

LIFELONG LEARNING FOR ADULTS (55+)

FALL 2024 COURSE GUIDE



OUR MISSION

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

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.

INFORMATION FORUM

Watch your inbox for details on the Information Forum scheduled for Saturday, September 14 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 Comox Valley campus. Visit forum.cvec.ca for more information and/or to register for the Information Forum.

COURSE REGISTRATION BEGINS September 17

An email will be sent to announce when registration is open online and in person.

COURSES ARE ON CAMPUS OR ONLINE

For this term, most courses are offered at the NIC Comox Valley campus with some online and others offsite. Zoom links are emailed to students close to start dates; this information is not included with your registration confirmation.

COURSES BEGIN Tuesday, October 1

Please register up to 10 days before the start of a course.

LECTURE SERIES BEGINS Saturday, October 5

Lecture time is 10 am to noon in the Stan Hagen Theatre. Doors open at 9:30 am for coffee and tea.

INSTRUCTOR BIOS

Learn about the instructors who teach ElderCollege courses: 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 for the most up-to-date information.

CONNECTOR NEWSLETTER

Join our email list at www.nic.bc.ca/CVEC to receive our biannual newsletter and other CVEC communications.

Message from the CVEC Chair

As Comox Valley ElderCollege enters its 26th year of offering affordable opportunities for continued learning to older adults in our community, please take a moment to reflect on the past 25 years: The vision of Betty Emery and Elizabeth Smith has blossomed into annual memberships consistently over 1,000 and over 60 courses offered each semester.

Our 25th anniversary celebration on September 6 will honour the contributions of all those individuals who have volunteered over the years to enable ElderCollege to offer so many programs that inspire and enable our members to continue learning and sharing their knowledge and skills. Their generous contributions of time and energy, combined with the strong and enduring support from North Island College, have been the essential fabric of this valuable organization.

– John North



Registration cheat sheet for returning members

Step 1: Go to www.nic.ca.ca; select CE REGISTRATION from the Quick Links drop-down menu OR click on the registration link emailed to you.

Step 2: Sign in at the top righthand corner. Call Student Services (1-800-715-0914) if you have forgotten your student number.

Step 3: Enter CVEC in the Course Code Number box and hit Search.

Step 4: Add CVEC 0001 for membership (ignore this prompt if you have already purchased your membership).

Step 5: Select your course(s) - click on the CVEC number for more details.

Step 6: Click the yellow box in the top right corner and select Next.

Note that receipts are emailed; the print prompt will not work.

More information about registration is available on page 2 of this course guide.

INSIDE THIS ISSUE

Message from the CVEC Chair.....	1
Registration cheat sheet for returning members	1
Registration	2
Information Forum.....	2
Memberships	2
Pricing	2
Courses.....	3
Arts and Music.....	3
Eclectic	4
Health and Wellness	4
History and Social Sciences	6
Language and Literature.....	7
Science and Computers.....	7
Lecture Series.....	9
Courses at a Glance	11

New to ElderCollege?

Most of our courses for the fall term are on the NIC Comox Valley campus. A campus map is available online. Note the names and location of the various buildings; visit the library; and enjoy the offerings at the cafeteria and coffee kiosk. You may visit the forested setting before the term begins.

Parking is free in the student lots.

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.

Thanks to the course guide team: Jane, Jill, Kate, Larry, Miriam, Sheila, Solweig.



Find us on Facebook:
Comox Valley ElderCollege



REGISTRATION

When registration for our fall 2024 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., jdoe@northislandcollege.ca) and password will use these when accessing NIC's online registration system. For details on how to register using the online system, please refer to the Comox Valley ElderCollege Registration Guide for video tutorials and more at www.nic.bc.ca/CVEC.

INFORMATION FORUM

Comox Valley ElderCollege invites members and the public to the Fall 2024 Information Forum on Saturday, September 14 from 9:30 to 11:30 am. Doors will open at 9, presentations will begin at 9:30, and it will wrap up by 11:30. The forum is an opportunity, prior to registration opening on September 17, to hear 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.

To view more details and to register to attend, visit forum.cvec.ca.

MEMBERSHIPS

Memberships are required if you would like to take a course. Members have access to the NIC library, should they so wish. Purchase your membership (\$20) 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; 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 course fees. In such cases, these details are noted in the course description.

Each session in the lecture series is \$8 or \$48 for the entire series. Member drop ins pay \$10 cash at the door, \$15 for guests.

REFUNDS: A course must be dropped seven days or more prior to its start to receive a refund. Contact the NIC liaison at eldercollegeCV@nic.bc.ca or 250-334-5005. Under exceptional circumstances, you may apply for a refund within seven days. If a course is cancelled, you will receive a refund. You cannot change courses once they begin.

WAITLIST: Your name is not stored in the registration system for a waitlist. If you want to add your name to a waitlisted course, contact the NIC liaison as noted above. Please state your full name, your student ID number, and the course you wish to be waitlisted for.

ElderCollege... Celebrating 25 years!

Courses

College closed on Monday, October 14, and Monday, November 11.

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

ARTS AND MUSIC

Subject coordinator: Barbara Moscovich

CREATIVE ART BOX (4 weeks on campus) **\$26.40**

Kate Brown CVEC-1410-CVS1
Saturdays, Oct 19 - Nov 9 2 - 4 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. The sessions will include art videos and interactive demonstrations. Participants are invited to present their work in a final show. A list of class materials costing \$40+/- will be sent to participants two weeks before the course.

FIVE FROM FLANDERS - NEW! (5 weeks online) **\$36**

John Black CVEC-1950-DLS1
Wednesdays, Oct 9 - Nov 6 1 - 3 pm

An exploration of painters of the Flemish renaissance including the fascinating works of Jan van Eyck, Rogier van der Weyden, Hans Memling, Hugo van der Goes, and Hieronymus Bosch. The course deals with the innovative approaches of the place and time: the use of oils, glowing colours, decorative detail, portrayal of emotion, and fantasy representation. Participants will be encouraged to discuss their own reactions to the art presented.

FOR THE SHEER JOY OF MOVIES - NEW! **\$50.40**

(6 weeks on campus)
Kay Kennedy CVEC-1715-CVS1
Mondays, Oct 7 - Nov 25 1 - 3:50 pm

Bill Nighy is a wonderful actor, like Alec Guinness before him, both possessing versatile acting skills. We will watch three of Nighy's movies: *Wild Target*, *Pirate Radio*, and *About Time*, and three of Alec Guinness: *Kind Hearts and Coronets*, *The Lavendar Hill Mob*, and *The Man in the White Suit*. Come prepared for the pure pleasure of these wonderful movies.

LATE WORKS OF FRANZ SCHUBERT - NEW! **\$26.40**

(4 weeks online)
David Gordon Duke CVEC-1831-DLS1
Thursdays, Oct 10 - 31 10 - 11:30 am

Best known for his hundreds of lieder, Franz Schubert (1797-1828) created an astonishing and sometimes disturbing

sequence of masterworks in the final months of his too-short life. We will explore a selection of these works, with reference to earlier compositions in the Schubert catalogue, celebrating the power, complexity, and emotional depth of his remarkable final musical thoughts.

MAINTAIN YOUR SINGING VOICE **\$52.80**

(8 weeks offsite - Berwick Comox Valley)
Oliver Clarke CVEC-1889-CVS1
Tuesdays, Oct 1 - Nov 19 10 - 11:30 am

Participate in vocal exercises designed to extend vocal range and to project your 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.

MARIANNE ENHORNING: ARTIST TALK - NEW! **\$6.60**

(1 week on campus)
Marianne Enhorning CVEC-1403-CVS1
Friday, Oct 18 10 - 11:20 am

Marianne will give an overview of her artistic journey from her exposure to original art as a young girl, to a career in architecture, and then becoming a full-time artist. She will share her creative process and her varied styles of painting with opportunity for questions and discussion.

SO YOU WANT TO WRITE A MOVIE? - NEW! **\$26.40**

(4 weeks on campus)
Larry Bambrick CVEC-2344-CVS1
Tuesdays, Oct 8 - 29 4 - 5:50 pm

This interactive course presents an overview of the core concepts behind screenwriting. These include developing an idea, the difference between plot and story, creating compelling characters, and writing strong dialogue. Analyze some popular movies and TV shows (including some the instructor has written). Participants will also have the opportunity to try their hand at writing scenes in a supportive, risk-free environment.

CVEC takes pride in the veracity of course content and works hard to ensure high quality overall. Our course leaders are all volunteers with varying degrees of expertise. CVEC does not accept responsibility for content accuracy.

SUE PYPER: ARTIST TALK - NEW!**\$6.60**

(1 week on campus)

Sue Pyper

CVEC-1404-CVS1

Saturday, Oct 26

1 - 2:20 pm

Artist Sue Pyper will show you how she combines natural world subjects on live edge wood to create unusual and organic compositions. She will lead you through her process from selection and preparation of the wood to the finished piece. See what motivates and inspires her and how you can tap into that creative flow.

TAKE YOUR CAMERA FOR A WALK - NEW!**\$46.20**

(7 weeks off campus)

Norman Mathew

CVEC-5550-CVS1

Mondays, Oct 7 - Dec 2

9:30 - 11 am

This off-campus course is intended for those who like to take their cameras on hikes and walks. Cameras should be adjustable, and participants should be familiar with how to set shutter speed, aperture, and ISO settings on their camera. Point-and-shoot and phone cameras will work, but not all techniques can be used with these types of cameras. While exploring a different location each week, photographic techniques and composition will be presented. Participants should dress for the weather, for walking, and will have to drive to each location.

THROUGH A WOMAN'S EYES - NEW!**\$50.40**

(6 weeks on campus)

Brian Charlton

CVEC-1721-CVS1

Wednesdays, Oct 16 - Nov 27 (No class Nov 13)

1 - 3:50 pm

Prior to the last decade or so there were only a handful of directors who were women. Now there are a significant number of women who are behind the camera and sharing their visions. We would like to showcase the best of these this term. The lineup will include six films: *Ladybird*, *The Tempest*, *Past Lives*, *The Kids are Alright*, *Daughters of the Dust*, and *In a Better World*.

UNIVERSAL DEVOTIONAL CHANTING**\$52.80**

(8 weeks offsite - Berwick Comox Valley)

Oliver Clarke

CVEC-5413-CVS1

Tuesdays, Oct 1 - Nov 19

1 - 2:30 pm

The educational and devotional benefit of this course is the realization that all traditions are based in the same spirit. Like yoga, devotional chanting unites us with the essential energy of the universe found in nature, which may be called God, Tao, Buddha, or the Great Creator. All are encouraged to participate, and all levels of singing ability are welcome. \$3+/- collected in class to cover the cost of materials supplied by the course leader.

UNSCULPTED - NEW! (2 weeks on campus)**\$16.80**

Kristina Campbell

CVEC-1110-CVS1

Mondays, Nov 4 & 18

11:30 am - 2:20 pm

This workshop will connect you with the joy of creating with exploration, humour, and collaboration. Using modelling and assemblage, we will cultivate a sense of possibility, adventure, and imagination. Three-dimensional art expands our spatial awareness, and creating with unexpected materials can lower our inhibitions, providing a playful experience of creating with curiosity and openness to the unexpected... just for fun. \$25 materials fee collected at the first class.

ECLECTIC*Subject coordinator: Judy Village***GROWING YOUR FAMILY TREE - NEW!****\$19.80**

(3 weeks on campus)

Ann Brown

CVEC-6050-CVS1

Fridays, Nov 1 - 15

10 - 11:20 am

Learn how to build branches and twigs and find your ancestors. This is a three-part beginner's course to help you start your tree online or on paper and find free and subscription resources. Session 1 gets you started, session 2 addresses your roadblocks, and in session 3 we make plans to continue. Family history research can become addictive and take up all the time you can spare!

HABITAT FOR HUMANITY 101 (1 week on campus)**\$6.60**

Chrystal Arnet

CVEC-7030-CVS1

Thursday, Oct 17

1 - 2:20 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.

HEALTH AND WELLNESS*Subject coordinator: Bob Coyne***ADD A BIT OF LAUGHTER! (4 weeks on campus)****\$33.60**

Susan Osso and Karen Chrysler

CVEC-1796-CVS1

Thursdays, Nov 7 - 28

1 - 3:50 pm

This four-week improv course will continue to employ the basics of improv, hone one's creative skills, and provide ample opportunities to laugh with each other! This course is for those new to improv classes as well as seasoned veterans. No experience is necessary, just a willingness to be present.

AGING: TYPICAL VS. ATYPICAL - NEW!**\$8.40**

(1 week on campus)

Heather MacLeod

CVEC-5721-CVS1

Wednesday, Oct 30

1 - 3:50 pm

This workshop helps you understand and recognize differences in typical versus atypical aging. Develop better observational skills to recognize and intervene effectively when behavioural challenges occur. Learn to approach, how to cue, and to connect with people affected by dementia. The workshop also addresses typical changes that happen in the early, middle, and late stages of the condition including the final care concerns.

CANNABIS AS A MEDICINE (4 weeks on campus)**\$26.40**

Joanne Gauthier

CVEC-5392-CVS1

Mondays, Oct 28 - Nov 25

2:30 - 3:50 pm

Learn about the different kinds of cannabis including sativa, indica, and hybrid varieties as well as various ways to consume it without having to smoke. Then learn how to prepare cannabis for making your own oil drops, edibles, or salves.

ENNEAGRAM PERSONALITY THEORY \$57.60

(8 weeks on campus)

DK Beitel

CVEC-5822-CVS1

Thursdays, Oct 3 - Nov 21

4 - 5:50 pm

The Enneagram is a personality system that comes from ancient roots. You will learn about the strengths and struggles of the nine personality types, and how to find more flexibility and freedom in your life. Studying this system will improve all your relationships. This is a small interactive class, combining teaching, meditation, journalling, conversation, music, and poetry. Optional \$20 text.

LET'S TALK ABOUT DEATH (1 week on campus) \$8.40Janet O'Dell, Sherri Ellis-Bell,
and Madeline Christie

CVEC-5700-CVS1

Saturday, Nov 9

1 - 3:50 pm

Embrace the death positive movement in a safe space for open and authentic conversations. Participants are invited to explore emotions, experiences, and perspectives on death and dying. There will be inspiring discussions around topics such as the empowering benefits of community deathcare, planning for your own death, and the vital role of death doula practitioners. Bring something to take notes with. Refreshments will be served and post-session resources provided.

LET'S TALK ABOUT DEATH (1 week on campus) \$8.40Janet O'Dell, Sherri Ellis-Bell,
and Madeline Christie

CVEC-5700-CVS2

Saturday, Nov 23

1 - 3:50 pm

Embrace the death positive movement in a safe space for open and authentic conversations. Participants are invited to explore emotions, experiences, and perspectives on death and dying. There will be inspiring discussions around topics such as the empowering benefits of community deathcare, planning for your own death, and the vital role of death doula practitioners. Bring something to take notes with. Refreshments will be served and post-session resources provided.

LIFE IN TRANSITION - NEW! (7 weeks on campus) \$46.20

Bob Rennie

CVEC-5807-CVS1

Fridays, Oct 11 - Nov 22

10 - 11:20 am

This course involves experiential group exercises intended to help you connect with others, reflect on positive strengths and past experiences, learn more about yourself, see yourself in a new light, and discover meaning, purpose, and fulfillment as you age.

NUTRITION FOR HEALTH AS WE AGE - NEW! \$6.60

(1 week on campus)

Erin Roman

CVEC-5625-CVS1

Wednesday, Nov 20

10 - 11:20 am

Do you ever wonder if you are getting enough nutrients for your overall health and well-being? Do you find yourself hungry, experience cravings, or struggling with digestive issues? In this course we will review nutrition tips to support your health with easy and practical strategies that you can incorporate right away into your daily living.

OSTEOPATHY AND SENIORS (1 week on campus) \$6.60

Irene Borecky

CVEC-5632-CVS1

Saturday, Oct 19

1 - 2:20 pm

This is an introduction to the practice of osteopathy – a manual therapy that uses gentle techniques to treat the body as a whole. Changes that occur with aging may mean that some traditional approaches are not suitable for an older individual. Osteopathy is a safe method to help mobility, communication, and function within joints, the nervous system, the circulation system, the digestive system, etc.

RE-IMAGINING LONG-TERM CARE \$6.60

(1 week on campus)

Sharon Parkes

CVEC-5719-CVS1

Friday, Nov 22

11:30 am - 12:50 pm

Review the new long-term care village in Comox and how Providence Living is reinventing seniors care by creating a home for residents. This is a move away from a typical institutional model of care to a social-relational model. Residents will be invited to direct their own care, enhancing a normal lifestyle with freedom of movement and access to the outdoors.

SCENIC HIKES 1 (8 weeks offsite) \$67.20

Ted Grainger

CVEC-5520-CVS1

Tuesdays, Oct 1 - Nov 19

10 am - 1 pm

Pack a lunch and come for a hike! Revisit the familiar and perhaps discover some new trails. We will be travelling once a week as far south as Bowser and north to Campbell River. We will carpool when necessary. These hikes have variable terrain so are not suitable for those with mobility issues. Our six- to nine-kilometre hikes may often go over three hours. No dogs, please!

SCENIC HIKES 2 (8 weeks offsite) \$67.20

John Biehl

CVEC-5521-CVS1

Tuesdays, Oct 1 - Nov 19

10 am - 1 pm

Hiking easy to moderate, familiar and new trails to sample local forest types, some with water features. Bring some food and water as hikes last two to three hours. Dress for expected weather. Pace is leisurely to moderate. We are hiking for exercise, meeting fellow seniors, taking photos and to admire what we see on our walks. No dogs, please!

SENIORS AND FUNCTIONAL MOVEMENT \$8.40

(1 week on campus)

Irene Borecky

CVEC- 5631-CVS1

Saturday, Nov 16

1 - 3:50 pm

This course uses a modified version of the Functional Movement System developed by Gray Cook. Learn how we develop movement and movement patterns. Work together through a seven-step movement screen to determine your own function and then take away simple home exercises to correct dysfunctions.

STRESS MANAGEMENT - NEW! \$54.60

(7 weeks on campus)

Jan Hesseling

CVEC-5804-CVS1

Tuesdays, Oct 1 - Nov 12

7 - 9:20 pm

During this hands-on course you will get the tools to steer towards a life you want and to manage your stress well, instead of being bossed around by it. In between meetings there will be small homework assignments. The presenter will provide handouts at no cost.

TAI-CHI FOR EVERYDAY LIFE - NEW! \$33

(5 weeks on campus)

Ann Zanbilowicz

CVEC-5416-CVS1

Wednesdays, Oct 16 - Nov 13

10 - 11:20 am

Medical research is showing that the slow, focused, and gentle moves of tai-chi improve memory, balance, and cognition and have a positive impact on health and longevity. Learning the form can be challenging but the challenge is good for the aging mind. This course is an introduction to not only the form and its moves but to the philosophy and art of moving meditation that is a part of tai-chi.

TAKING CHARGE - NEW! (6 weeks on campus) **\$39.60**
Luba Obetkoff CVEC-5820-CVS1
Wednesdays, Oct 16 - Nov 20 2:30 - 3:50 pm
This course is designed to enable positive mental awareness through the tools of nutrition, meditation, positive energy, Reiki, colour, and light.

THE JOURNEY OF DEATH AND GRIEF - NEW! **\$13.20**
(2 weeks on campus)
Christine Colbert CVEC-5757-CVS1
Fridays, Nov 8 & 15 1 - 2:20 pm
This two-part series introduces the philosophy of hospice and presents an overview of the psychosocial, emotional, and spiritual aspects of palliative care, caregiving, anticipatory grief, and bereavement support. Participants can submit questions for follow up in the second session and dialogue about how to increase your grief literacy and support grief allyship.

WHAT IS AN END-OF-LIFE PLAN? **\$39.60**
(6 weeks on campus)
Krista Manuel CVEC-5767-CVS1
Saturdays, Oct 12 - Nov 16 1 - 2:20 pm
Explore a variety of topics that can be included in end-of-life planning to support you and your loved ones today and tomorrow.

HISTORY AND SOCIAL SCIENCES

Subject coordinator: Doug Barr

A BRIEF HISTORY OF BEER - NEW! **\$33.60**
(4 weeks on campus)
Adam Chatburn CVEC-7353-CVS1
Tuesdays, Oct 29 - Nov 19 4 - 6:50 pm
Beer has a fascinating history, and we'll look at how it has unfolded around the world as well as across Canada, BC, and Vancouver Island. Learn about the diverse collection of styles (lagers, dark ales, tart sour beers, etc.) in Germany and Eastern Europe. Turn your attention to classic beer styles and unusual serving techniques in Britain and Ireland that are now more popular than ever. And discover brewing for fun: what ingredients, equipment, and steps are needed to brew a drinkable beer. \$10 +/- collected by course leader for tasting.

CANADA'S UKRAINIAN SETTLERS **\$7.20**
(1 week on campus)
Peter Shostak CVEC-6225-CVS1
Saturday, Nov 2 1 - 2:50 pm
The course will provide a history of the first Ukrainian pioneers to Canada's West during the period of 1891-1914. Along with visuals and stories we explore the conditions in Canada and Ukraine that led to this migration to a new life in Canada for so many.

CARRYING DEBT INTO RETIREMENT - NEW! **\$8.40**
(1 week on campus)
Lyle Carlstrom and Ken Grant CVEC-3535-CVS1
Thursday, Oct 24 1 - 3:50 pm
As the cost of living has risen dramatically, our ability to live the life we are accustomed to has become increasingly difficult. In this interactive seminar we will discuss the financial and legal options that exist for carrying debt into retirement. Our presenters have expertise in brokering mortgages and helping clients with their financial and estate planning.

DUTCH HISTORY TO 1830 (4 weeks on campus) **\$26.40**
John Sterk CVEC-5972-CVS1
Wednesdays, Oct 30 - Nov 20 1 - 2:20 pm
Explore the origins and development of an important modern European nation state, with an emphasis on the political, economic, and cultural significance of Dutch society, how it emerged as a republic, and became a leading world power in the 17th century. We will trace its diminishing role in international politics and conclude with its conversion into a monarchy after the Napoleonic Wars.

DUTCH MONARCHY AFTER 1830 **\$26.40**
(4 weeks on campus)
John Sterk CVEC-5973-CVS1
Fridays, Nov 1 - 22 11:30 am - 12:50 pm
Explore the creation and development of an important European monarchy, how it emerged as an arbiter of international disputes, how it became an important member of the European community, and how it enacted world-leading progressive social legislation in the 20th and 21st centuries.

FINANCIAL & ESTATE PLANNING **\$6.60**
(1 week on campus)
Lyle Carlstrom CVEC-3531-CVS1
Wednesday, Nov 13 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 considerations in 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.

HERALDRY: TELL YOUR STORY - NEW! **\$29.80**
(3 weeks on campus)
Steve Cowan CVEC-1960-CVS1
Tuesdays, Nov 5 - 19 2:30 - 3:50 pm
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 to tell your story. \$10 fee added at registration for required text provided by course leader.

SIGNIFICANT U.S. PRESIDENTS **\$26.40**
(4 weeks on campus)
Eric Nellis CVEC-6319-CVS1
Tuesdays, Oct 8 - 29 10 - 11:20 am
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.

TAIWAN'S STATE SOVEREIGNTY **\$58.80**
(7 weeks online)
Clive Ansley CVEC-6272-DLS1
Thursdays, Oct 3 - Nov 14 1 - 4 pm
This course combines international law with the history of Taiwan to demonstrate that, throughout most of its history, Taiwan was never part of the Chinese empire. For roughly two centuries, it was nominally claimed by China as its territory but was never under China's effective control. The claim that Taiwan is part of China is a myth manufactured by the Chinese Communist Party.

THE EFFECTS OF FEAR (6 weeks online) **\$39.60**
R. Michael Fisher CVEC-5320-DLS1
Wednesdays, Oct 2 - Nov 6 10 - 11:30 am
This is an introductory course on the nature and role of fear, individually and collectively. In the last three decades, especially since 9/11, fear has become a growing topic of major concern in several academic disciplines, operations of democracy and governance, and in its uses in business, advertising, and popular culture. Explore your personal relationship to fear and the importance of multiple perspectives to the culture of fear.

THE U.S. ELECTORAL COLLEGE **\$13.20**
(2 weeks on campus)
Don Axtell CVEC-6428-CVS1
Fridays, Oct 18 & 25 11:30 am - 12:50 pm
A focus on the structure and role of the Electoral College System that is called together once every four years to elect the president and vice president of the United States. We will also have an opportunity to look at five closely contested elections where the Electoral College made a difference.

VISITING UNCOMMON CORNERS 2 **\$43.20**
(6 weeks on campus)
Gregg Strong CVEC-5940-CVS1
Wednesdays, Oct 16 - Nov 20 4 - 5:50 pm
Learn about far-flung corners where the course leader has lived or explored by bicycle. Dive into history, culture, current events, sprinkled with personal anecdotes. We'll spend time in Madagascar, Ladakh (Indian Himalayas), Papua New Guinea, Iran, Indonesia, and Upper Mustang (NW Nepal). The course updates a past course. Part 1 (not a pre-requisite) was offered in Winter 2024.

LANGUAGE AND LITERATURE

Subject coordinator: Janess Iverson

A NOVEL - MINE AND YOURS - NEW! **\$13.20**
(2 weeks on campus)
Stewart Goodings CVEC-2338-CVS1
Wednesdays, Oct 23 & 30 2:30 - 3:50 pm
First session: Stewart describes how he wrote his novel, portraying the intertwined lives of two women deeply impacted by the Russia/Chechnya war, then shares his ideas and seeks suggestions for a sequel to *My Friend, My Enemy*, this time with Nadezhda and Alla caught up in Russia's devastating war in Ukraine. Second session: participants share their ideas for writing projects with an interactive discussion useful for aspiring authors.

FROM IDEA TO BOOK - NEW! (2 weeks online) **\$13.20**
Mali Bain CVEC-2304-DLS1
Tuesdays, Oct 8 & 15 1 - 2:30 pm
Do you have a life story or family history book idea? Imagine sharing your life or family history with family, friends, and beyond. We will explore motivation, sources of content, types of editing and structure. We'll walk through the overall process involved in going from interviews or rough draft to finished book. You'll leave inspired to record and share your life story or family history stories in book format.

WHO KNEW WRITING COULD BE FUN **\$50.40**
(7 weeks on campus)
Sandra Petrie CVEC-2337-CVS1
Wednesdays, Oct 2 - Nov 13 4 - 5:50 pm
Write short, timed pieces for five to 10 minutes, then break into small groups to read aloud. The prompts will surprise. It will be stream-of-consciousness writing – fast and furious with no consideration for spelling, punctuation, or grammar. No editing of pieces will be done. Come join in the fun!

WRITERS' WORKSHOP (8 weeks on campus) **\$67.20**
Marvin Haave and Ian G. McIntyre CVEC-2310-CVS1
Fridays, Oct 4 - Nov 22 2:30 - 5:20 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 LOCAL INTEREST FICTION - NEW! **\$6.60**
(1 week on campus)
John D. Carswell CVEC-2336-CVS1
Friday, Nov 22 10 - 11:20 am
We will work through all three parts of writing a book and cover topics that include inspiration, writing style, writer's block, editing, finding a publisher, publishing options, marketing and selling.

YOU WANT TO WRITE A BOOK! - NEW! **\$26.40**
(1 week on campus)
Robert Crosby CVEC-2306-CVS1
Monday - Thursday, Nov 18 - 21 4 - 5:20 pm
Discuss the types of material you wish to write and why. We will touch on books that influence you as well as where to find inspiration, stumbling blocks and how to overcome them, whether to use a publisher or self-publish. We will talk about editing and associated costs, the rewards of writing and publishing. The presenter will offer personal experiences of writing his first book and the challenges of writing the second.

SCIENCE & COMPUTERS

Subject coordinator: Gerald Wendland

BACKYARD COMPOSTING (1 week on campus) **\$6.60**
Joyce McMenammon CVEC-7550-CVS1
Thursday, Oct 17 1 - 2:20 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: BACTERIA AND CELLS (4 weeks online) **\$26.40**
Thierry Vrain CVEC-6302-DLS1
Fridays, Nov 1 - 22 10 - 11:00 am
Bacteria and all unicellular organisms are the base of the web of life; they feed and breathe the whole biosphere. Learn about panspermia, spores, communication, microbiome, cyanobacteria, photosynthesis, archea, mitochondria, lateral gene transfer, symbiogenesis, evolution, protists, plankton, tree of life, and cell intelligence.

BIOFILIA: MOLECULES OF LIFE (4 weeks online) **\$26.40**
 Thierry Vrain CVEC-6303-DLS1
 Fridays, Oct 4 - 25 10 - 11:00 am
 The first four hours of Biofilia are about what life is made of: the incredible molecules that animate life, including the protein and RNA molecules that make life tick. You will learn how atoms and molecules are made and inject life into minerals, water, carbon, nucleic acids, proteins, lipids, carbohydrates, cell membranes, metabolism, and information management in cells.

BOTANY: THE STORY OF PLANTS - NEW! **\$46.20**
 (7 weeks on campus)
 Joel Kositsky CVEC-7545-CVS1
 Fridays, Oct 4 - Nov 15 1 - 2:20 pm
 The course will begin with an exploration of the features that are necessary for life in general, and for its evolution. We will then elucidate the properties that characterize plants, and the features that have allowed them to significantly alter the Earth's environment by oxygenating the atmosphere. Finally, we will survey the main types of plants, and study their structure, composition, physiology, reproduction, and evolution.

CLOUD DRIVES: LIFTING THE FOG **\$28.80**
 (4 sessions over 2 weeks on campus)
 Terry Hooper and Roger Taylor CVEC-3600-CVS1
 Tuesdays and Thursdays, Nov 12 - 21 2:30 - 4:20 pm
 What's all the hype about internet cloud drives? Would it be wise to store your photos, documents, and other files there – or not? How do they work, and how easy are they to set up and use? This course will answer these questions and demonstrate cloud drive services from Microsoft (OneDrive), Google (Drive), and Apple (iCloud). You may be already using one and not even realize!

DON'T BUY THE SNAKE OIL (4 weeks on campus) **\$26.40**
 Rod Montague CVEC-6660-CVS1
 Fridays, Nov 1 - 22 1 - 2:20 pm
 Snake oil is a term used to describe deceptive marketing, health-care fraud, or a scam (Wikipedia). This course is designed to help you understand scientific methods – without having to be a scientist. The material that is presented should provide you with a toolkit for distinguishing between genuine science and snake oil or pseudoscience.



ENERGY PRODUCTION - NEW! **\$39.60**
 (6 weeks on campus)
 Giorgio Grappolini CVEC-6325-CVS1
 Fridays, Oct 11 - Nov 15 11:30 am - 12:50 pm
 Review the production of gasoline and diesel, including the various technologies utilized in its production. The last few sessions will focus on technologies for the production of electricity.

FINDING CLIMATE SOLUTIONS (5 weeks on campus) **\$33**
 Joan Gillies and Celia Laval CVEC-6390-CVS1
 Mondays, Oct 28 - Dec 2 11:30 am - 12:50 pm
 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!

GEOLOGY, ORE & NUCLEAR POWER - NEW! **\$33**
 (5 weeks on campus)
 Ted Trueman CVEC-6361-CVS1
 Thursdays, Oct 17 - Nov 14 10 - 11:20 am
 This course, designed for the lay person, will review the evolution of Earth and how plate tectonics and accreted terranes shaped construction of BC and Vancouver Island. We discuss age dating, major rock units on the island, paleontology, mass extinctions, earthquakes, etc. We will look at ore deposits of Vancouver Island, as well as diamond and uranium deposits, then finish with a review of nuclear power.

STARS, TIME & THE COLD WAR - NEW! **\$19.80**
 (3 weeks on campus)
 Chris Cottle CVEC-6356-CVS1
 Tuesdays, Nov 5 - 19 10 - 11:20 am
 A brief exploration of the understanding and the role of measuring the position of stars and developing accurate clocks to permit oceangoing exploration, trade, and war. Includes showing how these tools were vital to the Royal Canadian Navy's role during the Cold War years of the 1970s and 1980s.

TALES OF AN EV PURCHASE - NEW! **\$15.60**
 (2 sessions over 1 week on campus)
 Terry Hooper CVEC-6172-CVS1
 Tuesday & Thursday, Nov 5 & 7 2:30 - 4:50 pm
 In March 2024, after the presenter had purchased an electric vehicle in January, a friend called and asked 13 questions about the pre-purchase, purchase, and post-purchase. They talked about Terry's personal experiences, starting in January 2023, of deciding, choosing, sourcing, negotiating, waiting, accepting, accessorizing, and the real-world use of an electric vehicle. This presentation is based on that two-hour call. Information sharing – not a debate. Interested in an EV purchase tale?

ZOOLOGY: THE STORY OF ANIMALS - NEW! **\$46.20**
 (7 weeks on campus)
 Joel Kositsky CVEC-6311-CVS1
 Wednesdays, Oct 2 - Nov 13 10 - 11:20 am
 Zoology is the study of the animal "kingdom": one of the major groups of organisms on Earth. The course will begin with an exploration of the features that are necessary for life in general, and for its evolution. We will then elucidate the properties that characterize animals. Finally, we will survey and study the main types of animals, both extant and in the fossil record.

Series coordinators: Larry Bambrick, Jill Hansen, Terry Hooper, and Roger Taylor

FALL LECTURE SERIES (CVEC-9000-CVS1)

6 Saturday lectures October 5 to November 23 (No class October 12 nor November 9)
10 am to 12 noon | On campus and online | \$48 for the series or \$8/lecture

Island Life

There's something unique about living on an island. In these six lectures we'll sample the enormous variety of Island Life, from the struggles of early miners to the challenges we face from fire today. We'll also celebrate some of the animals we share this amazing place with. Earth, sea, land, the past and the future – all are part of our Island Life.

STELLER SEA LIONS: BOOM AND BUST

Andrew Trites
CVEC-9001-CVS1
October 5

Ecological detective work has revealed some surprising findings to explain the rise of sea lions in British Columbia and their collapse in Alaska. Hear the latest from an expert in the field who has spent many years researching this phenomenon.

Andrew teaches undergraduate and graduate students at UBC about marine mammals and science communication. His research is primarily focussed on pinnipeds (Steller sea lions, northern fur seals, Guadalupe fur seals, California

sea lions and harbor seals) and involves captive studies, field studies and simulation models that range from single species to whole ecosystems.

His research program is designed to further the conservation and understanding of marine mammals and to resolve conflicts between people and marine mammals.



GEOLOGY OF VANCOUVER ISLAND

Rafael Rachid Barbieri Bacha
CVEC-9002-CVS1
October 19



Join us for an exciting journey through time. This lecture covers aspects of the geological evolution of British Columbia with a focus on Vancouver Island.

Investigate the multiple terranes accreted to ancestral North America, understand why there are fossils and seafloor rocks in Vancouver Island, how the Coastal Mountains and Rocky Mountains are a product of tectonic convergence, and how glaciers shaped this beautiful coast.

Rafael is a geologist whose career started in 2010 by investigating the relationship between the breakup of the supercontinent Pangea into today's South America and Africa. He completed his M.Sc. degree in 2019 on the origin of gold deposits in Brazilian terranes and his Ph.D. in 2024 on the effects of volcanic and intrusive rocks on base metal deposits in the Central African

copper belt. Rafael joined the British Columbia Geological Survey in 2023 and has been working to connect multiple rights holders and the public to the geology and mineral resources of the province.

COMMUNITY PREPAREDNESS & RESILIENCY TO WILDFIRE

Greg Boyachuk, Alan Berry, and Kimberly Kelly
CVEC-9003-CVS1
October 26

An overview of how the Coastal Fire Centre executes its mandate to deliver effective wildfire management on behalf of the

Government of British Columbia, protect lives and values at risk, and encourage sustainable, healthy, and resilient ecosystems.

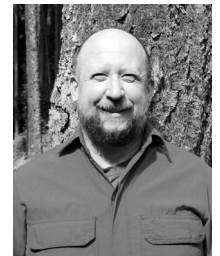
The session will also include resources and information available to governments, First Nations, businesses, and individuals to help prepare communities for the potential of wildland-urban interface fire.

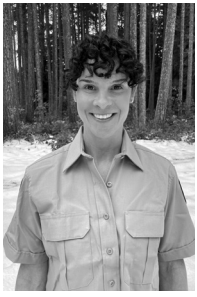
Greg is the Senior Wildfire Officer Operations for the BC Wildfire Service's Coastal Fire Centre and has been involved in wildfire management for over 30 years.

Alan is the service's Senior Wildfire Officer – Prevention and, with



25 years of service, has built a significant amount of technical knowledge and field expertise.





Kimberly is the organization's Community Engagement Specialist; she recently completed Harvard Business School's Design Thinking and

Innovation certificate and is currently enrolled in the Trauma Informed Practice Institute at UBC.

KILLER WHALES AND ACOUSTIC NOISE

Rianna Burnham
CVEC-9004-CVS1
November 2

How harmful is noise in the ocean? Marine life relies on acoustic senses for orientation, communication and searching for prey. Underwater noise pollution poses a threat to our marine wildlife. We will consider the changing soundscape of the Salish Sea and its impact on marine mammal species, with a focus on killer whales.

Rianna works as a researcher for the federal government, looking to describe underwater soundscapes and the impact of human noise



on marine mammals. Much of her work is focused on the endangered southern resident killer whale population.

She has worked for 15 years on the British Columbia coast studying the ecology and habitat use of many species including gray, humpback, fin, sperm, blue and killer whales, and using acoustic monitoring as a means to learn more about their life histories.

A HISTORY OF CUMBERLAND THROUGH LETTERS

Caroline Kazdan
CVEC-9005-CVS1
November 16



Cumberland Museum & Archives houses a vast collection of archival documents and photographs that give us a glimpse into the daily lives of residents

beginning in the late 19th century. Through an examination of these documents, we will discuss topics such as colonization, immigration, and labour history, and how Cumberland has evolved into a haven for nature enthusiasts.

Caroline is the program development coordinator at Cumberland Museum & Archives. She has an Honours BA in History (University of Toronto) and MA in History (York University). In her current position, she gives tours and offers various programs about the history of Cumberland, focusing on the period beginning in the late 19th century when the coal mines developed.

HUMPBACK WHALES - HISTORY & FUTURE

Felicia Vachon
CVEC-9006-CVS1
November 23

Once hunted to near extinction, humpback whales have made an incredible comeback in the waters around Vancouver Island. Organizations like MERS (Marine Education and Research Society) are working to ensure we understand and protect these gentle giants. Felicia will talk about the humpback's past and future – and the vital role we all play in keeping them safe.

Felicia is a marine mammal scientist interested in the interconnectedness of animal behaviour, social structure, culture, and conservation. She completed her PhD in the Whitehead lab

at Dalhousie University studying Eastern Caribbean sperm whales and has contributed to projects on a wide variety of different cetacean species all around the world. She is working to further our understanding and conservation efforts of marine mammals as a research coordinator for MERS.



Registration for each lecture closes the Monday prior and a Zoom link is sent to all registrants by Thursday. Latecomers can drop in at the theatre for \$10 (members), \$15 (guests).

Courses at a Glance

College closed on Monday, October 14, and Monday, November 11.

Courses are held at the NIC campus unless otherwise noted.

MONDAY

No classes October 14 and November 11

CANNABIS AS A MEDICINE **\$26.40**
CVEC-5392-CVS1 Oct 28 - Nov 25 2:30 - 3:50 pm

FINDING CLIMATE SOLUTIONS **\$33**
CVEC-6390-CVS1 Oct 28 - Dec 2 11:30 am - 12:50 pm

FOR THE SHEER JOY OF MOVIES **\$50.40**
CVEC-1715-CVS1 Oct 7 - Nov 25 1 - 3:50 pm

TAKE YOUR CAMERA FOR A WALK (OFF CAMPUS) **\$46.20**
CVEC-5550-CVS1 Oct 7 - Dec 2 9:30 - 11 am

UNSCULPTED **\$16.80**
CVEC-1110-CVS1 Nov 4 - 18 11:30 am - 2:20 pm

YOU WANT TO WRITE A BOOK! PART 1 **\$26.40**
CVEC-2306-CVS1 Nov 18, 19, 20, & 21 4 - 5:20 pm

TUESDAY

A BRIEF HISTORY OF BEER **\$33.60**
CVEC-7353-CVS1 Oct 29 - Nov 19 4 - 6:50 pm

CLOUD DRIVES: LIFTING THE FOG PART 1 AND 3 **\$28.80**
CVEC-3600-CVS1 Nov 12 - 21 2:30 - 4:20 pm

FROM IDEA TO BOOK (ONLINE) **\$13.20**
CVEC-2304-DLS1 Oct 8 & 15 1 - 2:30 pm

HERALDRY: TELL YOUR STORY **\$29.80**
CVEC-1960-CVS1 Nov 5 - 19 2:30 - 3:50 pm

MAINTAIN YOUR SINGING VOICE (OFFSITE) **\$52.80**
CVEC-1889-CVS1 Oct 1 - Nov 19 10:30 - 11:30 am

SCENIC HIKES 1 (OFFSITE) **\$67.20**
CVEC-5520-CVS1 Oct 1 - Nov 19 10 am - 1 pm

SCENIC HIKES 2 (OFFSITE) **\$67.20**
CVEC-5521-CVS1 Oct 1 - Nov 19 10 am - 1 pm

SIGNIFICANT U.S. PRESIDENTS **\$26.40**
CVEC-6319-CVS1 Oct 8 - 29 10 - 11:20 am

SO YOU WANT TO WRITE A MOVIE? **\$26.40**
CVEC-2344-CVS1 Oct 8 - 29 4 - 5:50 pm

STARS, TIME & THE COLD WAR **\$19.80**
CVEC-6356-CVS1 Nov 5 - 19 10 - 11:20 am

STRESS MANAGEMENT **\$54.60**
CVEC-5804-CVS1 Oct 1 - Nov 12 7 - 9:20 pm

TALES OF AN EV PURCHASE PART 1 **\$15.60**
CVEC-6172-CVS1 Nov 5 & 7 2:30 - 4:50 pm

UNIVERSAL DEVOTIONAL CHANTING (OFFSITE) **\$52.80**
CVEC-5413-CVS1 Oct 1 - 19 1 - 2:30 pm

YOU WANT TO WRITE A BOOK! PART 2 **\$26.40**
CVEC-2306-CVS1 Nov 18, 19, 20, & 21 4 - 5:20 pm

WEDNESDAY

A NOVEL - MINE AND YOURS **\$13.20**
CVEC-2338-CVS1 Oct 23 & 30 2:30 - 3:50 pm

AGING: TYPICAL VS. ATYPICAL **\$8.40**
CVEC-5721-CVS1 Oct 30 1 - 3:50 pm

DUTCH HISTORY TO 1830 **\$26.40**
CVEC-5972-CVS1 Oct 30 - Nov 20 1 - 2:20 pm

FINANCIAL & ESTATE PLANNING **\$6.60**
CVEC-3531-CVS1 Nov 13 7:30 - 9 pm

FIVE FROM FLANDERS (ONLINE) **\$36**
CVEC-1950-DLS1 Oct 9 - Nov 6 1 - 3 pm

NUTRITION FOR HEALTH AS WE AGE **\$6.60**
CVEC-5625-CVS1 Nov 20 10 - 11:20 am

TAI-CHI FOR EVERYDAY LIFE **\$33**
CVEC-5416-CVS1 Oct 16 - Nov 13 10 - 11:20 am

TAKING CHARGE **\$39.60**
CVEC-5820-CVS1 Oct 16 - Nov 20 2:30 - 3:50 pm

THE EFFECTS OF FEAR (ONLINE) **\$39.60**
CVEC-5320-DLS1 Oct 2 - Nov 6 10 - 11:30 am

THROUGH A WOMAN'S EYES **\$50.40**
CVEC-1721-CVS1 Oct 16 - Nov 27 1 - 3:50 pm

VISITING UNCOMMON CORNERS 2 **\$43.20**
CVEC-5940-CVS1 Oct 16 - Nov 20 4 - 5:50 pm

WHO KNEW WRITING COULD BE FUN? **\$50.40**
CVEC-2337-CVS1 Oct 2 - Nov 13 4 - 5:50 pm

YOU WANT TO WRITE A BOOK! PART 3 **\$26.40**
CVEC-2306-CVS1 Nov 18, 19, 20, & 21 4 - 5:20 pm

ZOOLOGY: THE STORY OF ANIMALS **\$46.20**
CVEC-6311-CVS1 Oct 2 - Nov 13 10 - 11:20 am

THURSDAY

ADD A BIT OF LAUGHTER!	\$33.60
CVEC-1796-CVS1 Nov 7 - 28	1 - 3:50 pm
BACKYARD COMPOSTING	\$6.60
CVEC-7550-CVS1 Oct 17	1 - 2:20 pm
CARRYING DEBT INTO RETIREMENT	\$8.40
CVEC-3535-CVS1 Oct 24	1 - 3:50 pm
CLOUD DRIVES: LIFTING THE FOG PART 2 AND 4	\$28.80
CVEC-3600-CVS1 Nov 12 - 21	2:30 - 4:20 pm
ENNEAGRAM PERSONALITY THEORY	\$57.60
CVEC-5822-CVS1 Oct 3 - Nov 21	4 - 5:50 pm
GEOLOGY, ORE & NUCLEAR POWER	\$33
CVEC-6361-CVS1 Oct 17 - Nov 14	10 - 11:20 am
HABITAT FOR HUMANITY 101	\$6.60
CVEC-7030-CVS1 Oct 17	1 - 2:20 pm
LATE WORKS OF FRANZ SCHUBERT (ONLINE)	\$26.40
CVEC-1831-DLS1 Oct 10 - 31	10 - 11:30 am
TAIWAN'S STATE SOVEREIGNTY (ONLINE)	\$58.80
CVEC-6272-DLS1 Oct 3 - Nov 14	1 - 4 pm
TALES OF AN EV PURCHASE PART 2	\$15.60
CVEC-6172-CVS1 Nov 5 & 7	2:30 - 4:50 pm
YOU WANT TO WRITE A BOOK! PART 4	\$26.40
CVEC-2306-CVS1 Nov 18, 19, 20, & 21	4 - 5:20 pm

FRIDAY

BIOFILIA: BACTERIA AND CELLS (ONLINE)	\$26.40
CVEC-6302-DLS1 Nov 1 - 22	10 - 11:00 am
BIOFILIA: MOLECULES OF LIFE (ONLINE)	\$26.40
CVEC-6303-DLS1 Oct 4 - 25	10 - 11:00 am
BOTANY: THE STORY OF PLANTS	\$46.20
CVEC-7545-CVS1 Oct 4 - Nov 15	1 - 2:20 pm
DON'T BUY THE SNAKE OIL	\$26.40
CVEC-6660-CVS1 Nov 1 - 22	1 - 2:20 pm
DUTCH MONARCHY AFTER 1830	\$26.40
CVEC-5973-CVS1 Nov 1 - 22	11:30 am - 12:50 pm
ENERGY PRODUCTION	\$39.60
CVEC-6325-CVS1 Oct 11 - Nov 15	11:30 am - 12:50 pm
GROWING YOUR FAMILY TREE	\$19.80
CVEC-6050-CVS1 Nov 1 - 15	10 - 11:20 am
LIFE IN TRANSITION	\$46.20
CVEC-5807-CVS1 Oct 11 - Nov 22	10 - 11:20 am

MARIANNE ENHORNING: ARTIST TALK	\$6.60
CVEC-1403-CVS1 Oct 18	10 - 11:20 am
RE-IMAGINING LONG-TERM CARE	\$6.60
CVEC-5719-CVS1 Nov 22	11:30 am - 12:50 pm
THE JOURNEY OF DEATH & GRIEF	\$13.20
CVEC-5757-CVS1 Nov 8 & 15	1 - 2:20 pm
THE U.S. ELECTORAL COLLEGE	\$13.20
CVEC-6428-CVS1 Oct 18 & 25	11:30 am - 12:50 pm
WRITERS' WORKSHOP	\$67.20
CVEC-2310-CVS1 Oct 4 - Nov 22	2:30 - 5:20 pm
WRITING LOCAL INTEREST FICTION	\$6.60
CVEC-2336-CVS1 Nov 22	10 - 11:20 am

SATURDAY

CANADA'S UKRAINIAN SETTLERS	\$7.20
CVEC-6225-CVS1 Nov 2	1 - 2:50 pm
CREATIVE ART BOX	\$26.40
CVEC-1410-CVS1 Oct 19 - Nov 9	2 - 4 pm
LET'S TALK ABOUT DEATH	\$8.40
CVEC-5700-CVS1 Nov 9	1 - 3:50 pm
LET'S TALK ABOUT DEATH	\$8.40
CVEC-5700-CVS2 Nov 23	1 - 3:50 pm
OSTEOPATHY & SENIORS	\$6.60
CVEC-5632-CVS1 Oct 19	1 - 2:20 pm
SENIORS AND FUNCTIONAL MOVEMENT	\$8.40
CVEC-5631-CVS1 Nov 16	1 - 3:50 pm
SUE PYPER: ARTIST TALK	\$6.60
CVEC-1404-CVS1 Oct 26	1 - 2:20 pm
WHAT IS AN END-OF-LIFE PLAN?	\$39.60
CVEC-5767-CVS1 Oct 12 - Nov 16	1 - 2:20 pm

FALL LECTURE SERIES: ISLAND LIFE \$48 FOR ALL OR \$8 EACH

CVEC-9000-CVS1 (entire series)

See pages 9 - 10 for individual lecture details

CVEC-9001-CVS1 Oct 5	10 am to noon
CVEC-9002-CVS1 Oct 19	10 am to noon
CVEC-9003-CVS1 Oct 26	10 am to noon
CVEC-9004-CVS1 Nov 2	10 am to noon
CVEC-9006-CVS1 Nov 16	10 am to noon
CVEC-9005-CVS1 Nov 23	10 am to noon