

# **KAMLOOPS ADULT LEARNERS SOCIETY**

# **KALS**



## **2017 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: 236-425-4414 WEBSITE: www.kals.ca**  
**OFFICE: 262 Lorne Street, Kamloops, BC, V2C 1W1**  
**OFFICE Hours: 9am - 4pm, Monday – Friday (closed from noon - 1 pm)**

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.

**WINTER REGISTRATION BEGINS MONDAY, DECEMBER 12, 2016 at 10:00 AM**

**\*\*KALS OFFICE WILL BE CLOSED FROM DECEMBER 19, 2016, RE-OPENING ON TUESDAY JANUARY 3, 2017 –  
ONLINE REGISTRATION IS ENCOURAGED DURING THIS TIME**

#### **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 a 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**

**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 - WINTER 2017 COURSES

Length	Course Name	Day, Time & Date	Price
<b>MULTIPLE SESSION COURSES</b>			
6 weeks	The Aging Reversal: an Ayurvedic Approach to Wellness and Vitality	WED 10:00 AM to Noon - Jan 11 to Feb 15	\$40
9 weeks	News and Views	FRI 1:30 PM to 3:30 PM - Jan 27 to March 31	\$50
7 weeks	Come to the Concert	TU 10:00 AM to Noon - Jan 31, Feb 7, Feb 21, Mar 7, March 21, April 25, May 9	\$50
3 weeks	Tai Chi for Beginners - An Introduction to Taoist Tai Chi®	TU 3:00 PM to 5:00 PM - Jan 31 to Feb 14	\$20
3 weeks	Kamloops Sustainable Environment	WED 10:00 AM to Noon - Feb 1, Feb 15 & Mar 1	\$20
3 weeks	Senior Driving Update	WED 1:30 PM to 3:30 PM - Feb 1 to Feb 15	\$20
4 weeks	The History and Politics of Russia Today	TH 10:00 AM to Noon - Feb 2 to Feb 23	\$30
3 weeks	Israel/Palestine - Then & Now	MON 1:30 PM to 3:30 PM - Feb 6 to Feb 27	\$20
2 weeks	An Introduction to Energy	TH 1:30 PM to 3:30 PM - Feb 9 to Feb 16	\$15
2 weeks	Beyond the Coloring Book - Coloured Pencil Art	TU 1:30 PM to 3:30 PM - Feb 14 to Feb 21	\$15
5 weeks	Nature in Canadian Poetry, Prose and Song	WED 1:30 PM to 3:30 PM - Mar 1 to Mar 29	\$35
4 weeks	Escape with Huck Finn and friends	TU 1:30 PM to 3:30 PM - Mar 7 to Mar 28	\$30
2 weeks	The Mysteries of the Criminal Justice System Explained	WED 10:00 AM to Noon - Mar 8 to Mar 15	\$15
2 classes	Lawn Bowling "Come Out and Try It"	SA & SU 2:00 PM to 4:00 PM - April 29 & 30	\$15
<b>SINGLE SESSION COURSES</b>			
1 class	Wildlife Conservation in the Warmth	TU, Jan 17 - 10:00 AM to Noon	\$10
1 class	Art and Conversation	WED, Jan 25 - 10:00 AM to Noon	FREE
1 class	Bugs 'n Us: Entomology in the Interior BC	FRI, Jan 27 - 1:30 PM to 3:30 PM	\$10
1 class	An Update on The Roma of East-Central Europe	TU, Feb 7 - 10:00 AM to Noon	\$10
1 class	Art and Conversation	WED, Feb 8 - 10:00 AM to Noon	FREE
1 class	How Your Pharmacist Can Improve Your Health	TU, Feb 14 - 10:00 AM to Noon	\$10
1 class	Art and Conversation	WED, Feb 22 - 10:00 AM to Noon	FREE
1 class	How's Your Nutrition?	TH, Feb 23 - 1:30 PM to 3:30 PM	\$10
1 class	End of Life Ceremony and Rituals	TU, Feb 28 - 10:00 AM to Noon	FREE
1 class	Fraud, Personal Safety & Reporting Crime	WED, Mar 1 - 10:00 AM to Noon	\$10
1 class	Essential Life Skills-Relaxation and Stress Management	TH, Mar 2 - 1:30 PM to 3:30 PM	\$10
1 class	Judaism	TU, Mar 7 - 10:00 AM to Noon	\$10
1 class	Art and Conversation	WED, Mar 8 - 10:00 AM to Noon	FREE
1 class	St. John Ambulance Therapy Dog Program	TH, Mar 9 - 10:00 AM to Noon	\$10
1 class	First Nations Languages and Why They Matter	MON, Mar 13 - 1:30 PM to 3:30 PM	\$10
1 class	An Insider's Look at Farmer's Markets	TH, Mar 16 - 1:30 PM to 3:30 PM	\$10
1 class	How Secure is our Food System and is it Sustainable?	TH, Mar 23 - 1:30 PM to 3:30 PM	\$10
1 class	Your Vehicle and You	MON, Mar 27 - 1:30 PM to 3:30 PM	\$10
1 class	What is Restorative Justice & Who Does it Help?	MON, Mar 27 - 1:30 PM to 3:30 PM	\$10
1 class	Pickleball Anyone?	TH, Apr 6 - 1:30 PM to 3:30 PM	\$10
1 class	Stretch Your Legs - an Easy Walk	TU, Apr 11 - 10:00 AM to Noon	FREE
1 class	Lambs you can Cuddle	TH, Apr 13 - 10:00 AM to 12:30 PM	\$10
1 class	Find Your Stride - A Moderate Walk	TU, Apr 18 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, April 19 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, May 3 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, May 17 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, May 31 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, June 14 - 10:00 AM to Noon	FREE
1 class	Art and Conversation	WED, June 28 - 10:00 AM to Noon	FREE

# KALS WINTER 2017 MULTIPLE SESSION COURSE DESCRIPTIONS

---

## **The Aging Reversal: an Ayurvedic Approach to Wellness and Vitality**

**\$40.00**

The body constantly rebuilds itself, very little of it is older than two years old, why then do we age? Ayurveda, the basis of the course, is the Vedic understanding of managing human physiology and keeping the body young and fit. This introductory course is loaded with practical, enjoyable protocols that may be easily introduced into daily routine.

**Instructor:** Paul Colver

**Min. 8 Max. 20**

**Dates:** Wednesdays 10:00 am to noon, January 11 to February 15, 2017

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

---

## **News and Views**

**\$50.00**

Join Moderator Ray Pillar for lively thought provoking discussion and debate about local, provincial, national and world issues....whatever the news we look forward to range of views and always have great discussion.

**Instructor:** Ray Pillar

**Min. 12 Max. 25**

**Dates:** Fridays 1:30 pm to 3:30 pm, January 27 to March 31, 2017 (No class on March 17, 2017)

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

---

## **Come to the Concert**

**\$50.00**

"Come to the Concert" will continue with a 7-week series of introduction to the music in the remaining orchestral and chamber music concerts of the 2016 - 2017 KSO 40th Anniversary season. Rod will continue to demonstrate how knowledge and familiarity can help enrich any listener's enjoyment. Each class is scheduled a few days before the performance. You will hear a brief overview of the structure of each work, information on composers, the evolution of musical styles, and the growth of musical genres. The first class will be an introduction to the balance of the season. We will explore questions about aspects of the music and performance and develop more fully the musical and historical background to increase your enjoyment of the music.

You can also be involved in the KSO search for a new Music Director to replace long-time Director Bruce Dunn. Four people have been shortlisted and each candidate will conduct one of the Masterworks Series orchestral concerts. Audience opinion of the candidates is being gathered to aid the decision. 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.12 Max. 25**

**Dates:** Tuesdays 10:00 am to noon, January 31, February 7 & 21, March 7 & 21, April 25, May 9, 2017

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

---

## **Tai Chi for Beginners – An Introduction to Taoist Tai Chi**

**\$20.00**



The Kamloops Branch of FLK Taoist Tai Chi® in partnership with KALS will introduce a Taoist art that helps calm the mind, cultivates the heart and transforms you into a healthier and more harmonious person. It is a great way to find balance, relax and have some fun! Wear comfortable clothing and indoor shoes.

**Instructor:** Luisa Ahlstrom and Jerry Stack

**Min. 12 Max. 30**

**Dates:** Tuesdays 3:00 pm to 5:00 pm, January 31 to February 14, 2017

**Location:** Heritage House

---

## **Kamloops Sustainable Environment**

**\$20.00**

### **Session 1 - Water, We Can't Live Without it**

Using an interactive watershed model, participants will see where Kamloops' water comes from, how it is treated and how it travels to the waste water treatment facility. A short demonstration on how much water there is in the world will be covered, as well as discussion on water conservation and watershed health.

### **Session 2 - Nature's way of Recycling**

Discover how to compost your kitchen scraps and yard waste more efficiently. Learn what can and cannot be composted, how long it takes to decompose and the benefits of composting for your garden. There will be discussion on potential problems and ways to fix them. Discussion on Vermicomposting will also be covered.

### **Session 3 - Recycling Beyond the Bin**

This presentation will involve learning about the 4 R's of waste management and ways that residents can reduce their waste at home. Participants will learn about the City of Kamloops' recycling program, with an emphasis on the materials that are accepted and not accepted within the program. Discussion on other recycling options within the community for various products will also be covered.

**Instructor:** Jaimi Garbutt

**Min. 8 Max. 25**

**Dates:** Wednesdays 10:00 am to noon, February 1, February 15 and March 1

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

---

### **Senior Driving Update**

**\$20.00**

If you haven't taken this important and informative course before, now is the time! Paul Muzzillo from DriveWise is returning to give us another opportunity to update our driving skills and knowledge. Traffic patterns change, new signs go up, and perhaps our parking skills need a little tweaking. Come and hear what you need to know to maintain your status as an experienced driver.

**Instructor:** Paul Muzzillo

**Min. 8 Max. 20**

**Dates:** Wednesdays 1:30 pm to 3:30 pm, February 1 to February 15, 2017

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

---

### **The History and Politics of Russia Today**

**\$30.00**

Russia and its leadership have played a major role in shaping world affairs throughout modern history. In this series Dr. Bell will explore some of that history and relate it to the events in the news today.

**Instructor:** Dr. Wilson Bell

**Min. 8 Max. 40**

**Dates:** Thursdays 10:00 am to noon, February 2 to February 23, 2017

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

---

### **Israel/Palestine – Then & Now**

**\$20.00**

Join 3 presenters to hear about their perspectives of travelling and living in Israel/Palestine. Session 1 will be a PowerPoint overview of Biblical sites their locations & history. Session 2 will focus on Judaism – theology, anti-Semitism, Zionism, experiences of living in Israel in the 1970's, and the changes since 1995. Session 3 will consider the reality of the situation today, and the on-going conflict between the Israeli and Palestinian peoples.

**Instructor:** Dr. Tom Friedman, Rev. Dawne Taylor and Dr. Henry Hubert

**Min. 8 Max. 40**

**Dates:** Mondays 1:30 pm to 3:30 pm, February 6 to February 27, 2017 (no class on Feb. 13)

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

---

### **An Introduction to Energy**

**\$15.00**

With all the media talk.... are you confused about energy? This presentation may help you understand a bit more about what's happening and where we may be headed. Energy is more than a technical subject, it can also be financial, political, environmental and emotional. Anyone with an interest in being better informed about energy will get something out of this. You will appreciate energy as more than just turning on the lights or filling the car up with gasoline.

**Session 1** - Energy production and use in BC, Canada and the World - a historical look to understand trends and consider where the future lies. Topics include defining energy, primary energy resources, their production and conversion, constraints to energy production by demand, and environmental issues and climate implications, etc. We will also begin to consider energy transformation going into the future.

**Session 2** - An unbiased look at a few current technologies and how to integrate these technologies with our current infrastructure. We'll consider wind, solar, nuclear, hydro, and carbon capture. Time permitting we may touch upon options for transportation of fuels such as compressed hydrogen.

**Instructor:** Ralf Luthe

**Min. 12 Max. 40**

**Dates:** Thursdays 1:30 pm to 3:30 pm, February 9 & 16, 2017

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

---

**Beyond the Colouring Book – Coloured Pencil Art****\$15.00**

Coloured pencils and colouring books for adults are all the rage. This is an engaging, compact, no mess, portable hobby which will give you many hours of enjoyment. There are many things you can do to increase your experience using regular pencil crayons. Come and hear an artist give you tips on how to produce realistic drawings. In these classes you will explore 'mini painting' applying pigments right on the paper both to colour in the outline provided and to create drawing to take your art beyond the colouring book. Supplies provided but you can bring your own and get advice about what to use to create the kind of projects that most interest you.

**Instructor:** Wendy Patrick**Min. 8 Max. 15****Dates:** Tuesdays 1:30 pm to 3:30 pm, February 14 & 21, 2017**Location:** North Shore Community Centre, Oak Room**Nature in Canadian Poetry, Prose and Song****\$35.00**

In this session, we will examine the relationship between humans and the natural environment in Canadian literature, focusing on the Romantic movement of the 19th Century and the current Green movement that gained prominence in the late 20th Century.

We will learn more about indigenous knowledge, regionalism, place, and eco-criticism. Poets such as Archibald Lampman, Margaret Atwood and Don McKay, along with musicians such as Neil Young and Joni Mitchell, will be studied. We will also take advantage of the fact that Western Canada Theatre is producing Daryl Cloran's adaptation of *The Cure for Death by Lightning* by Gail Anderson-Dargatz and study the novel, primarily in terms of its focus on the natural environment of the Shuswap area. Copies of the poems will be provided; please purchase your own copy of Anderson-Dargatz's novel.

**Instructor:** Ginny Ratsoy**Min. 12 Max. 35****Dates:** Wednesdays 1:30 pm to 3:30 pm, March 1 to March 29, 2017**Location:** North Shore Community Centre, Oak Room**Escape with Huck Finn and friends****\$30.00**

For four Tuesdays in March we will run away and laugh and learn with the most famous story of the great American author Mark Twain. All participants will shape our discussion of this classic book and take us off on many discussions about the author, the issues in the book and anything else related to the topic. This is a shared learning experience where we decide each week what we want to look into and share with one another. This is our next attempt at a peer learning experience KALS course and we had so much fun doing something like this before we want to keep it going. Come and join us in this new territory

**Instructor:** Janet McChesney**Min. 8 Max. 25****Dates:** Tuesdays 1:30 pm to 3:30 pm, March 7 to March 28, 2017**Location:** North Shore Community Centre, Oak Room**Mysteries of the Criminal Justice System Explained****\$15.00**

In this 2-session course join The Hon. Robert B Hunter QC (retired BC Supreme Court judge) and Crown and defense lawyer Rob Bruneau (retired) as they explore the work and responsibility of the Criminal Court system of Canada. They will review the criminal court structure; the onus on the Crown of proof beyond a reasonable doubt of the guilt of the accused; the Charter of Rights and Freedoms and the protection of the rights of the accused; trial by judge alone and trial by judge and jury; the obligation on the Crown to make full disclosure to the accused; the length of trials; the time it takes between the laying of a charge against an accused and time of trial; the principles of sentencing after conviction; how the system protects citizens from false arrest and from being inappropriately charged. Bring your questions about this important part of our democracy.

**Instructor:** Hon. Robert Hunter and Rob Bruneau**Min. 8 Max. 40****Dates:** Wednesdays 10:00 am to noon, March 8 & 15, 2017**Location:** North Shore Community Centre, Oak Room**Lawn Bowling "Come Out and Try It"****\$15.00**

The Kamloops Riverside Lawn Bowling Club, in partnership with KALS, will introduce lawn bowling to our members. The

first class will consist of one half hour of instruction at the Heritage House Lawn Bowling Club Room, followed by participation in active lawn bowling with certified instructors. On April 30th, the class will bowl for 2 hours with high hopes of improving their skills. The instructors will be in attendance. Wear comfortable flat shoes. Bowling balls will be provided. Sounds like fun!

**Instructor:** Irene Bridgeman, Bruce Clary, Laurel Hunt & Bob Gamble

**Min. 8 Max. 40**

**Dates:** Saturday, April 29 and Sunday, April 30 from 2:00 pm to 4:00 pm

**Location:** Heritage House

---

## WINTER 2017 SINGLE SESSION COURSE DESCRIPTIONS

---

### **Wildlife Conservation in the Warmth**

**\$10.00**

Who cares what it is like outside on January 17th, you can come to this inside event and be in the wilds of Kamloops seeing and talking about our native animals, their habitat and our impact on them. With remote permanent cameras positioned around the out of doors, Frank can tell you more about the species that live in our world and how we can be more aware and more engaged in the protection of key habitats.

**Instructor:** Frank Ritcey

**Min. 8 Max. 40**

**Dates:** Tuesday, January 17 from 10:00 am to noon

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

---

### **Art and Conversation**

**FREE**

Join the Kamloops Art Gallery in the studios on select Wednesdays for coffee and conversation about art topics followed by a hands-on art workshop. After coffee artist Anyssa Gill will teach something different each session and you will learn how to create your own artwork. Art can be messy—please wear something that you won't mind getting a bit of paint on. All materials will be supplied. \*Please register in each date you would like to attend.

**Instructor:** Anyssa Gill

**Min. 8 Max. 15**

**Dates:** Wednesdays 10:00 am to noon, January 25, February 8, 22, March 8, April 19, May 3, 17, 31, June 14 & 28

**Location:** Kamloops Art Gallery

---

### **Bugs 'n Us: Entomology in the Interior BC**

**\$10.00**

Bugs, bugs and more bugs. Enjoy a brief history of forest and agricultural entomology in Kamloops and the Okanagan, a description of Ward's current work in Forest Entomology, and—in a blatant appeal to the photographers among you—a description of how the microscopic photos in the presentation were taken.

**Instructor:** Ward Strong

**Min. 12 Max. 40**

**Dates:** Friday, January 27 from 1:30 pm to 3:30 pm

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

---

### **An Update on The Roma of East – Central Europe**

**\$10.00**

The Roma of East-Central Europe have become the object of increasing political and scholarly interest since the disintegration of state socialism in 1989 and the enlargement of the European Union. The biggest European minority, they suffer disproportionately from poor health, unemployment, low levels of formal education, inadequate housing and discrimination. They constitute Europe's most politically under-represented and most stigmatized population. Since 2012 the governing body of the European Union has made the integration of Roma into mainstream society an important goal of EU policy. Dr. Scheffel will examine the changes that the rural Roma have undergone over the last twenty years in their attempt to partake of the modernization of the surrounding society.

**Instructor:** Dr. David Scheffel

**Min. 8 Max. 40**

**Dates:** Tuesday, February 7 from 10:00 am to noon

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

---

**How Your Pharmacist Can Improve Your Health****\$10.00**

Pharmacists do more than just prepare your medication. They can help you afford, manage, and organize your medication. With their expertise, pharmacists can help you understand your health and empower you to take control.

**Instructor:** Mike Huitema**Min. 8 Max. 40****Dates:** Tuesday, February 14 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**How's Your Nutrition?****\$10.00**

Join this innovative health seminar based in quantum science and learn about your nutritional and health needs. If you or someone you know has allergies, unresolved health issues they can't overcome, or takes supplements with no results, this session may help unlock the secrets your body has been trying to tell you.

**Instructor:** Cathy Lidster**Min. 8 Max. 40****Dates:** Thursday, February 23 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room**End of Life Ceremony and Rituals****FREE**

Good planning for end of life issues can ensure individual choices & needs are known and followed and can eliminate guesswork for you or a loved one. Drake will discuss how to prepare for this emotional and stressful time and answer questions about how to ensure your wishes and needs are followed.

**Instructor:** Drake Smith**Min. 8 Max. 40****Dates:** Tuesday, February 28 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**Fraud, Personal Safety & Reporting Crime****\$10.00**

Join our Kamloops Crime Prevention Coordinator and a member of the RCMP for a valuable discussion about keeping yourself and your family safe. Learn how to deal with telephone, email and mail scams; how to keep yourself and your property safe from criminal activity; and as a citizen what you should do when you see what you believe might be a crime.

**Instructor:** Sandro Piroddi and Constable Buttuls**Min. 8 Max. 40****Dates:** Wednesday, March 1 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**Essential Life Skills – Relaxation and Stress Management****\$10.00**

Take time for a refresher course in how to relax and unwind. Join Kim to learn about a variety of ways to relieve stress, relax, sleep better, and take better care of your overall health.

**Instructor:** Kim Jensen**Min. 8 Max. 40****Dates:** Thursday, March 2 from 1:30 pm to 3:30 pm**Location:** North Shore Community Centre, Oak Room**Judaism****\$10.00**

In this seminar you will learn about the beginnings of Judaism and some of the basic beliefs and tenants of one of the largest religions in the world. You will be introduced to the Synagogue and life customs and traditions such as bris, bar mitzvah, Jewish celebrations and high holidays are also briefly introduced in order to offer greater understanding of the origin and importance of traditions found within Judaism.

**Instructor:** Heidi Coleman**Min. 8 Max. 40****Dates:** Tuesday, March 7 from 10:00 am to noon**Location:** North Shore Community Centre, Oak Room**St. John Ambulance Therapy Dog Program****\$10.00**

Members of the Therapy Dog Program will talk about the history of the Therapy dog program, some of the research about the benefits of therapy dogs visiting acute and long term care facilities, and about the how the program operates in



Kamloops.

**Instructor:** Trudy Bonbernard

**Min. 8 Max. 30**

**Dates:** Thursday, March 9 from 10 am to noon

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

---

**First Nations Languages and Why They Matter**

**\$10.00**

Join Dr. Ignace and Elders of the Skeetchestn community to learn about First Nations languages, how oral history and storytelling has played an important role in our understanding of first nations culture and in directing legal outcomes relating to first nations rights.

**Instructor:** Dr. Marianne Ignace

**Min. 8 Max. 40**

**Dates:** Monday, March 13 from 1:30 pm to 3:30 pm

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

---

**An Insider's Look at Farmer's Markets**

**\$10.00**

Since the early 80's, Anne has spent many Saturday mornings at the Kamloops Regional Farmer's Market. Currently she is Treasurer of the Society. She will provide an overview of the formation, goals, and structure of the Market. Working and travelling in Europe, Africa, and Central and South America has given her a view of how others grow their food. Anne will also discuss the concepts of food security and food sovereignty, and the role of local Farmers' Markets in ensuring that everyone has access to fresh, nutritious food.

**Instructor:** Anne Grube

**Min. 12 Max. 35**

**Dates:** Thursday, March 16 from 1:30 pm to 3:30 pm

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

---

**How Secure is our Food System and is it Sustainable?**

**\$10.00**

Join Gillian Watt to learn more about food production within our region. Learn why it is important for your enjoyment, your health, your community and the environment to buy and dine on locally grown foods and what you can do differently to support local food production and food security within our region.

**Instructor:** Gillian Watt

**Min. 8 Max. 40**

**Dates:** Thursday, March 23 from 1:30 pm to 3:30 pm

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

---

**Your Vehicle and You**

**\$10.00**

What is under the hood? The red light came on, now what do I do? Synthetic oil or not? How many kilometers can I expect to get with trouble free driving? Join us and ask a skilled master mechanic how to have greater peace of mind driving.

**Instructor:** Harvey Boorse

**Min. 8 Max. 25**

**Dates:** Monday, March 27 from 1:30 pm to 3:30 pm

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

---

**What is Restorative Justice & Who Does it Help?**

**\$10.00**

Join us to learn about a system of criminal justice that focuses on the rehabilitation of offenders through reconciliation with victims and the community at large. Learn how it can be a healing approach for victims of crime and conflict, and can gain accountability from offenders without vengeance.

**Instructor:** Dona Lemieux and Alana Abramson

**Min. 8 Max. 40**

**Dates:** Monday, March 27 from 1:30 pm to 3:30 pm

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

---

**Pickleball Anyone?**

**\$10.00**

Come and find out what the pickleball craze is all about! We now have courts in the Kamloops area available to play this unique fast paced game that can be fun for all ages. Like many games it's easy to learn and play but challenging to master. So even if you just want to know more about what it is and how to play it, you will enjoy this session. And some of you

may even take it up as another way to connect with friends and stay active and healthy.

**Instructor:** Tim Mah

**Min. 8 Max. 20**

**Dates:** Thursday, April 6 from 1:30 pm to 3:30 pm

**Location:** McDonald Park

---

### **Stretch Your Legs – An Easy Walk**

**FREE**

Enjoy a super easy walk on flat ground to explore one of the City of Kamloops' Nature Parks with a guided tour including plant identification and uses, ecosystem function, geology and history of the area. Meet at Aviation Way parking lot. Turn left off Tranquille Road just before the airport, then drive to the end of the road. Wear appropriate shoes and clothing and bring something to drink.

**Instructor:** Kirsten Wourms

**Min. 8 Max. 25**

**Dates:** Tuesday, April 11 from 10 am to noon

**Location:** River Trail at Aviation Way

---

### **Lambs You Can Cuddle**

**\$10.00**

There is nothing more precious than baby lambs. Harmony Farms St Croix lambs are imprinted at birth and can't wait to be held, cuddled and played with. Lambing every two months all year round, come and enjoy an indoor lamb cuddling party and learn about this exceptional breed. We will meet at the Valleyview Starbucks at 10 am and carpool to the farm - a 20 minute drive. Details will be emailed to those who sign up for this event.

**Instructor:** Patricia and Gerry Porter

**Min. 8 Max. 30**

**Dates:** Thursday, April 13 from 10:00 am to 12:30 pm

**Location:** Harmony Farms

---

### **Find Your Stride – A Moderate Walk**

**FREE**

Enjoy a moderate walk in Kenna Cartwright Park to explore one area of the park with a guide to explain plant identification and uses, ecosystem function, geology and history of the area. Meet at the Pacific Way entrance parking lot. To get there go uphill on Hillside Drive, turn right at Duffy's pub onto Pacific Way, drive past the new housing development to the parking lot on the right. Wear appropriate shoes and clothing and bring something to drink.

**Instructor:** Kirsten Wourms

**Min. 8 Max. 25**

**Dates:** Tuesday, April 18 from 10:00 am to noon

**Location:** Kenna Cartwright at Pacific Way

---

## **Kamloops Adult Learners Society**

### **WINTER 2017 – MEET OUR PRESENTERS**

**Dr. Alana Abramson:** Dr. Alana Abramson is an educator in the Criminology department at Kwantlen Polytechnic University. She earned her M.A. & Ph.D. from Simon Fraser University and believes education can inspire personal and social change. Alana has examined the roles that police and community play in restorative justice. She also has explored the role of post-secondary education in advancing the theory and practices of restorative justice in community and social institutions. Alana lives in Kamloops and loves vegan food, yoga, hiking and being in nature, her two cats, and travelling with her partner.

**Luisa Ahlstrom:** Luisa Ahlstrom is a long-time member and volunteer instructor for the Fung Loy Kok Taoist Tai Chi®, a world-wide registered charitable organization. She's one of the founders of the Kamloops Branch with 14 years of teaching experience.

**Dr. Wilson Bell:** Dr. Wilson Bell is Assistant Professor at Thompson Rivers University in the Faculty of Arts teaching courses in European & Russian History. He earned his BA at Dalhousie University and his MA & PhD at the University of Toronto. His Research has focused on the Gulag prison camps in the Soviet Union under Stalin. Over 18 million prisoners passed through these camps for crimes from murder to telling a joke about the government. Dr. Bell has been awarded a two-

year (2015-2017) SSHRC grant for a new project: "44 Lenin Avenue: Siberia's 20th century history as told through its most remarkable building."

**Harvey Boorse:** Harvey Boorse is a mechanic with 39 years in the automotive repair business. For the last 10 years he has worked at Boomers Auto Centre. He & his wife have 2 daughters & 4 grandchildren. Harvey's first career was as a professional Bass player and he still enjoys playing music along with maintaining his 57 Chevy Bel Air.

**Irene Bridgeman:** Irene Bridgeman is president of the Kamloops Riverside Lawn Bowling Club. She has lawn bowled for 27 years and has been a certified lawn bowling instructor for 10 years.

**Rob Bruneau:** Rob Bruneau graduated from UBC law school 1976 and was Crown prosecutor in Vancouver 1977 to 1980. He came to Kamloops in 1980 to enjoy a smaller city life together with the lakes and mountains. Rob was Crown prosecutor in Kamloops 1980 to 1987 and then did Criminal defence work and prosecution with Fulton and Company 1987 to 2015. He retired in 2015. He has two adult children, both working in the eastern United States.

**Constable Buttuls:** Constable Buttuls is a 24-year member of the RCMP. He has had special training in crime prevention and worked in this area for 8 years. Before moving to Kamloops in 2000 he served in Powell River.

**Bruce Clary:** Bruce Clary has been lawn bowling for 7 years and has been a certified instructor for 5 years at Riverside Park.

**Heidi Coleman:** Heidi Coleman has worked as a professional fundraiser and not for profit executive and manager for 15 consecutive years. Heidi moved from Montreal with her family to join the Royal Inland Hospital Foundation in July 2012 as their Chief Executive Officer. She holds a Master's degree in Art History from the Universite de Montreal and a Teaching Certificate and Bachelor of Arts degree from McGill University. In her early 20's she worked for the Canadian Zionist Federation and led trips to Israel for Jewish teens. She has been President of the Kamloops Jewish Community for 3 years. She is a member of RAFT- Refugees and Friends Together and has been part of their effort to sponsor 5 Syrian families. She is also a member of Kamloops Rotary Club

**Paul Colver:** Paul Colver is author of the book *The Aging Reversal Course: An Ayurvedic Approach to Wellness and Vitality*. He first encountered Vedic thought as a youngster and his interest intensified when in his late 50's, the practices helped him regain his vitality after a serious illness. Paul moved to Kamloops to be near his three granddaughters ages 4, 6 and 7. His interests are writing, hiking and anything to do with water.

**Dr. Tom Friedman:** Dr. Tom Friedman is a Professor of English at TRU, having earned a PhD at the University of Toronto. He is a past president of the Kamloops Jewish Community Centre. From 1971 to 1973 he volunteered on a kibbutz near the Jordan River in Israel and studied at the Hebrew University in Jerusalem. He has previously lectured on Alice Munro's stories for KALS.

**Elizabeth Funk:** Elizabeth Funk is a fourth-year English student at TRU with a particular interest in Canadian and Indigenous literatures.

**Bob Gamble:** Bob Gamble has been lawn bowling for 12 years and has taught lawn bowling as a certified instructor for 6 years. Bob is a certified lawn bowling umpire.

**Jaimi Garbutt:** Jaimi Garbutt is the Sustainability Educator at the City of Kamloops and for 9 years has educated residents about how to live a more sustainable lifestyle. Her focus is on water conservation, waste management, vermicomposting and climate change. Jaimi is on the ECO Smart Team, World Rivers Day, & committee for the Green Living Expo.

**Anne Grube:** Anne Grube has been involved in local agriculture for most of her life. She grew up on a farm in Chase; her father was a WW II veteran and was thus able to purchase his land. The Golden Ears Farm is now operated by her older son and his partner.

**Dr. Henry Hubert:** Dr. Henry Hubert began teaching English language and literature at Cariboo College in 1971 and retired from Thompson Rivers University as Dean of Arts after more than three decades of teaching and administration. He studied at the University of Alberta, Simon Fraser University, the University of British Columbia, Georg August University in Göttingen, Germany, and Union Theological Seminary in New York. His education and travel have been driven by his

interests in religious and broader cultural history, communication, and music.

**Michael Huitema:** Mike Huitema is the owner of the Shoppers Drug Mart in Sahali and has been serving this community for almost 10 years. He graduated in 2007 from the University of Alberta and moved to Kamloops. Now with his wife and three boys they're proud to call Kamloops their home. While he is passionate about community pharmacy, he is especially interested in diabetes and antibiotic therapies.

**Laurel Hunt:** Laurel Hunt has been lawn bowling for 7 years and has taught lawn bowling as a certified instructor for 5 years.

**Robert Hunter:** The Hon. Robert B Hunter, QC, earned a law degree at UBC in 1962 and practiced law in Kamloops until 1992, when he was appointed a Judge of the BC Supreme Court. He retired in 2002. Bob & his wife Jo Mary have 3 children & 8 grandchildren. He enjoys a variety of community and recreation activities including St Paul's Cathedral, Probus, Men's cooking club, book club, breakfast group, gym, walking and golf.

**Dr. Marianne Ignace:** Dr. Marianne Ignace is a Professor at Simon Fraser University, where she teaches First Nations studies and is Director of the First Nations Language Centre. She has a PhD in Anthropology from SFU. Her interests are First Nations Narrative and Oral History, Language and Culture, Ethnobiology and Ethnoecology, Aboriginal Peoples and Languages of Northwestern North America. For 20 years, she has focused her research on the Secwepemc (Shuswap) people of the plateau.

**Kim Jensen:** Helping people to help themselves to live a balanced, joyful life is Kim's personal and professional mission. Her background is in nursing and community capacity building. She is a Reiki Master Practitioner and Teacher. She recently completed education to be a Life Cycle Celebrant through the Celebrant Foundation and Institute.

**Dona Lemieux:** Dona Lemieux is a trained Restorative Justice practitioner and has been inspired by the idea of incorporating Restorative Justice in the post-secondary education environment. Dona works at Thompson Rivers University as the Student Case Manager with the Office of Student & Judicial Affairs and believes that Restorative Justice can play a role in dealing with conflict and misconduct issues, while repairing harm, restoring relationships, and promoting community healing.

**Cathy Lidster:** Cathy Lidster is a trained nutritionist who began experiencing symptoms of declining health in her mid-forties. Not willing to accept this as normal, she found Energy Response Testing - a method of targeting the body's underlying priorities for nutritional needs as a way to support each person's health. Her vitality and health returned including 40 years of allergies gone. Her clients also report positive changes.

**Ralf Luthé:** Ralf Luthé is a Professional Engineer in Alberta. Ralf is NOT an expert in energy or energy technologies but has an interest in the subject and people's understanding of it. Ralf has worked in the petrochemical, fertilizer and, oil and gas industry in Canada and the Middle East.

**Tim Mah:** Tim Mah is Vice-President of the Kamloops Pickleball Club. Over that last 10 years he has played in local, provincial and international competitions and he is a pickleball instructor.

**Rod Michell:** Rod Michell has a MA in English and Literary Arts from Oxford University. He 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.

**Paul Muzzillo:** Paul Muzzillo has been with DriveWise for several years. Paul has a Bachelor's degree and started working at DriveWise as a way to fulfill prerequisites for an Education program at TRU. However he found the work he does with Drivewise more satisfying than he could have imagined and "it allows me to meet not only new young drivers but also help seniors maintain their driving independence."

**Wendy Patrick:** Wendy Patrick is a former Kamloops teacher and Art was always one of her favourite subjects. She is a self-taught Coloured Pencil specialist who draws as a hobby and enjoys passing on the techniques of this almost forgotten true medium. The pigments in the pencils are mixed and layered right on the paper. Wendy will demonstrate and guide you, using images from Adult Colouring Books and still life objects. All materials will be supplied to borrow but please feel free to bring your own.

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

**Sandro Piroddi:** Sandro Piroddi has been with the City of Kamloops for 22 years. He is the Crime Prevention Coordinator and has been in this role for 7 years. Sandro supervises RCMP volunteers and works with a range of organizations to educate citizens about public safety.

**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.

**Ginny Ratsoy:** Ginny Ratsoy, Associate Professor of English at Thompson Rivers University, is proud to have taught courses for KALS since 2007. One of her recent publications speaks to that relationship. See "The Roles of Canadian Universities in Heterogeneous Third-Age Learning: A Call for Transformation."

**Frank Ritcey:** Frank Ritcey is the Provincial Coordinator of the WildSafeBC program at the BC Conservation Foundation educating communities about how to reduce human-wildlife conflicts. The program grew from the successful Bear Aware program to the multi-species program now delivered by 25 coordinators in 100 BC communities. He is a regular guest on the CBC radio North by Northwest show to share wildlife stories and natural events that make our province so amazing to live in.

**Dr. David Scheffel:** Dr. Scheffel has been a Professor of Anthropology at Thompson Rivers University since 1986. He earned a B.A. at University of Manitoba, M.A. at Memorial University of Newfoundland, and a PhD at McMaster University. For the last 20 years, his research has focussed on the Slovak Roma people, including a CIDA-funded community development project in late 1990s and early 2000. His current research focuses on the growing political participation of Slovak Roma at the municipal level. He has written a book about the Roma and collaborated with the National Film Board on a documentary about the community.

**Drake Smith:** Drake Smith of Drake Cremation and Funeral Services for Kamloops and the North Thompson.

**Jerry Stack:** Jerry Stack has been a participating member of Fung Loy Kok Taoist Tai Chi® for ten years, and has five years of teaching experience.

**Dr. Ward Strong:** Dr. Ward Strong is an Entomologist working at the Kalamalka Forest Research Centre in Vernon BC and teaches at UBCO. He has an encyclopedic knowledge of bugs and their strange habits. He was instrumental in helping to save the Italian Pine nut industry due to a mistakenly imported (from Canada) parasitic insect.

**Rev. Dawne Taylor:** After a BA from McGill and a career in Human Resources, Dawne completed a M.Div. and S.T.M. (Master of Sacred Theology) at St. Andrew's College at the University of Saskatchewan. She was ordained as a minister in the United Church of Canada in 1989, and served congregations in Alberta and BC, retiring after 12 years in ministry with the folks of Mount Paul United Church in Kamloops.

**Gillian Watt:** Gillian Watt is the Manager of the new, Applied Sustainable Ranching Program at TRU in Williams Lake. She was born on the OK Ranch south of Clinton and at the age of 7 moved with her family to their own ranch on the North Thompson River just outside Barriere. Her father's family has generations of history ranching in the Cariboo and her mother (from England) met her father while on a working holiday. Gillian has a BSc in Agriculture Sciences from UBC and an MBA in Agriculture from the University of Guelph. She believes the next generation of farmers and ranchers must work closely with the environment and have sharp business skills in order to meet the challenges of the future and help build communities that are healthy, resilient and prosperous.

**Kirsten Wourms:** Kirsten Wourms is Crew Leader in the City of Kamloops Nature Parks. She has spent many years working, playing and studying in the outdoors and enjoys that sharing knowledge.

# **Kamloops Adult Learners Society**

## **WINTER 2017 VENUES**

### **The Heritage House**

100 Lorne St. Kamloops, BC V2C 3K6

### **North Shore Community Centre:**

452 - 730 Cottonwood Avenue, Kamloops BC V2B 8M6

### **Kamloops Art Gallery**

465 Victoria Street #101, Kamloops BC V2C 2A9

### **Harmony Farms**

4319 Paxton Valley Road, Monte Lake BC V0E 2N0

### **McDonald Park**

McDonald Ave, North Shore Kamloops, BC – Corner of Park St. and McDonald Ave.

### **River Trail on Aviation Way**

Turn left off Tranquille Road onto Aviation Way

### **Kenna Cartwright – Pacific Way parking lot**

Turn right off of Hillside Drive onto Pacific Way