

LIFELONG LEARNING FOR ADULTS (55+)

# WINTER ❄️ 2023 COURSE GUIDE



## OUR MISSION

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

## INFORMATION FORUM

Watch for details on the Information Forum scheduled for Saturday, January 21 from 9:30 to 11:30 am. Course leaders will give a glimpse into their subject matter. Attend online or in person at the Stan Hagen Theatre on the NIC Courtenay campus. Visit [forum.cvec.ca](http://forum.cvec.ca) for more information and/or to register for the Information Forum.

## COURSE REGISTRATION BEGINS

The week of January 23, 2023. The exact time and day will be announced by email.

## COURSES ARE ON CAMPUS OR ONLINE

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

## COURSES BEGIN

Monday, February 6

## LECTURE SERIES BEGINS

Saturday, February 11

## 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.

## BIMONTHLY NEWSLETTER

Join our email list at [www.nic.bc.ca/CVEC](http://www.nic.bc.ca/CVEC) to receive our newsletter and other CVEC communications.

## Message from the CVEC Chair

I know that many of us were very moved by the truly remarkable series of lectures on First Nations Perspectives that we enjoyed during the fall 2022 semester and are looking forward to the ElderCollege program for winter 2023.



During fall 2022 we were able to get back into the classrooms and the lecture hall to enjoy meeting each other and learning in a social context once again, while those of us who prefer the online format have been able to enjoy courses from the comfort of their homes. As you'll see in this guide, Comox Valley ElderCollege continues to offer an eclectic menu of both on-campus and online events, so that as many members of our community as possible can enjoy these opportunities for continued learning. In particular, the upcoming lecture series on remarkable women of British Columbia that has been developed by the volunteers of our Curriculum Committee promises to be fascinating.

On a similar theme, our outstanding team of volunteers was successful in establishing the technology to support our pilot "simulcast" lectures. At the time of writing, we're hoping to be able to make the winter 2023 lectures available on Zoom for at least some of our members, as well as in person in the Stan Hagen Theatre.

Comox Valley ElderCollege is only able to offer such a broad range of interesting courses and lectures because we have the benefit of a close working relationship between our team of energetic volunteers and the hard-working staff of North Island College. I would like to take this opportunity to offer my personal thanks to all these individuals—both volunteers and College employees—for their hard work and commitment.

I look forward to meeting many of you during the coming semester.

– John North

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### New to ElderCollege?

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

### ID Cards

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

### No Scent Policy

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

Parking is free.

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



Find us on Facebook:  
Comox Valley ElderCollege



# How to register for ElderCollege courses

When registration for our winter 2023 series of courses and lectures opens, you can either register online, call 1-800-715-0914 to register over the phone during business hours, or go to the Registration Office at any NIC campus – whichever is most convenient for you.

All existing CVEC students who have a student ID (e.g., n999999) and password will use these when accessing NIC's online registration system. For details on how to register using the online system, please review our custom video tutorials for "new" and "returning" CVEC students: [www.nic.bc.ca/CVEC](http://www.nic.bc.ca/CVEC).

## INFORMATION FORUM

Comox Valley ElderCollege invites members and the public to a Winter 2023 Information Forum on Saturday, January 21 from 9:30 to 11:30 am. The forum is an opportunity, prior to registration opening the week of January 23, to view course leaders presenting information that supplements this course guide.

Many past attendees have remarked that by attending the forum they became aware of – and then registered for – interesting courses they would otherwise have missed.

The forum can be attended in person at the NIC Comox Valley Campus Stan Hagen Theatre or online via Zoom. Doors will open at 9; presentations will begin at 9:30; and it will wrap up by 11:30. To view more details and to register to attend, visit [forum.cvec.ca](http://forum.cvec.ca).

## MEMBERSHIPS

Memberships are required if you would like to take a course. Members have access to the NIC library. Purchase your membership (\$10) and after the system updates overnight, you will be able to get an NIC photo ID from the Registration Office. (You will need to provide government-issued photo ID to verify your identity.)

## PRICING

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

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

Each session in the lecture series is \$6 or \$36 for the entire series.

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

You cannot change courses once they begin.

**WAITLIST:** You may request your name be added to a waitlist by contacting Comox Valley ElderCollege at [eldercollegeCV@nic.bc.ca](mailto:eldercollegeCV@nic.bc.ca). Please state your full name, your student ID number, and the course you wish to be waitlisted for.

# Courses

College closed on Monday, February 20, 2023.

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

## ARTS AND MUSIC

### **BUCKET DRUMMING 101** **\$22**

(4 weeks on campus)

Monica Hofer CVEC-1891-CVS1  
March 10 - 31 2 - 3:30 pm

Have fun creating exciting rhythm orchestrations on buckets of various sizes. Anyone can do it! We are all born into rhythm – Monica’s classes are a safe and supportive place to get “into the groove.” You will learn basic bucket-drumming techniques and rhythms and leave smiling. Participants are required to bring their own bucket to class (paint-pail size to garbage-pail size, plastic only).

### **CREATIVE ART BOX** (6 weeks on campus) **\$33**

Kate Brown CVEC-1410-CVS1  
February 28 - April 4 1 - 2:30 pm

This course is designed for artists and non-artists to encourage their creativity with an introduction of simple art techniques to develop an artist’s eye, gain confidence, and develop new skills to create original art in different mediums. The sessions include art videos and interactive demonstrations. Participants are invited to present their work in a final show. Supplies are purchased (\$45+/-) and brought by participants with costs separate from course fees.

### **EMILY CARR CHRONICLES** (4 weeks online) **\$22**

Marilyn Jones CVEC-2348-DLS1  
February 10 - March 3 3 - 4:30 pm

Emily Carr (1871-1945) was a major Canadian artist and writer, yet she was 56 when her first major exhibition was held. Her first book, *Klee Wyck*, was published when she was 70, winning the Governor General’s Award in 1941. This course explores select aspects of Carr’s remarkable life, loves, and legacy. Student discussion is welcomed and encouraged. Readings to be provided.

### **FOLK GUITAR CIRCLE** (8 weeks on campus) **\$44**

Robert Rennie CVEC-1850-CVS1  
February 9 - March 30 4 - 5:30 pm

This course will feature picking and strumming patterns for traditional folk and popular songs and will incorporate some vocal harmony for willing singers. It is designed for intermediate guitar players who would like to increase their accompaniment abilities and are willing to share some strumming and picking patterns they currently use. It will be a sharing session where members get to know others and learn new and old songs.

### **FROM THE PARTHENON TO PICASSO** **\$11**

(2 weeks on campus)  
Jim and Barbara Moscovich CVEC-1420-CVS1  
March 23 - 30 11:30 am - 1 pm

This course will provide an overview of The Classical Tradition in art, including examples of ancient myths, archaeology, and literature. We will examine the impacts of this tradition on the works of later artists, particularly “the moderns” such as Picasso, Lipchitz, Moore, Judy Chicago, and others.

### **FUNDAMENTALS OF PHOTOGRAPHY** **\$44**

(8 weeks on campus)  
Norman Mathew CVEC-2761-CVS1  
February 7 - April 4 10 - 11:30 am

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 and phone cameras. Students should be familiar with the basic operations of their own camera and should bring the camera to each class. A tripod is useful but not mandatory. There may be two or three field trips.

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.

**MAINTAIN A MATURE SINGING VOICE** **\$44**  
 (8 weeks on campus)  
 Oliver Clarke CVEC-1889-CVS1  
 February 8 - March 29 10 - 11:30 am  
 Participate in vocal exercises designed to extend vocal range and to project one's voice both in volume and in energy through intentional focus. This course is especially beneficial for members of choirs. A few with voice problems owing to health concerns have also benefited.

**MODERN SCIENCE FICTION FILMS** **\$28**  
 (4 weeks on campus)  
 Brian Charlton CVEC-2210-CVS1  
 March 4 - 25 2 - 5 pm  
 Science fiction film has come a long way from bug-eyed monsters and scantily clad females in distress. There is a diverse library of sophisticated films that fall in the sci-fi genre. In four films ranging from *Arrival* to *Under the Skin*, we will explore what makes these sci-fi movies so fascinating. The discussions before and after the movie will be the crux of the course.

**MUSIC OF THE BELLE ÉPOQUE** **\$33**  
 (6 weeks online)  
 David Gordon Duke CVEC-1803-DLS1  
 February 8 - March 15 4 - 5:30 pm  
 The period between 1870 and 1918 was an extraordinary time for French classical music. We will explore representative works by composers from Bizet and Franck to Debussy and Ravel in the context of that remarkable era.

**PERSPECTIVE LANDSCAPE FOR PAINTERS** **\$14**  
 (2 weeks online)  
 Brian Buckrell CVEC-1480-DLS1  
 February 6 - 13 3 - 6 pm  
 This course is designed for developing artists who wish to strengthen their skills in perspective and composition. In two three-hour Zoom sessions, the course leader will make a presentation on the fundamentals of perspective (linear and aerial) and demonstrate how to best employ them.

**ROBERT ALTMAN, AMERICAN DIRECTOR** **\$28**  
 (4 weeks on campus)  
 Kay Kennedy CVEC-1720-CVS1  
 February 10 - March 3 2:30 - 5:30 pm  
 Robert Altman, like Orson Welles three decades earlier, was 'difficult' for producers to work with. Altman wanted to do something different with each film, and, like Welles, refused to make formulaic pictures. As part of Hollywood's 'New Wave,' he had a unique style of directing. We will view and discuss some of his most famous films such as *Nashville* and *Gosford Park*.

**THE FAB FOUR OF FLORENCE** **\$42**  
 (6 weeks online)  
 Dr. John Black CVEC-1590-DLS1  
 February 9 - March 16 10 am - 1 pm  
 The Italian Renaissance in the arts was initiated in the early 15th century by four firm friends and collaborators: Filippo Brunelleschi, Donatello, Masaccio, and Leon Batista Alberti. We will view, examine, and assess their immense and revolutionary contributions to painting, sculpture, architecture, and letters to understand why they are more important, in the history of art and ideas, than Leonardo or Michelangelo.

**UNIVERSAL DEVOTIONAL CHANTING** **\$44**  
 (8 weeks on campus)  
 Oliver Clarke CVEC-5413-CVS1  
 February 8 - March 29 1 - 2:30 pm  
 The educational and devotional benefit of this course is the realization, through actual experience, that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe. That may be called God, The Tao, Buddha, Great Creator, or the re-creative energy found in nature. All are encouraged to participate, and all levels of singing ability are welcome.

## ECLECTIC

**BRIDGE - INTERMEDIATE BIDDING** **\$44**  
 (8 weeks on campus)  
 Gary Priestman CVEC-6250-CVS1  
 February 10 - March 31 4 - 5:30 pm  
 This course is designed for intermediate players who are looking to add more bidding tools to their game. Explore the more frequently used conventions, cue bids and doubles, as well as the 2/1 bidding system.

**BRIDGE - INTRODUCTION TO MODERN BIDDING** **\$44**  
 (8 weeks on campus)  
 Gary Priestman CVEC-6252-CVS1  
 February 10 - March 31 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** **\$44**  
 (8 weeks on campus)  
 Gary Priestman CVEC-6253-CVS1  
 February 6 - April 3 3 - 4:30 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.

**DIAMONDS - THE LURE AND THE GLITZ** **\$5.50**  
 (1 week online)  
 Dianne Volrich & Roland Semjanovs CVEC-6345-DLS1  
 February 21 1 - 2:30 pm  
 From "phony as a Canadian diamond" to "diamonds are a girl's best friend," we'll explore the mystery of



this chunk of rock, and how it is mined and made. Learn how marketers created an aura of desire. Diamonds adorn the rich and famous, grace crowns, and we'll see some from various collections. And, yes, we will talk about famous heists and cat burglars too!

**EFFECTIVE TEAMS (4 weeks on campus) \$27.50**  
 Barry Russell CVEC-2805-CVS1  
 February 10 - March 10 8:30 - 10 am

An effective team may not just happen. This course will cover some characteristics of effective teams. Topics covered include how teams develop, responsibilities of team members, and finding ways to be ready for and find solutions to roadblocks for group success. If you belong to a committee, are planning an event, or just have an interest, this course may be of benefit. This course includes discussion and participatory activities.

**HABITAT FOR HUMANITY 101 \$5.50**  
 (1 week on campus)  
 Karen McKinnon and  
 Cory Knippshild CVEC-7030-CVS1  
 March 1 11:30 am - 1 pm

Founded in 1976, Habitat for Humanity has a proud history of working with volunteers to build affordable housing. Learn about Habitat's vision, purpose, and homeownership model and what the organization is doing locally to address the lack of affordable housing in the Comox Valley and Campbell River. Not only will you learn more about this great organization, but you'll also hear about the many ways you can get involved.

**HOME MAINTENANCE (4 weeks on campus) \$22**  
 John Dickinson CVEC-7028-CVS1  
 February 27 - March 20 10 - 11:30 am

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

**MYSTICS AND THE MUNDANE \$44**  
 (8 weeks on campus)  
 Robert McDonald CVEC-6231-CVS1  
 February 10 - March 31 11:30 am - 1 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. They 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.

## HEALTH AND WELLNESS

**ANCIENT REMEDIES FOR MODERN PROBLEMS (5 weeks online) \$27.50**

Dr. Sophia Andras CVEC-5725-DLS1  
 February 9 - March 9 1:30 - 3 pm

This course will reveal the Eight Branches of Traditional Chinese Medicine that can offer a new approach to health and longevity. Chinese medicine is effective and provides drug-free therapies that can help a wide variety of common ailments and problems. The instructor will provide guidance and resources for finding the way through this medicine. There will be time for Q&A.

**BE KIND TO THOSE YOU LEAVE BEHIND \$33**  
 (6 weeks on campus)

Linda McLean CVEC-3532-CVS1  
 February 7 - March 14 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... make 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. A \$4 supplies' fee is added during registration.

**CANNABIS AS A MEDICINE \$11**  
 (2 weeks on campus)

Joanne Gauthier CVEC-5392-CVS1  
 March 8 - 15 3 - 4:30 pm

This course gives you an introduction to cannabis including learning about sativa, indica, and hybrid cannabis, as well as the various ways to consume cannabis without having to smoke it. The instructor will also provide information on how to prepare cannabis for making your own oil drops or edibles.

**INTRODUCTION TO MEDITATION \$22**  
 (4 weeks online)

Lucas Stiefvater CVEC-5455-DLS1  
 February 27 - March 20 3 - 4:30 pm

Meditation is a mindful practice. It is calming, relaxing, and grounding, and it helps us to focus. It is like a spa treatment for the brain. Meditation increases activity in the happy, calm zone of the brain. Meditation is simple, healthy, and anyone can do it. Start now.

**LIVING CONSCIOUSLY (6 weeks on campus) \$33**  
Leon Hawrylenko CVEC-5335-CVS1  
February 16 - March 23 1 - 2:30 pm

We'll use experiential exercises to explore some of the basic elements for living a conscious life. The elements we'll be focusing on are: what really matters; kindness; gratitude; self-awareness; and choice. Please note that homework exercises will be an important aspect of this program. You can also expect considerable interaction with other students during class-time.

**PHARMACISTS' GREATEST HITS \$22**  
(4 weeks on campus)

Catherine McCann, Wendy Stewart-Fox,  
and Lisa Bui CVEC-5723-CVS1  
February 7 - 28 1 - 2:30 pm

Through four 90-minute interactive sessions (The Pharmacist and You, Diabetes Treatments, Drugs and Hearing, Drugs and Fall Risks) you will learn about common drug topics and issues from experienced pharmacists who work with seniors in the community. Each presentation will set the stage, leaving plenty of time for your drug-related or health-related questions.

**SCENIC HIKES (NO DOGS) (8 weeks offsite) \$56**

Ted Grainger CVEC-5520-CVS1  
February 14 - April 4 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 still not recommended at this time, so you will need to provide your own transportation. These hikes have variable terrain, so are not suitable for those with mobility issues.

**WELCOME TO IMPROV \$56**

(8 weeks on campus)  
Susan Osso and Laurel Rousseau CVEC-1796-CVS1  
February 6 - April 3 1 - 4 pm

This eight-week course employs the basics of improv, hones your creative skills, and provides ample opportunities to laugh with each other! It's for those new to improv classes as well as seasoned veterans. No experience is necessary, just a willingness to be present.

## HISTORY AND SOCIAL SCIENCES

**BUDDY, CAN YOU SPARE A DIME? \$21**

(3 weeks on campus)  
Robert Noon CVEC-3505-CVS1  
March 21 - April 4 10 am - 1 pm

Take an in-depth look at the Great Depression beyond the stock market crash. The course examines the origins and causes of the depression, its geographical scope, its impact on business and individuals, the steps

taken to mitigate its effects, and the eventual reasons it came to an end. A footnote will be a discussion on whether a depression of this magnitude could occur again.

**ESTATE PLANNING (1 week on campus) \$5.50**

Lyle Carlstrom and  
Donna Cloutier CVEC-3531-CVS1  
February 22 7:30 - 9 pm

Understand why estate planning decisions should be made sooner than later and learn about wills, powers of attorney, representation agreements and trusts as well as the tax considerations of estate planning. A financial and estate planner will be available for purchase at the course for \$10. Registration is at 7 pm with the course starting at 7:30.

**SIGNIFICANT U.S. PRESIDENTS \$33**

(6 weeks on campus)  
Eric Nellis CVEC-6319-CVS1  
February 22 - March 29 8:30 - 10 am

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

**THE CANADIAN CONSTITUTION \$27.50**

(5 weeks on campus)  
Keith Ritter CVEC-6421-CVS1  
March 7 - April 4 1 - 2:30 pm

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

**THE COLD WAR, THEN AND NOW \$22**

(4 weeks on campus)  
Eric Nellis CVEC-6550-CVS1  
February 28 - March 21 10 - 11:30 am

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

**VISITING UNCOMMON CORNERS 2 \$36**

(6 weeks on campus)  
Gregg Strong CVEC-5906-CVS1  
February 6 - March 20 3 - 5 pm

Learn about and discuss far-flung countries where the instructor has lived or explored by bicycle. Dive into history, culture, and current events, sprinkled with personal anecdotes. Armchair travel to Madagascar, Papua New Guinea, Ladakh and the Indian Himalayas, the Islamic Republic of Iran, Indonesia, and Nepal's ancient Kingdom of Upper Mustang. Note: this is an update of a previous course.

## LANGUAGE AND LITERATURE

### **GREAT TRIP TO COMPELLING STORY** \$56

(8 weeks online)

Kim Letson CVEC-5950-DLS1  
February 8 - March 29 9 am - noon

This collaborative workshop discusses components of meaningful travel memoir and develops creative nonfiction writing skills. The importance of journaling, photography, steady writing practice, professional editing and publishing options will be explored. Participants will bring a favourite adventure tale and begin the process of creating a compelling written account. For those wishing to share, we will peer review short class and homework assignments.

### **INTRO TO FIVE CANADIAN WOMEN PLAYWRIGHTS** (8 weeks on campus) \$44

Annie Smith CVEC-2342-CVS1  
February 14 - April 4 11:30 am - 1 pm

Though chronically under produced, women playwrights have been a leavening force in Canadian theatre. The themes they have explored have challenged social norms; the stagings they have required have often pushed into new forms or employed existing forms in new ways. We will begin with Gwen Farris Ringwood's *Still Stands the House*. Multiple options for accessing scripts will be provided by the course leader.

### **MY FRIEND, MY ENEMY: A BOOK TALK** (1 week on campus) \$5.50

Stewart Goodings CVEC-2355-CVS1  
February 8 3 - 4:30 pm

Author Stewart Goodings will describe the background and research needed to write this novel based on his times in Russia. He will read a few excerpts from the novel, answer questions, and engage participants in a discussion on the themes of the novel: female friendship; terrorism; and Russian culture and politics.

### **SASQUATCH DISCOVERED** (1 week on campus) \$5.50

Terrance James CVEC-5927-CVS1  
February 24 1 - 2:30 pm

Enjoy a slide/lecture presentation on *Sasquatch Discovered: The Biography of Dr. John Bindernagel*. Dr. Bindernagel was the author of two seminal sasquatch books, a popular conference speaker throughout North America, and the Canadian news media "go-to guy" for sasquatch information. Learn about the unfolding story of the discovery of the sasquatch from the files of Canada's foremost sasquatch investigator. Lots of time for your questions.

### **STORYCATCHERS** (1 week online) \$5.50

Wendy Bancroft CVEC-1780-DLS1  
February 9 10 - 11:30 am

StoryCatchers is designed to help people recall, write about, and share meaningful memories with others in a small group. Using what's called "free-writing," we loosen our brains and let our pens take over, writing the thoughts that come in response to prompts centred in lived experience. New writers are welcome. Feedback is based on content, not craft. We write, we share, we enjoy our small community.

### **WRITERS' WORKSHOP** (8 weeks on campus) \$56

Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1  
February 10 - March 31 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.

### **WRITING FIRST SENTENCES** (1 week online) \$5.50

Danny Ramadan CVEC-2215-DLS1  
February 9 4:30 - 6 pm

In this interactive workshop, Danny Ramadan will take you through the experience of writing the first sentences in his award-winning novel, *The Clothesline Swing*, bring you examples of some of the most beautiful and meaningful first sentences in literature, and then offer some tips on how to write your own first sentences. The workshop includes presentation, Q&A, a reading from *The Foghorn Echoes*, and a short discussion of the book.

## SCIENCE AND COMPUTERS

### **BACKYARD COMPOSTING** (1 week on campus) \$5.50

Joyce McMenamon CVEC-7550-CVS1  
March 30 1 - 2:30 pm

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

### **BIOFILIA: OUR CONNECTION TO NATURE** (8 weeks online) \$48

Thierry Vrain CVEC-5844-DLS1  
February 10 - March 31 10 am - noon

How closely are humans related to other living beings? Is life intelligent? Molecular biology allows a peek at molecules at work in living cells, revealing that all cells function in the same way with the same protein molecules and the same genetic code. This course examines discoveries of the 21st century into the world of bacteria, fungi, plants, and animals at the molecular and cellular level.



**COMOX VALLEY ANCIENT GEOLOGIC HISTORY** (2 weeks on campus) **\$11**  
 Russell Ball CVEC-6334-CVS1  
 February 10 - 17 10 - 11:30 am  
 A chance to look back to our violent volcanic beginnings and trace the geologic journey to our present place on the globe, with a look at the ancient fossil record.

**EARTHQUAKES, VOLCANOES, TSUNAMIS!** **\$44**  
 (8 weeks on campus)  
 Joel Kositsky CVEC-6324-CVS1  
 February 7 - March 28 2:30 - 4 pm  
 Humans have always been aware of the seemingly random occurrences of earthquakes, volcanic eruptions, and inundations by massive coastal waves. Only recently (~1960) has the comprehensive theory of plate tectonics not only linked these three phenomena but has also revealed why they occur where they do. This theory, which also explains many other geological phenomena, such as where mountains and island arcs are to be found, will be our focus.

**FROM THE WELLHEAD TO YOUR CAR** **\$44**  
 (8 weeks on campus)  
 Giorgio Grappolini CVEC-6325-CVS1  
 February 10 - March 31 11:30 am - 1 pm  
 Learn how crude oil is produced in the field as well as the various refinery processes of separation, conversion, and purification to produce consumer fuels. The last class will examine various ways to produce electricity.

**HISTORY OF RADIO TO THE 1930S** **\$11**  
 (2 weeks on campus)  
 Gordon Dann CVEC-1777-CVS1  
 March 15 - 22 1 - 2:30 pm  
 Who was the creator of an appliance we all have? Tesla or Marconi? What were the initial ideas that created this communication and broadcasting device, and the methods employed to build it? Who were the people behind it and what was their history? Find out how the radio evolved into an essential means of entertainment and information dissemination.

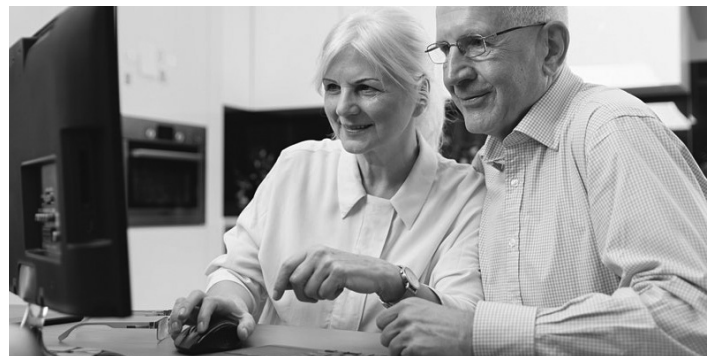
**HOW THE INTERNET WORKS** **\$13**  
 (2 days on campus) Terry Hooper  
 CVEC-3604-CVS1  
 March 3 - 4 1 - 3:30 pm  
 When you use email and web browsing, does it seem akin to magic? What happens when your computers, tablets and phones connect and use the internet? And why does the connection sometimes seem slow or not work at all? This course is for those who are curious about how things work behind the curtain and will be presented in high-level, layperson's terms.

**MATH FOR FUN** (8 weeks on campus) **\$44**  
 Joel Kositsky CVEC-6015-CVS1  
 February 6 - April 3 1 - 2:30 pm  
 Is math invented or discovered? This course is aimed at those who enjoy mathematics, can follow high school algebra, and are at ease with graphs. We'll look at the nature of mathematical proofs, explore the many types of numbers and infinities (yes, plural), play with pi, delve into probability, probe the nature of series and limits, and marvel at the Mandelbrot set and other truly amazing mathematical ideas.

**REPEL HACKS, HOAXES, AND SCAMS** **\$13**  
 (2 days on campus)  
 Terry Hooper CVEC-4010-CVS1  
 February 24 - 25 1 - 3:30 pm  
 Is that email real or fake? How about that warning I received? What about these phone calls I am receiving? Is this really my friend contacting me on Facebook? Why are my friends getting messages from me that I didn't send? Is it safe to buy online? Be informed so you can answer these questions and better protect yourself when using email, the internet, and even your phone.

**VANCOUVER ISLAND BIRDS** **\$5.50**  
 (1 week on campus)  
 Mike Yip CVEC-6308-CVS1  
 March 10 2 - 3:30 pm  
 Vancouver Island is on the Pacific flyway and is home for many birds as well as the staging area for many migratory and vagrant species. Learn about the common birds of Vancouver Island and many of the migratory and vagrant species through Mike's beautiful photography and interesting commentary.

**WHAT ARE VIRUSES ANYWAY?** **\$44**  
 (8 weeks on campus)  
 Joel Kositsky CVEC-5350-CVS1  
 February 10 - March 31 1 - 2:30  
 Everyone's aware that a virus caused the COVID-19 pandemic. But what exactly are viruses, and how do they differ from bacteria and other parasites? In brief, viruses are tiny biological entities that can infect all other lifeforms: bacteria; fungi; plants; and animals. We will explore how this occurs and how viruses replicate, mutate, spread, and cause illness. We'll also look at how vaccines work to protect us from viruses.





Series coordinators: Martha Gerow, Claudette Preece, and Rose Webber

## WINTER LECTURE SERIES (CVEC-9010-CVS1)

6 SATURDAY LECTURES | FEBRUARY 11 TO MARCH 25 (NO LECTURE FEBRUARY 18)  
10 AM TO 12 NOON | ON CAMPUS & ONLINE | \$36 FOR THE SERIES OR \$6/LECTURE

# Herstory: BC Women of Note

Cher once said that women are the real architects of the world. In this season's lecture series, we will meet six women in British Columbia who have used their creativity and skills to design new worlds. Each of them has made extraordinary contributions in their fields. These Saturday morning lectures will give us a glimpse into marine science, astronomy, nursing and nurse practitioner, choral music, and the resurrection of Indigenous languages.

### **NURSE PRACTITIONER ON THE COVID FRONTLINE: INSIGHTS AND PERSPECTIVES** \$6

Sarah Crowe

CVEC-9011-CVS1 February 11

The purpose of this lecture is to help create a better understanding of the role of nurse practitioners. It will also provide a glimpse into what it was like as a nurse practitioner working in the Intensive Care Unit (ICU) during COVID-19, exploring both the challenges and the successes.

Sarah Crowe has worked in health care since 2001 when she began her career as a registered nurse. She went on to obtain specialty training

and is now working as a nurse practitioner in critical care at Surrey Memorial Hospital. She is involved in conducting research that promotes improving patient outcomes in the ICU and advancing care for those who are chronically critically ill. She worked on the frontlines during the COVID-19 pandemic and, in addition to providing



patient care, she also conducted several studies examining the impacts of a pandemic on the mental well-being of nurses. Sarah is an adjunct professor at the UBC School of Nursing and vice president of the Canadian Association of Critical Care Nurses.

### **GIVING VOICE: SIX DECADES OF SINGING** \$6

Fiona Blackburn

CVEC-9012-CVS1 February 25

Fiona Blackburn will retrace her career from first solo at age six to her discovery that the greatest joy may be found encouraging others to find their own voice. Through academic studies in voice, music education and choral conducting, work in opera and professional choirs, and even singing on Alaskan cruise ships – all these experiences have informed how she now leads groups in song. Be prepared to raise your voice!

As an educator and choral director, Ms. Blackburn has taught music from kindergarten to university, where she was adjunct professor in the Department of Education at UBC. Since 2004, she has been the founding and artistic director of the British Columbia Girls Choir, which has toured Australia, China,

Central and North America, and 10 European countries. In July 2018, the girls were awarded the coveted Children's Choir of the World trophy, which is the highest honour at one of the world's most prestigious competitions – the Llangollen International Musical Eisteddfod in Wales. Professionally, Fiona has performed, recorded and toured with the Vancouver Chamber



Choir and with Vancouver Opera in numerous roles for a number of seasons. She is currently conducting Malaspina Choir in Nanaimo.

### **EXPLORING LANGUAGE LEADERSHIP THROUGH A LOCALIZED LENS** \$6

ᑕᑭᑦᑭᑦᑭᑦᑭᑦ Sara Child

CVEC-9016-CVS1 March 4

ᑕᑭᑦᑭᑦᑭᑦᑭᑦ Sara Child will discuss her language revitalization project at NIC. The Sayakola Project is a ground-breaking, comprehensive program that brings together students and staff in a holistic learning environment, draws on local Elders, culture, language, and student strengths and is a response to the calls to action of TRC. In her opinion, there can be no truth to truth and reconciliation without the full support for the revitalization of Indigenous languages.

Ms. Child is a leading educator instrumental in developing numerous Indigenous language courses. She holds a Master of Education



in Indigenous Language Revitalization and has worked for North Island College for over a decade. Her passion is driven by her belief that the revitalization of Indigenous languages is at the core to creating pathways to healing, equity and resurgence of wellness for Indigenous people and nations.

**THE DEEP OCEAN: LIFE IN OUR LAST WILDERNESS** \$6

Verena Tunnicliffe  
CVEC-9013-CVS1 March 11

We will travel the abyssal ocean throughout the Pacific to explore its vast and varied habitats. From B.C. to Tonga, deep ocean ecosystems display adaptations to extremes in temperatures, nutrients, and food. Our last pristine environment is now under threats from climate change and ocean mining. The search for seafloor metals leads to seamounts, abyssal plains, and hydrothermal vents.



Verena Tunnicliffe retired from University of Victoria after 38 years. Her research focus

covered ecology and evolution of seafloor ecosystems including seamounts, hydrothermal vents, glass sponges, fjords,

and muddy seascapes. She has helped to develop technologies to enable exploration such as remotely operated vehicles and cabled observatories and served as director of the VENUS Observatory for 10 years. She took part in many expeditions that have discovered hot vent areas in B.C., Mexico, the south Pacific and in the Marianas. Her lab has curated extensive collections that fostered discovery of over 100 new species. She really likes the stories each animal tells!

**A NURSING PERSPECTIVE ON THE EVOLVING CONTEXT OF MAID** \$6

Sally Thorne  
CVEC-9014-CVS1 March 18

Dr. Thorne will describe some of the remarkable changes in public dialogue and health-care delivery since medical assistance in dying (MAID) became legal in Canada in June 2016. Drawing on insights from her work in nursing leadership and her research on nurses' experiences supporting patients and families with end-of-life decisions, she will reflect on our evolving collective sense of complex matters such as suffering and quality of life.



Sally Thorne, RN, PhD, FAAN, FCAHS, is a professor and former director of the of the School of Nursing, Associate Dean of the Faculty of Applied Science, at the University of British Columbia's Vancouver campus. A researcher in the field of patient experience in chronic illness and cancer, her most recent focus has been

nursing's relational practice in the context of patients and families considering medical assistance in dying.

**PLANET FORMATION WITH ALMA** \$6

Brenda Matthews  
CVEC-9015-CVS1 March 25

Explore the formation of planets in our universe. This lecture showcases the results of 10 years of work by one of Canada's international observatories: ALMA. Learn what ALMA has taught us about how planets form in disks of cold gas and dust around young stars.

Brenda Matthews is a Canadian astronomer. She earned her PhD at McMaster University in 2001, studying how magnetic fields influence star formation. After three years working at UC Berkeley, she returned to Canada in 2004 to join the Herzberg Astronomy & Astrophysics Research Centre in Victoria. Dr. Matthews is an expert in infrared and submillimetre wavelength astronomy, and uses satellites, polarimetry and interferometry (arrays of telescopes) to study disks around young and old stars. These disks trace the formation and evolution of planetary systems. Dr. Matthews is the recipient of a National Research Council internal award for science leadership and several Discovery grants from the Natural Sciences and Engineering Research Council of Canada.



# Courses at a Glance

College closed on Monday, February 20

## MONDAY

No classes Monday, February 20

**BRIDGE - PLAY THE HAND, DEFEND THE HAND (ON CAMPUS)** \$44

CVEC-6253-CVS1 FEB 6 – APRIL 3 3 – 4:30 PM

**HOME MAINTENANCE (ON CAMPUS)** \$22

CVEC-7028-CVS1 FEB 27 – MAR 20 10 – 11:30 AM

**MATH FOR FUN (ON CAMPUS)** \$44

CVEC-6015-CVS1 FEB 6 – APRIL 3 1 – 2:30 PM

**WELCOME TO IMPROV (ON CAMPUS)** \$56

CVEC-1796-CVS1 FEB 6 – APRIL 3 1 – 4 PM

**VISITING UNCOMMON CORNERS 2 (ON CAMPUS)** \$36

CVEC-5906-CVS1 FEB 6 – MAR 20 3 – 5 PM

**INTRODUCTION TO MEDITATION (ONLINE)** \$22

CVEC-5455-DLS1 FEB 27 – MAR 20 3 – 4:30 PM

**PERSPECTIVE LANDSCAPE FOR PAINTERS (ONLINE)** \$14

CVEC-1480-DLS1 FEB 6 – 13 3 – 6 PM

## TUESDAY

**BE KIND TO THOSE YOU LEAVE BEHIND (ON CAMPUS)** \$33

CVEC-3532-CVS1 FEB 7 – MAR 14 1 – 2:30 PM

**BUDDY, CAN YOU SPARE A DIME? (ON CAMPUS)** \$21

CVEC-3505-CVS1 MAR 21 – APRIL 4 10 AM – 1 PM

**CREATIVE ART BOX (ON CAMPUS)** \$33

CVEC-1410-CVS1 FEB 28 – APRIL 4 1 – 2:30 PM

**EARTHQUAKES, VOLCANOES, TSUNAMIS! (ON CAMPUS)** \$44

CVEC-6324-CVS1 FEB 7 – MAR 28 2:30 – 4 PM

**INTRO TO 5 CANADIAN WOMAN PLAYWRIGHTS (ON CAMPUS)** \$44

CVEC-2342-CVS1 FEB 14 – APRIL 4 11:30 AM – 1 PM

**PHARMACISTS' GREATEST HITS (ON CAMPUS)** \$22

CVEC-5723-CVS1 FEB 7 – 28 1 – 2:30 PM

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

CVEC-6421-CVS1 MAR 7- APRIL 4 1 – 2:30 PM

**THE COLD WAR, THEN AND NOW (ON CAMPUS)** \$22

CVEC-6550-CVS1 FEB 28 – MAR 21 10 – 11:30 AM

**DIAMONDS - THE LURE AND THE GLITZ (ONLINE)** \$5.50

CVEC-6345-DLS1 FEB 21 1 – 2:30 PM

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

CVEC-5520-CVS1 FEB 14 – APRIL 4 10 AM TO 1 PM

## WEDNESDAY

**SIGNIFICANT U.S. PRESIDENTS (ON CAMPUS)** \$33

CVEC-6319-CVS1 FEB 22 – MAR 29 8:30 – 10 AM

**CANNABIS AS A MEDICINE (ON CAMPUS)** \$11

CVEC-5392-CVS1 MAR 8 – 15 3 – 4:30 PM

**ESTATE PLANNING (ON CAMPUS)** \$5.50

CVEC-3531-CVS1 FEB 22 7:30 – 9 PM

**HABITAT FOR HUMANITY 101 (ON CAMPUS)** \$5.50

CVEC-7030-CVS1 MAR 1 11:30 AM – 1 PM

**HISTORY OF RADIO TO THE 1930S (ON CAMPUS)** \$11

CVEC-1777-CVS1 MAR 15 – 22 1 – 2:30 PM

**MAINTAIN A MATURE SINGING VOICE (ON CAMPUS)** \$44

CVEC-1889-CVS1 FEB 8 – MAR 29 10 – 11:30 AM

**MY FRIEND, MY ENEMY: A BOOK TALK (ON CAMPUS)** \$5.50

CVEC-2355-CVS1 FEB 8 3 – 4:30 PM

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

CVEC-5413-CVS1 FEB 8 – MAR 29 1 – 2:30 PM

**GREAT TRIP TO COMPELLING STORY (ONLINE)** \$56

CVEC-5950-DLS1 FEB 8 – MAR 29 9 AM – NOON

**MUSIC OF THE BELLE ÉPOQUE (ONLINE) \$33**  
CVEC-1803-DLS1 FEB 8 – MAR 15 4 – 5:30 PM

## THURSDAY

**BACKYARD COMPOSTING (ON CAMPUS) \$5.50**  
CVEC-7550-CVS1 MAR 30 1 – 2:30 PM

**FOLK GUITAR CIRCLE (ON CAMPUS) \$44**  
CVEC-1850-CVS1 FEB 9 – MAR 30 4 – 5:30 PM

**FROM THE PARTHENON TO PICASSO (ON CAMPUS) \$11**  
CVEC-1420-CVS1 MAR 23 – 30 11:30 AM – 1 PM

**LIVING CONSCIOUSLY (ON CAMPUS) \$33**  
CVEC-5335-CVS1 FEB 16 – MAR 23 1 – 2:30 PM

**ANCIENT REMEDIES FOR MODERN PROBLEMS (ONLINE) \$27.50**  
CVEC-5725-DLS1 FEB 9 – MAR 9 1:30 – 3 PM

**STORYCATCHERS (ONLINE) \$5.50**  
CVEC-1780-DLS1 FEB 9 10 – 11:30 AM

**THE FAB FOUR OF FLORENCE (ONLINE) \$42**  
CVEC-1590-DLS1 FEB 9 – MAR 16 10 AM – 1 PM

**WRITING FIRST SENTENCES (ONLINE) \$5.50**  
CVEC-2215-DLS1 FEB 9 4:30 – 6 PM

## FRIDAY

**BRIDGE: INTRODUCTION TO MODERN BIDDING (ON CAMPUS) \$44**  
CVEC-6252-CVS1 FEB 10 – MAR 31 2:30 – 4 PM

**BRIDGE - INTERMEDIATE BIDDING (ON CAMPUS) \$44**  
CVEC-6250-CVS1 FEB 10 – MAR 31 4 – 5:30 PM

**BUCKET DRUMMING 101 (ON CAMPUS) \$22**  
CVEC-1891-CVS1 MAR 10 – 31 2 – 3:30 PM

**COMOX VALLEY ANCIENT GEOLOGIC HISTORY (ON CAMPUS) \$11**  
CVEC-6334-CVS1 FEB 10 – 17 10 – 11:30 AM

**EFFECTIVE TEAMS (ON CAMPUS) \$27.50**  
CVEC-2805-CVS1 FEB 10 – MAR 10 8:30 – 10 AM

**FROM WELLHEAD TO YOUR CAR (ON CAMPUS) \$44**  
CVEC-6325-CVS1 FEB 10 – MAR 31 11:30 AM – 1 PM

**FUNDAMENTALS OF PHOTOGRAPHY (ON CAMPUS) \$44**  
CVEC-2761-CVS1 FEB 7 – APRIL 4 10 – 11:30 AM

**HOW THE INTERNET WORKS PT. 1 (ON CAMPUS) \$13**  
CVEC-3604-CVS1 MAR 3 – 4 1 – 3:30 PM

**MYSTICS AND THE MUNDANE (ON CAMPUS) \$44**  
CVEC-6231-CVS1 FEB 10 – MAR 31 11:30 AM – 1 PM

**REPEL HACKS, HOAXES, AND SCAMS PT. 1 (ON CAMPUS) \$13**  
CVEC-4010-CVS1 FEB 24 – 25 1 – 3:30 PM

**ROBERT ALTMAN, AMERICAN DIRECTOR (ON CAMPUS) \$28**  
CVEC-1720-CVS1 FEB 10 – MAR 3 2:30 – 5:30 PM

**SASQUATCH DISCOVERED (ON CAMPUS) \$5.50**  
CVEC-5927-CVS1 FEB 24 1 – 2:30 PM

**VANCOUVER ISLAND BIRDS (ON CAMPUS) \$5.50**  
CVEC-6308-CVS1 MARCH 10 2 – 3:30 PM

**WHAT'S A VIRUS ANYWAY? (ON CAMPUS) \$44**  
CVEC-5350-CVS1 FEB 10 – MAR 31 1 – 2:30 PM

**WRITERS' WORKSHOP (ON CAMPUS) \$56**  
CVEC-2310-CVS1 FEB 10 – MAR 31 1 – 4 PM

**BIOFILIA: OUR CONNECTION TO NATURE (ONLINE) \$48**  
CVEC-5844-DLS1 FEB 10 – MAR 31 10 AM – NOON

**EMILY CARR CHRONICLES (ONLINE) \$22**  
CVEC-2348-DLS1 FEB 10 – MAR 3 3 – 4:30 PM

## SATURDAY

**HOW THE INTERNET WORKS PT. 2 (ON CAMPUS) \$13**  
CVEC-3604-CVS1 MAR 3 – 4 1 – 3:30 PM

**MODERN SCIENCE FICTION FILMS (ON CAMPUS) \$28**  
CVEC-2210-CVS1 MAR 4 – 25 2 – 5 PM

**REPEL HACKS, HOAXES, AND SCAMS PT. 2 (ON CAMPUS) \$13**  
CVEC-4010-CVS1 FEB 24 – 25 1 – 3:30 PM

**WINTER LECTURE SERIES:  
HERSTORY: BC WOMEN OF NOTE  
(6 WEEKS) \$36 FOR ALL OR \$6 EACH**

CVEC-9010-CVS1 (ENTIRE SERIES)  
SEE PAGES 9-10 FOR INDIVIDUAL LECTURE DETAILS

CVEC-9011-CVS1	FEB 11	10 AM TO NOON
CVEC-9012-CVS1	FEB 25	10 AM TO NOON
CVEC-9016-CVS1	MAR 4	10 AM TO NOON
CVEC-9013-CVS1	MAR 11	10 AM TO NOON
CVEC-9014-CVS1	MAR 18	10 AM TO NOON
CVEC-9015-CVS1	MAR 25	10 AM TO NOON