

# WINTER ❄️ 2022

LIFELONG LEARNING FOR ADULTS (55+)



## OUR MISSION

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

## INFORMATION FORUM

Watch for more details on the Information Forum scheduled for Saturday morning, January 15, 2022. Course leaders will give a glimpse into their subject matter.

## COURSE REGISTRATION BEGINS

The week of January 17, 2022. The exact time and day will be announced by email.

## COURSES ARE ON CAMPUS OR ONLINE

For this term, some courses are offered at the NIC Courtenay campus while others will be 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. Check each course description for details. The lecture series will be delivered online only. Zoom links are emailed to students close to start dates; this information is not included with your registration confirmation.

## MASKS REQUIRED!

NIC does not require proof of vaccination for on-campus courses. However, all people must wear a mask when on campus or in a classroom. (Course leaders are exempted if two metres from students.)

## COURSES BEGIN

Monday, February 7

## LECTURE SERIES BEGINS

Saturday, February 5

## 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.

## Winter 2022 Lecture Series: **Food for Thought**

by Cathie Talbot

Food is the most important commodity in the world, yet both climate change and the pandemic have unveiled how precarious our access to food can be. Disruptions because of extreme weather, patenting of seeds, threats to the flow of goods across political borders, industrialization and globalization of food products, and unsustainable agricultural practices are among the factors that have led to an increasingly vulnerable food system.



In this lecture series, a variety of speakers engaged in advocacy, practice, and innovation will explore what it means to create resilient and sustainable food systems. We will hear from an historian examining effective indigenous responses to the climate crisis and food insecurity, a sociologist focussing on justice for migrant workers, Canadian farmers working with the National Farmers Union on international seed security and agricultural greenhouse gas emissions, an educator with Vancouver's FarmFolk CityFolk, an innovator in seafood and shellfish processing, a gardener and entomologist from Salt Spring Island, and local farmers and community food-system organizers.

**“To eat is a necessity, but to eat intelligently is an art.”**

– Francois de la Rochefoucauld

Food security and sustainability have become important topics in public and political discourse and subjects of news series, television documentaries, and university webinars. Although we may sometimes feel paralyzed by the enormity of issues facing food producers today, as we hear from those who are building resilience in local and global food systems, we can be inspired to imagine a more food-secure world – one seed, one regenerative farm, one sustainable system at a time.

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## New to ElderCollege?

Some of our courses for the winter 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. Masks are required to be worn indoors when on campus.

## 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.

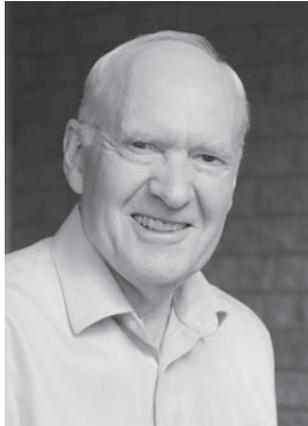
Parking is free.

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



Find us on Facebook:  Comox Valley ElderCollege

# Notes from the Chair



The 2022 winter semester is soon to begin, and a full slate of courses awaits our fellow Comox Valley ElderCollege members.

Two years ago, the CVEC 2020 winter course schedule began as before, using North Island College classrooms and the Stan Hagen Theatre. However, partway through the semester, COVID-19 forced the executive to abruptly cancel all courses and lectures. This was an unprecedented time for CVEC and for all education in the Comox Valley. To

keep the spirit of elder learning alive during the dark months that followed, CVEC reinvented itself by offering online courses using Zoom. Despite the successful embrace of new technology, we all looked forward to the day we could meet again in person.

The good news is CVEC has planned courses for the winter 2022 term using both online and in-class methods. By reinstating the social aspects of in-class learning, with the added capacity of online course offerings, CVEC is embarking on a new educational path in the community. At the forefront of this change are the volunteers of the CVEC Curriculum Committee who put together the wide variety of courses offered each semester. They, along with the volunteers of the Communications, Operations, Membership, and Volunteer support committees, have put in the hard work of keeping Comox Valley ElderCollege alive and well during the past 20 months.

When reading through this latest course guide, remember the volunteers who work behind the scenes to bring education opportunities to the Comox Valley community and consider being a course leader or volunteer. We can always use another helping hand!

Don Axtell,  
CVEC Chair

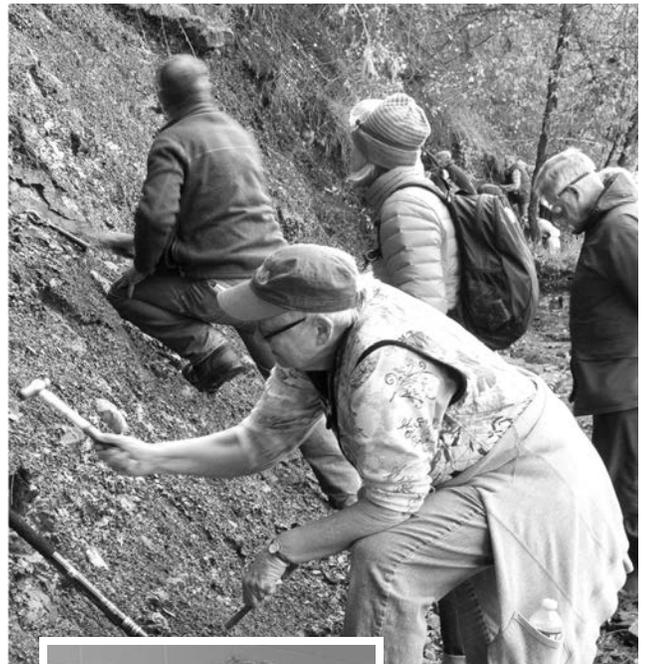


Enjoying a Saturday lecture in pre-pandemic days.

# Looking back



Remembering pre-pandemic days...  
no masks! No physical distancing!



# How to register for ElderCollege courses

**Course descriptions are available in this guide as well as online.  
Registration for all courses will be online only.**

## **👉 STEP 1:**

If you are a returning student, make sure you have your student number (i.e., the 'n999999' number) and password handy. If you are a new student, a student number will be assigned after you register.

## **👉 STEP 2:**

Watch for the "Course Registration is Open" email coming the week of January 17, 2022.

## **👉 STEP 3:**

Watch for detailed instructions from NIC about which dropdown menu to use as things are currently being improved. More information will be available in early January 2022.

## **Forgot your password?**

1. Go to the NIC Connect page (<https://nicconnect.nic.bc.ca>).
2. Select the "reset it" weblink on the left side of the page.
3. Type in your username (i.e., your student number) and your last name in the proper fields.
4. Check your email for a reset password.

## **What room is my course in?**

If public health orders do not change, some winter 2022 courses will be held in person at the NIC Courtenay campus. There are three ways to find the room number for an in-person CVEC course:

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

## **How do I find out my online class registration information?**

You will receive an email with the Zoom information approximately one week ahead of the course start date.

# Behind the Scenes

## with Dianne Volrich and Roland Semjanovs

As a child, Dianne Volrich was fascinated by storytelling; she found it easy to draw from her imagination to create fantastic tales. She, along with her husband Roland Semjanovs, have been putting that creativity to great use for ElderCollege over the past four years with several courses that have received rave reviews.

“My first participation with ElderCollege was a class called Artists in their Studios,” recalled Dianne. “Classes of eight people would visit an artist’s studio in the Comox Valley. We would enjoy a one-hour visit and participants learned about the artist’s style and saw samples of their work.”

Ah, the days before COVID! Dianne offered this course for three terms before a worldwide pandemic made us Zoom junkies.

Dianne and Roland’s online classes have included Public Art Around the World, a slide and video presentation on all art forms the public can actually see, including several local references. Ceremonies from the Beautiful to the Bizarre focussed on unusual or little-known cultural practices. In fall 2021, they entertained us with Ghost Ships and Ship Wrecks, which is being repeated in the coming term. New for winter 2022 is Franklin and the NW Passage about the ill-fated voyages of the HMS Terror and HMS Erebus in 1845.

“Sourcing material means using every available possibility,” said Dianne. “It’s a very long and slow process, usually taking two months to create a presentation we’re proud of. Facts have to be correct but phrased in a way to be interesting and even entertaining.”

When not dreaming up ideas for new CVEC courses, Dianne and Roland are likely making plans for their garden of heritage roses. They have 100 (so far) on their Fanny Bay property and offer tours in the summer.

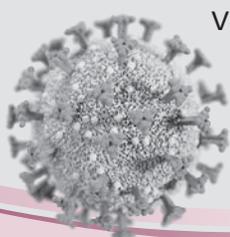


## What are Viruses Anyway?

JOEL KOSITSKY | 8 WEEKS | ON CAMPUS

COVID-19 is having a huge effect on our lives, but most of us have only a vague notion of what a virus is. Without reliable knowledge about how viruses, molecular biology, and vaccinations work, it is difficult to intelligently navigate the morass of information and misinformation that is online and in the news. With our health (and lives) on the line, it is important to make informed decisions. This course is designed to arm participants with the necessary basic information about viruses.

While we will discuss the current pandemic, this course is not solely, or even mainly, about COVID-19. Rather, the instructor will aim to impart the best scientific information about the general nature of viruses and our bodies’ reactions to them. We’ll answer questions ranging from what exactly viruses are, how they invade our bodies and its cells, what they do once inside our cells, to how they reproduce, how they make us ill, and how they spread from person to person. In order to understand viruses, we will also examine many aspects of the cells they attack including cell DNA, RNA, proteins, energy, and membranes.



Viruses have been around for a very long time, and all animals (as well as other lifeforms) have evolved some means to try and guard against them. We will explore some of the many natural defenses our bodies have including their strengths and shortfalls, as well as how vaccines work in the fight against viral attacks and epidemics.

# Johannes Brahms: The Man and his Music

DAVID GORDON DUKE | 6 WEEKS | ONLINE

Although Johannes Brahms (1833-97) is considered classical music's third "great B," along with Bach and Beethoven, his music still elicits strong opinions. Many composers, scholars, and listeners find Brahms's dogged focus on traditional musical values regressive. But others (led by arch radical Arnold Schoenberg) know better, and take inspiration from his rich, complex music.

To better understand this complicated, occasionally contradictory, man we will assess significant examples of his vocal, keyboard, chamber, and orchestral compositions. We will consider the cultural environment of Vienna, Brahms's home for the later decades of the nineteenth century, and his relationships with a network of luminary friends and foes. Rather than a conventional chronological survey of his work, we will consider important ideas and trace how these themes play out in compositions conceived during four decades of sustained musical activity.



# Be Kind to Those You Leave Behind

LINDA MCLEAN | 6 WEEKS | ON CAMPUS



Linda McLean developed this course because she has a passion – she would say a mission—to encourage and motivate people to prepare for death and/or a health crisis where they may not be able to communicate their wishes. Part of the course includes the tools to help with preparing all that will be required to support loved ones in what will be required of them. The course has evolved over time and hundreds of courageous people have taken it. Linda uses her own experiences as well as those that have been shared with her. Participants have called the course meaningful, informative, valuable, and eye opening.

Linda believes she benefits from giving the course as much as the people who take it.

"I think I am rewarded more than they are just from being able to present this course with the very necessary and much appreciated support of ElderCollege."

# History of Coast Salish Knitters

SYLVIA OLSEN | 1 WEEK | ONLINE

Long before we had GORE-TEX or fleece jackets, Cowichan sweaters provided a warm, waterproof alternative when out and about in our rainforest climate. These distinctively patterned sweaters have been handknitted by women of southern Vancouver Island for generations. Learn the story of their creators from Sylvia Olsen, author of *Working with Wool*.

The sweaters are unique and incorporate designs such as birds, sea creatures, and geometric shapes that have been passed down through the generations. While Coast Salish women began knitting the sweaters in the early 1900s, their wool-working tradition goes back hundreds of years with woven blankets made of mountain goat wool and hair of white wool dogs.

"I was a teenager when I married into the Tsartlip First Nation in 1972 and I've been making wool and knitting with my Coast Salish family ever since," said Sylvia. "My Master's dissertation was on the story behind the NFB film, *The Story of Coast Salish Knitters*. I've published several other books on knitting and continue to study the history of knitting around the world."



# WINTER 2022

## REGISTRATION

Begins the week of January 17, 2022. The opening date for registration will be announced via email as well as on the CVEC website.

## CLASSES BEGIN

Monday, February 7

## LECTURE SERIES BEGINS

Saturday, February 5

## COURSE PRICING

Course pricing is based on units of time, one unit being 1½ hours to 2 hours and costing \$5. Some longer courses have been capped at \$60. See courses for costs. Tax is added to course costs.

## SUPPLY FEES

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.

## LECTURE SERIES PRICING

\$48 Lecture series (CVEC-9010-DLS1)

\$6 Individual lectures

A course must be dropped seven days 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). Please include your full name, your student ID number, and the course you wish to be waitlisted for.

# Courses

College closed on February 21, 2022.

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

## ARTS AND MUSIC

### AFRICAN DRUMMING \$15

(3 weeks on campus)

Monica Hofer CVEC-1890-CVS1  
March 7-21 11:30 am to 1 pm

Learn basic techniques on djembe drums and work as a team to create rhythmic orchestrations. We will create our own rhythms and learn at least one traditional African rhythm. We are born into rhythm – everyone can get into the groove. No previous experience required. Beginners only please. Drums provided.

### BRAHMS – THE MAN AND HIS MUSIC (6 weeks online) \$30

David Gordon Duke CVEC-1838-DLS1  
February 9-March 16 4- 5:30 pm

Johannes Brahms (1833-97) is considered classical music's third "great B." He upheld traditional musical values in a time of radical change and created music that has stood the test of time. We will look at his vocal, keyboard, chamber, and orchestral compositions and consider the cultural environment of Vienna as well as his relationships with a network of luminary friends—and the occasional foe.

### DANCE FITNESS \$40

(8 weeks at Comox United Church)

Wendy MacDougall CVEC-1872-CVS1  
February 9-March 30 3:30-5 pm

Dance promotes flexibility, endurance, and core stability. Explore styles from classical ballet to musical theatre, as well as some ethnic dances. The sessions will be held at Comox United Church. A facility fee of \$15 to cover the rental cost of the church will be added at registration.

### FELLINI: THE EARLY FILMS \$40

(4 weeks on campus)

Kay Kennedy CVEC-1725-CVS1  
March 11-April 1 2:30-5:30 pm

In other art mediums, the early works – though valued—may not be the most prized. 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. There will be three early films, ending with "La Dolce Vita."

### FUNDAMENTALS OF PHOTOGRAPHY \$40

(8 weeks on campus)

Norman Mathew CVEC-2761-CVS1  
February 11-April 1 10-11:30 am

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 be relevant to point-and-shoot cameras and phone cameras. Students should be familiar with the basic operations of their own camera and should bring it to each class. A tripod is useful but not mandatory. There will be three field trips.

### INTRODUCTION TO BUCKET DRUMMING \$15

(3 weeks on campus)

Monica Hofer CVEC-1891-CVS1  
February 7-28 11:30 am-1 pm

No class February 21

Engage in a fun community-minded activity that requires no previous experience. Get to know how simple rhythms can be woven together to form complex orchestrations, learn to love the complexities of rhythm, and always leave smiling and feeling encouraged. Students will need to bring a plastic bucket and a stand for it to class.

### THE ART OF CULTURAL PATTERNING \$30

(3 weeks on campus)

Terri Bowen CVEC-1243-CVS1  
March 11-25 1-4 pm

Learn about the importance of patterns in our lives and of the history and creation of Celtic knots and intricate designs. Then create your own design. Discover the beauty of Islamic and East Indian patterning and create a mandala. Discover Plains Indian and Haida cultural art patterns and create a bookmark and a larger picture using this knowledge. All materials provided for \$25.

### THEMES IN MEDIEVAL AND RENAISSANCE ART \$50

(5 weeks online)

John Black CVEC-1950-DLS1  
February 10-March 10 8:30-11:30 am

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

### TOPICS IN POPULAR MUSIC \$40

(8 weeks on campus)

Bruce Walton CVEC-1800-CVS1  
February 9-March 30 8:30-10 am

Explore aspects of jazz, country, blues, rhythm & blues, pop and rock, as seen through the music and the stories of the artists who created it.

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.

**UNIVERSAL DEVOTIONAL CHANTING** \$40

(8 weeks online)  
Oliver Clarke CVEC-5413-DLS1  
February 9-March 30 3-4:30 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, Voice, 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** \$40

(4 weeks on campus)  
Brian Charlton CVEC-1726-CVS1  
February 7-March 7 1-4 pm  
No class February 21  
This course will look at four directors (Steve McQueen, Jane Campion, Ang Lee, and Kenneth Lonergan) and how their vision is translated to the screen through one of each of their films. Participants will be provided with background materials. As always, one of the best parts of the course will be the post-film discussion.

**YOU, TOO, CAN DRAW!** \$10

(1 week on campus)  
Libby Lang CVEC-1414-CVS1  
February 16 1-4 pm  
Using simple objects, non-artists will create two beautiful life drawings. In the process, students will learn art terminology and how to apply it to create realistic renderings. Results guaranteed! We will 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** \$30

(6 weeks on campus)  
Linda McLean CVEC-3532-CVS1  
February 9-March 16 1-2:30 pm  
Our passing is inevitable. Before then, there may be health decisions to make, information required by our loved ones, many unknowns. Let's be kind to those we leave behind by making it easier to handle all that's required of them before and after our death. This course will help you clarify your wishes, gather information and documentation on the practical side, and guide and encourage you on the personal side.

**BRIDGE - INTERMEDIATE BIDDING** \$40

(8 weeks on campus)  
Gary Priestman CVEC-6250-CVS1  
February 7-April 4 1-2:30 pm  
No class February 21  
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** \$40

(8 weeks on campus)  
Gary Priestman CVEC-6252-CVS1  
February 11-April 1 2:30-4 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** \$40

(8 weeks on campus)  
Gary Priestman CVEC-6253-CVS1  
February 11-April 1 4-5:30 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.

**HOW DID WE GET HERE?** \$40

(8 weeks online)  
Jack Duckworth CVEC-6280-DLS1  
February 9-March 30 10:30 am-12 noon  
The course considers the interplay between Christianity, Christendom, and secularism. Beginning with Jesus of Nazareth and his Sermon on the Mount, the sessions will reflect on the implications upon Christendom and today's secular society. Considerations include the Crusades, the Inquisition, Enlightenment, and Humanism. The sessions combine lectures, readings, and respectful dialogue allowing participants to draw their own conclusions.

**MAKING YOUR DREAMS COME TRUE** \$20

(4 weeks online)  
Dorothea Gordon CVEC-5810-DLS1  
February 8-March 1 10-11:30 am  
Dorothea is passionate about teaching others the skills of using their innate abilities and passions to create a rewarding and purposeful life. Her course invites students to explore their dreams and then design a blueprint they can follow. By learning more about themselves, students feel empowered and encouraged to move forward. Very interactive.

**MYSTICS AND THE MUNDANE** \$40

(8 weeks on campus)  
Robert McDonald CVEC-6231-CVS1  
February 9-March 30 1-2:30 pm  
Mystics aren't mainstream in our rational scientific world because they don't fit in. Yet normal people do have mystical experiences if they just pay attention. These may occur in times of silence, ritual, great emotion, beauty, creativity, or in nature. Each week, we'll read and reflect on mystical writing from different times and traditions, learn about the authors, and share our own reaction or our similar experiences.

**ORGANIZE AND LET GO OF "STUFF"** \$20

(4 weeks online)  
Myrna Logan CVEC-3529-DLS1  
February 17-March 10 10:30 am-12 noon  
Overwhelmed, concerned, or just plain frustrated with items you've accumulated over the years? With guidance from professional organizer Myrna Logan, explore your relationship with your "stuff" and the

best ways to sort and possibly let go of some. You'll learn what to do with things like old love letters, collections, photos, and unwanted gifts. You will also find ways to talk to your family about the stuff you leave behind.

**RIDE RIGHT - CYCLING ROAD SKILLS** \$10

(1 week on campus)  
Rick and Julie Howell CVEC-5490-CVS1  
March 5 1-4 pm  
Learn/review the rights, rules, and responsibilities of safe cycling, including e-bikes. The course includes classroom instruction, as well as parking lot and on-road activities. (Road ride subject to weather conditions; may be rescheduled). Participants should be comfortable handling their bikes. Bring bike, helmet, suitable clothing, water, and snack. \$10 CV Cycling Coalition membership fee payable at registration for insurance.

**THE SERVAS TRAVEL EXPERIENCE** \$5

(1 week on campus)  
Rod and Evelyn Keith CVEC-5911-CVS1  
February 18 11:30 am-1 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.

**HEALTH AND WELLNESS**

**BRAIN HEALTH AND DEMENTIA CARE** \$5

(1 week online)  
Dr. Roger Wong CVEC-5740-DLS1  
February 8 10-11:30 am  
Dr. Roger Wong will discuss the effects of aging on brain health and introduce the health conditions of cognitive impairment and dementia (such as Alzheimer's disease), including their prevention and management strategies.

**EASTERN VERSUS WESTERN ASTROLOGY** \$30

(6 weeks on campus)  
Phyllis Chubb CVEC-5465-CVS1  
February 23-March 30 10-11:30 am  
Western and Eastern astrology use similar variables. However, when the same birth information is used to create a chart, the charts are different. Understanding why this occurs is an exciting journey providing food for thought, and for future exploration. Resources material and references will be provided.

**IMPROV - WELCOME BACK!** \$60

(8 weeks on campus)  
Susan Osso CVEC-1798-CVS1  
February 9-March 30 1-4 pm  
Learn techniques actors use to support one another. It's not about being 'on stage,' or becoming an actor, or memorizing lines, but rather an opportunity to stretch the imagination and spark spontaneity. This course is for those new to improv classes, as well as seasoned veterans.

**INTRODUCTION TO MEDITATION \$20**  
(4 weeks online)

Lucas Stiefvater CVEC-6620-DLS1  
February 9-March 2 4-5:30 pm  
Meditation is a mindful practice. It is calming, relaxing, grounding, and it helps us to focus. Meditation is like a spa treatment for brain. It increases brain activities in the happy, calm zone of the brain. Meditation is simple, healthy, and everyone can do it. Start now.

**SCENIC HIKES (NO DOGS) \$60**  
(8 weeks offsite)

Ted Grainger CVEC-5520-CVS1  
March 1-April 19 10 am-1 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 not recommended at this time, so you will need to provide your own transportation. These hikes will have variable terrain, so are not suitable for those with mobility issues.

**HISTORY AND SOCIAL SCIENCES**

**FRANKLIN AND THE NW PASSAGE \$5**  
(1 week online)

Dianne Volrich and Roland Semjanovs CVEC-5907-DLS1  
March 3 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 slides and records we'll unravel the mystery of what went so terribly wrong and how Inuit stories and legends helped piece the story together.

**GHOST SHIPS AND SHIPWRECKS \$10**  
(2 weeks online)

Dianne Volrich and Roland Semjanovs CVEC-5964-DLS1  
March 7-14 1-2:30 pm  
Submerge yourself in folklore, history, and mystery! We'll talk about massive galleons and battleships of the past and present. And pirates! Witness ancient wrecks and a submarine restored. See a burial ship thousands of years old. Discover the fate of modern cruise ships and deep-sea freighters. Question if the Bermuda Triangle is a hoax or real.

**HISTORY OF COAST SALISH KNITTERS \$5**  
(1 week online)

Sylvia Olsen CVEC-1130-DLS1  
March 14 3-4:30 pm  
Some say that every hand-knit sweater tells a story. And like most sweater stories, the story of B.C.'s most famous icon, the Cowichan Sweater, is about their knitters. This course will cover what the history of the Coast Salish knitters and their sweater says about colonization, cultural adaptation, ingenuity, economy, community, women, families, and survival.

**HOW TO ARGUE ABOUT ETHICS \$10**  
(2 weeks on campus)

Colin Boyd CVEC-6232-CVS1  
February 28-March 7 1-2:30 pm  
This class will introduce you to the topic of applied ethics, giving you the basic tools to be able to argue about the rights and wrongs of most moral dilemmas. It is presented in an entertaining and informative manner, teaching practical ethical analysis without the sermon.

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

Diane Naugler, Donna Cloutier, and Brett Woodside CVEC-3528-CVS1  
February 16 10-11:30 am  
Learn how to leave a legacy that benefits students, your family, and the community. You don't have to choose between supporting your family and the community you love. This session will cover tax laws and estate planning. A lawyer and an accountant will be available to answer questions on using tax savings to benefit future generations and worthy community initiatives.

**MODERN CHINESE LEGAL SYSTEM \$40**  
(8 weeks online)

Clive Ansley CVEC-6456-DLS1  
February 8-March 29 10-11:30 am  
This course reviews the legal system of China from the overthrow of Qing dynasty in 1911 to the existing legal system, including the republican period from 1911 to 1949, the influence of the soviet model from 1949 through the cultural revolution, and the development of "rule by law," as opposed to "rule of law" from 1979 through 2021.

**RAILS TO TRAILS VANCOUVER ISLAND \$5**  
(1 week online)

Alastair Craighead and Jim Smiley CVEC-5222-DLS1  
February 9 1-2:30 pm  
The disused E&N Corridor: a unique opportunity! Why convert this right of way? Why not a trail? How can we achieve a continuous trail connecting Vancouver Island coastal communities from Victoria to Courtenay? Join us for a discussion of this exciting proposal.

**ROLE OF THE EXECUTOR \$5**  
(1 week on campus)

Lyle Carlstrom CVEC-3580-CVS1  
March 16  
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.

**TAIWAN IN INTERNATIONAL LAW \$25**  
(5 weeks online)

Clive Ansley CVEC-6272-DLS1  
February 10-March 10 10-11:30 am  
This course combines international law with the history of Taiwan to demonstrate that, throughout most of its history, Taiwan was never part of the Chinese empire. For roughly two centuries, it was nominally claimed by China as its territory but was never under China's effective control. The claim that Taiwan is part of China is a myth manufactured by the Chinese Communist Party.

**LANGUAGE AND LITERATURE**

**CANADIAN SHORT STORIES \$40**  
(8 weeks on campus)

Don Fisher CVEC-6258-CVS1  
February 8-March 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.

**FROM PAGE TO STAGE \$30**  
(6 weeks on campus)

Annie Smith CVEC-1733-CVS1  
February 28-April 4 10-11:30 am  
During her lifetime, Calgary playwright Sharon Pollock was arguably the most important female playwright in Canada. She left her mark through a large body of work that challenges audiences and theatre makers alike. Sharon wrote, acted, directed, taught, produced, and mentored many others well into her eighties. We will read and discuss two of her plays: *Blood Relations* and *Generations*. Bring required text to class: *Blood Relations and Other Plays* (\$19.75).

**GREAT TRIP TO COMPELLING STORY \$40**  
(8 weeks online)

Kim Letson CVEC-2345-DLS1  
February 9-March 30 8:30-10 am  
In this collaborative workshop, we will discuss components of meaningful travel memoir and develop creative nonfiction writing skills. The importance of journaling, blogging, photography, steady writing practice, professional editing, and publishing options will be explored. Participants will bring a favourite adventure tale and begin creating a compelling written account. For those wishing to share, we will peer review short homework writing.

**INVIGORATE YOUR BOOK CLUB! \$10**  
(2 weeks on campus)

Marlet Ashley CVEC-6205-CVS1  
March 24-31 1-2:30 pm  
Want to liven up your book club meetings? Learn how to apply the language of literary analysis to the work you read, and sound

informed as you comment on what you liked or disliked about the book selection.

**MEET LOCAL AUTHOR KIM LETSON** \$5  
(1 week online)  
Kim Letson CVEC-6206-DLS1  
March 16 3-4:30 pm

*In the Footsteps of a Roman Legion* chronicles two friends walking the route of a Roman road—the Via Egnatia. Encountering refugees, human smugglers and feral dogs, a sense of humour, personified GPS, and an imagined Roman legionnaire sees them through. This journey explores Albania's poverty, North Macedonia's emergence as a nation, the Greek economic collapse, Istanbul in the wake of a failed coup, and the continuing refugee crisis.

**MINING MEMORIES WITH GAB** \$10  
(2 weeks online)  
Wendy Bancroft CVEC-2340-DLS1  
February 11-18 4-5:30 pm

Guided autobiography (GAB) is designed to help people recall, write about, and share meaningful memories with others in a small group. The focus is on content; writing experience is not needed. We learn, reflect, write, and share. We're serious about what we're doing but we laugh frequently. This two-week course is a taste of GAB.

**WRITERS' WORKSHOP** \$60  
(8 weeks on campus)  
Marvin Haave and Ian G. McIntyre  
CVEC-2310-CVS1

February 11-April 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

**AN INTRODUCTION TO CANNABIS SCIENCE** \$5  
(1 week online)  
Greg Baute CVEC-5392-DLS1  
March 10 4:30-6 pm

This seminar will cover some key aspects of cannabis science. What is the origin of cannabis and why do we grow it? How is it best grown at home or commercial scales? How does cannabis breeding work, what are our breeding goals, and how does understanding the genetics of the plant help?

**ANCIENT HISTORY OF VANCOUVER ISLAND** \$10  
(2 weeks online)  
Russell Ball CVEC-6331-DLS1  
March 11-18 10-11:30 am

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

**BACKYARD COMPOSTING** \$5  
(1 week on campus)  
Joyce McMenamon CVEC-7550-CVS1  
March 14 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** \$40  
(8 weeks online)

Thierry Vrain CVEC-5844-DLS1  
February 11-April 1 10-11:30 am

Is nature intelligent? How closely related are we to other living species? Molecular biology is allowing 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, fungi, animals, and humans in the natural systems and cycles of the biosphere. A non-technical course.

**ELECTRIC CARS - ARE THEY FOR YOU?** \$5  
(1 week online)

Dale Erhart CVEC-6172-DLS1  
February 11 10-11:30 am

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

**HOW THE INTERNET WORKS** \$20  
(2 weeks online)

Terry Hooper CVEC-3604-DLS1  
March 26-April 2 1-3 pm

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

**QUANTUM PHYSICS** \$40  
(8 weeks on campus)

Joel Kositsky CVEC-6301-CVS1  
February 8-March 29 1-2:30 pm

Quantum physics, 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. The goal of this course is to impart a basic comprehension of this always fascinating but rarely understood field. Discuss its history, its basic (often strange) ideas, and its applications and philosophical ramifications.

**SOLAR PANELS AND ENERGY STORAGE** \$5  
(1 week online)

Dale Erhart CVEC-6171-DLS1  
February 18 10-11:30 am

Considering a solar panel array for your home? As an owner of a large full-system array, Dale shares experience and insight into alternative energy, and the cost and consequences, as well as the benefits for you and the planet.

**TRAVELLING AND TECHNOLOGY** \$50  
(5 weeks online)

Terry Hooper CVEC-5908-DLS1  
February 12-March 19 1-4 pm  
No class February 19

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

**VANCOUVER ISLAND BIRDS** \$5  
(1 week on campus)

Mike Yip CVEC-6308-CVS1  
March 25 2:30-4 pm

Well-known nature photographer Mike Yip presents an overview of the common birds of Vancouver Island, including discussions of bald eagles and mysterious white ravens. Learn more about what you might see at your backyard feeder, as well as birds from farther afield.

**VANCOUVER ISLAND BUTTERFLIES** \$5  
(1 week on campus)

Mike Yip CVEC-6309-CVS1  
March 29 2:30-4 pm

A colourful overview of the butterflies of Vancouver Island: where and when to find common species, and sidebars on some of our rare and endangered species. Mike Yip is the lead author and photographer of the book "Vancouver Island Butterflies."

**WHAT ARE VIRUSES ANYWAY?** \$40  
(8 weeks on campus)

Joel Kositsky CVEC-5350-CVS1  
February 7-April 4 4-5:30 pm

No class February 21  
Everyone's aware that a virus is causing 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. Explore how this occurs and how viruses replicate, mutate, spread, and cause illness. Look at how vaccines work to protect us from viruses.

**YOUR MICROBIOME – BOTH GOOD AND BAD** \$60  
(8 weeks on campus)

John North CVEC-5751-CVS1  
February 17-March 31 8:30-11:30 am

No class February 24  
Over the past decade there's been a scientific revolution in our understanding of the human microbiome – the trillions of bacteria, archaea, yeasts, and other microbes that live in/on us and are now known to be essential for normal development and function of our brain, immune systems, and metabolism. Learn how medical science is taking the early steps toward powerful new approaches to obesity, diabetes, asthma, allergies and – perhaps – Alzheimer's.

Lecture series coordinators: Cathie Talbot and Jan Slomp

## WINTER LECTURE SERIES (CVEC-9010-DLS1)

8 SATURDAY LECTURES | 10 AM TO 12 NOON | ONLINE | \$48

# Food for Thought

Food is the most important commodity in the world and this lecture series will help us become more conscious of the energy and resources needed to produce our food and how more sustainable agriculture sequesters carbon, increases soil fertility, and protects food quality and safety. We will hear from farmers, historians, innovators, and gardeners and explore topics that include seed security, migrant workers, and building resilience in local food systems.



PHOTO: LUSH VALLEY FOOD ACTION SOCIETY

### STORIES ABOUT FOOD SOVEREIGNTY: COMMUNITY RESPONSES TO FOOD AND CLIMATE CRISES IN GLOBAL SOUTH AND INDIGENOUS COMMUNITIES \$6

*Dr. Elizabeth Vibert, Associate Professor, Department of History, University of Victoria*  
CVEC-9011-DLS1 February 5

Stories About Food Sovereignty is a UVic-based research project that brings together food producers and researchers representing Indigenous communities in Canada and Colombia, refugee communities in Jordan, and farming communities in South Africa to examine effective responses to the climate crisis and food insecurity. This presentation will share insights from the four contexts, zeroing in on a South African farm to examine responses to poverty, food insecurity, and ecological change.

### FRESH FRUIT, STALE SCHEMES: EQUITY FOR MIGRANT WORKERS \$6

*Anelyse Weiler, Assistant Professor, Department of Sociology, University of Victoria*  
CVEC-9012-DLS1 February 12

Why have migrant workers in Canada faced heightened threats to their health and human rights during the COVID-19 pandemic? How have they been affected by the climate emergency? This lecture will provide a foundation for understanding how employment and immigration policies create precarious conditions for migrant workers. In addition, it will underscore opportunities to collectively support struggles for migrant justice and food-system sustainability.

### WHO CONTROLS OUR FOOD SYSTEMS? \$6

*Terry Boehm, Former Board Member, Vice President, and President of the National Farmers Union of Canada*  
CVEC-9013-DLS1 February 19

This lecture will address the various legal mechanisms built to enclose and prevent farmers from freely using seeds, including the attempts to generalize and extend these tools through international trade agreements like CETA. It will also address how new techniques of gene editing are and will be used to extend control over seeds and take away farmers' and citizens' rights to seeds, as well as how we can fight back to retain control of our seeds, our agriculture, and our food systems.

### AGRICULTURE EMISSIONS AND SOLUTIONS \$6

*Darrin Qualman, Director, Climate Crisis Policy and Action, National Farmers Union*  
CVEC-9014-DLS1 February 26

Farming and food production create significant greenhouse gas emissions. This talk will outline the sources of those emissions and the on-farm and food-system changes needed to reduce emissions.

### A SEED-SECURE FUTURE \$6

*David Catzel, BC Seed Security Program Manager, FarmFolk CityFolk*  
CVEC-9015-DLS1 March 5

Food security and sovereignty cannot be attained without a secure seed system. Learn about the state of seed security today, and how the programs run by FarmFolk CityFolk through the BC Seed Security Program are helping both farmers and gardeners increase community seed production, develop new climate-adapted seed varieties, and create a seed-secure future. Learn how you can be a part of the local seed movement.

### FOOD PROCESSORS NEED LOVE TOO \$6

*Debra Hellbach, Manager, Centre for Seafood Innovation, Vancouver Island University*  
CVEC-9016-DLS1 March 12

People increasingly recognize the importance of supporting local food systems. Agriculture is the predominant focus. Yet a food system is more than just agriculture; it includes all the processes and infrastructure involved in feeding a population. Food processors are key food-system actors given that virtually everything we eat is processed. Who are B.C. processors and how can we support them? Because, just like farmers, food processors need love too.

### RESILIENT GARDENS IN A CHANGING CLIMATE \$6

*Linda Gilkeson, Executive Director (retired), Salt Spring Island Conservancy*  
CVEC-9017-DLS1 March 19

Our regional climate is changing as the global climate changes. Extreme weather events reached record levels last year. What does this mean for our food gardens and landscape plants? Learn how extreme weather affects plants, including trees, and how to design resilient food and ornamental gardens, help plants survive 'weird weather,' and ways gardeners can help mitigate climate change.

### RESTORATIVE AGRICULTURE: CHANGING FOOD SYSTEMS \$6

*Maurita Prato, Executive Director, LUSH Valley Food Action Society*  
CVEC-9018-DLS1 March 26

This talk will provide a brief introduction to some of LUSH Valley's programs and services that provide a 'food-systems' approach to many of the 'food-systems' issues we face. We will go into more depth regarding our urban agriculture programming and speak to the principals of permaculture and regenerative agriculture that help to build soils, provide habitat and ecosystem services, such as the Indigenous edible shelter belt project.

# Courses at a Glance

College closed on Monday, February 21  
No classes Monday, February 21

## MONDAY

<b>AFRICAN DRUMMING</b> (3 WEEKS ON CAMPUS)	<b>\$15</b>
CVEC-1890-CVS1	MAR 7-21 11:30 AM-1 PM
<b>BACKYARD COMPOSTING</b> (1 WEEK ON CAMPUS)	<b>\$5</b>
CVEC-7550-CVS1	MAR 14 1-2:30 PM
<b>BRIDGE - INTERMEDIATE BIDDING</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6250-CVS1	FEB 7-APR 4 1-2:30 PM
<b>FROM PAGE TO STAGE</b> (6 WEEKS ON CAMPUS)	<b>\$30</b>
CVEC-1733-CVS1	FEB 28-APR 4 10-11:30 AM
<b>GHOST SHIPS AND SHIPWRECKS</b> (2 WEEKS ONLINE)	<b>\$10</b>
CVEC-5964-DLS1	MAR 7-14 1-2:30 PM
<b>HISTORY OF COAST SALISH KNITTERS</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-1130-DLS1	MAR 14 3-4:30 PM
<b>HOW TO ARGUE ABOUT ETHICS</b> (2 WEEKS ON CAMPUS)	<b>\$10</b>
CVEC-6232-CVS1	FEB 28-MAR 7 1-2:30 PM
<b>INTRODUCTION TO BUCKET DRUMMING</b> (3 WEEKS ON CAMPUS)	<b>\$15</b>
CVEC-1891-CVS1	FEB 7-28 11:30 AM-1 PM
<b>VISIONS FROM AROUND THE WORLD</b> (4 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-1726-CVS1	FEB 7 TO MAR 7 1-4 PM
<b>WHAT ARE VIRUSES ANYWAY?</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-5350-CVS1	FEB 7 TO APR 4 4-5:30 PM

## TUESDAY

<b>BRAIN HEALTH AND DEMENTIA CARE</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-5740-DLS1	FEB 8 10-11:30 AM
<b>CANADIAN SHORT STORIES</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6258-CVS1	FEB 8-MAR 29 11:30 AM-1 PM
<b>MAKING YOUR DREAMS COME TRUE</b> (4 WEEKS ONLINE)	<b>\$20</b>
CVEC-5810-DLS1	FEB 8-MAR 1 10-11:30 AM
<b>MODERN CHINESE LEGAL SYSTEM</b> (8 WEEKS ONLINE)	<b>\$40</b>
CVEC-6456-DLS1	FEB 8-MAR 29 10-11:30 AM
<b>QUANTUM PHYSICS</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6301-CVS1	FEB 8-MAR 29 1-2:30 PM
<b>SCENIC HIKES (NO DOGS)</b> (8 WEEKS OFFSITE)	<b>\$60</b>
CVEC-5520-CVS1	MAR 1-APR 19 10 AM-1 PM
<b>VANCOUVER ISLAND BUTTERFLIES</b> (1 WEEK ON CAMPUS)	<b>\$5</b>
CVEC-6309-CVS1	MAR 29 2:30-4 PM

## WEDNESDAY

<b>BE KIND TO THOSE YOU LEAVE BEHIND</b> (6 WEEKS ON CAMPUS)	<b>\$30</b>
CVEC-3532-CVS1	FEB 9-MAR 16 1-2:30 PM

<b>BRAHMS - THE MAN AND HIS MUSIC</b> (6 WEEKS ONLINE)	<b>\$30</b>
CVEC-1838-DLS1	FEB 9-MAR 16 4-5:30 PM
<b>DANCE FITNESS</b> (8 WEEKS AT COMOX UNITED CHURCH)	<b>\$40</b>
CVEC-1872-CVS1	FEB 9-MAR 30 3:30-5 PM
<b>EASTERN VERSUS WESTERN ASTROLOGY</b> (6 WEEKS ON CAMPUS)	<b>\$30</b>
CVEC-5465-CVS1	FEB 23-MAR 30 10-11:30 AM
<b>GREAT TRIP TO COMPELLING STORY</b> (8 WEEKS ONLINE)	<b>\$40</b>
CVEC-2345-DLS1	FEB 9-MAR 30 8:30-10 AM
<b>HOW DID WE GET HERE? (8 WEEKS ONLINE)</b>	<b>\$40</b>
CVEC-6280-DLS1	FEB 9-MAR 30 10:30 AM-NOON
<b>IMPROV - WELCOME BACK!</b> (8 WEEKS ON CAMPUS)	<b>\$60</b>
CVEC-1798-CVS1	FEB 9-MAR 30 1-4 PM
<b>INTRODUCTION TO MEDITATION</b> (4 WEEKS ONLINE)	<b>\$20</b>
CVEC-6620-DLS1	FEB 9-MAR 2 4-5:30 PM
<b>LOOKING FORWARD, GIVING BACK</b> (1 WEEK ON CAMPUS)	<b>\$5</b>
CVEC-3528-CVS1	FEB 16 10-11:30 AM
<b>MEET LOCAL AUTHOR KIM LETSON</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-6206-DLS1	MAR 16 3-4:30 PM
<b>MYSTICS AND THE MUNDANE</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6231-CVS1	FEB 9-MAR 30 1-2:30 PM
<b>RAILS TO TRAILS ON VANCOUVER ISLAND</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-5222-DLS1	FEB 9 1-2:30 PM
<b>TOPICS IN POPULAR MUSIC</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-1800-CVS1	FEB 9-MAR 30 8:30-10 AM
<b>UNIVERSAL DEVOTIONAL CHANTING</b> (8 WEEKS ONLINE)	<b>\$40</b>
CVEC-5413-DLS1	FEB 9-MAR 30 3-4:30 PM
<b>YOU, TOO, CAN DRAW!</b> (1 WEEK ON CAMPUS)	<b>\$10</b>
CVEC-1414-CVS1	FEB 16 1-4 PM

## THURSDAY

<b>AN INTRODUCTION TO CANNABIS SCIENCE</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-5392-DLS1	MAR 10 4:30-6 PM
<b>FRANKLIN AND THE NW PASSAGE</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-5907-DLS1	MAR 3 1-2:30 PM
<b>INVIGORATE YOUR BOOK CLUB!</b> (2 WEEKS ON CAMPUS)	<b>\$10</b>
CVEC-6205-CVS1	MAR 24-31 1-2:30 PM
<b>ORGANIZE &amp; LET GO OF "STUFF"</b> (4 WEEKS ONLINE)	<b>\$20</b>
CVEC-3529-DLS1	FEB 17-MAR 10 10:30 AM-NOON
<b>TAIWAN IN INTERNATIONAL LAW</b> (5 WEEKS ONLINE)	<b>\$25</b>
CVEC-6272-DLS1	FEB 10-MAR 10 10-11:30 AM
<b>THEMES IN MEDIEVAL AND RENAISSANCE ART</b> (5 WEEKS ONLINE)	<b>\$50</b>
CVEC-1950-DLS1	FEB 10-MAR 10 8:30-11:30 AM
<b>YOUR MICROBIOME - BOTH GOOD AND BAD</b> (8 WEEKS ON CAMPUS)	<b>\$60</b>
CVEC-5751-CVS1	FEB 17-MAR 31 8:30-11:30 AM
NO CLASS FEB 24	

## FRIDAY

<b>ANCIENT HISTORY OF VANCOUVER ISLAND</b> (2 WEEKS ONLINE)	<b>\$10</b>
CVEC-6331-DLS1	MAR 11-18 10-11:30 AM
<b>BIOFILIA: OUR CONNECTION TO NATURE</b> (8 WEEKS ONLINE)	<b>\$40</b>
CVEC-5844-DLS1	FEB 11-APR 1 10-11:30 AM
<b>BRIDGE - INTRODUCTION TO MODERN BIDDING</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6252-CVS1	FEB 11-APR 1 2:30-4 PM
<b>BRIDGE - PLAY THE HAND - DEFEND THE HAND</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-6253-CVS1	FEB 11-APR 1 4-5:30 PM
<b>ELECTRIC CARS: ARE THEY FOR YOU?</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-6172-DLS1	FEB 11 10-11:30 AM
<b>FELLINI: THE EARLY FILMS</b> (4 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-1725-CVS1	MAR 11-APR 1 2:30-5:30 PM
<b>FUNDAMENTALS OF PHOTOGRAPHY</b> (8 WEEKS ON CAMPUS)	<b>\$40</b>
CVEC-2761-CVS1	FEB 11-APR 1 10-11:30 AM
<b>MINING MEMORIES WITH GAB</b> (2 WEEKS ONLINE)	<b>\$10</b>
CVEC-2340-DLS1	FEB 11-18 4-5:30 PM
<b>SOLAR PANELS AND ENERGY STORAGE</b> (1 WEEK ONLINE)	<b>\$5</b>
CVEC-6171-DLS1	FEB 18 10-11:30 AM
<b>THE ART OF CULTURAL PATTERNING</b> (3 WEEKS ON CAMPUS)	<b>\$30</b>
CVEC-1243-CVS1	MAR 11-25 1-4 PM
<b>THE SERVAS TRAVEL EXPERIENCE</b> (1 WEEK ON CAMPUS)	<b>\$5</b>
CVEC-5911-CVS1	FEB 18 11:30 AM-1 PM
<b>VANCOUVER ISLAND BIRDS</b> (1 WEEK ON CAMPUS)	<b>\$5</b>
CVEC-6308-CVS1	MAR 25 2:30-4 PM
<b>WRITERS' WORKSHOP</b> (8 WEEKS ON CAMPUS)	<b>\$60</b>
CVEC-2310-CVS1	FEB 11-APR 1 1-4 PM

## SATURDAY

<b>HOW THE INTERNET WORKS</b> (2 WEEKS ONLINE)	<b>\$20</b>
CVEC-3604-DLS1	MAR 26-APR 2 1-3 PM
<b>RIDE RIGHT - CYCLING ROAD SKILLS</b> (1 WEEK ON CAMPUS)	<b>\$10</b>
CVEC-5490-CVS1	MAR 5 1-4 pm
<b>TRAVELLING AND TECHNOLOGY</b> (5 weeks online)	<b>\$50</b>
CVEC-5908-DLS1	FEB 12-MAR 19 1-4 pm
NO CLASS FEB 19	
<b>WINTER LECTURE SERIES: FOOD FOR THOUGHT</b> (8 WEEKS)	\$48 for all 8 or \$6 each
CVEC-9010-DLS1 (entire series)	
See page 11 for individual lecture details	
CVEC-9011-DLS1	Feb 5 10 am-12 noon
CVEC-9012-DLS1	Feb 12 10 am-12 noon
CVEC-9013-DLS1	Feb 19 10 am-12 noon
CVEC-9014-DLS1	Feb 26 10 am-12 noon
CVEC-9015-DLS1	Mar 5 10 am-12noon
CVEC-9016-DLS1	Mar 12 10 am-12noon
CVEC-9017-DLS1	Mar 19 10 am-12noon
CVEC-9018-DLS1	Mar 26 10 am-12noon