

LIFELONG LEARNING FOR ADULTS 50+

# FALL 2024 COURSE GUIDE

CAMPBELL RIVER

*ElderCollege*



## 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.

## Public Information Meeting at NIC Fri, Sep 20 at 1:30 pm

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

## Registration opens Mon, Sep 23 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). Your membership is automatically added when you register for your first course of the year.

Membership includes use of NIC's Libraries, and an NIC Student photo-ID card. Inquire at the Registration office.

Memberships are **non-refundable**.

### 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)

# Courses and workshops

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

## SHARPEN YOUR SKILLS

**Photography NEXT LEVEL** \$30  
CREC 2735 With Ken Beattie  
Tue 10 - 11:30 AM Oct 1, 8, 15 & 22  
*To take photographers to the next level, capturing better images. The course covers digital photography, advanced controls, composition, when to break the rules, getting technical and artistic tools & creations.*

**The Art of the Card** \$40 \*  
CREC 1173 With Wendy Samaroden  
Tue 2:30 - 4 PM Oct 8, 15, 22 & 29  
*Turn your cards into a work of art. You will be introduced to gilding flakes and foils, how to get creative with windows, add multiple levels, apply embellishments, build your card from the inside out, and create fabulous envelopes!*

\* Course fee includes a \$10.00 supply fee. An additional supply list will be provided prior to the beginning of the course.



**Writers' Groups** \$20  
CREC 2310 With Jocelyn Reekie  
Fri 2:30 - 4 PM Oct 18 & 25  
*You are a writer and would like to belong to a writers' group. We'll discuss different types of groups, tools to bring to a critique group, and how a writers' group that fits your needs might be formed or found. Handouts will be provided.*

**Writing Memoir** \$30  
CREC 2337 With Jocelyn Reekie  
Wed 11:30 - 1 PM Nov 6, 13, 20 & 27  
*Written memoir comes in many forms. You are writing one, or have gathered material with the intent of writing one. We'll talk about content, structure, voice, target readership, and how to put it all together so your target readership will want to read it.*

## OUR VIBRANT COMMUNITY

**City of Tomorrow - Campbell River** \$30  
CREC 6509 With Mary Ashley & Linda Jay  
Tue 11:30 - 1 PM Nov 5, 12, 19 & 26  
*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.*



**Habitat for Humanity** \$15  
CREC 7030 With Chrystal Arnet  
Wed 10 - 11:30 AM Oct 30  
*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 to address the lack of affordable housing in Campbell River and the Comox Valley. Not only will you learn more about this great organization, you'll also hear about the many ways you can get involved.*

**Campbell River Citizens on Patrol** \$15  
CREC 6920 With Dave Jackson & Jody McConnan  
Thu 1 - 2:30 PM Oct 10  
*History of the Community Policing concept, RCMP Relationship & Rapport, Non Profit Society, Recruitment Requirements, Training, Programs, Night Mobile Patrols, Road Safety, Supporting Community Events, Child Find & Back to School Speed Watch. Recognizing the many volunteer hours of our membership we host two appreciation functions annually; a Summer BBQ and a Christmas Dinner.*

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## NATURE ALL AROUND US

**Creekside Restoration** \$15  
**CREC 6339** With Tom Hall  
**Wed 1 - 3PM** Oct 2 OR 23

**(\*\*This is the same course offered twice.\*\*)**

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. **Meet at the Ken Forde Ramp.** Note: participants must sign a waiver prior to the start of the course.



**eBird for Beginners** \$15  
**CREC 6309** With Sandra Milligan  
**Wed 10 - 11:30 AM** Oct 9

Join biologist Sandra Milligan to learn about tools that open doors to birding, primarily eBird. This talk is directed towards people with a cell phone who can download the eBird app. Data is not necessary. The class will be split between the classroom and a walk outside to practice using ebird. Sandra will share information about local hotspots to enjoy birding, local bird species, and how to use ebird to enrich travel. Students should download the eBird app and ideally, try it before class.



**eBird**



## NOW WHAT DO I DO?

**Erasing the Numbers** \$20  
**CREC 5702** With Kristin Butcher  
**Thu 2:30 - 4 PM** Nov 7 & 14

When someone dies, those who are left behind must tie up the loose ends -- erase the numbers. And there are a lot of them, many unique to the individual who's died, many no one else even knows or thinks about. Simplify the closure process for your family by learning how to make a to-do list of people and places to notify, complete with the numbers that need erasing. Bring a pen and paper.

## EXPLORING YOUR ROOTS

The following courses are held in the Campbell River Genealogy library, located on the main floor of the Maritime Heritage Centre at 621 Island Hwy. Attendees are asked to arrive 15 minutes before classes start.

**Genealogy Basics & Research** \$25  
**CREC 6050** With Donna Cox & Rita Balboni  
**Sat 1 - 3 PM** Oct 5, 19 & 26

**(No class on 12th)** The first class of this 3-part course will teach participants how to start researching their family history and how to record the information they find. Class two will focus on how to organize research results. Class three will feature genealogy-related websites and other resources, and the information they contain.

**Genetic Genealogy with DNA** \$25  
**CREC 6090** With Christol James  
**Sat 1 - 3:30 PM** Nov 9, 16 & 23

This course will focus on direct to consumer DNA tests from Ancestry, MyHeritage, FamilyTreeDNA, and 23andMe. DNA is a powerful tool in genealogy. Understanding and interpreting your results may verify your family tree research, help find missing branches, identify new cousins, and uncover unknown parentage through adoption or other circumstances. We will cover DNA Basics, ethnicity results, shared matches, and some advanced DNA tools. Bring laptop or tablet, arrive 15 mins early to set up.

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## DIGITAL SKILLS UNLEASHED

### Library Online!

CREC 4032

Mon 2:30 - 4 PM

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.

\$15

With Arija Fisher

Oct 21

### Introduction to Word for Seniors

CREC 4430

Fri 10 - 11:30 AM

Familiarize yourself with the many features of Microsoft Word. Start with the basics of adding, removing and manipulating text, formatting, layouts, review options, printing and saving. Move on to create lists, add breaks, columns, hyperlinks etc. If you are using Word and feel like you are not

\$30

With Wendy Samaroden

Oct 11, 18, 25 & Nov 1

getting the full benefit, attend this class and take a deeper dive into the many features available to you.

You will need a USB stick to save your work.



## THESE COURSES BROUGHT TO YOU COURTESY OF:

### **Gluu Society**

The nonprofit helping you figure out technology. We make it stick.

[gluusociety.org](http://gluusociety.org)

### iPad Digital Essentials

CREC 4572

Fri 1 - 4 PM

A new course designed to help you, regardless of your experience level, master your iPad and stay on top of the latest tech trends. Some of the topics covered include personalizing devices, digital security, artificial intelligence, and more. Even if you've mastered the basics, this course will give you valuable new skills to add to your digital toolbox.

**FREE**

With Harry Whale

Nov 1, 8 & 15

### How to be Unscamable

CREC 4010

Tue 1 - 4 PM

Digital security can feel daunting to most of us. Unscamable is designed to help older adults learn how to stay safe online by providing practical tips and strategies to avoid scams and online threats. This series gives you simple steps to follow to secure your personal data, your online accounts, and devices. This is a non-technical course applicable to all types of phones, tablets and computers.

\$30

With Harry Whale

Nov 5, 12, 19 & 26

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## JOURNEY, EXPLORE, DISCOVER

**Panama Canal** \$15  
**CREC 5997** With Steve Cooley  
**Mon 2:30 - 4 PM** Oct 7

*A slide show of the trip from Vancouver BC to Fort Lauderdale via Los Angeles, Mexico, the Panama Canal, Columbia, and the Caribbean.*



## MUSIC APPRECIATION

**Composers' Lives and Music** \$25  
**CREC 1811** With Bruce Dunn  
**Sat 2:30 - 4:30 PM** Oct 5, 19 & 26

**(No class on 12th)** *These presentations explore the life and compositions of composers. Each class will include biographical information about them, delivered in an informal and entertaining way with many examples of the works written by each. The presentations should leave the listener with a fairly complete picture of the musician and the man. The third class explores the development of the orchestra from the 17th century to today.*



## HEALTH AND WELLNESS

**Living With A Hearing Disability** \$15  
**CREC 5308** With Marlene Taylor  
**Mon 1 - 2:30 PM** Nov 4

*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.*

**Inequities in Health Services** \$20  
**CREC 5008** With Jane Osborne  
**Thu 10 - 11:30 AM** Oct 24 & 31

*This course will use recent stories of people from marginalized communities living in rural geographies and the latest data to illustrate the inequities found in health and community services. The course will engage attendees in discussion around two questions, "What can I do to encourage change in my local community? Where/ what are the best opportunities for making a difference in the quality of our health & community services?"*

**Spotlight on Ageism** \$15  
**CREC 5731** With Cheryl Stinson  
**Thu 2:30 - 4 PM** Nov 21

*Ageism is highly prevalent and the most socially accepted and tolerated form of discrimination in Canada. It is based on someone's age and, like sexism or racism, is discrimination. It can occur at any point in our lifespan – regardless of how old we are – and may lead to others making judgements about our background, capability, mental or physical status, based only on their impression of our age.*

**Volunteers are always welcome.  
Please contact us if you can help.**



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## FASCINATING HISTORY

**In Lockstep with King Charles** \$15  
**CREC 6015** With Quentin Dodd  
**Thu 1 - 2:30 PM** Nov 28

Through his life in the UK, Quentin's journey was one of privilege. A father who was knighted; attending a very 'upper-crusty boys' boarding school, are just a few of the highlights. He'll talk about life as it's lived by the highly privileged and how it connects to King Charles.



**History on the Run** \$25  
**CREC 6270** With Steve Lackey & Darcy Ellis  
**Wed 2:30 - 4 PM** Nov 13, 20 & 27

Explore the fascinating stories of Northern Vancouver Island with "History on the Run" presented by the Museum at Campbell River. The three topics we will focus on in Fall 2024 are: Ocean Falls, Desolation Sound, and a behind-the-scenes look at our Museum Collection.

**History of the BCP 45 Seiner** \$15  
**CREC 6575** With Jim Harris & Glen Ashby  
**Thu 1 - 3 PM** Oct 3

The course will include information on the Maritime Heritage Centre building and the acquisition of the BCP 45, concluding with a tour of the boat.

**Maritime Heritage Centre at 621 Island Highway. Participants should use the main entrance.**



## Volunteer Appreciation Luncheon

On May 28 CREC held an appreciation luncheon at NIC to thank our volunteers and Course Leaders for their efforts over the past year. A beautifully presented, delicious 3-course meal was prepared and served by NIC Culinary Students and instructors.

Following the meal, Bob Haugen (Director of NIC Continuing Education) gave a thoughtful talk in which he pointed out how CREC and NIC are mutually beneficial, and that our community on the whole benefits greatly from our existence. He also pointed out we must continue to advocate for CREC and NIC to continue our partnership in this important endeavour.

A very special guest was Pat Presidente, one of the original founding members of CREC 20 years ago! It is due to his and the other founding members' vision and efforts that CREC was formed in 2004, with our first courses offered to the public in 2005.

A specially printed 20th anniversary ElderCollege mug was offered to all of our volunteers for the 2023-24 academic year, with a heartfelt thank you for the wonderful work you do in helping CREC remain a vibrant force in our community. Know you are truly appreciated.



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# Announcements

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## Inflation, inflation

You may have noticed a slight change in our fee structure. We've recently made some minor changes to how we calculate course fees. In the past, the formula was loosely based on the number of hours of instruction, however to simplify things, we have adopted the following pricing structure:

1. Course fees are based on the number of classes in a course regardless of the length of class.
  2. A single class course will be \$15, and each additional class will add \$5 to the course fee, to a maximum of \$45.
- In most cases, courses will be the same or lower cost compared to previous sessions.

## 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)

## 20 Years of Lifelong Learning Excellence!

This year we're celebrating two decades of providing enriching educational experiences to the community. The journey began in 2003 when discussions surrounding the creation of Campbell River ElderCollege started. By late 2004, the discussions crystallized into a partnership between North Island College and the CREC Advisory Committee.

In the spring of 2005, CREC unveiled its inaugural set of just 5 classes.

From that small beginning we have consistently grown, now offering approximately 50 classes per year to a dynamic group of learners. We have always fostered a supportive environment, where individuals can pursue knowledge, practice or develop new skills, connect with like-minded peers, and explore ways to enhance their personal intellectual growth.



**Powered by  
Volunteers  
Since 2004**

Campbell River ElderCollege invites the community to join with us in the celebration of 20 years of educational excellence. Stay tuned for announcements regarding anniversary events, special courses, and other exciting activities

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# Your week at a glance

The college is closed on Oct 14th and Nov 11th.  
There are no evening courses.

## MONDAY

Panama Canal  
October 7 2:30 - 4

Library Online!  
October 21 2:30 - 4

Living With A Hearing Disability  
November 4 1 - 2:30

## TUESDAY

Photography-NEXT LEVEL  
October 1, 8, 15 & 22 10 - 11:30

The Art of the Card  
October 8, 15, 22 & 29 2:30 - 4

City of Tomorrow, Campbell River  
November 5, 12, 19 & 26 11:30 - 1

How to be Unscammable  
November 5, 12, 19 & 26 1 - 4

## WEDNESDAY

Creekside Restoration 1  
October 2 1 - 3

Writing Memoir  
October 6, 13, 20 & 27 11:30 - 1

eBird for Beginners  
October 9 10 - 11:30

Creekside Restoration 2  
October 23 1 - 3

Habitat for Humanity  
October 30 10 - 11:30

History on the Run  
November 13, 20 & 27 2:30 - 4

## THURSDAY

History of the BCP 45 Seiner  
October 3 1 - 3:00

Citizens on Patrol  
October 10 1 - 2:30

Inequities in Health Services  
October 24 & 31 10 - 11:30

Erasing the Numbers  
November 7 & 14 2:30 - 4

Spotlight on Ageism  
November 21 2:30 - 4

In Lockstep with King Charles  
November 28 1 - 2:30

## FRIDAY

Introduction to Word for Seniors  
October 11, 13, 25 & Nov 1 10 - 11:30

Writers Groups  
October 18 & 25 2:30 - 4

iPad Digital Essentials  
November 1, 8 & 15 1 - 4

## SATURDAY

Genealogy Basics & Research  
October 5, 19 & 26 1 - 3

*(No class on the 12th)*

Composer's Lives and Music  
October 5, 19 & 26 2:30 - 4:30

*(No class on the 12th)*

Genetic Genealogy with DNA  
November 9, 16, 23 1 - 3:30