

CAMPBELL RIVER

*ElderCollege*

NORTH ISLAND COLLEGE  
**NIC**

LIFELONG LEARNING FOR ADULTS 50+

# SPRING 2025 COURSE GUIDE

## OUR MISSION

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

## COURSES ARE IN PERSON

We do not offer online courses at this time. All courses are offered in person. A small number will take place off campus, and are highlighted **yellow** in this course guide.

## NIC IN CAMPBELL RIVER

NIC is located at 1685 South Dogwood St. Business hours are 9AM to 4PM, Monday to Friday, excluding holidays. For info, call 250-923-9700.

## NEW TO ELDERCOLLEGE?

Almost all of our courses are offered on the Campbell River NIC campus. Come visit and stroll through the forested setting before the term begins. Visit the library and enjoy the offerings at the cafeteria and coffee kiosk. Parking is free in designated areas.

## Public Information Meeting at NIC Friday Feb 7 at 1:30 pm

*In the Student Commons, refreshments will be served.*

## Registration opens Monday Feb 10 at 9:00 am

Register online at [www.nic.bc.ca/CREC](http://www.nic.bc.ca/CREC)  
or in person at North Island College  
or by phone at 250-923-9700

### Membership:

Membership is available to anyone age **50** and older. The fee is \$10 + GST for an academic year (Sep 1 to Aug 31). You must be a current member of ElderCollege to register for any course. If you are not a current member, the membership fee will be added when you register for your first course of the academic year.

Memberships are **non-refundable**. Membership includes use of NIC's Libraries, an NIC email address and an NIC Student photo-ID card. Inquire at the Registration office.

### Course fees:

Fees are listed with each course. GST is added when registering.

All courses are subject to change and/or cancellation. If cancelled, a refund will be applied to your credit card unless you request otherwise. Please note there is **no refund** if a student cancels within 7 days of the course start date.

**Email:** [eldercollegecr@nic.bc.ca](mailto:eldercollegecr@nic.bc.ca)

**Phone:** 250-923-9700

**Website:** [www.nic.bc.ca/CREC](http://www.nic.bc.ca/CREC)

ELDERCOLLEGE **1**

# Courses and workshops

You must be a current member of ElderCollege to register in any course listed below.

## SHARPEN YOUR SKILLS

**Hey, I Can Draw!** \$40  
CREC-1415 With Kristin Butcher  
Sat 2:30 - 4 PM Apr 26 & May 3, 10, 17, 24 & 31  
*Art doesn't happen in a vacuum. It is the product of learned skills. In this drawing course, you will fine tune your sense of sight and learn to draw what you see and not what you know. You will become the boss of your pencil, mastering line, shape, and shadow, and I guarantee you will surprise yourself with the results. Bring: sketchbook (approx 9X12); pencils - H,B,2B,4B,8B; kneaded eraser; blending stump.*

A supply fee is added at registration for the following courses:

**Learn Brazilian Embroidery** \$30 (+\$10)  
CREC-1117 With Michele Rounds  
Wed 10 - 11:20 AM Mar 5, 12, 19 & 26  
*Learn the art of beautiful Brazilian Dimensional Embroidery (BDE). In this class you will learn various embroidery stitches to create three dimensional flowers. Stitches include: alternating leaf stitch, stem stitch, couching, bullion, cast-on, lazy daisy and the detached buttonhole stitch. Please bring a pair of scissors and your reading glasses if you use them.*

**Introduction to Felt Applique** \$25 (+\$20)  
CREC-1285 with Lynn Clayards  
Wed 10 - 11:20 AM May 7, 14 & 21  
*We will demonstrate and discuss felt applique basics, including discussions on materials, tools, sourcing of items & sourcing design ideas. The project to be demonstrated will be a suitable starting point for various season design ideas. Bring embroidery needles and scissors.*

**Creative Cards - Stash Busters!** \$30 (+\$10)  
CREC-1172 With Wendy Samaroden  
Sat 10 - 11:30 AM Mar 8, 15, 22 & 29  
*Time to dig out those beautiful papers and put them to use! Make that negative space into a positive effect, cut up two 6 x 6 pieces of double-sided paper to make incredible cards, find out how to get the most out of one piece of 12 x 12 double-sided paper, and learn how to put those scraps to good use! The time for creating is now! A supply list will be provided one week before class begins.*

**Photo Editing - Basic** \$30  
CREC-2750 With Ken Beattie  
Thu 10 - 11:20 AM May 1, 8, 15 & 22  
*This course is for photographers just starting to explore photo editing. Maximize the WOW factor in your photos with this course. You will learn how to straighten, crop effectively, control lighting (highlights, midtones and shadows), remove unwanted objects, adjust colour, and much more. It is not a course in any one Photo Editing program. You will learn about concepts and results rather than specific software and specialized tools. The course is mostly demonstration, but if you want to practice the concepts, bring your laptop, tablet or other device that can edit jpegs.*

**The Historian as Detective** \$15  
CREC-2802 With Catherine Marie Gilbert  
Sat 1 - 4 PM May 3  
*This course will be part lecture and part discussion. The presenter will use Powerpoint history lectures focused on BC coastal history as a platform to illustrate how a historian and writer finds the material to create new stories. Join Catherine on her journeys to creation that are often filled with serendipity and include meeting with many exceptional individuals and locating never-before-seen images and relevant papers.*

**Plotting a Novel/Short Story** \$30  
CREC-1792 With Kristin Butcher  
Tue 10 - 11:20 AM Mar 4, 11, 18 & 25  
*Plot is what happens in a story. This course will teach you how to structure unique, effective plots and subplots and how to weave them together to form a strong, cohesive framework for your novel or short story. Come prepared to write. Bring paper and pen.*

## EASY LISTENING

**Composers' Lives and Music** \$30  
CREC-1811 With Bruce Dunn  
Thu 4 - 5:30 PM Mar 6, 13, 20 & 27  
*A survey of four composers describing their lives, their careers and recorded excerpts of their music. Become familiar with the life and work of Gerald Finzi, Hamilton Harty, Arnold Bax and Dorothy Howells. These talks are light-hearted but comprehensive, entertaining and informative. Join us.*

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## OUR VIBRANT COMMUNITY

**What's New For Seniors?** \$15  
**CREC-5390** With Mary Catherine Williams  
Thu 2:30 - 3:50 PM Mar 6

*With our population of older adults in Campbell River continuing to increase, it's important to identify and develop services and supports to help people age in a safe, healthy and positive way. Members of the CR Seniors' Network and community partners have been busy imagining and creating services and supports to improve the lives of older adults. This workshop will explore the latest activities and programs coming to our community.*

**City of Tomorrow** \$20  
**CREC-6509** With Mary Ashley  
Wed 1 - 3:50 PM Mar 5 & 12

*How do you see Campbell River's future? As a senior, what are your ideas for housing and infrastructure, health services, recreation, arts and culture? Join us for a series of conversations about what we would like to see for the future of our community.*

## CREC needs your help

*We are always looking for Course Leaders. This is a volunteer, unpaid teaching opportunity. You do not need to be a professional teacher – if you have a passion for a particular topic and are willing to share with others, we want you. We are always looking for new topics of interest, be it a class on glass-blowing, a discussion forum on the environmental crisis or a slide-show on the restoration of Notre-Dame Cathedral. Your ideas and experiences are worth sharing! If you would like to share your knowledge, please contact us at: [eldercollegecr@nic.bc.ca](mailto:eldercollegecr@nic.bc.ca)*

## OUR WORLD - OUR HOME

**Finding Climate Solutions** \$35  
**CREC-5224** With Joan Gillies  
Mon 1 - 2:20 PM Mar 3, 10, 17, 24 & 31

*This fast-paced, interactive, action-oriented workshop focuses mainly on what we can do personally and publicly about climate change. Collaboration with other participants is part of the joy of our time together and is critical as building a community is key to dealing with climate change. We will learn from each other. Come ride with us on a light-filled journey through a dark subject. Solutions do exist!*

**Creekside Restoration 1 & 2** \$15  
**CREC-6339** With Tom Hall

**This is the same course held twice**  
Wed 10 - 12 Noon Apr 9 OR Apr 30

*A guided walking tour to explore the restorative area of Willow Creek estuary and highlight ways seniors of varying abilities can participate in restoration work. We will tour beside the Good Witches' nettle patch, through a past indigenous presence, and into a more natural setting showcasing an ancient secret keeper alder. Please dress appropriately. In the case of very windy weather, the course will be postponed. Note: participants must sign a waiver prior to the start of the course.*

**Meet at the Ken Forde Ramp.**



**GREENWAYS  
LAND TRUST**

**Greenways Land Trust** \$15  
**CREC-6425** with Kyle Fitzpatrick and Jeff Groat  
Wed 2:30 - 3:50 PM Apr 2

*Greenways Land Trust staff will present on the diverse environmental activities we are involved in, in Campbell River and Northern Vancouver Island. From planting native trees with students to gleaning fruit from backyards, we will share with you about our programming, and ways in which you can get involved in environmental initiatives with Greenways.*

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## HEALTH AND WELLNESS

**Living With A Hearing Disability** \$15  
CREC-5308 With Marlene Taylor  
Mon 2:30 - 3:50 PM Mar 24

Topics we'll cover include: self care, educating others about communicating with hearing impaired people, and dealing with the public, health care workers and family.

**About Extreme Clutter** \$15  
CREC-3530 With Cheryl Stinson  
Thu 1 - 3:50 PM Mar 27

The purpose of this presentation is to bring awareness and understanding about clutter and hoarding. This is an area that to date, solutions and definitive supports are lacking in some areas of our province. The importance of this presentation is to help start these conversations in our communities to develop support and the resources needed.



**Typical vs Atypical Aging** \$15  
CREC-5735 With Heather MacLeod  
Mon 10 - 12:50 PM Mar 17

Feeling challenged by the journey of dementia? Struggling to find ways to support and care for a friend or family member living with dementia? Join an independent dementia trainer and consultant to discuss, learn and practice new skills to add to your toolbox in a safe, non-judgemental/non-medical environment. Until there's a cure, there's care.

**'Palliative' - Removing the Fear** \$15  
CREC-5757 With Julia Steele  
Wed 2:30 - 3:50 PM Mar 19

The word palliative can prompt feelings of fear and anxiety. We'll discuss the approach to palliative care, who it applies to, the benefits, and what you can do to advocate on your own behalf or for a family member or friend. The goal is to create a safe place to explore how to ensure the best quality of life possible in whatever time we have remaining.

## HISTORY - NOW AND THEN

**Escape From Colditz Castle** \$20  
CREC-1730 With Michael Naish  
Wed 11:30 - 12:50 PM May 14 & 21

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 prominent hostages and (d) liberation.

**Heritage Center & The BCP 45** \$15  
CREC-6575 With Jim Harris & Glenn Ashby  
Thu 2 - 4 PM Apr 10

This course will include information on converting a sewage treatment plant into the Maritime Heritage Centre and the restoration of the BCP 45.

Held at the Maritime Heritage Centre, 621 Island Hwy

**Harnessing the River** \$20  
CREC-6233 With Tom Kennedy  
Mon 10 - 11:20 AM Mar 3 & 10

A history of Hydro power generation on the Campbell River and a look at recent and future upgrades.

## SOCIAL STUDIES

**Divisional Drift? USA/Canada** \$30  
CREC-6224 With Bonnie Lynn Sherow  
Thu 4 - 5:30 PM May 8, 15, 22, & 29

We'll cover the four cornerstones of democratic governance: the electoral process, campaigning, indirect representation, and the Supreme Court. Readings will provide a foundation for evaluating the basic question many Canadians are asking right now about whether Canada is following the same trajectory as the United States. Brief lectures, class discussion and discovery.

**Ancient Hotbed to Modern Iran** \$25  
CREC-6452 With Erik Mairs  
Fri 2:30 - 3:50 PM Mar 14, 21 & 28

The chaotic Middle East: a look at Iran and its fascinating story moving from "cradle of civilization" to "background power in the current conflict". Some archaeology, some anthropology and some current events.

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## BEEN THERE, DONE THAT

**Experiences in China** \$30  
CREC-5985 With Cathy & Gord Smith  
Tue 10 - 11:20 AM Apr 29 & May 6, 13, 20  
*Pictures and explanations of our adventures will give you a glimpse into a China you may not have known about. The course will show our living conditions, daily lives, different cultures within China, the real Chinese food and trips to different parts of the country. Come and explore the China we grew to love.*

**Antarctica - Journey to the Circle** \$15  
CREC-5983 With George Wagner  
Tue 2:30 - 3:50 PM Apr 8  
*A two week cruise from Southern Argentina to South of the Antarctic Circle and return on a smaller Adventure Cruise ship. George experienced penguins, whales, birds and phenomenal landscapes in the land of snow and ice.*

**My Navy Life in Submarines** \$15  
CREC-6238 With Ed Falstrom  
Tue 2:30 - 3:50 PM Apr 1  
*Ed will cover his naval service, including time spent in the British and Canadian Navies.*

**Sights & Sites, N Van Island** \$15  
CREC-5961 With Steve Cooley  
Thu 2:30 - 3:50 PM Apr 3  
*A travelogue of pictures from museums, unique buildings, historical sites, strange collections, and unique natural features of the Island.*

**Roaming Australia** \$25  
CREC-5974 With Joan Smith  
Tue 2:30 - 3:50 PM Mar 11, 18 & 25  
*This travelogue covers a 42-year span, when Joan visited most coastlines, and spent time in unique more isolated, small communities, often with few tourists, even camping in the outback. It explores caves, isolated beaches, Ayers Rock ("when we could still climb it"), and the Undara Volcanic National Park, where lava flows 190,000 years ago extended up to 160 km in length, leaving huge tunnels and arches of cooled lava. Joan will include lots of pictures, and information on unique natural features, animals, plants, culture, ways to travel, and more.*

## DIGITAL SKILLS UNLEASHED

**Internet Security** \$15  
CREC-4125 With Arija Fisher  
Mon 2:30 - 3:50 PM Apr 7  
*This is a basic course for seniors to learn how to keep themselves safe in an era of online scams.*

**Understanding & Using ChatGPT** \$20  
CREC-4050 With Bruce Bjornson  
Wed 1 - 3:50 PM May 21 & 28  
*In two sessions, this course will cover the basics of understanding and using the AI program ChatGPT, including framing questions and handling responses.*

**Online Trading - Fun and Easy** \$40  
CREC-4151 With Cal Reeks  
Fri 11:30 - 12:50 PM Apr 25, May 2, 9, 16, 23 & 30  
*I will show you how to use simple ready made stock charts to find, buy, sell and hold signals for individual stocks. You will learn how to use online trading platforms and technical analysis to make trading fun and exciting. This course is not about fundamental investing but rather shorter-term trades. No prior knowledge of the stock market is required and I teach how to practice paper trading before using your own money.*

**Using Microsoft Excel** \$20  
CREC-4423 With Bruce Bjornson  
Mon 2:30 - 5:30 PM May 5 & 12  
*In the two sessions of this course we'll cover the basics of using an Excel spreadsheet. Participants will practice doing: setup, data input, and report generation.*

**Word for Seniors - Next Level** \$30  
CREC-4431 With Wendy Samaroden  
Fri 10 - 11:20 AM Mar 7, 14, 21 & 28  
*This course is for those that have a basic knowledge of the Microsoft Word program. A quick review of skills will be followed by an in-depth look at formatting options such as working with columns, adding background formats and borders, tabs and rulers, creating lists, and setting up a mailing list!*

**Library Online!** \$15  
CREC-4032 With Arija Fisher  
Mon 2:30 - 3:50 PM Apr 28  
*Learn how to use the public library from the comfort of your own home! A librarian will walk you through using our catalogue, ordering books, using ebooks, and even how to watch movies, all from your phone or computer. Note: this course requires some basic knowledge of how to access the internet and how to download apps.*

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# Your week at a glance

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WED

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