

# **KAMLOOPS ADULT LEARNERS SOCIETY**

# **KALS**



## **2016 WINTER COURSE CALENDAR**

KALS courses are held in several different venues throughout the city.  
Be sure to check the location of your course when you register.  
See the last page of Course Calendar for the venue addresses.



# KAMLOOPS ADULT LEARNERS SOCIETY

**Phone: 236-421-1199**

**[www.kals.ca](http://www.kals.ca)**

Thank you for your interest in KALS. We hope you find a course – or several courses – that interest you.

**Please note all classes have size minimums and maximums we must respect.  
Classes may be cancelled if minimums are not met 10 days before start date.**

**A \$15 Annual Membership Fee (July 1<sup>st</sup> – June 30<sup>th</sup>) is required  
for multi-session courses and is non-refundable.**

There are 3 ways to Register – in person, by mail or drop off the completed forms at to our office.  
You cannot register online.

In Person Registration Begins:  
Thursday, January 7, 2016, Noon – 3:00 pm  
In front of the Seniors Information Centre, Northhills Mall

Registration continues during Office Hours at the KALS Office until the course start date.

OR

Registration forms are available on the KALS website for you to print at [www.kals.ca](http://www.kals.ca)

Completed forms with full payment (cheques payable to KALS – do not mail cash) can be dropped off to our office or mailed to:

**KALS P.O. Box 24038, Kamloops, B.C. V2B 8R3**

Mailed and dropped-off registrations will be processed on the day received.  
Registration is not completed until payment is received.

**KALS Office is located inside the Seniors Information Centre in the Northhills Mall.**

**KALS Office hours:  
Mondays from 10:00 am to 1:00 pm  
and Thursdays from Noon to 3:00 pm**

**REFUNDS:** Refunds are only available for multi-session courses if the course has not begun. If a refund is approved, a \$10.00 admin fee will be charged. There are no partial refunds. Refund requests must be received in writing 10 days before the class start date. See the full policy on the KALS website.

**A note on course costs:**

KALS courses are inexpensive, as KALS Volunteers and Presenters donate their services. We want all seniors to benefit from KALS, but recognize cost may be a barrier. For financial assistance please phone KALS at 236-421-1199. All discussions are Confidential.

# Kamloops Adult Learners Society

## WINTER 2016 COURSES

Course #	Course	Day, Time and Dates	Cost \$
<b>MULTIPLE SESSION COURSES</b>			
WM116	<b>Dante's Inferno: Part 2</b>	Thursdays 10:00 am to Noon Jan 28, Feb 4, 11, 18, 25 Mar 3, 10, 17, 24, 31	40
WM216	<b>Religion in Today's World</b>	Fridays 10:00 am to Noon Jan 29, Feb 5, 12, 19, 26, Mar 4, 11	40
WM316	<b>News and Views</b>	Fridays 1:30 pm to 3:30 pm Jan 29, Feb 5, 12, 19, 26, Mar 4, 11	40
WM416	<b>Seniors Driving Update</b>	Tuesdays 10:00 am to Noon Feb 9, 16, 23	20
WM516	<b>Interior Authors — Tuesday Series</b>	Tuesdays 1:30 pm to 3:30 pm Feb 9, 23, Mar 22, Apr 05	25
WM616	<b>Movies in the Morning</b>	Tuesdays 9:30 am to Noon Mar 1, 8, 15, 22	25
WM716	<b>Car Maintenance for Men and Women</b>	Mondays 1:30 pm to 3:30 pm Mar 7, 14, 21	20
WM816	<b>Interior Authors — Wednesday Series</b>	Wednesdays 10:00 am to Noon Mar 9, 16, 30	20
<b>SINGLE SESSION COURSES</b>			
WS1116	<b>Kamloops in the Ice Age</b>	Tuesday 1:30 pm to 3:30 pm — Jan 19	10
WS1216	<b>Hearing Health</b>	Friday 10:00 am to Noon — Jan 29	10
WS1316	<b>Drawing Fun</b>	Wednesday 10:00 am to Noon — Feb 3	10
WS1416	<b>Ethical Investing</b>	CANCELLED	10
WS1516	<b>Geology of the Kamloops Area</b>	Friday 10:00 am to 3:00 pm — Feb 5	10
WS1616	<b>Drum Fun With Raven!</b>	Friday 1:30 pm to 3:30 pm — Feb 5	10
WS1716	<b>Printmaking Fun</b>	Wednesday 10:00 am to Noon — Feb 10	10
WS1816	<b>Recycling in Kamloops</b>	Friday 10:00 am to Noon — Feb 12	10
WS1916	<b>The Italian Pinenut Caper</b>	Monday 1:30 pm to 3:30 pm — Feb 22 NEW DATE	10
WS2016	<b>Creating a Paper Book</b>	Wednesday 10:00 am to Noon — Feb 17	10
WS2116	<b>Tales From the Camino</b>	Wednesday 1:30 pm to 3:30 pm — Feb 17	10
WS2216	<b>Iconic Structures</b>	Wednesday 1:30 pm to 3:30 pm Mar 16 <b>NEW</b>	10
WS2316	<b>Compression Only CPR</b>	Wednesday 1:30 pm to 3:30 pm — Mar 2	10

# Kamloops Adult Learners Society

## WINTER 2016 COURSES CONTINUED

Course #	Course	Day, Time and Dates	Cost \$
<b>SINGLE SESSION COURSES CONTINUED:</b>			
WS2416	<del>Follow the Voyageurs</del>	Tuesday 1:30 pm to 3:30 pm — Mar 15	FULL
WS2516	<del>Thinking About Thinking — Our Unconscious Mind</del>	Thursday 1:30 pm to 3:30 pm — Mar 17	10
WS2616	<del>Those Blooming Wildflowers!</del>	Monday 10:00 am to Noon — Apr 4	FULL
WS2716	<del>Cameroon by Camera – Glimpses of Everyday African Life</del>	Wednesday 10:00 am to Noon – Apr 6	10
WS2816	<del>Adult Guardianship and the Public Guardian &amp; Trustee</del>	CANCELLED	10
WS2916	<del>Nutrition For Seniors</del>	Thursday 7:00 pm to 9:00 pm – Apr 28	10
<b>FIELD TRIPS</b>			
WF3116	<del>Big Little Science Centre: Take all 6 sessions for \$50</del>		6/50
WF31A16	<del>BLSC: Electricity</del>	Wednesday 10:00 am to Noon — Feb 3	10
WF31B16	<del>BLSC: Magnetism</del>	Wednesday 10:00 am to Noon — Feb 10	10
WF31C16	<del>BLSC: Simple Machines</del>	Wednesday 10:00 am to Noon — Feb 17	10
WF31D16	<del>BLSC: Forces and Motion</del>	Wednesday 10:00 am to Noon — Feb 24	10
WF31E16	<del>BLSC: Salmon Program</del>	Wednesday 10:00 am to Noon — Mar 2	10
WF31F16	<del>BLSC: Chemistry</del>	Wednesday 10:00 am to Noon — Mar 9	10
WF3216	<del>Ukrainian Orthodox Church of All Saints</del>	Thursday 1:30 pm to 3:30 pm – May 5	DONATION
WF3316	<del>Donkey Refuge</del>	Thursday 10:00 am to 3:00 pm – May 12	10
WF3416	<del>Up and Out With the Birds</del>	Sunday 7:30 am to 3:00 pm — May 15	FULL

# Kamloops Adult Learners Society

## WINTER 2016 MULTIPLE SESSION COURSE DESCRIPTIONS

### WM116 Dante's Inferno: Part 2

**\$40.00**

#### **Course Description:**

In the first part of this course, Dante, after entering Hell's domain accompanied by his guide, the Roman poet Virgil, confronted many forms of human sinfulness and has now reached the realm of Malbolgia. On the way he has visited Limbo, traversed those circles of Hell that punish the sins of incontinence, and entered the demonic City of Dis to encounter the punishment of the Heretics and of the Violent. In the winter semester, this class will join Dante as he confronts the very worst of human sinners and their punishments in the lowest regions of Hell, ending, at the very bottom, with the frozen figure of Satan. **Participants wanting to join Part Two need to read up to Canto 15- book available from presenter for approximately \$16.**

**Instructor:** ~~Red Michell~~

**Dates:** ~~Thursdays 10:00 am to Noon~~ Jan 28, Feb 4, 11, 18, 25 Mar 3, 10, 17, 24, 31

**Location:** ~~North Shore Community Centre, Dogwood Room~~ **Min. 10 Max. 25**

---

### WM216 Religion in Today's World

**\$40.00**

#### **Course Description:**

Join Dr. Charles Anderson as he introduces the concept of religion and explores the essential elements and teaching of the world's predominant faiths, including Hinduism, Buddhism, Judaism, Christianity, Islam, and Sikhism. Each will be presented in a common format while preserving its special features. Emphasis will be placed on the unity of each tradition rather than their sectarian differences. Some attention will be given to the contemporary Canadian setting of each religion. The World's Religions by Huston Smith will be referred to in the discussion and is optional but recommended. **Please indicate your interest in the book at registration, approximately \$18.**

**Instructor:** ~~Dr. Charles Anderson~~

**Dates:** ~~Fridays 10:00 am to Noon~~ Jan 29, Feb 5, 12, 19, 26, Mar 4, 11

**Location:** ~~Kamloops United Church Sanctuary; 4th and St Paul~~ **Min. 9 Max. 35**

---

### WM316 News & Views

**\$40.00**

#### **Course Description:**

Join Ray Pillar, our moderator, for lively and thought provoking discussion and debate about local, provincial, national and world issues.

**Instructor:** ~~Ray Pillar~~

**Dates:** ~~Fridays 1:30 pm to 3:30 pm~~ Jan 29, Feb 5, 12, 19, 26, Mar 4, 11

**Location:** ~~North Shore Community Centre, Willow Room~~ **Min. 7 Max. 25**

---

### WM416 Seniors Driving Update

**\$20.00**

#### **Course Description:**

If you haven't taken this important and informative course, now is the time! Paul Muzzillo from DriveWise is returning to give us another opportunity to update our driving skills. Traffic patterns change, new signs go up, perhaps our parking skills need a little tweaking. Then there is the letter from the DMV reminding us that we have reached the magic age of 80 and require a physical and possibly a driver's test. Are we ready? This very popular course has received great reviews from former students.

**Instructor:** ~~Paul Muzzillo~~

**Dates:** ~~Tuesdays 10:00 am to Noon~~ Feb 9, 16, 23

**Location:** ~~North Shore Community Centre, Games Room~~ **Min. 6 Max. 20**

## WINTER 2016 MULTIPLE SESSION COURSE DESCRIPTIONS – Continued

### WM516 Interior Authors – Tuesday Series

~~\$25.00~~

#### Course Description:

Do you love to read? Do you love to be read to? Or maybe you have the urge to write something? Come and spend a cozy time listening and talking to the authors from the local Interior Authors group. This series provides a showcase of newly published authors along with those who have published many articles and books. They will all discuss why, what they wrote and read a selection from their works and answer the many questions you might have.

**Preserving and Sharing Your Memories - Elma Schemenauer** – Memory Train—Ride back into the 1940s with the World War II-era Mennonite novel Consider the Sunflowers. Also discover the benefits of recalling bygone eras and sharing your memories with others.

**Moved to Write from the Heart – Barbara Balle/Arthur Thiessen** – Living on the West Coast, surrounded by the Pacific Ocean and Coast Mountains and inspired by its beauty Barbara Balle started writing poetry and short stories. Arthur writes family legacy stories for his grandchildren and others. Come and hear Arthur share several personal stories such as “My father lived in Russia”.

**Salt Chuck Stories – Eleanor Hancock** – Salt Chuck Stories from Vancouver Island’s West Coast—Zeballos, Nootka Sound, Kyuquot. The opening of Nootka Sound area through fishing, trapping, mining and logging in the 1920's, 30's and 40's through the eyes of 5 people. Includes pictures not seen before in print.

**SQUAWKER: Free as a Bird – Jeff Bloom and Sharon Antoniak** – Squawker: Free as a bird, is a children’s picture book, inspired by the pet crows Jeff Bloom had as a child. This particular book tells the story of what to do when your crow cannot fly. Squawker was a very precocious, and most times, hilarious bird. To write for a “reader” requires detail and information that Sharon Antoniak has learned and wants to share through her writing. Her short story “Somebody’s Child” and poetry will illustrate this writing style.

~~Facilitator: Fern Hinse~~

~~Dates: Tuesdays 1:30 pm to 3:30 pm Feb 9, 23, Mar 22, Apr 05~~

~~Location: Chartwell Ridgepointe Theatre Room~~ **Min. 8 Max. 30**

---

### WM616 Movies in the Morning

~~\$25.00~~

#### Course Description:

Join Jack & Jane for a return of the ever popular Film Club. They will offer 4 different films with a lively discussion around each of them.

~~Instructor: Jack Braaksma and Jane Kennon~~

~~Dates: Tuesdays 9:30 am to Noon Mar 1, 8, 15, 22~~

~~Location: Kamloops Senior's Village~~ **Min. 8 Max. 25**

---

### WM716 Car Maintenance for Men and Women

**CANCELLED**

~~\$20.00~~

#### Course Description:

Gary Miller returns with a class to help you better understand your vehicle. You will spend some time looking under the hood. He will cover how the automobile works, good maintenance – including oil changes & tune-ups, how to find a qualified licensed /certified mechanic, the latest in service and buying practices, what is a recall and what does it mean to me, tires and winter safety and extended warranties.

~~Instructor: Gary Miller~~

~~Dates: Mondays 1:30 pm to 3:30 pm Mar 7, 14, 21~~

~~Location: North Shore Community Centre, Games Room~~ **Min. 6 Max. 20**

## WINTER 2016 MULTIPLE SESSION COURSE DESCRIPTIONS - Continued

### WM816 Interior Authors – Wednesday Series

**\$20.00**

#### Course Description:

Newly published local authors, along with those who have published many articles and books share their stories, read to you and discuss why, what they wrote. Settle in for a delightful escape from Winter.

**Writing Fantasy in Kamloops. - Danielle Pederson** – A Young Adult urban fantasy that takes place in Kamloops. Lasera is about a teenage girl rescued from drowning by a merman who is trapped in the Canada Games Pool. Our heroine is swept up in adventures and romance. I'll talk about crafting a believable fantasy world and having the plot build.

**CRACKERS: Come Hear – Dennis Robertson** – Crackers is a professionally trained Hearing Assist Dog, who bounces into Dennis' quiet world of living with a profound hearing loss. CRACKERS –COME HEAR is a true story.

**Lovingly Yours, Nellie – Sandra Hyslop** – Who would think that the life story of Nellie Richner and George Campbell would be told in letters discovered by her grandchildren eighty years later? The history in these letters and articles is fascinating. Nellie's copious letters - mainly to her beloved Aunt Marie - and other family members, were saved and handed down to various family members.

~~Facilitator: Fern Hinse~~

~~Dates: Wednesdays 10:00 am to Noon Mar 9, 16, 30~~

~~Location: North Shore Community Centre, Games Room~~ **Min. 8 Max. 30**

-----

-----

## WINTER 2016 SINGLE SESSION COURSE DESCRIPTIONS

### WS1116 Kamloops in the Ice Age

**\$10.00**

#### Course Description:

Explore the Ice Age with the KMA. Learn about the actual animals that lived between 1.8 million and 10,000 years ago including mammoths, mastodons, giant ground sloths, dire wolves and Palaeolithic humans We'll look at how these creatures adapted to this harsh environment and what happened to them when the temperature warmed up. And we will look at the ice age geology features still seen around Kamloops today-- real fossils and artefacts, replica skulls. This interaction will make this a great lesson in palaeontology, archaeology, geology and biology!

~~Instructor: Sylvia Gropp~~

~~Dates: Tuesday 1:30 pm to 3:30 pm Jan 19~~

~~Location: Kamloops Museum and Archives, Discover Room~~ **Min. 8 Max. 15**

-----

### WS1216 Hearing Health

**\$10.00**

#### Course Description:

The session will cover key topics such as Statistics of hearing loss; Types and degrees of hearing loss, What is an audiogram, Communicative impact of hearing loss, Communication strategies and hearing aids. Participants should bring writing materials.

~~Instructor: Rosemary Saint Michaels~~

~~Dates: Friday 10:00 am to Noon Jan 29~~

~~Location: North Shore Community Centre, Willow Room~~ **Min. 8 Max. 20**



## WINTER 2016 SINGLE SESSION COURSE DESCRIPTIONS Continued

### **WS1316 Drawing Fun**

**\$10.00**

#### **Course Description:**

Join P.A.T. the Portable Art Trailer and Kamloops Art Gallery art instructor Elizabeth Pattie for a fun and inspiring introduction to basic drawing techniques. **No previous experience is necessary and all materials will be supplied but you may want to bring an old shirt or wear something washable.**

**Instructor:** Elizabeth Pattie

**Dates:** Wednesday 10:00 am to Noon Feb 3

**Location:** North Shore Community Centre, Oak Room **Min. 8 Max. 25**

---

### **WS1416 Ethical Investing**

**\$10.00**

#### **Course Description:**

Socially Responsible Investing is the integration of environmental, social, and governance (ESG) factors into the investment decision-making process. The presenters will highlight the impact these factors can have on risk-mitigation and overall performance, and explain how you can make money while making a difference.

**Instructor:** Spencer Watson and Ron Castellanos

**Date:** CANCELLED

**Location:** North Shore Community Centre, Oak Room **Min. 8 Max. 40**

---

### **WS1516 Geology of the Kamloops Area**

**\$10.00**

#### **Course Description:**

There is a wealth of geological examples around the Kamloops area from the North Thompson area to the Shuswap and down the Thompson River to Ashcroft and beyond. This double session will give you wonderful opportunity to learn more about the unique area we live in, the rock formations, interesting areas to explore and samples to look at plus a handout of information about the geology of the Kamloops area. Come and be awestruck by what is around us. **Be sure to bring your own lunch.**

**Instructor:** Ed Frey

**Date:** Friday 10:00 am to 3:00 pm Feb 5

**Location:** North Shore Community Centre, Oak Room **Min. 8 Max. 40**

---

### **WS1616 Drum Fun with Raven!**

**\$10.00**

#### **Course Description:**

Be part of a music community! No experience needed.

In this music session, participants will experience drum circle fun and will receive instruction on how to hand drum on a djembe. The opportunity to play with music and have a jammin' good time is the goal for the afternoon. Drumming is a setting for self-expression, growth, and celebration. Drumming is good for the mind, body, and community. Come and django with us!

**Instructor:** Raven Ritcey

**Date:** Friday 1:30 pm to 3:30 pm Feb 5

**Location:** North Shore Community Centre, Games Room **Min. 8 Max. 20**

## WINTER 2016 SINGLE SESSION COURSE DESCRIPTIONS Continued

### **WS1716 Printmaking Fun**

**\$10.00**

#### **Course Description:**

Join P.A.T. the Portable Art Trailer and Kamloops Art Gallery art instructor Elizabeth Pattie for a fun and inspiring introduction to basic printmaking techniques. **No previous experience is necessary and all materials will be supplied. Wear something washable or bring an old shirt.**

**Instructor:** ~~Elizabeth Pattie~~

**Date:** ~~Wednesday 10:00 am to Noon~~ ~~Feb 10~~

**Location:** ~~North Shore Community Centre, Games Room~~ ~~Min. 8 Max. 12~~

---

### **WS1816 Recycling in Kamloops**

**\$10.00**

#### **Course Description:**

Join Kamloops' Sustainability educator to learn about Garbage and Recycling. What happens to all that stuff we put out for pick up. Bring all your questions about what is recyclable and how to reduce, reuse and recycle.

**Instructor:** ~~Jaimi Garbutt~~

**Date:** ~~Friday 10:00 am to Noon~~ ~~Feb 12~~

**Location:** ~~North Shore Community Centre, Games Room~~ ~~Min. 8 Max. 30~~

---

### **WS1916 The Italian Pinenut Caper**

**NEW DATE** ~~Min. 8 Max. 30~~ **\$10.00**

#### **Course Description:**

How Canada Destroyed, and May Now Rescue, An Italian Treasure. Come and learn about amazing and strange insects. An Okanagan researcher leads the high stakes race to save the Italian pinenut industry from near annihilation.

**Instructor:** ~~Ward Strong~~

**Date:** ~~Monday 1:30 pm to 3:30 pm~~ ~~Feb 22~~ ~~NEW DATE~~

**Location:** ~~North Shore Community Centre, Games Room~~ ~~Min. 8 Max. 30~~

---

### **WS2016 Creating a Paper Book**

**\$10.00**

#### **Course Description:**

Join P.A.T. the Portable Art Trailer and Kamloops Art Gallery art instructor Elizabeth Pattie for a fun and inspiring introduction to basic bookmaking techniques. **No previous experience is necessary and all materials will be supplied.**

**Instructor:** ~~Elizabeth Pattie~~

**Date:** ~~Wednesday 10:00 am to Noon~~ ~~Feb 17~~

**Location:** ~~North Shore Community Centre, Oak Room~~ ~~Min. 8 Max. 25~~

---

### **WS2116 Tales From the Camino**

**\$10.00**

#### **Course Description:**

In her presentation, "Tales From the Camino", LeAnn will describe her preparations for and her adventures on the Via de la Plata and the Camino Frances, both venerated pilgrim routes in Spain. Her slides will allow us to take a walk with her through the beautiful scenery, and her stories of the ups and downs of walking 30 days and 500 kilometers might just inspire you to adventures of your own!

**Instructor:** ~~Lee Ann Blackert~~

**Date:** ~~Wednesday 1:30 pm to 3:30 pm~~ ~~Feb 17~~

**Location:** ~~North Shore Community Centre, Oak Room~~ ~~Min. 8 Max. 40~~

## WINTER 2016 SINGLE SESSION COURSE DESCRIPTIONS Continued

### WS2216 Iconic Structures

**\$10.00**

#### Course Description:

Imagine it is your first trip to Paris, but you are asked to abide by a strange rule. "Do not look at the Eiffel Tower. Do not photograph the Eiffel Tower. Pretend it does not exist." Can you imagine Paris without the Eiffel Tower? Can you ignore it? Such is the power of iconic structures - human created structures that come to define a place. We will examine many iconic structures from around the world and consider their tourism, economic, political and engineering impacts. Get ready for a whirlwind tour of some of humanity's best accomplishments!

~~Instructor:~~ Jan Petrar

~~Date:~~ Wednesday 1:30 pm to 3:30 pm — Mar 16 — **NEW DATE**

~~Location:~~ North Shore Community Centre, Oak Room — **Min. 8 Max. 40**

---

### WS2316 Compression Only CPR

**\$10.00**

#### Course Description:

Join Don as he demonstrates how to do compression only CPR. You will not only learn how to conduct the CPR but he will also go through the various levels of choking that can occur and how to deal with them. And you will get a good upper body workout! **Participants will be required to kneel on the floor to work with the CPR demo models.**

~~Instructor:~~ Don Sawatski

~~Date:~~ Wednesday 1:30 pm to 3:30 pm — Mar 2

~~Location:~~ North Shore Community Centre, Oak Room — **Min. 6 Max. 8**

---

### WS2416 Follow the Voyageurs

**SORRY FULL**

**\$10.00**

#### Course Description:

The French voyageurs were employed by the Hudson's Bay Company to find furs and new passages in Canada. We will have a glimpse of these brave men, their lifestyles, hardships and challenges and learn how they contributed to the development of Canada from the East to the West coast.

~~Instructor:~~ Vic Mowbray

~~Date:~~ Tuesday 1:30 pm to 3:30 pm — Mar 15

~~Location:~~ North Shore Community Centre, Willow Room — **Min. 8 Max. 30**

---

### WS2516 Thinking About Thinking – Our Unconscious Mind

**\$10.00**

#### Course Description:

What we are learning about our unconscious minds: At least 90% of our decisions – large and small – are made by our subconscious brain, before we even become aware of them. Some scientists even believe there is no such thing as a truly conscious, rational decision. Examples of our sub-rational decisions are everywhere. Recent studies have revealed:

5-year olds who can predict election outcomes with greater precision than polling companies;

Judges who will let a prisoner out of jail if they are offered a snack;

Clothes that become noticeably 'whiter' when we change the colour of the detergent box.

Understanding why these things 'happen' opens up an entirely new window on politics, economics, law and consumerism, as well as our everyday lives and relationships.

~~Instructor:~~ Craig Jones

~~Date:~~ Thursday 1:30 pm to 3:30 pm — Mar 17

~~Location:~~ North Shore Community Centre, Oak Room — **Min. 8 Max. 40**

## WINTER 2016 SINGLE SESSION COURSE DESCRIPTIONS Continued

### **WS2616 Those Blooming Wildflowers!**

**FULL**

#### **Course Description:**

Throughout the seasons Kamloops' hills are covered in delicate and showy wildflowers. Now, you can learn their names and "addresses". Doug's slideshow will chronicle the first wildflowers to bloom in March and will follow the emergence of each variety as the year progresses right to the killing frosts of fall. Photos and information on each type will be presented in non-technical language, and he will reference First Nations uses and historical background information where it is applicable. Participants will learn some of the possible locations to view the wildflowers in each month.

**Instructor:** ~~Doug Smith~~

**Date:** ~~Monday 10:00 am to Noon~~ ~~Apr 4~~

**Location:** ~~North Shore Community Centre, Oak Room~~ **Min. 8 Max.40**

---

### **WS2716 Cameroon By Camera – Glimpses of Everyday African Life**

**\$10.00**

#### **Course Description:**

David's hobby over the years has been photography and he loves to find unique images of everyday life. Over the years he has journeyed and taught in such diverse places as the rain forests of Peru and Brazil; cities of Kiev, Ukraine, and Manila, Philippines; the Sind desert of Pakistan, and Israel.

**Instructor:** Dr David Brandon

**Date:** Wednesday 10:00 am to Noon Apr 6

**Location:** North Shore Community Centre, Oak Room **Min. 8 Max.40**

---

### **WS2816 Adult Guardianship and the Public Guardian & Trustee**

**\$10.00**

#### **Course Description:**

Some adults can be vulnerable to financial abuse. Find out how planning can help reduce vulnerability. Find out how the Public Guardian & Trustee can assist adults that are being financially abused.

**Instructor:** Ray Leclair

**Date:** Tuesday 1:30 pm to 3:30 pm Apr 12

**Location:** North Shore Community Centre, Oak Room **Min. 8 Max. 40**

---

### **WS2916 Nutrition For Seniors**

**\$10.00**

#### **Course Description:**

Nutrition needs change over one's lifetime and our discussion will concentrate on nutrition issues concerning the maturing adult. Among other topics, the course may include general discussion of fluid intake, weight, calcium, protein, whole versus prepared foods, easy menu ideas, label reading, and more ...PLEASE BRING any food that you want to know more about so we can review the nutrition label.

**Instructor:** Barbara Mark

**Date:** Thursday 7:00 pm to 9:00 pm Apr 28

**Location:** North Shore Community Centre, Games Room **Min. 8 Max. 20**

---

---

## WINTER 2016 FIELD TRIP DESCRIPTIONS

~~WF3116 BIG LITTLE SCIENCE CENTRE EXPLORATIONS CANCELLED~~  
~~Non-refundable costs \$10 each or all 6 for \$50~~

~~WF31A16 BLSC: Electricity \$10 or 6/\$50~~

~~Field Trip Description:~~

~~Continuing our exploration of circuits, electricity; an exciting time!~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Feb 3~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

~~WF31B16 BLSC: Magnetism \$10 or 6/\$50~~

~~Field Trip Description:~~

~~How does it work? What does it work on? What tricks can we try? Magnets are pretty attractive the more you get to use them.~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Feb 10~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

~~WF31C16 BLSC: Simple Machines \$10 or 6/\$50~~

~~Field Trip Description:~~

~~Try out simple machines and learn more about how they work. Combine them together and put them to work!~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Feb 17~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

~~WF31D16 BLSC: Forces and Motion \$10 or 6/\$50~~

~~Field Trip Description:~~

~~Look at and try out some cool forces that influence our daily lives. Plus, race cars and learn how to calculate how fast they are going, speeding up and slowing down!~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Feb 24~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

~~WF31E16 BLSC: Salmon Program \$10 or 6/\$50~~

~~Field Trip Description:~~

~~Discover more about the life cycle of these amazing fish and their habitat. Plus, have a closer look at them inside and out. Can you solve the Salmon Mystery?~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Mar 2~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

~~WF31F16 BLSC: Chemistry \$10 or 6/\$50~~

~~Field Trip Description:~~

~~More fun with chemical reactions, explosive forces and colour changes; and more.~~

~~Instructor: Susan Hammond~~

~~Date: Wednesday 10:00 am to Noon Mar 9~~

~~Location: BIG Little Science Centre Min. 8 Max. 25~~

## WINTER 2016 FIELD TRIP DESCRIPTIONS Continued

### WF3216 Ukrainian Orthodox Church of All Saints

Donation Appreciated

#### Field Trip Description:

The icon tour provided by the Ukrainian Orthodox Church of All Saints involves a walk-about around the church's interior, which is filled with beautiful "writings" (paintings). A commentary is given on each of the fresco icons, giving information on the faith, history, art, and architecture. You will see depictions of Christ's earthly life and of His Heavenly dwelling. Questions are welcomed during the tour. Join us for a peaceful, educational and inspirational experience. **Note: The church is wheelchair accessible with an accessible bathroom on the main floor.**

**Instructor:** Tonia Howell

**Date:** Thursday 1:30 pm to 3:30 pm

May 5

**Location:** 1044 8th St, Kamloops, BC; Meet in Church parking lot

**Min. 8 Max. 12**

---

### WF3316 Turtle Valley Donkey Refuge

**\$10.00**

#### Field Trip Description:

Our previous trips to the Donkey Refuge were great fun and we'd like to offer another opportunity to visit these wonderful animals, who have been rescued from all over B.C., Alberta, Alaska and Washington. Due to their very long lives – 50+ years – donkeys are very vulnerable to neglect and abuse as they get passed from one owner to another. The mission of the Donkey Sanctuary is to provide a forever home for these creatures who require special care, love and devotion to heal the scars made by man. There are currently 82 donkeys in the care of the sanctuary, and each one has a unique and charming personality. Join Shirley Mainprize, one of the founders and the current president of the Refuge, to meet and learn more about these special characters.

**Please wear appropriate footwear and clothing and be sure to pack your own lunch.**

**Instructor:** Shirley Mainprize

**Date:** Thursday 10:00 am to 3:00 pm

May 12

**Location:** Meet at Valleyview Shopping Centre in front of Princess Auto at 10:00 am

**Min. 8 Max. 15**

---

### WF3416 Up and Out With the Birds

**SORRY FULL**

**No-Charge**

#### Field Trip Description:

Summer is coming and our birds are arriving back. Rick will lead us on this full day field trip to explore the Tunkwa Lake area. As with other trips, we will likely be rewarded with unusual and interesting sightings which surprise and delight everyone. We do not usually walk far but please wear appropriate shoes, and clothing suitable to the weather. **Bring snacks and a lunch as this is a full day trip. Rick will have his scope but bring binoculars and bird books if you have them.**

**Instructor:** Rick Howie

**Date:** Sunday 7:30 am to 3:00 pm

May 15

**Location:** Meet at Aberdeen Mall in front of the Cineplex

**Min. 8 Max. 12**

---

---

# Kamloops Adult Learners Society

## WINTER 2016 – MEET OUR PRESENTERS

**Dr. Charles Anderson:** Dr. Anderson is a Graduate from Willamette University in Salem, Oregon in Philosophy, Master of Divinity from Union Theological Seminary in New York City; Ph. D. from Columbia University in the Literature of Religion. He arrived at UBC in 1962 to teach the Origins of Christianity and World Religions, and to assist in creating a Department of Religious Studies. After retiring from UBC he and his wife moved to Kamloops. The religious quest continues to be a great interest, especially the depth behind religious concepts, practices, and symbols, and the common humanity inherent in the different religions, despite their many and varied expressions.

**Sharon Antoniak:** Sharon Antoniak is a Wife, Mom and Grandma who recently retired from the work she loved as a Special Education Teacher. She is passionate about the wellbeing of children and the natural environment demonstrating these values over many years.

**Barbara Balle:** Born in Poland she immigrated to Canada in 1967 - always interested in Arts - majoring in theatre studies in high school (Poland); studying English Literature at Grande Prairie College, AB and Drama & Creative Writing at Capilano College, North Vancouver, BC. Barbara moved to Kamloops in 2002 where she joined the Interior Authors Group and was encouraged to write short stories. Published a collection of Poems "Life Jingling in My Pockets" in 2009; other works have appeared in IAG's "Collected Works, Vol. 1, 2010" and "Blue River Dark Waters, Collected Works, 2011".

**Lee Ann Blackert:** LeAnn Blackert was imported from the U.S. six years ago to minister with the congregation of Mount Paul United Church. She has her Masters of Divinity from Vancouver School of Theology. Always a bit of a vagabond, LeAnn has lived in the midwest and on both coasts of the U.S., on an island, and now in Canada. She and her partner are parents to two cats and grandparents to three amazing grandchildren.

**Jeff Bloom:** Born and raised in Kamloops, taught elementary school in Merritt for the last 41 years. A story teller who has written a number of books, mainly for children. Published two books and have other published stories in two anthologies.

**Jack Braaksma:** Jack Braaksma is a long time movie buff who likes to share ideas.

**Dr David Brandon:** David teaches theology at schools in Cameroon, the Philippines, Trinidad and Tobago on an ongoing basis. He has a Bachelor of Science in Agriculture from the University of Guelph in Ontario, a Master of Divinity from Central Baptist Seminary in Ontario and a Doctor of Ministry from Trinity Evangelical Divinity School in Illinois.

**Rod Castellanos:** Rod Castellanos has been with NEI Investments since 2010. NEI has Canada's largest team of in-house socially responsible investing specialists. A graduate of McMaster University in Hamilton Ontario, he currently lives in Squamish BC. He has 18 years in the Financial Services Industry in operations, client servicing, trading and sales departments with a variety of National and International Firms.

**Ed Frey:** Ed Frey is a professional geologist who has explored many areas around Kamloops over the years. His expertise and extensive knowledge has helped develop new industries in the area.

**Jaimi Garbutt:** Jaimi Garbutt has a Bachelor of Arts degree Major in Geography from University of the Fraser Valley. While at university worked on environmental projects associated with non-point source correlating to Salmon habitat and ground water health. Currently, he is with the City of Kamloops as the Sustainability Educator. His major focus is in schools, presenting various topics - water conservation, waste management, vermicomposting and climate change. Jaimi is the leader for ECOSmart team.

## WINTER 2016 – MEET OUR PRESENTERS Continued

**Sylvia Gropp:** Sylvia Gropp obtained her Bachelor of Arts degree with concentrations in Archaeology and Geology. She is currently the Museum Interpreter at Kamloops Museum and Archives. She has published a book in collaboration with Thompson Rivers History and Heritage Society and KMA and is currently researching historic brothels and documenting homestead cemeteries in the Kamloops area.

**Susan Hammond:** Susan Hammond is the Assistant Operator at the BIG Little Science Centre. Susan loves nature, and has a zoology and general science background, with a teaching degree. She loves sharing her love of science with people of all ages.

**Eleanor Hancock:** Eleanor Hancock grew up in Zeballos in a general store business. Zeballos was the scene of Canada's last significant gold boom. A former elementary teacher, Eleanor also taught creative writing for the City of Kamloops for 3 years.

**Fern Hinse:** Fern Hinse is from Kamloops and is President of Interior Authors. She is the author of *Time's Secret Parallel* and other works.

**Rick Howie:** Rick Howie is a professional biologist who worked for 7 years as Chief Park Naturalist at various parks in central and eastern Canada and 16 years with BC Provincial Parks. He worked for 10 years as a Habitat Protection Biologist with the BC Ministry of Environment and has been a consulting biologist for the past 10 years after retiring. He has lived in Kamloops for 36 years and has specialized in birds over the years but has a broad interest in all aspects of natural history.

**Sandra Hyslop:** Sandra Hyslop spent 25 years collecting her grandmother's pioneer letters from various family members. At that point her sister, Pat Klassen, said, "We have to make a book!"

**Interior Authors Group:** We're people who love to write in all styles, forms, and genres. We're poets, song writers, bloggers, screenplay creators, literary, romance, mystery, fiction and non-fiction authors, journalists, et al. We're a whole bunch of people who aspire to get that first book and many more into print (including electronic books.) And we welcome new members.

**Craig Jones:** Craig Jones is a Professor of Law at TRU, teaching Civil Procedure and Ethical Lawyering. He graduated from UBC Law School in 1998 and was called to the Bar of British Columbia the following year. In 2002, he earned a Master's degree from Harvard Law School. Craig's off-time interests include distance running, target shooting, motorcycles and 'Lucille,' his 1952 Series One Land Rover.

**Jane Kennon:** Jane Kennon has a Master's Degree in Creative Writing. She is a retired teacher who taught Secondary School English and Writing for 29 years. Jane is also an avid horsewoman and hockey player.

**Ray Leclair:** Raymond Leclair is Regional Manager, Services to Adults, Public Guardian & Trustee.

**Barbara Mark:** Barbara Mark is a Registered Dietitian, with over a decade of experience, who loves talking with others about nutrition. She has a background in education and science. Barbara currently works with adults, mostly seniors, who have complex nutrition needs. She lives in Kamloops and enjoys the wonderful exercise opportunities available in our 'back yard'.

**Rod Michell:** Rod Michell, MA English and Literary Arts, (Oxford University) is a retired instructor from TRU. He has taught for over 30 years, both at TRU and other educational institutions. Rod's courses for KALS are always very popular and well-attended.



## WINTER 2016 – MEET OUR PRESENTERS Continued

**Gary Miller:** Gary Miller has a wide and varied background in the automobile industry. He completed Red Seal in Automotive Repair, was an Automotive Instructor for GM Canada, and was the Department Head of the Automotive Program of the Saskatchewan Institute of Approved Applied Science and Technology. Gary was also employed by Nissan Canada in various positions.

**Vic Mowbray:** Vic Mowbray retired as an assistant superintendent for School District #73 but, at heart, is an amateur historian who loves to ramble through Canadian History.

**Paul Muzzillo:** Paul Muzzillo has been with Drivewise for several years. He has a Bachelor of Arts Degree. When the opportunity arose to work with Drivewise he thought it would be a great way to fulfil prerequisites necessary to enter the education program at TRU. However, he found that the work he does with Drivewise was more satisfying than he could have imagined: "it allows me to not only meet new young drivers but also to help Seniors maintain their driving independence."

**Elizabeth Pattie:** Kamloops Art Gallery

**Danielle Pederson:** Danielle Mathieson Pederson is a married working mom of two children. She's loved writing and reading since before her writing was legible and you'll typically find her reading a book wearing a geeky cartoon t-shirt and gorgeous earrings. She wants to inspire others to write and reach for their goals and especially youth.

**Jan Petrar:** Jan Petrar holds a BA in Music and an MBA in Tourism. After many years in the travel industry (yes, she's "Jungle Jan" for those who have lived in Kamloops for many years), Jan transitioned to academia and has held both faculty and administrative postings at TRU.

**Ray Pillar:** Ray Pillar has been a university administrator and teacher in political science at UCC/TRU as well as a teaching assistant for professors at UVic and York University. He holds a BA in English and Canadian History and a Masters in Political Science. Ray was at Cariboo College/UCC/TRU for over twenty years and has acted as a political commentator while teaching and since retirement. He has been a keen follower of Canadian Politics since he was six years old when his brother's scout leader ran for parliament.

**Raven Ritcey:** Raven is a facilitator and teacher with [www.KamloopsDrumConnectin.com](http://www.KamloopsDrumConnectin.com) and Djembe Django Drummers. Raven's quest is to introduce people to drumming, to uplift spirits, invigorate the body and mind, and have people djembe django together!

**Dennis Robertson:** Kamloops is home to Dennis Robertson and his wife, Win. He was inspired to write his story about his relationship with Crackers, his hearing assist dog, after their companionship became a true love between man and dog.

**Rosemary Saint Michaels:** Rosemary Saint Michaels - BCHIS. Rosemary Saint Michaels began her career in hearing health care. A graduate of Grant MacEwan College Hearing Aid Practitioner program, she received her BC Board of Hearing Aid Dealer and Consultants License in September 2008. She was born in Kamloops and has lived here most of her life. Rosemary is dedicated to the care of hearing impaired and their loved ones who are often an important part of the rehabilitation process.

**Don Sawatsky:** Don Sawatsky, owner/operator of Dove Safety Training, has been working in the field of Adult Education for the past 30 years. While he focuses primarily on First Aid, ATV and UTV, he does offer an additional 11 other safety programs. Don has recently relocated to the Kamloops area and is trying out his new found retirement. He believes in giving back to the community and as such regularly volunteers or offers programs to not-for-profit organizations.

## WINTER 2016 – MEET OUR PRESENTERS Continued

**Elma Schemenauer:** Elma Schemenauer grew up in a Saskatchewan Mennonite family. She spent many years working in publishing in Toronto and has written 76 books. They include Hello Vancouver, Salmon, and Native Canadians Today and Long Ago. Elma has lived in Kamloops since 2006.

**Doug Smith:** Doug Smith first encountered wildflowers in the Garibaldi Lake meadows in 1969 and has remained fascinated by them every since. He moved to Kamloops in 1976 where he worked as a teacher and school principal, retiring in 2012. Doug is the Past President of the Kamloops Hiking Club and has the website Kamloops Trails ([www.kamloopstrails.net](http://www.kamloopstrails.net)) where he chronicles his explorations of the outdoors. Doug spends his retirement hiking, paddling, camping, gardening, playing tennis, taking photos, and enjoying his grandchildren.

**Ward Strong:** Dr. Ward Strong is an entomologist working at the Kalamalka Forestry Research Centre in Vernon, BC and he also teaches part time at UBCO. He has an encyclopedic knowledge of bugs. Aside from a wide repertoire of insects and their strange habits, he was instrumental in helping to save the entire Italian pinenut industry from devastation due to a mistakenly imported (from Canada) parasitic insect.

**Arthur Thiessen:** Arthur Thiessen is an entrepreneur in many varied fields, including six years in the Caribbean in land development. He has lived in Kamloops for the past 20 years with his wife Elsie and together they operate a private care home.

**Spencer Watson:** Spencer Watson joined Edward Jones as a financial advisor in 2008 which involved relocating his family to Kamloops. He believes in investing time to understand what you are working toward before you invest your money. Spencer was a project manager for over 8 years at the Vancouver BC Cancer Research Centre. He enjoys curling, hockey and volunteering as a board member for the Centre for Seniors on the North Shore.

---

---

## Kamloops Adult Learners Society WINTER 2016 VENUES

**BIG Little Science Centre:**

655 Holt Street, Kamloops BC V2B 5G2

**Chartwell Ridgepointe Retirement Residence:**

1789 Primrose Court, Kamloops BC V1S 0B7

**Kamloops Museum and Archives:**

207 Seymour Street, Kamloops BC V2C 2E7

**Kamloops Seniors Village:**

1220 Hugh Allan Drive, Kamloops, BC V1S 2B3

**North Shore Community Centre:**

452 - 730 Cottonwood Avenue, Kamloops BC V2B 8M6

**Kamloops United Church Sanctuary:**

421 St Paul St, Kamloops BC V2C 2J7