highlight the ecological uniqueness of our Comox Valley and suggest ways of nurturing our stewardship by reconnecting with the land for the benefit of future generations.

FEBRUARY 15, 2020

THE DRAGONS OF INACTION

Dr Robert Gifford

CVEC 9002

Robert Gifford is professor of Psychology and Environmental Studies at the University of Victoria. He has worked on non verbal behaviour and on climate change behaviour barriers. "We all have intentions to improve ourselves and the world, but we don't always act on those intentions. Why not? This talk gathers together the many 'dragons of inaction' that hold us back, and suggests some ways to 'slay' them. The focus is on climate change and sustainability actions, but the dragons might also apply to diet, exercise and other good works."

FEBRUARY 22, 2020

THE ROLE OF MEDIA

Sean Holman

CVEC 9003

Sean Holman is an associate professor of journalism at Mount Royal University. A freedom of information researcher, he is currently writing a book on the history of freedom of information and is active in campaigning for the news media to cover the climate crisis with the urgency it demands. In the coming months and years, no decision will be more important than how we decide to respond to climate change, both individually and collectively – and the media plays a major role in informing such decisions.

FEBRUARY 29, 2020

OBSERVATIONS OF THE SALISH SEA

Briony Penn, PhD

CVEC 9004

Briony Penn is an award-winning writer of creative non-fiction books and a contributor to many anthologies and chapter books. She has received many awards for her work including the national Environmental Learning award from Canadian Geographic. Based on her observations of WENNANEC, a bay on the south end of Salt Spring Island, Briony Penn takes you through the last 50 years to illustrate some of the recorded impacts and trends of climate change on shorelines, water, weather, plants and animals of this relatively intact part of the Salish Sea that has been the home of WSANEC people for millennia.

MARCH 7, 2020

WHY MODERN CIVILIZATION IS INHERENTLY UNSUSTAINABLE

William Rees

CVEC 9005

William Rees is a Professor Emeritus and former Director of the University of British Columbia's School of Community and Regional Planning. H. Sapiens is capable of exponential population growth and tends to use up accessible resources. These tendencies are held in check by 'negative feedback' - disease, food shortages, conflict. However, modern technology has freed humans from negative feedback and humanity's natural expansionism is being reinforced by growth-oriented economics. As a result, the human enterprise is in 'overshoot'.

MARCH 14, 2020

ENVIRONMENTAL LAW

Andrew Gage

CVEC 9006

Andrew was an environmental activist before he was an environmental lawyer. During law school Andrew helped found the University of Victoria's Environmental Law Centre and volunteered with the noted Indian environment lawyer, M.C. Mehta. These experiences changed his opinion of what is possible through law. Increasingly, climate change is ending up in the courts, but are judges better placed to form public policy? Andrew will discuss the opportunities and limits of using the law to fight climate change.

MARCH 21 2020

DISASTER AT THE CROSSROADS

Dr Richard Guthrie

CVEC 9007

Dr Richard Guthrie is an internationally recognized geoscientist with particular expertise in geohazards and risk assessment. He leads an expert team of specialists to solve slope, river and erosion problems related to engineering, construction, and the natural environment. Our achievements come at a cost. By supplanting natural systems with those we've designed, we are increasingly exposed to the unintended impact of our success. How are we to respond? This talk builds on an article published in Nature Geoscience.

MARCH 28 2020

YOUTH ENVIRONMENTAL ACTION GROUP

Will Hatch, Selah McKinnon, Nalan Goosen, Annelies Henckel

CVEC 9008

This group of students, along with students around the globe, formed an alliance in the past 2 years for the purpose of advocating in a respectful and peaceful way for their future. The signs they carry at demonstrations indicate their dismay about their future. "You'll Die of Old Age, I'll Die of Climate Change" or "The Ocean is Rising and So Are We" give us an indication of how they are feeling. This session will be moderated by Will Cole-Hamilton, a Courtenay City Councillor, and is a graduate of Queen's, Dal Law School and UBC.

Courses at a Glance

COLLEGE CLOSED ON: MONDAY, FEBRUARY 17 AND THURSDAY FEB. 20 (FAMILY DAY)

REGULAR COURSES

MONDAY

BRIDGE - INTRODUCTION TO MODERN BIDDING (8 WEEKS)	\$40
CVEC 6252 FEB. 10 – APRIL 6	2:30 – 4:00
DANCE FITNESS (8 WEEKS)	\$40
CVEC 1872 FEB. 10 – APRIL 6	3:00 – 4:30
READY, SET, GARDEN! (3 WEEKS)	\$15
CVEC 7548 FEB. 10 – MARCH 2	2:30 – 4:00
SECRETS TO HAPPINESS (6 WEEKS)	\$30
CVEC 5750 FEB. 24 – MARCH 30	10:00 – 11:30
UNDERSTANDING THE CANADIAN CONSTITUTION, PART 2 (4 WEEKS)	\$20
CVEC 6422 MARCH 2 – 23	1:00 – 2:30

TUESDAY

ARAB SPRING IN A NEW WORLD ORDER (8 WEEKS)	\$40
CVEC 6244 FEB. 11 – MARCH 31	10:00 – 11:30
FITNESS & EXERCISE FOR AN AGING POPULATION (6 WEEKS)	\$30
CVEC 5495 FEB. 11 – MARCH 17	10:00 – 11:30
FUNDAMENTALS OF PHOTOGRAPHY (8 WEEKS)	\$40
CVEC 2761 FEB. 11 – MARCH 31	1:00 – 2:30
HISTORY OF BEER, PART 2 (8 WEEKS)	\$40
CVEC 7354 FEB. 11 – MARCH 31	2:30 – 4:00
HOME MAINTENANCE COURSE (4 WEEKS)	\$20
CVEC 7028 MARCH 10 – 31	10:00 – 11:30
MAINTAINING THE MATURE SINGING VOICE (6 WEEKS)	\$30
CVEC 1889 FEB. 11 – MARCH 17	10:00 – 11:30
RUSSIAN HISTORY, THOUGHT & CULTURE 19TH & 20TH CENTURIES (8 WEEKS)	\$40
CVEC 6285 FEB. 11 – MARCH 31	10:00 – 11:30

SCENIC HIKES [NO DOGS] (8 WEEKS, 3 HOURS PER CLASS)	\$60
CVEC 5520 FEB. 25 – APRIL 14	1:00 – 4:00
UKULELE FOR BEGINNERS (4 WEEKS)	\$20
CVEC 1840 FEB. 11 – MARCH 3	10:00 – 11:30
UNIVERSAL DEVOTIONAL CHANTING (8 WEEKS)	\$40
CVEC 5413 FEB. 11 – MARCH 31	1:00 – 2:30

WEDNESDAY

FILM'S GREATEST DIRECTORS, PART 1 - ORSON WELLES (4 WEEKS, 3 HOURS PER CLASS)	\$40
CVEC 1721 MARCH 11 – APRIL 1	1:00 – 4:00
FILMS AND MUSIC TOGETHER (4 WEEKS, 3 HOURS PER CLASS)	\$40
CVEC 1722 FEB. 12 – MARCH 4	1:00 – 4:00
FOUNDATIONS OF CONTENTMENT (6 WEEKS)	\$30
CVEC 5322 FEB. 12 – MARCH 18	1:00 – 2:30
IMPROV-I-GANZA (8 WEEKS, 3 HOURS PER CLASS)	\$60
CVEC 1796 FEB. 12 – APRIL 1	1:00 – 4:00
LIFE ON A WHOLE FOOD, PLANT BASED DIET (4 WEEKS)	\$20
CVEC 5626 MARCH 4 – 25	2:30 – 4:00

MEDICAL OVERDIAGNOSIS (4 WEEKS)	\$20
CVEC 5708 FEB. 12 – MARCH 4	4:00 – 5:30

MODERN CHINESE LEGAL SYSTEM 1911–TODAY (8 WEEKS)	\$40
CVEC 6456 FEB. 12 – APRIL 1	2:30 – 4:00

YOGA FOR MEN (4 WEEKS)	\$20
CVEC 5411 MAR. 4 – MARCH 25	1:00 – 2:30

YOUR EMAIL/FILES IN THE CLOUD (4 WEEKS, 3 HOURS PER CLASS)	\$40
CVEC 4019 FEB. 12 – MARCH 4	4:00 – 7:00

THURSDAY

A DAY IN THE LIFE OF MY IPAD (4 WEEKS)	\$20
CVEC 4569 FEB. 13 – MARCH 12	2:30 – 4:00

ART OF CULTURAL PATTERNING (3 WEEKS)	\$30
CVEC 1915 MARCH 19 – APRIL 2	1:00 – 4:00

BE KIND TO THOSE YOU LEAVE BEHIND (6 WEEKS)	\$30
CVEC 3532 FEB. 13 – MARCH 26	2:30 – 4:00

COMPASSIONATE COMMUNICATION (6 WEEKS)	\$30
CVEC 2800 FEB. 13 – MARCH 26	1:00 – 4:00

CONSCIOUSNESS IN THE VEDA (8 WEEKS, 3 HOURS PER CLASS)	\$60
CVEC 6255 FEB. 13 – APRIL 9	4:00 – 7:00

FOUNDERS OF RELIGIONS (8 WEEKS)	\$40
CVEC 6279 FEB. 13 – APRIL 9	1:00 – 2:30

FROM WELLHEAD TO YOUR GAS TANK (6 WEEKS)	\$30
CVEC 6325 FEB. 27 – APRIL 2	10:00 – 11:30

GARDENING FOR THE PLANET (6 WEEKS, 3 HOURS PER CLASS)	\$60
CVEC 7552 FEB. 13 – MARCH 26	1:00 – 4:00

GREAT BOOKS EAST AND WEST (8 WEEKS)	\$40
CVEC 6211 FEB. 13 – APRIL 9	10:00 – 11:30

INTRODUCTION TO MEDITATION (4 WEEKS)	\$20
CVEC 5455 FEB. 13 – MARCH 12	1:00 – 2:30

FRIDAY

BIOFILIA – OUR CONNECTION TO NATURE (4 WEEKS, 3 HOURS PER CLASS)	\$40
CVEC 5844 FEB. 14 – MARCH 6	9:00 – 12:00

BRIDGE - INTERMEDIATE BIDDING (8 WEEKS)	\$40
CVEC 6250 FEB. 14 – APRIL 3	10:00 – 11:30

BRIDGE - PLAY THE HAND, DEFEND THE HAND (8 WEEKS)	\$40
CVEC 6253 FEB. 14 – APRIL 3	1:00 – 2:30

BUDDHISM FOR THE 21ST CENTURY (8 WEEKS, 3 HOURS PER CLASS)	\$60
CVEC 6681 FEB. 14 – APRIL 3	1:00 – 4:00

IRISH POETRY - THE CONSUMMATE WORD (6 WEEKS)	\$30
CVEC 6288 FEB. 14 – MARCH 20	2:30 – 4:00

SCIENCE OF CHAOS (8 WEEKS)	\$40
CVEC 6310 FEB. 14 – APRIL 3	1:00 – 2:30

WRITERS' WORKSHOP (8 WEEKS)	\$60
CVEC 2310 FEB. 14 – APRIL 3	1:00 – 4:00

YOUR MICROBIOME - BOTH GOOD AND BAD (6 WEEKS)	\$60
CVEC 5751 FEB. 14 – MARCH 20	1:00 – 4:00

SHORT COURSES

MONDAY

CANNABIS: MIRACLE CURE OR SNAKE OIL?	\$10
CVEC 5392 FEBRUARY 24	1:00 – 4:00

CEREMONIES FROM BEAUTIFUL TO BIZARRE	\$10
CVEC 5340 FEB. 10, 24	1:00 – 2:30

WEDNESDAY

UNDERSTANDING THE US ELECTORAL COLLEGE	\$10
CVEC 6428 FEB. 12, 19	2:30 – 4:00

THURSDAY

INTRODUCTION TO MASON BEES	\$5
CVEC 7922 FEB. 13	10:00 – 11:30

TOUR THROUGH MY BELOVED PRAGUE	\$20
CVEC 5910 APRIL 2, 9	1:00 – 4:00

FRIDAY

CREATING SLIDESHOWS USING IMOVIE	\$20
CVEC 4565 FEB. 21, 28	5:30 – 8:30

EASTER ART COURSE FOR GRANDPARENTS	\$10
CVEC 1480 MARCH 27	9:00 – 12:00

INTRODUCTION TO MAC "PHOTOS" \$20	
CVEC 4580 MARCH 6, 13	5:30 – 8:30

PUBLIC ART AROUND THE WORLD	\$10
CVEC 6120 FEB. 14, 21	1:00 – 2:30

SERVAS - AN ENRICHING TRAVEL EXPERIENCE	\$5
CVEC 5907 FEB. 21	1:00 – 2:30

VANCOUVER ISLAND BIRDS	\$5
CVEC 6308 MARCH 27	1:00 – 2:30

VANCOUVER ISLAND BUTTERFLIES	\$5
CVEC 6309 APRIL 3	1:00 – 2:30

WHO CARES? HOME AND RESIDENTIAL CARE OPTIONS	\$10
CVEC 5720 FEB. 28, MARCH 6	10:00 – 11:30

SATURDAY

BIKE RIGHT	\$10
CVEC 5493 APRIL 4	12:00 – 4:00

IREST© FOR SLEEP AND PAIN RELIEF	\$10
CVEC 5752 FEB. 22	1:00 – 4:00

SATURDAY

WINTER LECTURE SERIES	CVEC 900
NO TIME FOR COMPLACENCY (See page 11 for lecture titles)	
CVEC 9001 FEB. 8	10:00 – 12:00
CVEC 9002 FEB. 15	10:00 – 12:00
CVEC 9003 FEB. 22	10:00 – 12:00
CVEC 9004 FEB. 29	10:00 – 12:00
CVEC 9005 MAR 7	10:00 – 12:00
CVEC 9006 MAR 14	10:00 – 12:00
CVEC 9007 MAR 21	10:00 – 12:00
CVEC 9008 MAR 28	10:00 – 12:00

SUNDAY

DISCOVERY LECTURE	
CVEC 8902 APRIL 5, 2020	2:00 – 4:00