

# **KAMLOOPS ADULT LEARNERS SOCIETY**

# **KALS**



## **2016 FALL 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: 236-425-4414 WEBSITE: www.kals.ca**  
**OFFICE: 262 Lorne Street, Kamloops, BC, V2C1W1**  
**OFFICE Hours: 9am - 4pm, Monday – Friday**

Thank you for your interest in KALS. We hope you find courses that interest you.

All classes have size limits. Classes may be cancelled if minimums are not met 10 days before start date.

**A \$15 ANNUAL MEMBERSHIP FEE** (July 1st–June 30th) is required for **ALL** courses and is non-refundable. Membership entitles you to vote at our AGM, register in free classes and be invited to special events.

## **FALL REGISTRATION BEGINS MONDAY, AUGUST 29, 2016**

### **REGISTRATION OPTIONS**

- On-line at [www.kals.ca](http://www.kals.ca) with your credit card
- In person at 262 Lorne Street throughout the semester during office hours with credit card, cash or cheque
- Mail or deliver the downloaded, printed and completed registration form from the KALS website at [www.kals.ca](http://www.kals.ca) with your cheque, to the KALS office at: 262 Lorne Street, Kamloops, BC V2C 1W1 - **DO NOT MAIL CASH**
- Attend a registration event with your cash or cheque. No credit cards at these events. Thurs Sept. 15 at NSSCC, 730 Cottonwood Ave, 10 a.m. after KALS Annual Meeting

A processing fee of 5.95% will be charged to Credit Card users.

Registrations are processed on the day received and are not completed until payment is received.

**REFUNDS:** There are no refunds for single session courses. Refunds for multi-session courses must be received in writing 10 days before the class start date. There are no partial refunds. If a refund is approved, a \$10.00 admin fee will be charged. See the full policy on the KALS website. If KALS must cancel a class a full refund will be sent.

**A NOTE ON COURSE COSTS:** KALS courses are inexpensive because KALS Volunteers and Presenters donate their services. We want all seniors to benefit from KALS, but recognize cost may be a barrier.

**A financial assistance program is available by phoning KALS at 236-425-4414. Discussions are Confidential.**

# Kamloops Adult Learners Society Fall 2016 COURSES

Course #	Course	Day, Dates and Time	Cost \$
<b>MULTIPLE SESSION COURSES</b>			
FM116	Come to the Concert: Preparing for Live Orchestral Music	Tuesdays 10:00 am to noon 10 weeks September 13 to November 15, 2016	\$50
FM216	Brideshead Revisited – Monday at the Movies	Mondays 1:30 PM to 3:30 PM 8 weeks September 19 to November 14, 2016 (no Class October 10)	\$50
FM316	What is Dementia?	Thursdays 1:30 pm to 3:30 pm 2 weeks September 29 to October 6, 2016	\$15
FM416	Mark Twain – A Trip Down the Mississippi	Wednesdays 10:00 am to noon 6 weeks October 5 to November 9, 2016	\$40
FM516	Purgatorio: Part 2 of the Divine Comedy by Dante	Thursdays 10:00 am to noon 10 weeks October 6 to December 8, 2016	\$50
FM616	News and Views	Fridays 1:30 pm to 3:30 pm 8 weeks October 7 to December 2, 2016 (Nov 11 holiday)	\$50
FM716	St Paul for the Perplexed-His Life, His Letters, His Story	Fridays 10:00 am to noon 4 weeks October 14 to November 4, 2016	\$30
FM816	A Vision for Growing Older...at any age	Thursdays 1:30 pm to 3:30 pm 6 weeks October 20 to November 24, 2016	\$40
FM916	Kamloops Memorabilia	Mondays 10:00 am to noon 2 weeks October 24 to October 31, 2016	\$15
<b>SINGLE SESSION COURSES</b>			
FS116	Introduction to Theravada Buddhist Tradition	Tuesday, September 27 - 1:30 pm to 3:30 pm	\$10
FS216	Painting 101: Colour Theory & Mixing	Wednesday, September 28 - 10:00 am to noon	Free
FS316	How NOT to Buy a Plunger in China	Wednesday, September 28 - 1:30 pm to 3:30pm	\$10
FS516	Hospice-A Philosophy of Care	Tuesday, October 4 - 10:00 am to noon	\$10
FS616	Volcanoes The Big, the Bad and the Beautiful	Wednesday, October 5 - 10:00 am noon	\$10
FS716	Painting 101: Pet Portraits	Wednesday, October 5 - 10:00 am noon	Free
FS816	Romania by Camera Featuring the City of	Friday, October 7 - 10:00 am to noon	\$10
FS916	Painting 101: Still Life with Flowers	Wednesday, October 12 - 10:00 am to noon	Free
FS1016	Iconic Structures	Wednesday, October 12 - 1:30 pm to 3:30 pm	\$10
FS1116	Could You Recognize a Problem Gambler?	Thursday, October 13 - 10:00 am to noon	\$10
FS1216	Natural Energy Healing	Monday, October 17 - 10:00 am to noon	\$10
FS1316	A Little Excursion in Chemistry	Tuesday, October 18 - 10:00 am to noon	\$10

## Kamloops Adult Learners Society FALL 2016 COURSES CONTINUED

Course #	Course	Day, Dates and Time	Cost \$
<b>SINGLE SESSION COURSES CONTINUED:</b>			
FS1416	Secwepemc Museum	Monday, October 24 - 1:30 pm to 3:30 pm	\$10
FS1516	Medical Marijuana	Tuesday, November 1 - 10:00 am to noon	\$10
FS1616	Cold Wars and Hot Water	Wednesday, November 2 - 1:30 pm to 3:30 pm	\$10
FS1716	Around the World by Motorcycle	Tuesday, November 8 - 1:30 pm to 3:30 pm	\$10
FS1816	Celebrating Life with Ceremony and Rituals	Tuesday, November 8 - 10:00 am to noon	\$10
FS1916	Report to the Emperor	Tuesday, November 15 - 1:30 pm to 3:30 pm	\$10
FS2016	BC Fruit lands – A Journey into our Agricultural history	Friday, November 18 - 10:00 am to noon	\$10
FS2116	Music: The Most Important Human Endeavour	Tuesday, November 22 - 1:30 pm to 3:30 pm	\$10
FS2216	Antarctica Isn't it Cold? And Just a Bunch of Ice?	Wednesday, November 23 - 1:30 pm to 3:00 pm	\$10
<b>FIELD TRIPS</b>			
FF116	Fall Birds in Kamloops Field Trip	Saturday, October 1 - 10:00 am to 2:00 pm	Free
FF216	Lambs You Can Cuddle- Harmony Farms Tour	Friday, October 14 - 10:00 am to 1:30 pm	\$10
FF316	Makerspace Kamloops Invention Hub Tour	Monday, November 14 - 1:30 pm to 3:30 pm	\$10

# Kamloops Adult Learners Society

## Fall 2016 – MEET OUR PRESENTERS

**Dr. Charles Anderson:** Dr. Anderson is a Graduate of Willamette University, Union Theological Seminary and a doctorate from Columbia University in the Literature of Religion. He has a great interest in the religious quest, especially in the depth behind religious concepts, practises and symbols and the common humanity inherent in the different religions despite their many and varied expressions.

**Don Bennett:** Don has been a music educator for over 30 years supporting the development of many professional musicians and many life-long music lovers. He is a long-time member of BC and Canadian Music Educator's Associations. He has a degree from UBC as a trombonist and a MEd from U Vic with a major in instrumental conducting. He is also an active performer and has played with orchestras throughout the province. Currently assistant conductor of the Kamloops Brandenburg Orchestra and the Kamloops Community Concert Band

**Jack Braaksma:** Jack and Jane are film buffs who enjoy sharing great films with the KALS group. They have totally different tastes and views which makes the sessions insightful and fun.

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

**Sylvia Gropp:** Sylvia Gropp has a B.A. in archeology and geology and has participated in digs on First Nations reserves and at the B.C. Wildlife Park. She is currently pursuing a Master's degree with UBC focusing on museum education. For more than a decade, Sylvia has worked with the Kamloops Museum and Archives and enjoys teaching history to people of all ages. She has co-written a book with the museum and the Thompson Rivers History and Heritage Society called Kamloops: Trading Post to Tournament Capital

**Rick Howie:** Rick 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 12 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.

**Kim Jensen:** 'Helping people to help themselves' is her personal and professional mission. Kim's background is in nursing, natural energy healing and community capacity building. Over the course of these careers she developed skills in communication, interpersonal relationships, adult education, organizational development and planning. Kim recently completed education to be a Life Cycle Celebrant through the Celebrant Foundation and Institute.

**Jane Kennon:** Jane 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 and long-time KALS instructor.

**Joyce Klassen:** Born into a farming family that lived through the Depression- nothing was thrown away. Many Saturday Auctions with my Dad started the bug of hunting for treasures that continues to this day. Over many moves from Alberta to New Westminster, 70 Mile House, 100 Mile House and finally Kamloops, the search continues. While not an appraiser, I did operate an antique store for a number of years and continue to buy and sell at antique and collectible events. I know what sells and I am happy to share what I have learned with others.

**Roxanne L'Esperance:** Roxanne is a Prevention Service Provider with the BC Responsible and Problem Gambling Program serving Kamloops and the interior of BC for the last eight years. The region is made up of 30 communities including 15 who are Indigenous and she works with numerous organizations that serve the Indigenous population. Roxanne works with all age groups, offering gaming neutral presentations, workshops, information booths, and committee support. She is Métis from Saskatchewan and has lived in Kamloops since 1997.

**Sam Longiaru:** Sam's career path and the places he's lived is as winding as some of the roads he's motorcycled. He has a Ph.D. in geology, was a university teacher, a flying instructor, a flight school owner and operator and a bookkeeper and computer guy and likely many more things...a motorcycle mechanic comes to mind.

**Dr. David McKinnon:** David has a B.Sc. and Ph.D. in Chemistry from the University of Edinburgh, Scotland. In 1963 he immigrated to Canada. He was a post-doctoral fellow in Chemistry at Dalhousie University; taught Chemistry at the University of Manitoba where he received the Stanton teaching Award. He was an active researcher and authored or co-authored 74 refereed papers, two reviews and three book chapters. He enjoys Scottish Country Dancing, Stained glass, travel, gardening, genealogy, and is a board member of the BIG Little Science Centre.

**Wendy Marlow:** Executive Director of the Kamloops Hospice, Wendy was born and raised in Kamloops and a graduate of Cariboo College in Respiratory Therapy. She has worked over 20 years in management roles across the country with VitalAire, a homecare respiratory company.

**Rod Michell:** MA in English and Literary Arts (Oxford); Rod is a retired instructor who taught for over 30 years at TRU and other educational institutions. He is on the Board of the Kamloops Symphony Society.

**Dr. Ian Mitchell:** Ian works full time as an Emergency Doctor at RIH. He teaches evidence based medicine and research to trainees in the Kamloops Family Medicine Residency Program. Ian became interested in medical cannabis in the treatment of chronic pain, especially as a substitute for prescription opiates. He is a prescriber of cannabis plus a researcher into the effects of cannabis on PTSD.

**Norm Moss:** Norm is a life-long learner and founding member of KALS as well as one of its past presidents. He was a teacher in the Kamloops district for 35 years. Currently president of the Kamloops Probus Club, he enjoys movies, and murder mysteries and a yearly trip to Mexico.

**Scott Owens:** Scott is the archivist at the Kamloops Museum & Archives. He received a Master's degree in Archival Studies and a Master's degree in Library and Information Studies from the University of British Columbia. He was previously a media archivist at the Western Front in Vancouver, collections manager at the Nikkei National Museum in Burnaby before coming to the Kamloops Museum & Archives

**Sheila Park:** Sheila became interested in antiques in 1977 when she claimed her mom's wooden biscuit barrel that she was throwing away. Her family emigrated from England when she was 4 years old and they did trips back to England when she was a child. The items she bought were items she had seen in homes on her visits – a connection to her roots perhaps? She was hooked! In 1999, Sheila joined the Kamloops Antique, Collectible and Heritage Club enjoying meeting, sharing and learning with people as interested and enthused about antique and vintage items as she was. She is a member of the Kamloops Family History Society and a Board member of the Kamloops Heritage Society. She says, "It's all about preserving the past for the present and the future".

**Elizabeth Pattie:** Elizabeth is an Arts educator with the Kamloops Art Gallery.

**Jan Petrar** Jan has a BA in Music and an MBA in Tourism. After many years in the travel industry Jan transitioned to academia and held both faculty and administrative positions.

**Ray Pillar:** Ray has been a University administrator and teacher in Political Science at UCC/TRU as well as a teaching assistant at UVic and York University. He has been a political commentator and is a keen follower of Canadian politics.

**Gerry and Patricia Porter:** Owners and operators of Harmony Farm Kennel and Lambs at Monte Creek, a Custom care dog boarding kennel and St Croix lamb farm.

**Daniel Saul:** Curator, Secwepemc Museum. Daniel is a member of the Simpcw First Nation north of Barriere. He is a graduate of St Ann's Academy and the UCC Tourism program and is a Certified Heritage Interpreter.

**Ajahn Sona:** A Theravada Buddhist monk for nearly 30 years, Ordained by Ven. Gunaratana at the Bhavana Society in West Virginia, Ven. Sona trained for three years at Ajahn Chah's forest monasteries in northeast Thailand. In 1994, he founded the

first Birken Forest Buddhist Monastery near Pemberton, B.C. In 2001 he established Birken (also known by its Pali name 'Sitavana') in its final location just south of Kamloops, B.C.

**Mitch Stefanek:** Mitch is married, father of three and grandfather of five, who moved to Kamloops in 1990. His education and work life centered on Business Administration, Tourism, Hospitality and Asian Studies. He taught at Cariboo College, BCIT, VCC and various government agencies and community associations He is involved with several Kamloops organizations including KALS.

**Dick Taylor:** Dick is married, father of two and grandfather of two who moved to Kamloops in 1970 after receiving a Bachelor of Education from UBC. Dick began his teaching career in School District #73 in the elementary system and then spent 27 years as an elementary School Principal. He earned a Master of Education (Environmental Education) from Simon Fraser University and was a Sessional Lecturer at SFU and UVic and a Faculty Associate at SFU. He is a founding member and Chairperson, Sun Peaks Bluebird Day Fund Society; a Founding member and Chairperson, Adaptive Sports at Sun Peaks Society; an Instructor Trainer, Adaptive Sports at Sun Peaks Society.

**Del Turner:** Del is a retired school administrator with a major in Asian history who spent 10 successive summers in Southeast Asia working with teachers overseas.

**Nancy Von Wagoner:** Nancy has been at TRU since 2006 when she joined as Associate Vice President of Research and Graduate Studies. She is currently a Professor of Geology in the Faculty of Science. Her broad interests encompass both arts and science and the connections between the two. She has studied volcanoes all around the world ranging in age from 2 billion years old to recent including the volcanos of the Canadian Shield, northern Appalachians and the recent volcanic eruptions of the Atlantic, Pacific and Arctic oceans.

---

## **Kamloops Adult Learners Society**

### **Fall 2016 VENUES**

**Kamloops Museum and Archives:**

207 Seymour Street, Kamloops BC V2C 2E7

**North Shore Community Centre:**

452 - 730 Cottonwood Avenue, Kamloops BC V2B 8M6

**Cunliffe House-KALS office location**

262 Lorne Street, Kamloops BC V2C 1W1

**Kamloops Art Gallery**

465 Victoria Street #101, Kamloops BC V2C 2A9

**Harmony Farms**

4319 Paxton Valley Road, Monte Lake BC V0E 2N0

**Secwepemc Museum**

200-330 Chief Alex Thompson Way, Kamloops BC V2H 1H1

**Kamloops United Church Sanctuary**

421 St Paul St Kamloops, BC V2C 2J7

**Kamloops Makerspace**

207 Victoria Street West, Kamloops, BC V2C 1A5

# KALS FALL 2016 MULTIPLE SESSION COURSE DESCRIPTIONS

---

## **FM116: Come to the Concert: Preparing for Live Orchestral Music**

**\$50.00**

“Come to the Concert” is a 10 week series of illustrated introductions to the music in each of the orchestral and chamber music concerts of the 2016-2017 KSO season. With the idea that knowledge and familiarity can help enrich any listener’s enjoyment, you are invited to “come to the class,” and, a few days later, to “Come to the Concert” itself. Each class is scheduled a few days before the performance, and, in addition to a brief overview of the structure of each work, classes will include information on composers, on the evolution of musical styles, and the growth of musical genres. As the KSO season does not schedule a concert every week, the classes in the non-concert weeks will provide opportunities for a variety of activities: to exchange reactions to the previous week’s performance, to explore questions about aspects of the music and performance, and to develop more fully the musical and historical background that will increase our comfort and familiarity with classical music.

This year marks two significant milestones for the Kamloops Symphony Orchestra: first, a 40th Anniversary—40 continuous years of performing orchestral and chamber music to Kamloops and surrounding communities; second, the search for a new Music Director to replace long-time Director, Bruce Dunn. From the many applicants for the post four have been shortlisted, two women and two men. What makes this season a special time to “Come to the Concert” is that as part of the season-long selection process, each candidate will conduct one of the Masterworks Series orchestral concerts. Audience opinion of the candidates will be sought, and these classes may sharpen your judgement as you help determine who will direct the KSO in the coming years. **Concert tickets NOT included.**

**Instructor:** Rod Michell

**Min. 8 Max. 25**

**Dates:** Tuesdays 10:00 am to noon, September 13 to November 15, 2016

**Location:** North Shore Community Centre, Games Room

---

## **FM216: Brideshead Revisited – Monday at the Movies**

**\$50.00**

Based on the acclaimed novel by Evelyn Waugh, this BBC epic drama tells a tale of love and loss amid the fading glory of the British aristocracy.

This visually ravishing production, directed by Charles Sturridge, won 17 international awards and launched the careers of stars Jeremy Irons and Anthony Andrews, who appear alongside Sir John Gielgud, Diana Quick, Claire Bloom, and Sir Lawrence Olivier in an Emmy winning roll. This 1981 TV series follows the book very closely, many times verbatim, so you do not need to read the book, but reading it on this eight week journey will increase your enjoyment of one of the greatest 100 books of world literature. \*The Washington Post called it "The best TV series ever"

**Instructor:** Jack Braaksma and Jane Kennon

**Min. 8 Max. 25**

**Dates:** Mondays 1:30 pm to 3:30 pm, September 19 to November 14, 2016 (no class Oct. 10)

**Location:** North Shore Community Centre, Willow Room

---

## **FM316: What is Dementia?**

**\$15.00**

In Session 1 arm yourself with the knowledge of dementia; its many early warning signs and behaviours to understand this complex disease.

Where’s the Help? In Session 2 get the tools you need for finding community resources, support groups, legal concerns and caregiver self-care.

**Instructor:** Tara Hildebrand

**Min.10 Max. 40**

**Dates:** Thursday 1:30 pm to 3:30 pm, September 29 & October 6, 2016

**Location:** North Shore Community Centre, Oak Room



---

**FM416: Mark Twain – A Trip down the Mississippi****\$40.00**

This is a unique opportunity to engage with others in a peer learning experience. Guided by our instructor who will introduce us to Samuel Clemens and the amazing life he led (reporter, lecturer, riverboat pilot, humorist, and author of great American novels), we will decide how we want to approach the topic and shape each of our meetings together. Then we will spend some time between meetings exploring aspects of the author or his work to share with others at the next session. Come with your ideas of what you want to learn or look into further.

Through presentations and discussions we will emerge laughing and learning from each session.

**Instructor:** Norm Moss**Min. 6 Max. 12****Dates:** Wednesdays 10:00 am to noon, October 5 to November 9, 2016**Location:** North Shore Community Centre, Games Room

---

**FM516: Purgatorio: Part 2 of the Divine Comedy by Dante****\$50.00**

In Purgatorio, the second part of his Divine Comedy, Dante recounts the next stage of his imaginary pilgrimage through the three realms of the Christian after-life: Hell, Purgatory, and Heaven. As in the arduous trials of the journey through Hell in Inferno, Virgil remains Dante's guide, for there is much still for Dante to learn in his quest for spiritual self-knowledge. There is, moreover, still much hardship to be endured in this place where repentant sinners, inspired with hope of salvation, endure penance for their remaining sinful tendencies, but not punishment.

Like his Hell, Dante's Island of Purgatory is a carefully structured world that reflects both enduring spiritual truth and the social and political realities of Dante's own mediaeval Italian world. Whether or not you toiled through the extremes of Inferno, join us now on this still demanding (Purgatory is a steep mountain, after all), but more hopeful, stage of Dante's poetically imaginative journey that is rich in biblical, classical and historical allusion. The journey continues . . . **Book available from presenter for approximately \$16.**

**Instructor:** Rod Michell**Min. 12 Max. 25****Dates:** Thursdays 10:00 am to noon, October 6 to December 8, 2016**Location:** North Shore Community Centre, Dogwood Room

---

**FM616: News and Views****\$50.00**

Join our Moderator, Ray Pillar, for lively thought provoking discussion and debate about local, provincial, national and world issues. The USA election, Brexit & the new PM, the 1 year old Liberal gov't & their policy agenda, the new KamPlan...whatever the news, we will have much to talk about.

**Instructor:** Ray Pillar**Min. 12 Max. 25****Dates:** Fridays 1:30 pm to 3:30 pm, October 7 to December 2, 2016 (No class on November 11)**Location:** North Shore Community Centre, Willow Room

---

**FM716: St. Paul for the Perplexed – His Life, His Letters, His Story****\$30.00**

Early Christians were at risk of persecution for their beliefs and Saul of Tarsus, a Jew, was devoted to exposing them in his early life. He became St. Paul the Apostle when on his way to Damascus to expose more Christian believers, the resurrected Jesus appeared to him in a vision. He was not one of the original disciples of Jesus, but after his conversion wrote the earliest literature we have from participants in the Christian movement. He founded various Christian communities and his letters to them promoted an admirable ethic far ahead of his time about the equality of people in social, gender and ethnicity issues not yet fully achieved in our time. Unfortunately, after Paul's death, writings in his name began to appear which negate (and were so intended) his egalitarian teachings. This series of lectures attempts to set the record straight and to give the historical Paul the respect he deserves.

**Instructor:** Dr. Charles Anderson

**Min. 12 Max. 40**

**Dates:** Fridays 10:00 am to noon, October 14 to November 4, 2016

**Location:** Kamloops United Church

---

**FM816: A Vision for Growing Older – at any age**

**\$40.00**

Until recently, most of us understood and accepted aging as a process of retirement, moving to a “seniors’ residence”, and a gradual decline and disengagement from life. Rabbi Zalman Schachter-Shalomi’s book *From Age-ing to Sage-ing*© proposes a new model of late-life development called sage-ing, a process that associates old age with self-development and spiritual growth. Individuals learn to draw from the growth techniques of modern psychology and contemplative spiritual practices of the world’s wisdom traditions. The concepts in *From Age-ing to Sage-ing*© are based on models of the traditional “wise elder” whose wisdom guided the social order for thousands of years, state-of-the-art breakthroughs in brain-mind and consciousness research, and the ecology movement, which urges us to live in harmony with the natural world.

The course will be based on the concepts discussed in Rabbi Zelman’s book and will involve participants in widening and deepening their understanding of aging and elder-hood. We will explore looking at life in a new way as we grow older, spiritual practice that involves harvesting the wisdom of our lives, finding ways to transmit that wisdom as a legacy to future generations and how to give back through service while achieving our best selves as we age. No need to read the book to enjoy this program.

**Instructor:** Mitch Stefanek & Dick Taylor

**Min. 6 Max. 12**

**Dates:** Thursdays 1:30 pm to 3:30 pm, October 20 to November 24, 2016

**Location:** 262 Lorne Street, Board Room

---

**FM916: Kamloops Memorabilia**

**\$15.00**

In Session 1 of Kamloops Memorabilia, Collecting and Antiquing you will be introduced to this fun hobby and you will learn about Cloisonné items; Bottles and Canning Jars; Depression Glass and more.

Expand your collecting horizons in Session 2 and learn about Town Books; Adding to your Family History; Antiquing, Collecting and Exploring in the Central interior; exploring Canadian Souvenirs and more.

**Instructor:** Sheila Park and Joyce Klassen

**Min. 8 Max. 40**

**Dates:** Mondays 10:00 am to noon, October 24 and 31, 2016

**Location:** North Shore Community Centre, Oak Room

---

---

## FALL 2016 SINGLE SESSION COURSE DESCRIPTIONS

---

### **FS116: Introduction to Theravada Buddhist Tradition**

**\$10.00**

Join Ajahn Sona, Abbot of Birken Forest Buddhist Monastery (<http://birken.ca/>), for an introduction to the Theravada Buddhist tradition. Ajahn Sona will lead us in a short, guided meditation and then offer a Dhamma talk, sharing the teachings of the Buddha.

**Instructor:** Ajahn Sona

**Min. 8 Max. 30**

**Dates:** Tuesday, September 27 from 1:30 pm to 3:30 pm

**Location:** North Shore Community Centre, Willow Room

---

### **FS216: Painting 101: Colour Theory & Mixing**

**FREE**

Learn the basics of acrylic painting with local artist and educator Elizabeth Pattie. In this two-hour lesson, participants will learn about the science behind colour and how to create a harmonious palette by mixing their own colours. No experience is necessary, all materials are provided.

**Instructor:** Elizabeth Pattie

**Min. 6 Max. 15**

**Dates:** Wednesday, September 28 from 10 am to noon

**Location:** Kamloops Art Gallery

---

### **FS316: How NOT to buy a plunger in China (Repeat of Fall 2014)**

**\$10.00**

Join presenter Jan Petrar as she relives her time living, working, laughing, and learning her way through time spent as a business faculty member at a university in Beijing... but not close to the glittering towers of central Beijing, but rather in a remote suburb where few foreigners venture. Bring your sense of humour along as Jan guides you through her experience of a lifetime.

**Instructor:** Jan Petrar

**Min. 8 Max. 30**

**Dates:** Wednesday, September 28 from 1:30 pm to 3:30 pm

**Location:** North Shore Community Centre, Willow Room

---

### **FS516: Hospice – A Philosophy of Care**

**\$10.00**

Come and learn what Hospice is all about and what supports are available in our community. The session will cover a picture 'tour' of the Marjorie Willoughby Snowden Hospice home and information on volunteer visiting program, Counselling Services and the Casual comfort day program. Find out what happens at the hospice home, who can be admitted and family participation. We will share stories, talk about volunteer opportunities and upcoming fundraisers.

**Instructor:** Wendy Marlow

**Min. 8 Max. 40**

**Dates:** Tuesday, October 4 from 10:00 am to noon

**Location:** North Shore Community Centre, Oak Room

---

### **FS616: Volcanoes: The Big, the Bad and the Beautiful**

**\$10.00**

This workshop is a survey of volcanoes including the volcanic hazards, causes and what might happen during the next eruption of a super volcano. These subjects are explored using examples from the volcanic eruptions all over the world, ending with a focus on the volcanoes of British Columbia, their ages, causes and the likelihood of another eruption. Photographic illustrations, PowerPoint slides, narrative, and discussions will satisfy all your questions about volcanoes.

**Instructor:** Nancy van Wagoner

**Min. 8 Max. 40**

**Dates:** Wednesday, October 5 from 10:00 am to noon

**Location:** North Shore Community Centre, Oak Room

---

**FS716: Painting 101: Pet Portraits****FREE**

Learn the basics of acrylic painting with local artist and educator Elizabeth Pattie. In this two-hour lesson, participants will learn how to create a realistic rendering of their favourite furry friend using acrylic paint. No experience is necessary, all materials are provided.

**Instructor:** Elizabeth Pattie**Min. 6 Max. 15****Dates:** Wednesday, October 5 from 10:00 am to noon**Location:** Kamloops Art Gallery

---

**FS816: Romania by Camera featuring Tulcea on the Danube****\$10.00**

Come and explore with the Brandons a place you may never see. David & Alice take you on another fascinating trip with a purpose. With their beautiful photographs they will introduce you to Romania and the City of Tulcea. Tulcea, laid out on seven hills like Rome, has been an important harbor since ancient times. Founded in the 7th century BC the city was known in antiquity as Aegyssus. You will see the landscape, the people and learn more about this part of our world.

**Instructor:** Dr. David Brandon**Min. 8 Max. 40****Dates:** Friday, October 7 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room

---

**FS916: Painting 101: Still Life with Flowers****FREE**

Learn the basics of acrylic painting with local artist and educator Elizabeth Pattie. In this two-hour lesson, participants will learn about still life painting and create their own realistic rendering of a lively floral arrangement. No experience is necessary, all materials are provided.

**Instructor:** Elizabeth Pattie**Min. 6 Max. 15****Dates:** Wednesday, October 12 from 10:00 am to noon**Location:** Kamloops Art Gallery

---

**FS1016: Iconic Structures (Repeat Winter 2016)****\$10.00**

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**Min. 8 Max. 30****Dates:** Wednesday, October 12 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Willow Room

---

**FS1116: Could You Recognize a Problem Gambler?****\$10.00**

Join Roxanne L'Esperance from the BC Responsible and Problem Gambling Program and raise your awareness of gambling facts and risks, and where to get help for those who are impacted by or have a problem with gambling.

**Instructor:** Roxanne L'Esperance**Min. 8 Max. 30****Dates:** Thursday, October 13 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room

**FS1216: Natural Energy Healing****\$10.00**

Natural Energy Healing – What is it? How does it work? Learn about natural energy healing methods that are gentle and non-intrusive and can assist with stress management and healing for mind, body, and spirit.

**Instructor:** Kim Jensen**Min. 8 Max. 25****Dates:** Monday, October 17 from 10:00 am to noon**Location:** North Shore Community Centre, Willow Room**FS1316: A Little Excursion in Chemistry****\$10.00**

Join Dr. David McKinnon to hear how much our lives are affected by chemistry and learn about some topics of general interest including: 1) The chemistry involved in local industries such as mining, pulp and paper and cement manufacturing and how these affect our economy and lives. 2) Transportation and fuels such as gasoline and diesel processing and the combustion process, their economics and how these have given us the freedom of travel to open our horizons. 3) When things go wrong - risks from sometimes surprising sources and what we need to know to prevent problems.

**Instructor:** Dr. Dave McKinnon**Min. 8 Max. 40****Dates:** Tuesday, October 18 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**FS1416: Secwepemc Museum****\$10.00**

One of the unique benefits of living in the Kamloops area is the opportunity to appreciate the rich history and tradition of the Secwepemc bands through personal relationships, attending the Powwow, and visiting the Museum. Come and hear about the history and culture of the people who have lived on this land for centuries. Start a new relationship and share learnings about food plants, medicinal plants, basketry and much more. We will visit the Museum and see the onsite winter homes. Meet at the Secwepemc Museum and Heritage Park and wear comfortable shoes.

**Instructor:** Daniel Saul**Min. 8 Max. 25****Dates:** Monday, October 24 from 1:30 pm to 3:30 pm**Location:** Secwepemc Museum**FS1516: Medical Marijuana****\$10.00**

Join Dr. Mitchell to discuss the science of medical cannabis, its clinical uses and side effects. He will help us to understand the legal issues related to driving, travel, work, renting, and the generalized stigma for medical users. From a patient perspective we will discuss the use of a vaporizer, how to choose a cannabis provider, and edibles vs. vaping.

**Instructor:** Dr. Ian Mitchell**Min. 8 Max. 40****Dates:** Tuesday, November 1 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**FS1616: Cold Wars and Hot Water (Repeat Fall 2015)****\$10.00**

The travel experience can be varied and intriguing. Sometimes, it is just seeing the "bucket list", awe inspiring sites that make a place famous. Other times, it may be the cuisine and the ambience of the place. Or, it can be seeing natural vistas that are jaw dropping in their impact and majesty. But sometimes it can be serendipitous moments when you get unexpectedly caught up in the politics and culture of a place in surprising, even risky, encounters. It is this latter type of experience that is the focus of today. Join Jan as she draws you into some of her unplanned, and intense experiences while on the road. Bring along your sense of humour please!

**Instructor:** Jan Petrar**Min. 8 Max. 30****Dates:** Wednesday, November 2 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Willow Room

---

**FS1716: Around the World by Motorcycle****\$10.00**

Ever wanted to travel around the world.... and stop and stay wherever you wanted. Come and hear about Sam's Twilight project to circumnavigate the globe on a vintage (1975) BMW motorcycle. He completed this multi-year project (2-6 month stints at a time) last summer after doing all of North America and three trips through Europe as well as Russia, Korea and China. You will note that he left some places out ...so there might be more to explore in the future. Even if you only want to explore one spot for a while his experiences will inspire you.

**Instructor:** Sam Longiaru**Min. 8 Max. 40****Dates:** Tuesday, November 8 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room

---

**FS1816: Celebrating Life with Ceremony and Rituals****\$10.00**

There are so many ways to celebrate life! One way is to truly, intentionally, and consciously celebrate our life experiences by creating ceremony or ritual around them. Happy or sad; expected or unexpected; milestones achieved and marked with ceremony acknowledge the transition process when change in life happens. And the one thing that is constant in life is change! Join us to discuss how ceremony that includes personal symbolic elements can make it a powerfully transformative experience for all the participants.

**Instructor:** Kim Jensen**Min. 8 Max. 35****Dates:** Tuesday, November 8 from 10:00 am to noon**Location:** North Shore Community Centre, Willow Room

---

**FS1916: Report to the Emperor****\$10.00**

In 1296 a delegation was sent by the Emperor of China to the King of the Khmers (modern-day Cambodia). The Chinese clerk Chou Ta-Kuan attached to that delegation wrote a report of that visit. The land of the Khmers was a tropical one with a different culture that intrigued the clerk no end especially as he was, unlike the main delegation, housed in a private home. His report was not found by historians until hundreds of years later and that has made the report more significant than the clerk ever anticipated. Come and hear about it.

**Instructor:** Del Turner**Min. 8 Max. 20****Dates:** Tuesday, November 15 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room

---

**FS2016: BC Fruitlands – A Journey into Our Agriculture History****\$10.00**

The B.C. Fruitlands, now the North Shore communities of North Kamloops, Brocklehurst, Westsyde and Noble Creek, was one of a number of ventures aimed at irrigating and the developing the interior of British Columbia for growing fruit in the early 20<sup>th</sup> century. Their goal appeared to be to transform the Interior of British Columbia into a major fruit production centre. However, many of these ventures struggled to maintain viability due to a variety of factors, including falls in market prices, the Great Depression, two world wars, and lower immigration to the province. This talk will provide a history of B.C. Fruitlands through the documents in the British Columbia Fruitlands collection, which focus on the early development and financial history of the British Columbia Fruitlands Company, the British Columbia Power & Irrigation Company and the North Kamloops Syndicate.

**Instructor:** Scott Owens**Min. 8 Max. 30****Dates:** Friday, November 18 from 10:00 am to noon**Location:** Kamloops Museum and Archives

**FS2116: Music: The Most Important Human Endeavour****\$10.00**

We have all seen and heard about the reams of research-based material that show how involvement in music is great for mental development. From the "Mozart Effect" craze that began in the 90s to the dozens of best-selling books more recently such as "This Is Your Brain On Music," we can't escape the fascination of this topic.

Find out why neuroscientists all over the world are currently studying the effects of music on the human brain. We know that being engaged in musical activities has tremendous benefits on one's intellectual development, but you will also hear how it also has enormous social, physical, emotional, and even health benefits. In fact, being involved in music may be the most valuable thing we can do!

**Instructor:** Don Bennett**Min. 8 Max. 40****Dates:** Tuesday, November 22 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room**FS2216: Antarctica – Isn't it Cold... and Just a Bunch of Ice?****\$10.00**

In presenter Jan's own words, here is a little enticement: "I chose to go to Antarctica for only one reason I had been to the other six continents, and I impulsively decided to add that final notch in my belt - Antarctica. My expectations were low and I was concerned I'd be bored. How wrong I was! It truly was the trip of a lifetime, full of science, and trivia, and amazement. Join me as I share a little of what I learned and experienced."

**Instructor:** Jan Petrar**Min. 8 Max. 40****Dates:** Wednesday, November 23 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room

---

## FALL 2016 FIELD TRIP COURSE DESCRIPTIONS

---

**FF116: Fall Birds in Kamloops****FREE**

We will travel along Highways and byways stopping to look for migrating birds and waterfowl. Please bring a lunch and wear walking shoes. Bring binoculars and bird books if you have them.

**Instructor:** Rick Howie**Min. 8 Max. 30****Dates:** Saturday, October 1 from 10:00 am to 2:00 pm**Location:** Meet at Aberdeen Mall – Cineplex Theatre area

---

**FF216: Lambs you can Cuddle – Harmony Farms Tour****\$10.00**

There is just nothing more precious than baby lambs! Especially, Harmony Farm St. Croix lambs that are imprinted at birth and can't wait to be held, cuddled, loved on and played with! Lambing every 2 months all year round Gerry & Patricia Porter breed, raise and nurture their large flock of 'hair bred' lambs for the production of some of BC's finest premium gourmet meat with the understanding that 'happy lambs' provide 'happy meat'! Come enjoy a lamb cuddling party and learn about this exceptional breed of beautiful friendly sheep. The lambs are in open-air large barn enclosures, under cover and safely fenced. There is plenty of airflow so a light windbreaker or jacket would be good for those who want to sit with the lambs to observe, play, have them on their laps and interact with them.

We will meet at the Valleyview Starbucks at 10 am and carpool to the farm (a 35 minute drive). If you plan to go directly to the Farm do NOT arrive before 11 when the tour will start. The event will finish around 12:30 but we have allowed time for those who need to get back by 1:30 or who want to stay on a bit. Additional information on the lambs, timing, directions and clothing will be provided via mail or email directly to those who register.

**Instructor:** Gerry and Patricia Porter**Min. 8 Max. 30****Dates:** Friday, October 14 from 10 am to 1:30 pm**Location:** Harmony Farms, 4319 Paxton Valley Rd, Monte Lake

---

**FF316: Makerspace Kamloops Invention Hub Tour****\$10.00**

Makerspace – a non-profit society dedicated to serving the creative community in the Thompson Nicola Region. Their goal is to establish and operate a space in Kamloops where hobbyists, inventors, artists and innovative people from all walks of life, can come together and share their enthusiasm and knowledge.

**Instructor:** Aras Balali Moghaddam**Min. 8 Max. 15****Dates:** Monday, November 14 from 1:30 pm to 3:30 pm**Location:** Kamloops Makerspace, 207 Victoria Street West