



Fall 2022 Newsletter

Celebrating lifelong learning since 2005

Website: www.nic.bc.ca/CREC

Email: eldercollegecr@nic.bc.ca

North Island College: 1685 South Dogwood St.



**Public Information Meeting
on Fri Sep 16 at 1:30 pm.**
(Come meet the instructors)

**Registration opens on
Mon Sep 19 at 9:00 am.**
(Online and in person)

Registration: You must be a member to register for courses and workshops.

Membership is available to anyone age 50 and older. The fee is \$10 + GST for a complete year (Sep 1 to Aug 31).

A membership also gives you full access to the North Island College Library.

Course and workshop fees: Fees are listed with each course. GST is added when registering. All courses are subject to change and/or cancellation.

Registration opens Monday, September 19 at 9 am.

* Register online at www.nic.bc.ca/CREC

* Register In Person at North Island College

The office is open Mon - Fri, 9 am to 4 pm.

No refund if student cancels within 7 days of course start date.

Memberships are **non-refundable**.

Courses and Workshops 1

Please Note: You must be a current member of ElderCollege to register in any course listed below.
All courses, even FREE sessions, require pre-registration.

ARTS AND CRAFTS

Lapidary Skills **\$30**
CREC 1240 **Instructor: Steve Cooley**
Tue & Thu, 10:00 - 11:30 **Nov 29 - Dec 8**
Off-site: Rock and Gem Club facility, 247 Dahl Road
Learn how to safely use each piece of lapidary equipment in Ripple Rock Gem and Mineral club's shop. The shop has a large slab saw, 2 smaller trim saws, several grinder and polisher sets, drill press, and several polish wheels. The goal is to start with a small slab of rock, use a template to mark a standard shape of a standard size on it, trim excess material away with a trim saw, grind it to the desired size and shape, then polish it. In the course of grinding and polishing the small slabs of rock, some rock properties and types will be explored. Basic collecting and identifying of rocks will be demonstrated.

Carpentry 101 for Seniors **\$55**
CREC 1260 **Instructor: Dan Stevenson**
Fri, 3:00 - 5:00 **Oct 18 - Nov 9**
Join Dan to learn the principles of working safely, and the practical techniques that will allow you to construct an introductory level project. Tuition fee includes a supply fee.

Watercolour: Drawing & Painting Animals **\$30**
CREC 1524 **Instructor: Marlyne Foos**
Sat, 1:00 - 4:00 **Oct 15 - Nov 26**
This watercolour course will include techniques required to successfully draw and paint animals found on the west coast. Previous watercolour painting experience is required. A supply list will be provided prior to the course.

Beginners Photography **\$30**
CREC 2760 **Instructor: Ken Beattie**
Fri 1:00 - 2:30 **Oct 14 - Nov 4**
Getting to know your camera and how to get better photos. This will be a hands on course, so please bring your camera to the first class.

HISTORY AND CULTURE

Escape from Colditz Castle **\$15**
CREC 1730 **Instructor: Michael Naish**
Fri 1:00 - 2:30 **Dec 2 & 9**
Reichsmarshal Hermann Goering visited Colditz Castle early in WW2. He declared the castle to be "escape-proof," one of many prognostications Goering got wrong. In this presentation we will see: (a) How the presenter's Uncle and a Bookkeeper from Manitoba pulled off one of the most famous and successful WW2 escapes; (b) Amazing Dutch escapes; (c) The fate of "Prominente" hostages; and (d) Liberation.

Landmark Events in Campbell River **\$25**
CREC 5961 **Instructor: Quentin Dodd**
Tue 1:00 - 2:30 **Nov 15 - Dec 6**
In the last 45 years, there have been some major changes in Campbell River, changes that have reshaped it into what it has become today. Join this retired journalist to explore such major events as the fight to preserve Strathcona Provincial Park, the furor of the flooding Campbell River, the tottering of the Tye Club, the inverse growth of Campbell River's various Industrial bases, the bountiful blessing of the Beaver Lodge Lands, and other interesting things.

Current Affairs Discussion Group **\$15**
CREC 6221 **Instructor: Bob Hillier**
Sat 10:00 - 11:30 **Nov 19 - Dec 3**
You may have noticed empty shelves in the grocery store, unavailability of new vehicles, and any other things. Bob will discuss global trade issues (China, EU, US and Canada), issues surrounding rail and air shipping, etc. The current situation in BC/Canada and upcoming issues will be brought into the open.

Canadian Submarine Service **\$10**
CREC 6238 **Instructor: Ed Falstrom**
Tue 1:00 - 2:30 **Nov 15**
This course describes Ed's years spent in the Royal Canadian Navy, particularly his service with Royal Navy and Canadian Submarines.

Courses and Workshops 2

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First Nations 101 **\$30**
CREC 6237 **Instructor: Jan Gladish**
Tue 2:30 - 4:00 **Oct 4 - Nov 8**
First Nations 101 will provide a broad overview of the diversity of the Indigenous people in Canada, more specifically British Columbia. Discussion will include the impact of colonial legislation and interventions on the ancestors, and how they continue to affect modern day indigenous people. The significance of strengthening culture and revitalizing language will be studied in terms of actions that have appeared on the national news over the past few years. We'll consider the impact of meaningful acts of reconciliation on the lives and future generations of modern-day indigenous people. This is an interactive course where we learn from each other using the book "First Nations 101" as a primer. Pre-reading and preparation for each class will be required.

Museum at Campbell River Presents **\$30**
CREC 6511 **Instructors: Steve Lackey & Norm Lee**
Wed 2:30 - 4:00 **Nov 9 - Nov 23**
Join two seasoned historians from the Campbell River Museum, Norm Lee and Steve Lackey. Explore the fascinating history of Northern Vancouver Island with the Museum at Campbell River's History on the Run. The three topics we will focus on in Fall 2022 are: Campbellton, the Tyee Club, and Knight Inlet.

JUST FOR THE FUN OF IT

Writing Your Own Story **\$25**
CREC 2212 **Instructor: Quentin Dodd**
Thu 1:00 - 2:30 **Oct 6 - 27**
Take the steps needed to create a biographical story/ history of yours, or someone else's, life. Engage in some personal research, review logbooks and diaries, or interview others to gather the information you need. Include some interesting details to draw a ready in!

Scenic Cornwall **\$10**
CREC 5935 **Instructor: Erik Mairs**
Tue 10:00 - 11:30 **Nov 22**
Photogenic Cornwall, known for its history and hiking trails and familiar to many Canadians via Doc Martin and Poldark, is a great place to visit. Erik will share some of the highlights with you.

Peru **\$10**
CREC 5991 **Instructor: George Wagner**
Fri 1:00 - 2:30 **Oct 7**
Travel via a cruise from Miami to Lima through the Panama Canal followed by visits to Lima, Machu Picchu and the Amazon headwaters.

Heraldic Symbols and Your Identity **\$25**
CREC 6065 **Instructor: Steve Cowan**
Thu 2:30 - 4:00 **Oct 20 - Nov 3**
This Introduction to heraldry and symbols of history and heritage will teach you about the background and design of coats of arms and how they are granted in Canada. Discover the design aspects of heraldry and how you can develop your own coat of arms. Fee includes a book on heraldry.

TECH SAVVY

Ask Me About Apple Devices **\$10**
CREC 4011 **Instructor: Nina Baksh**
Thu 2:30 - 4:00 **Nov 10 & 17**
Students will submit their questions about iPads and iPhones ahead of class. Questions will be answered during class. Bring your devices and Apple password.

Ask Me About Android Devices **\$10**
CREC 4014 **Instructor: Nina Baksh**
Thu 2:30 - 4:00 **Nov 24 & Dec 1**
Students will submit their questions about Android Tablets and Phones ahead of class. Questions will be answered during class. Bring your devices and passwords.

Excel Level I for Seniors **\$30**
CREC 4420 **Instructor: Heiner Schwarz**
Thu 1:00 - 2:30 **Nov 3 - Dec 8**
This course is designed to introduce students to Microsoft's powerful spreadsheet program. Students will learn basic spreadsheet techniques. Previous experience with Excel is not required, but students should be familiar with the Windows operating system. Students should have access to Excel 2007 (or newer) on a Windows platform. Please bring a flash drive to class.

Courses and Workshops 3

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FINANCE AND LEGAL

Women in Investing 101 **\$30**
CREC 3504 **Instructor: Kim Emsley-Leik**
Wed 2:30 - 4:00 **Oct 5 - Nov 9**

This series shares perspective on a process that women can use to identify financial goals and set a strategy. This seminar series will cover a wide range of topics including stocks, bonds, mutual funds, ETFs, insurance, fees and estate planning considerations.

Online Trading - Fun & Easy **\$40**
CREC 4151 **Instructor: Cal Reeks**
Fri 11:00 - 1:00 **Oct 7 - Dec 2**

Cal will show you how to use a simple stock chart to find buy and sell signals and how to use online trading platforms so you can make better informed trades in the comfort of your own home. This course will teach you how to apply Technical Analysis to make trading fun and easy and most importantly, how to use risk management to not lose money. All the basics will be covered to get you started.

STRATA: The Good, Bad, Ugly **\$30**
CREC 8740 **Instructor: Michael Naish**
Fri 10:00 - 11:30 **Oct 7 - Nov 18**

Downsizing to a strata property has positives and negatives. Thinking of buying, or already a strata owner? This six-session course will guide you through the things you need to know, the questions you need to ask, and where to find answers. Topics covered: owners' rights and obligations according to strata legislation; governance; privacy; human rights; who pays for what; insurance; and the Civil Resolution Tribunal.

Please contact us at eldercollegecr@nic.bc.ca if you would like to present a course or workshop, or assist in any other way. We are always looking for ...



HEALTH AND WELLNESS

Living with Dementia **\$30**
CREC 5741 **Instructor: Jocelyn Reekie**
Thu 1:00 - 2:30 **Oct 4 - Nov 8**

This course is for those who are, or may become, the primary caregiver for someone with dementia. It includes discussions about progression, current best practices, coping strategies, caregiver burnout, and finding supports.

It's Not Right: Elder Abuse (Module 1) **\$10**
CREC 5760 **Instructor: Jane Osborne**
Wed 1:00 - 2:30 **Oct 26**

It's Not Right (www.itsnotright.ca) is a course for neighbours, friends and families supporting older adults. Taught by experienced facilitators using video scenarios, printed booklets and group discussion you will learn how to identify abuse and neglect and how to walk alongside older adults at risk. Most importantly, you will learn about the responses in your community.

It's Not Right: Elder Abuse (Module 2) **\$10**
CREC 5760 **Instructor: Jane Osborne**
Wed 1:00 - 2:30 **Nov 2**

This follow-on to Module 1 is taught by experienced facilitators using printed materials, sample cases and group discussion. You will learn about our Adult Guardianship Legislation, our designated responders and how we can work together as community members to prevent or intervene early in cases of adult abuse & neglect. You will receive printed information to support your role in the network of responses.

Advance Care Planning **FREE!!**
CREC 5765 **Instructor: Geri Arkell**
Wed 1:00 - 3:00 **Oct 5 & 12**

You've done your will, planned your estate, but have you thought about your health care decisions? If you were in a major accident today, would your family know what YOUR wishes are for the end of life care? Having "the Talk" with our families and writing the plan will be the best gift you can give them. Participate in this online interactive offering. Make sure your family is informed.