

# KAMLOOPS ADULT LEARNERS SOCIETY

# KALS



## 2017 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, V2C 1W1**  
**OFFICE Hours: 8 am – 4 pm, Monday – Friday (closed from 12 - 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.

**FALL REGISTRATION BEGINS MONDAY, AUGUST 21st, 2017 at 10:00 AM**

#### **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.**

4 classes	Diversity and Dissent in Postwar Canada	Sept 19 – Oct 10	Tues 9:30 – 11:30	\$30
10 classes	News and Views	Sept 22 – Nov 24	Fri 1:30 – 3:30	\$50
4 classes	Come to the Concert: preparing for the symphonic experience	Sept 26 – Oct 31	Tues 10:00 – 12:00	\$30
10 classes	Paradiso: Part 3 of the <i>Divine Comedy</i> by Dante	Oct 5 – Dec 7	Thurs 10:00 – 12:00	\$50
4 classes	Vision for Aging	Oct 19 – Nov 9	Thurs 1:30 – 3:30	\$30
2 classes	Art Composition and Storylines for Viewers and Painters	Oct 23 – Oct 30	Mon 1:30 – 3:30	\$15
4 classes	Brush Up Your Shakespeare	Oct 24 – Nov 14	Tues 1:30 – 3:30	\$30
6 classes	Aging Reversal - Ayurvedic Approach to Wellness and Vitality	Nov 1 – Dec 6	Wed 10:00 – 12:00	\$40
2 classes	The Digital Age and its Impact on Individuals & Society	Nov 7 – Nov 14	Tues 10:00 – 12:00	\$15
2 classes	Brain Training 4D Thinking	Nov 13 – Nov 20	Mon 10:00 – 12:00	\$15
2 classes	Understanding Addiction and Recovery	Nov 15 – Nov 22	Wed 1:30 – 3:30	\$15
1 class	Wetlands Restoration Field Trip	Sept 16	Sat 12:00 – 4:00	FREE
1 class	The Bahai Faith	Sept 18	Mon 1:30 – 3:30	\$10
1 class	Guided Visualization & Meditation	Sept 19	Tues 1:30 – 3:30	FREE
1 class	Canada - 150 Years of History Walking Tour	Sept 20 <u>or</u> Sept 27	Wed 2:30 – 3:30	FREE
1 class	Message from Macabee - What Fossils can Tell Us	Sept 25	Mon 1:30 – 3:30	\$10
1 class	Introduction to Physics	Sept 26	Tues 1:30 – 3:30	\$10
1 class	Introduction to Radio Controlled Model Airplanes	Oct 3	Tues 10:00 – 12:00	\$10
1 class	Dogs with Jobs Field Trip	Oct 4	Wed 1:30 – 3:30	\$10
1 class	Secwepemc Lives Pre-contact and Now	Oct 5	Thurs 10:00 – 12:00	\$10
1 class	Bugs and Us	Oct 10	Tues 1:30 – 3:30	\$10
1 class	Imagery in Poetry and in Life	Oct 11	Wed 1:30 – 3:30	\$10
1 class	Drum Fun with Raven!	Oct 16	Mon 1:30 – 3:30	\$10
1 class	Canadian History Off the Grid	Oct 17	Tues 1:30 – 3:30	\$10
1 class	Good Good Good Vibrations - The Physics of Music	Oct 17	Tues 1:30 – 3:30	\$10
1 class	Chemistry at our Service	Oct 18	Wed 10:00 – 12:00	\$10
1 class	Living History in the 1860's	Oct 24	Tues 10:00 – 12:00	\$10
1 class	Israel- Past and Present	Oct 25	Wed 1:30 – 3:30	\$10
1 class	A Day in the Life of a Provincial Court Judge	Oct 27	Wed 10:00 – 12:00	\$10
1 class	Who Are You, Anyway, John A?	Nov 6	Mon 1:30 – 3:30	\$10
1 class	Fact from Fiction: How to discern real, fake or biased news	Nov 8	Wed 10:00 – 12:00	\$10
1 class	Chair Yoga	Nov 14	Tues 11:00 – 12:00	FREE
1 class	Archeology and the Secwepemc People	Nov 21	Tues 1:30 – 3:30	\$10
1 class	The Use of Solar Energy in Kamloops and the World	Nov 22	Wed 10:00 – 12:00	\$10
1 class	Around the World in 111 Days	Nov 27	Mon 1:30 – 3:30	\$10
1 class	The Laws of Motion- practical applications	Nov 28	Tues 1:30 – 3:30	\$10
1 class	The First Four Billion Years	Nov 28	Tues 1:30 – 3:30	\$10

# KALS FALL 2017 MULTIPLE SESSION COURSE DESCRIPTIONS

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## **Diversity and Dissent in Postwar Canada**

**\$30.00**

Between 1945 and 1980, the social and cultural fabric of Canada changed significantly. In this course, we will explore certain key topics in the social and cultural history of postwar Canada. Themes to be examined include the impact of the red scare on ordinary Canadians, the rise of activism and dissent during the 'long sixties,' and the significance of race, class, and gender to postwar Canadian culture.

**Instructor:** Tina Block

**Min. 8 Max. 30**

**Dates:** Tuesdays 9:30 am to 11:30 am, September 19<sup>th</sup> – October 10<sup>th</sup>, 2017

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

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## **News and Views**

**\$50.00**

Do you like to talk about current events? Are you interested in learning more about what other people think of the news you see and hear in the media? Join this group of like-minded and interesting people who share your curiosity to learn more. From local to international issues, the discussion is always respectful, fun and enlightening.

**Instructor:** Ray Pillar

**Min. 8 Max. 25**

**Dates:** Fridays 1:30 pm to 3:30 pm, September 22<sup>nd</sup> – November 24<sup>th</sup>, 2017

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

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## **Come to the Concert: preparing for the symphonic experience**

**\$50.00**

"Come to the Concert" is a series of musically illustrated introductions to each of the orchestral and chamber music concerts of the 2017-2018 Kamloops Symphony 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. In addition to presenting excerpts to help make you familiar with each work, classes will include information on composers, on the evolution of musical styles and genres, and will offer the opportunity to respond to questions you may have about classical music. We will discuss our reactions to the performances, explore questions about the music and performances, and develop more fully the musical and historical background to the pieces this year. The 41st season of the Kamloops Symphony Orchestra, will prove especially interesting as it is the first for the Orchestra's new Music Director. Concert tickets not included.

**Instructor:** Rod Michell

**Min.8 Max. 25**

**Dates:** Tuesdays 10:00 am to 12:00 pm, September 26<sup>th</sup>, October 10<sup>th</sup>, October 24<sup>th</sup>, October 31<sup>st</sup>, 2017

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

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## **Paradiso: Part 3 of the *Divine Comedy* by Dante**

**\$50.00**

Two groups of courageous KALS pilgrims have undertaken the first two stages of Dante's spiritual journey—the agonies of Hell and the hardships of Purgatory—and now a third group is about to embark on the concluding stage—the experience of the fulfillment of Paradise. You are encouraged to be one of them.

In his *Paradiso*, Dante brings to a close his spiritual pilgrimage, once again attempting to describe the indescribable—this time, the quest for perfect union with God. As with the other two parts of *Divine Comedy*, we and Dante must take a demanding physical journey, although this time it is not earthly but heavenly, and our guide is no longer Virgil but Dante's ideal beloved, Beatrice. Through her responses to the pilgrim's questions, Dante achieves his vision of a spiritual universe, one that is a complete expression of Divine love and which is, in turn, reflected in the rich variety and harmonious order of the physical universe. Through the carefully structured world of his *Paradiso*, Dante presents a wide-ranging portrait of medieval Italian society in his time, yet it is one whose spiritual truths continue to speak directly to our own time. Books available from instructor at first class for approximately \$18.00.

**Instructor:** Rod Michell

**Min. 8 Max. 25**

**Dates:** Thursdays 10:00 am to 12:00 pm, October 5<sup>th</sup> – December 7<sup>th</sup>, 2017

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

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**Vision for Aging****\$30.00**

No longer do many simply accept aging as a process of retirement, moving to a "seniors' residence", and a gradual decline and disengagement from life. Drawing on the work of Rabbi Zalman-Schachter and others, this 4-week course will involve participants in exploring new concepts and possibilities for aging. Participants are invited to consider the meaning of elderhood in our society, and ways to serve as a wise elder as service in our communities and as a legacy to future generations.

**Instructor:** Dick Taylor**Min. 8 Max. 12****Dates:** Thursdays 1:30 pm to 3:30 pm, October 19<sup>th</sup> – November 9<sup>th</sup>, 2017**Location:** Board Room at Cunliffe House**Art Composition and Storylines for Viewers and Painters****\$15.00**

When you look at a painting why do some offer a clear focus and others have your eyes wandering around the image to see the point? Why do some paintings connect with you and tell you an immediate story and others do not? Join us to learn about the Golden Ratio, focal points, perspective, subjects and more to help you understand how a work of art is conceived and constructed. What you learn will help you appreciate art or become a better artist.

**Instructor:** Carl Chaplin**Min. 8 Max. 15****Dates:** Mondays 1:30 pm – 3:30 pm, October 23<sup>rd</sup> – October 30<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room**Brush Up Your Shakespeare****\$30.00**

Join us to learn about the life and work of William Shakespeare. You will be introduced to the sonnets and the plays - the histories, the comedies and the tragedies. Through discussion and video we will begin an exploration of the world's most famous playwright.

**Instructor:** Mary Schmid**Min. 8 Max. 25****Dates:** Tuesdays 1:30 pm – 3:30 pm, October 24<sup>th</sup> – November 14<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room**Aging Reversal – 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. 25****Dates:** Wednesdays 10:00 am – 12:00 pm, November 1<sup>st</sup> – December 6<sup>th</sup>, 2017**Location:** North Shore Community Centre, Games Room**The Digital Age and Its Impact on Individuals & Society****\$15.00**

The Digital Revolution refers to the advancement of technology from analog electronic and mechanical devices to the digital technology available today. The era started during the 1980s and is ongoing... The Digital Revolution is sometimes also called the Third Industrial Revolution. The question is, what is it? How did it really begin? What is the impact on us of this information and communications technology? And finally, how does it change the way we view the world and ourselves? This topic will be explored over two sessions and will take some of you through a paradigm shift.

**Instructor:** Dr. Bob Morrow**Min. 8 Max. 25****Dates:** Tuesdays 10:00 am – 12:00 pm, November 7<sup>th</sup> – November 14<sup>th</sup>, 2017**Location:** North Shore Community Centre, Willow Room**Brain Training 4D Thinking****\$15.00**

Introduces you to a technique for new ways of thinking, solving problems and creating new ideas. If you have ever wanted to take Edward de Bono's course on problem solving, specifically using the provocative operation, PO, now is your chance. Take the PO one step further. I have practiced our technique for the past 25 years. I still use it today. Be prepared to engage your brain! Anyone can do it. This kind of practice is great for keeping the brain active and fit.

**Instructor:** Dian Benson

**Min. 8 Max. 35**

**Dates:** Mondays 10:00 am to 12:00 pm, November 13<sup>th</sup> to November 20<sup>th</sup>, 2017

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

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**Understanding Addiction and Recovery**

**\$15.00**

Are you concerned about the recent high rate of drug-related deaths, and wanting to understand more? This two-part course is intended to help broaden understanding of substance use, misuse and dependence, the factors that contribute to these, and what help there is for people choosing to minimize the harms related to their substance use. Information will also be provided about impact on family and friends. This course will provide a basic understanding from a bio-psycho-social-spiritual perspective and guidance to further information if required.

**Instructor:** Carol Todd

**Min. 8 Max. 12**

**Dates:** Wednesdays 1:30 pm to 3:30 pm, November 15<sup>th</sup> – November 22<sup>nd</sup>, 2017

**Location:** Board Room at Cunliffe House

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## FALL 2017 SINGLE SESSION COURSE DESCRIPTIONS

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**Wetlands Restoration Field Trip**

**FREE**

This multi-year project involves the Ministry of Environment, the Village of Logan Lake and the BCIT Environmental Restoration Program. In an effort to improve the health of Logan Lake, a series of student designed wetlands have been constructed along the stream through the golf course that feeds the lake. The results include improved oxygen levels in the water, less salinity, and improved habitat for wildlife. Come and enjoy a tour through the site, provided by enthusiastic young environmentalists. Test them on their knowledge of bats, fish, water, birds, mice and mosquitoes.... they love a challenge! Short distances to walk on level pathways. Meet at the Aberdeen Mall parking lot near the Cineplex to carpool, dress for the day, hat, sunscreen etc. wear comfortable shoes for walking, bring water and a packed lunch. Additional details will be sent to all participants before the event.

**Instructor:** BCIT Students

**Max. 50**

**Dates:** Saturday, 12:00 pm to 4:00 pm, September 16<sup>th</sup>, 2017

**Location:** Meet at Aberdeen Cineplex

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**The Baha'i Faith**

**\$10.00**

The year 2017 is the 200th anniversary of the birth of the Founder of the Baha'i Faith. The class will include an overview of the origin of the Baha'i Faith; highlights of some of its teachings; its organization; time for questions and/or further elaboration. It will include a (21 minute) DVD that provides visual input.

**Instructor:** Anne Shuster-Sargent

**Min. 8 Max. 25**

**Dates:** Monday, 1:30 pm – 3:30 pm, September 18<sup>th</sup>, 2017

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

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**Guided Visualization & Meditation**

**FREE**

Kim will lead the participants in a guided visualization exercise and then talk about other forms of relaxation, such as meditation and its various forms and then finish the program off with a brief period of meditation. Join Kim in some self-care and much needed quiet and relaxation time during the busy days of fall!

**Instructor:** Kim Jensen

**Min. 8 Max. 25**

**Dates:** Tuesday, 1:30 pm – 3:30 pm, September 19<sup>th</sup>, 2017

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

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**Canada – 150 Years of History Walking Tour**

**FREE**

In commemoration of Canada's sesquicentennial, the Kamloops Museum and Archives has produced the Talking Walls

Project, a graphic framework that offers new tools for exploring Kamloops' history and new places to find it. This tour will include critical questions around the celebration of Canada's 150<sup>th</sup> birthday and explore the pop-up museums at Kamloops City Hall, City of Kamloops Development Services & Engineering (105 Seymour St.), and then head back to explore the Canada 150 exhibit at the KMA. Please wear appropriate clothing & shoes.

**Instructor:** Keely Bland

**Min. 8 Max. 15**

**Dates:** Wednesday, 2:30 pm – 3:30 pm, September 20<sup>th</sup> OR September 27<sup>th</sup>, 2017

**Location:** Overlander Statue outside of City Hall

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**Message from Macabee – What Fossils can Tell Us**

**\$10.00**

Dr. Archibald is a paleontologist who has studied the Macabee Fossil Beds located 13K east of Cache Creek. This place is a BC Heritage Site that protects an Eocene Epoch geologic area from 56 to 33.9 million years ago. His thesis, based in large part on the Macabee work, made scientific headlines from New Delhi to Istanbul, to CBC's Quirks and Quarks, and beyond. Come and hear what caused the excitement.

**Instructor:** Bruce Archibald

**Min. 8 Max. 40**

**Dates:** Monday, 1:30 pm – 3:30 pm, September 25<sup>th</sup>, 2017

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

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**Introduction to Physics**

**\$10.00**

Introduction to Physics, a Brain Teaser: Info on many different areas of physics, with connections and applications to our daily lives. Hands on discovery.

**Instructor:** Susan Hammond

**Min. 8 Max. 15**

**Dates:** Tuesday, 1:30 pm to 3:30 pm, September 26<sup>th</sup>, 2017

**Location:** Big Little Science Centre

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**Introduction to Radio Controlled Model Airplanes**

**\$10.00**

Learn all about Radio Controlled model airplanes. The mystique of airplanes has a very broad appeal to most people and particularly those who are natural inventors. Following the seminar, there will be an opportunity for the attendees to the course to see a model airplane air show and to get a chance to fly a model airplane.

**Instructor:** Mark Betuzzi

**Min. 8 Max. 40**

**Dates:** Tuesday, 10:00 am – 12:00 pm, October 3<sup>rd</sup>, 2017

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

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**Dogs with Jobs – Field Trip**

**\$10.00**

Come meet and see border collies in action as they work sheep through a mock trial course in Cherry Creek. This event is outdoors so dress appropriately for the weather and wear farm shoes. Additional details will be sent to all participants before the event.

**Instructor:** Bob Stevens

**Min. 8 Max. 15**

**Dates:** Wednesday, 1:30 pm – 3:30 pm, October 4<sup>th</sup>, 2017

**Location:** Cherry Creek

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**Secwepemc Lives Pre-contact and Now**

**\$10.00**

Included will be a video, talk, and tour of four inside galleries in the Secwepemc Museum, focussing on the culture and history of the Secwepemc people. Weather permitting, there will also be time spent in the on-site pit house and conversations with elders about their role in today's culture.

**Instructor:** Sabrina Thomas and Elders

**Min. 8 Max. 20**

**Dates:** Thursday, 10:00 am – 12:00 pm, October 5<sup>th</sup>, 2017

**Location:** Secwepemc Museum and Heritage Park

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**Bugs and Us** **\$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. 8 Max. 40**  
**Dates:** Tuesday, 1:30 pm – 3:30 pm, October 10<sup>th</sup>, 2017  
**Location:** North Shore Community Centre, Willow Room

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**Imagery in Poetry and in Life** **\$10.00**

Come and hear a celebrated local author and educator talk about his life and work.

**Instructor:** Garry Gottfriedson **Min. 8 Max. 40**  
**Dates:** Wednesday, 1:30 pm – 3:30 pm, October 11<sup>th</sup>, 2017  
**Location:** North Shore Community Centre, Oak Room

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**Drum Fun with Raven!** **\$10.00**

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 **Min. 8 Max. 15**  
**Dates:** Monday, 1:30 pm – 3:30 pm, October 16<sup>th</sup>, 2017  
**Location:** North Shore Community Centre, Games Room

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**Canadian History off the Grid** **\$10.00**

Why did camels once roam the hills around Kamloops? Where is the lost city of the Skeena? Who rang the chapel bell in Tadoussac, Quebec one foggy night in 1782? Who tied Lady Agnes Macdonald to the cowcatcher of a moving train? Why? Join Elma Schemenauer in exploring these and other intriguing questions based on her book *YesterCanada: Historical Tales of Mystery and Adventure*. Ponder the secrets. Thrill to the adventures. Let the little-known events and characters of our past inspire you with a fresh appreciation of our heritage as Canadians.

**Instructor:** Elma Schemenauer **Min. 8 Max. 40**  
**Dates:** Tuesday, 1:30 pm – 3:30 pm, October 17<sup>th</sup>, 2017  
**Location:** North Shore Community Centre, Oak Room

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**Good Good Good Vibrations – The Physics in Music** **\$10.00**

Sound and Waves: good vibrations = Music! Try out different ways of making sound and music, while discovering the science behind it. Make some musical instruments to really get a feel for it!

**Instructor:** Susan Hammond **Min. 8 Max. 15**  
**Dates:** Tuesday, 1:30 pm – 3:30 pm, October 17<sup>th</sup>, 2017  
**Location:** Big Little Science Centre

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**Chemistry at our Service** **\$10.00**

Our modern life would not be possible without our understanding and use of chemistry. Our lives and living standards are much improved over a generation ago due to many applications of chemistry. Some of us rejoice in 'living better with chemistry' and others decry all the new-fangled products and processes that rely on chemicals. This talk will look at several aspects of chemistry that have contributed to and benefited various facets of modern living.

**Instructor:** David McKinnon **Min. 8 Max. 40**  
**Dates:** Wednesday, 10:00 am – 12:00 pm, October 18<sup>th</sup>, 2017  
**Location:** North Shore Community Centre, Oak Room



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**Living History in the 1860's****\$10.00**

Hat Creek Ranch is a living history museum with animators who help us step back in BC History to hear from the people of the era about the stories that built BC. Interpreter's Chris Linton and Reni Lind will tell stories in the voices of the people of the 1860's about hard work, daily life, loneliness, love, clothing, food, entertainment and much more.

**Instructor:** Chris Linton**Min. 8 Max. 40****Dates:** Tuesday, 10:00 am – 12:00 pm, October 24<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room

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**A Day in the Life of a Provincial Court Judge****\$10.00**

Join a working Provincial Court judge to explore the work he does in a typical day in this busy part of our justice system. Come with your questions and be ready to learn more about how this important part of our democracy works.

**Instructor:** Judge Chris Cleaveley**Min. 8 Max. 40****Dates:** Friday, 10:00 am – 12:00 pm, October 27<sup>th</sup>, 2017**Location:** John Todd YMCA, Community Room

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**Israel – Past and Present****\$10.00**

Confused about the Middle East and the key role of Israel and the shifting political situation? Engage in a discussion with Heidi Coleman who brings a unique perspective of an engaged follower of the news from and about Israel over many years.

**Instructor:** Heidi Coleman**Min. 8 Max. 40****Dates:** Wednesday, 1:30 pm – 3:30 pm, October 25<sup>th</sup>, 2017**Location:** North Shore Community Centre, Willow Room

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**Who are you, Anyway, John A?****\$10.00**

Come and learn about one of Canada's Fathers of Confederation, and our 1<sup>st</sup> Prime Minister, Sir John Alexander Macdonald and his contribution to the experiment called Canada.

**Instructor:** Jack Harper**Min. 8 Max. 40****Dates:** Monday, 1:30 pm – 3:30 pm, November 6<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room

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**Fact from Fiction: How to discern real, fake or biased news****\$10.00**

Fake news is a topic we hear a lot about in today's fast changing news cycle when information or news can change hands thousands of times in mere minutes. This class will cover what fake news is, provide examples, and show what red flags to watch out for and how to critically assess information so you can make solid and informed decisions.

**Instructor:** Kathy Gaynor**Min. 8 Max. 40****Dates:** Wednesday, 10:00 am – 12:00 pm, November 8<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room

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**Archeology and the Secwepemc People****\$10.00**

In this workshop Joanne will give a tour of the Secwepemc world prior to contact, as understood by archaeologists interpreting the material culture of BC's ancient Indigenous occupants. She will provide an overview of the past 10,000 years of history in our region, and then focus on some aspects of material culture that make stories about the past come alive. She'll discuss ancient Secwepemc technologies, food preparation and procurement, travel and trade, traditional ecological knowledge, and more. You'll also get a chance to get hands-on with local artifacts on loan from the Secwepemc Museum.

**Instructor:** Joanne Hammond**Min. 8 Max. 40****Dates:** Tuesday, 1:30 pm to 3:30 pm, November 21<sup>st</sup>, 2017**Location:** North Shore Community Centre, Oak Room

**Chair Yoga****FREE**

Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. It can open your hips, move your shoulders and neck, increase length in your spine and is a great way to relax from head to toe.

**Instructor:** Tania Jensen**Min. 8 Max. 20****Dates:** Tuesday, 11:00 am – 12:00 pm, November 14<sup>th</sup>, 2017**Location:** Desert Gardens**The Use of Solar Energy in Kamloops and the World****\$10.00**

In 2013, the rate of job growth in Canada's clean energy sector outpaced that of every other sector in the country. Solar Energy is part of the story and is growing faster each year to replace non-renewable sources. A Kamloops Company has, for over 22 years, created both off-grid and grid-tied projects using solar energy and are doing so reliably and affordably. Join our presenter to learn more about the growth of this industry both in Kamloops and around the world.

**Instructor:** Ben Giudid**Min. 8 Max. 40****Dates:** Wednesday, 10:00 am – 12:00 pm, November 22<sup>nd</sup>, 2017**Location:** North Shore Community Centre, Oak Room**Around the World in 111 Day****\$10.00**

111 days. On a ship. Circumnavigating the globe. In the cheapest cabin!!! Hold on for a surprising whirlwind snapshot of an amazing journey. Bored? Not for a moment. Superficial? Not on your best day. Memorable? More than you can imagine.

**Instructor:** Jan Petrar**Min. 8 Max. 50****Dates:** Monday, 1:30 pm – 3:30 pm, November 27<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room**The Laws of Motion- practical applications****\$10.00**

Practical Applications of the Laws of Motion: pow, pop, flip, zoom! Ever wonder what forces are involved with movement? Join us to make things move and learn about the forces behind them. You will even make a race car and see how fast you can make it go.

**Instructor:** Susan Hammond and Gord Stewart**Min. 8 Max. 15****Dates:** Tuesday, 1:30 pm – 3:30 pm, November 28<sup>th</sup>, 2017**Location:** Big Little Science Centre**The First Four Billion Years****\$10.00**

Dr. Van Wagoner is a geologist who will share her perspective on our planet's evolution. She will pair her presentation with samples of her artwork from a recent art exhibition also titled *The First Four Billion Years*.

**Instructor:** Nancy Von Wagoner**Min. 8 Max. 40****Dates:** Tuesday, 1:30 pm – 3:30 pm, November 28<sup>th</sup>, 2017**Location:** North Shore Community Centre, Oak Room

# Kamloops Adult Learners Society

## FALL 2017 – MEET OUR PRESENTERS

**Dr. Bruce Archibald:** After years as a BC longshoreman, logger, and punk musician, Bruce Archibald went on to obtain a doctorate in paleontology from Harvard University. Paleontology is the study of the history of life on Earth as reflected in the fossil record. His Doctoral thesis is based in part on the Macabee fossil beds.

**Dian Benson:** KALS member; Educated, yes, not sure that counts. Likes experiential learning, loves to read, rides a bike instead of driving a car. Developed and facilitated creative problem solving sessions with late husband; practiced for 25 years. 4D (4th Dimension) Thinking is one module of a book we created.

**Mark Betuzzi:** Mark Betuzzi is a retired Radio technician with CN Rail. He has flown radio controlled models for over 20 years. He is the head of the Radio Spectrum Committee for the main modelling governing body in Canada, the Model Aeronautics Association of Canada. His volunteer duties involve working with the Canadian government on new radio regulations and working with all modellers to learn how to safely operate their radios. His hobbies also includes photography and trumpet playing.

**Keely Bland:** Keely Bland is the Museum Educator at the Kamloops Museum and Archives. An interest in history, material culture, and lifelong learning took her down the path to working in arts, culture, and heritage institutions. She has a B.A. in History from the University of Saskatchewan and a Masters of Museum Studies from the University of Toronto.

**Dr. Tina Block:** Dr. Tina Block, Associate Professor, Canadian History, Thompson Rivers University, has a Ph.D. and M.A. from the University of Victoria and a B.A. in both History & English from the University of Calgary. Her research includes the history of religion, gender, and family in postwar North America and the meanings and consequences of atheism in Cold War era Canada. She teaches Canadian & BC History, Religion in Canada, Canadian Gender History & Social and Cultural History of BC. She has lived in Kamloops since 2007 and has been a previous KALS instructor.

**Carl Chaplin:** Carl Chaplin has been creating both commercial and fine art since he was 19. Throughout his career he has explored & developed new approaches to creating art including the Golden Ratio Overlay, the Reiteration painting/drawing Method, 3D stereoscopic paintings that do not need glasses and an algorithm for creating story in art. At 71 he is now well versed in both the old canvas world and the new digital age. He recently moved to the Thompson River area to escape the big city and get back to nature.

**Judge Christopher Cleaveley:** The Honourable Judge Christopher Cleaveley was born in Kamloops at RIH and raised in Clearwater. He earned a law degree from UBC in 1979 and went to practice law in Fort St. John. He was appointed to the Bench in 1994. His leisure time is taken up with sports.

**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 the author of a book- *The Aging Reversal Course: An Ayurvedic Approach to Wellness and Vitality*. He first encountered Vedic as a youngster and his interest intensified when in his late 50's, the practise 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.

**Kathy Gaynor:** Kathy Gaynor is the Scholarly Communications Librarian at Thompson Rivers University library. Kathy grew up in Kamloops and graduated from Kamloops Senior Secondary (now called South Kamloops Senior Secondary). Kathy

earned a Bachelor of Education from the University of Saskatchewan and a Master of Library and Information Science from McGill University. Kathy loves spending time with her family & friends, hiking and traveling – having been to Israel, Mexico, Finland, Italy, The Netherlands, France, Estonia and all across Canada and the United States. She is short, loud and has been described as "indomitable & irreverent" – not your typical librarian!

**Ben Giudici:** Ben Giudici has worked the areas of power systems, control systems, and electronic instrumentation for 12 years in industry and 20 years as a university faculty member. He holds degrees in Electrical Engineering, and is registered as a Professional Engineer (P.Eng) in the province of BC. Ben has a keen interest in renewable energy and joined Kamloops Riverside Energy Systems in January 2009.

**Garry Gottfreidson:** Born and raised in a Kamloops ranching family. An avid horseman strongly rooted in his Secwepemc cultural teachings. Garry Gottfreidson holds a Master's degree in Education. In 1987, he was awarded a creative writing scholarship to the Naropa Institute in Boulder, Colorado where he studied under Allen Ginsberg, Marianne Faithful and others. Garry has published 10 books and has read from his works across Canada, the United States, Europe and Asia. His work has been anthologized and published nationally and internationally.

**Joanne Hammond:** Joanne Hammond is an archaeologist and anthropologist in Kamloops, where she is appointed to the city's Heritage Commission. She works with local First Nations to support the management and preservation of heritage resources. She is also a graduate program adviser and course developer with SFU's Department of Archaeology. She is active in archaeological outreach in classrooms, with community organizations, and in the media. She writes about archaeology and life in the business at <http://republicofarchaeology.ca/> and on Twitter @KamloopsArchaeo.

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

**Jack Harper:** Jack Harper is a small town kid who grew up in the coastal community of Powell River. He is a long time Kamloops resident and retired educator whose varied interests include poetry, history in general, the story of our first Prime Minister in particular, and the plight of the long suffering Vancouver Canucks. Jack is currently planning to celebrate Canada's 150th birthday in the remote Canadian community of Dawson City, Yukon.

**Tania Jensen:** Tania Jensen is a practicing registered massage therapist and has worked in her profession for the past 12 years. She has used that knowledge and skill in teaching yoga for 5 years. She has taught chair yoga for 3 years and students find the benefits very rewarding.

**Kim Jensen:** Helping people to help themselves live a balanced, joyful life is Kim Jensen'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.

**Reni Lind:** Reni Lind is the lead interpreter at Hat Creek Ranch, a historic site from the 1870's located 11km north of Cache Creek.

**Chris Linton:** Chris Linton or "Charlotte Thompson" as she likes to be known, has been the program director at Historic Hat Creek Ranch for the past 5 years. Chris lives in Kamloops and also visits schools in Kamloops & Cache Creek to deliver lessons on the early history of the region.

**Dr. David McKinnon:** David McKinnon 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.

**Roderick Michell:** With an MA in English Language and Literature (Oxford), Rod Michell is a retired instructor who taught for over 40 years at TRU and other post-secondary educational institutions. He is currently on the Board of the Kamloops Symphony Society.

**Dr. Bob Morrow:** Dr. Morrow received his B.Ed from the University of Alberta at Calgary, his M.Ed. from Gonzaga University in Spokane and his PhD from the University of Oregon in Eugene Or. He spent his teaching career in Calgary and moved to Kamloops in 2005.

**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. Since retiring, she has turned her focus toward writing, mostly on topics related to travel.

**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.

**Raven Ritcey:** Raven is a facilitator and teacher with [www.KamloopsDrumConnection.com](http://www.KamloopsDrumConnection.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!

**Elma Schemenauer:** Elma (Martens) Schemenauer is a first-generation child of Mennonite immigrants from Russia. She loves Canada and its history. Elma grew up in Saskatchewan, taught in Nova Scotia, and worked in publishing in Toronto for many years. Since 2006 she and her husband have lived on a sagebrush-dotted hillside in Kamloops. Elma is the author of 77 published books, many of them about history and community life.

**Mary Schmid:** Mary came to Kamloops "for a year" in 1971 and never left. A Bachelor of Education from the University of BC and Masters from the University of Victoria informed her high school teaching which centred on senior English. Having enjoyed volunteering, coaching, and a rewarding teaching career, Mary now looks forward to sharing her love of Shakespeare, believing sharing knowledge and ideas enhance understanding of the Bard.

**Anne Shuster-Sargent:** Anne Shuster-Sargent has been a member of the Baha'i Faith since embracing it at the age of 19. The study she started then has continued throughout her life. Since there is no clergy in the Baha'i Faith, no one has particular authority. Her profession has been physiotherapy with a short stint as an ESL teacher. In her spare time she has had the privilege of serving on various administrative bodies of the Baha'i Faith in three of the four provinces she has lived in as well as serving in advisory capacities at times.

**Bob Stephens:** Bob Stephens is a retired RCMP dog master, who some may recognize from his many years as the Mounted Police Officer pictured on Red Robin restaurant chain paper placemats! He now trains, trials and judges stock dog competitions across North America. He is the current president of the Canadian Border Collie Association and a regular competitor at the Canadian and North American championships.

**Gord Stewart:** Gord Stewart is the Executive Director of the BIG Little Science Centre. Gord has a biology/fisheries, and electronics background.

**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 parasitic insect mistakenly imported from Canada.

**Dick Taylor:** A former Elementary School Teacher, Administrator and Sessional Lecturer at Simon Fraser University and the University of Victoria, Dick Taylor has participated in intensive training and leadership development workshops based on Rabbi Zalman Schacter-Shalomi's book "From Age-ing to Sage-ing: a Revolutionary Approach to Growing Older." He co-facilitated the successful Vision for Aging course in 2016.

**Sabrina Thomas:** Sabrina Thomas is a proud Secwepemc Mom of two from Tk'emlups te Secwepemc Band. She loves to share her Secwepemc culture with all who are interested. Sabrina teaches traditional ecological knowledge and she has a passion for ethnobotany. Sabrina is the Cultural Educator, Education Department, with Tk'emlups te Secwepemc.

**Carol Todd:** Having worked as a leader in the field of addictions for over 25 years– at local, regional, and provincial levels - Carol Todd retired in Kamloops in 2011. Following retirement, she worked on updating the provincial training curriculum for addiction counsellors as well as coordinating the development of a specialist certificate program in addiction counselling at Thompson Rivers University. Carol also brings the perspective of someone affected by substance use problems in her extended family.

**Dr. Nancy Van Wagoner:** Dr. Van Wagoner 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 2017 VENUES**

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

452 - 730 Cottonwood Avenue, Kamloops BC

### **Cunliffe House**

262 Lorne St, Kamloops, BC

### **Overlander Statue outside City Hall**

7 Victoria St, Kamloops, BC

### **Big Little Science Centre**

655 Holt St, Kamloops, BC

### **Aberdeen Cineplex Parking Lot**

1320 Trans-Canada Hwy, Kamloops, BC

### **Secwepemc Museum and Heritage Park**

200-330 Chief Alex Thomas Way, Kamloops, BC

### **Desert Gardens**

540 Seymour St, Kamloops, BC

### **John Todd YMCA**

150 Wood Street, Kamloops, BC