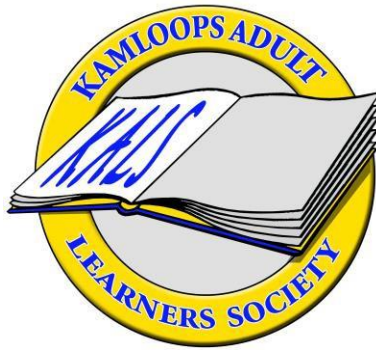


KAMLOOPS ADULT LEARNERS SOCIETY

KALS



2018 FALL COURSE CALENDAR

KALS courses are held in 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 pm – 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 TUESDAY, AUGUST 14, 2018 AT 10:00 AM

REGISTRATION OPTIONS

- On-line at 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 the downloaded, printed and completed registration form from the KALS website at 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.**

1 class	Sword Fighting Anyone?	August 31	Friday	Free
1 class	Encounters with Ageism	September 13	Thursday	\$10
1 class	Wetlands Tour - Logan Lake Wetland Restoration	September 15	Saturday	Free
1 class	Solar Power and Your Energy Future	September 19	Wednesday	\$10
1 class	Ukraine Today	September 21	Friday	\$10
1 class	Grief, Grievance, and Grit - African Grandmothers	September 24	Monday	\$10
1 class	Proportional Representation - Your Choices	September 26	Wednesday	Free
1 class	Around the World in 111 Days	October 2	Tuesday	\$10
1 class	The History of the City of Kamloops	October 3	Wednesday	\$10
1 class	Grasslands Ecology and Restoration	October 3	Wednesday	Free
1 class	Mind, Mood Microbes and Immunity	October 3	Wednesday	\$10
1 class	Indigenous Peoples & Criminal Justice in Canada	October 9	Tuesday	\$10
1 class	Life in Central Africa	October 16	Tuesday	\$10
1 class	Emily Carr: Her Own Path	October 30	Tuesday	\$10
1 class	Bill C-31 and the Rights of Indigenous Women	October 31	Wednesday	\$10
1 class	Kamloops Intentional Living Communities	October 31	Wednesday	\$10
1 class	Shuswap Nation Prophecies and World View	November 7	Wednesday	\$10
1 class	Colour for the Artist, the Designer, the Scientist.	November 14	Wednesday	\$10
1 class	Exploring Wells Gray Park	November 20	Tuesday	\$10
1 class	Can a Camera Keep Time?	November 28	Wednesday	\$10
1 class	Transportation Tales: How Our Ancestors Got Around	November 29	Thursday	\$10
1 class	Introduction to Sound Medicine	December 3	Monday	\$10
3 weeks	Urban Agriculture and Local Food Systems	September 12	Wednesday	\$30
3 weeks	China Today Part 1	September 18	Tuesday	\$20
10 weeks	News and Views	September 21	Friday	\$50
10 weeks	Two Medieval Tales: The Epic of Beowulf and Sir Gawain	September 24	Monday	\$50
6 weeks	Come to the Concert	September 26	Wednesday	\$35
2 weeks	Intro to the Native Court and Court Visit	September 28	Friday	\$10
8 weeks	Reading the Bible for All it's Worth	October 4	Thursday	\$50
2 weeks	Getting to Know the Canadian Census	October 10	Wednesday	Free
2 weeks	Ice Age to Now in 15 Objects	October 12	Friday	\$15
5 weeks	Creative Memoir Writing	October 15	Monday	\$35
3 weeks	Make Your Own Journal - Coptic Bookbinding	October 17	Wednesday	\$20
4 weeks	Shakespeare's Hamlet	October 23	Tuesday	\$30
3 weeks	From a Buddhist Perspective	November 2	Friday	\$20
2 weeks	My Doorbell Called Me	November 6	Tuesday	\$15
2 weeks	Social Work in an International Context	November 23	Fridays	\$15
2 weeks	The Global Impact of Renewable Energy Systems	November 27	Tuesday	\$15

FALL 2018 SINGLE SESSION COURSE DESCRIPTIONS

Sword Fighting Anyone?

Free

Come to a theatre rehearsal at TRU to see the sword fighting scene, talk to the actors and hear about the Theatre and the program for 2018/19. They might even let you try it. A fun filled look at the best kept theatre secret in Kamloops. Since it is before school starts there should be no problem finding parking.

Instructor: Shannon Cooper

Min. 10 Max. 50

Dates: Friday August 31, 2018 1:30PM-3:30PM

Location: TRU Theatre in Old Main beside the Starbucks

Encounters with Ageism

\$10

The class will explore what is meant by the term 'ageism', describe a personal experience of it and the feelings it invoked, and then share suggestions, ideas, and skills for dealing with ageism in society and in ourselves, and learning our 'truth'.

Instructor: Ven. Ani Gawa Khandro

Min. 8 Max. 25

Dates: Thursday September 13, 2018 1PM-3PM

Location: North Shore Community Centre – Oak Room

Wetlands Tour - Logan Lake Wetland Restoration

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: Marge Sidney

Min. 8 Max. 50

Dates: Saturday September 15, 2018 10AM-3PM

Location: Meet at Aberdeen Mall Cineplex 9:30am to carpool

Solar Power and your Energy Future

\$10

This presentation will examine advances in solar energy and highlight various examples of how solar photovoltaic projects make a difference in reducing our carbon footprint. Material will include a primer on the technology and how it works, a review of installation approaches, and a review of how utilities interconnect to solar arrays, financial indicators, and more.

Instructor: Dr. Michael Mehta

Min. 8 Max. 30

Dates: Wednesday September 19, 2018 10AM-12PM

Location: North Shore Community Centre – Games Room

Ukraine Today**\$10**

Join Dr. Jones in exploring contemporary Ukraine, based on his travels, research, and photojournalism in the country over the past three summers. He will examine themes such as Ukraine's post-Soviet politics and society, the legacy of the Chernobyl nuclear disaster, the "memory wars" over the 1930s-era genocidal famine, and today's conflict in the east of the country.

Instructor: Dr. Adam Jones**Min. 10 Max. 40****Dates:** Friday September 21, 2018 10AM-12PM**Location:** The Residence – Library Room

Grief, Grievance, and Grit - The Response of African Grandmothers to the HIV/AIDS Pandemic**\$10**

This course looks at the devastating impact of the HIV/AIDS pandemic on communities throughout sub-Saharan Africa, and the response of the grandmothers rebuilding lives and finding their way from loss to resilience.

Mary Baker, a long time member of the CanGo Grannies, was part of a Stephen Lewis Foundation trip to Uganda to visit some of the community based projects they support, and to Tanzania for the first national gathering of Tanzanian grandmothers.

Come and hear her inspiring stories of courage and determination.

Instructor: Mary Baker**Min. 8 Max. 30****Dates:** Monday September 24, 2018 10AM-12PM**Location:** North Shore Community Centre – Willow Room

Proportional Representation - Your Choices**Free**

The way we elect MLAs determines how government policies and decisions reflect the priorities of voters in a representative democracy. The electoral system has a major influence on the composition of the Legislature. Consequently, the voting system itself plays an important role in determining how well government reflects the actual preferences of voters, with far-reaching implications for all areas of public policy.

The upcoming referendum asks whether British Columbians wish to shift from our current First Past the Post to a more proportional system. Relying on evidence from academic studies and real-world experience, this presentation by Fair Vote Kamloops (a non-partisan, grassroots group advocating for electoral reform) provides thought-provoking comparisons between the existing system and proportional representation. A brief overview of the three proportional systems on this fall's referendum ballot will be included. Bring your questions!

Instructor: Gisela Ruckert**Min. 8 Max. 40****Dates:** Wednesday September 26, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak room

Around the World in 111 Days**\$10**

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. 10 Max. 40****Dates:** Tuesday October 2, 2018 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

The History of the City of Kamloops**\$10**

Kamloops has a most interesting and significant History. It is the oldest Urban Centre in BC and 2nd oldest in Western Canada. It is the transportation hub of BC. It has over two hundred years of a somewhat good relationship between Native and European Settlers. My experience living in Kamloops has convinced me that not many Kamloops People know much about its interesting and relevant History.

Instructor: John Hart**Min. 8 Max. 40****Dates:** Wednesday October 3, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Grasslands Ecology and Restoration**Free**

This program will give you an overview of BC grassland ecosystems - those amazing areas of bunch grasses, wildflowers and dryland shrubs that are close to Kamloops. Come and get an update on the recent research work focused on conservation and restoration of these important areas of biodiversity that are now endangered. Wednesday, Oct 3rd; 1-4pm we will start out in a TRU classroom, (details of location to be sent to participants) and then we will move to lab and a research greenhouse. Note: since the program starts at the University during class time, parking is limited and there is a daily parking charge of \$4 or \$5 depending on which lot you chose. Consider carpooling or taking public transportation if practical.

Instructor: Dr. Lauch Fraser**Min. 8 Max. 20****Dates:** Wednesday October 3, 2018 1PM-4PM**Location:** Thompson Rivers University Lab and Greenhouse

Mind, Mood, Microbes, and Immunity**\$10**

A well-functioning immune system is critical to human health and survival. Our immune systems protect us against invasion by life-threatening agents such as viruses, bacteria, and other micro-organisms, and destroy cancer cells as they arise in the body. However, there are many events that affect immune function and thereby reduce its protective effects. One of the most powerful immunological modulators is stress – both physical and psychological. In this presentation Dr. Joneja discusses how different types of psychological stressors affect the immune response, and how these events impact the body's ability to survive threats to its well-being. Although a major function of immune protection is destruction of potentially disease-causing micro-organisms, we depend on certain microbial strains for our well-being. A balance between the immune system and harmless organisms in the digestive tract (the microbiome) is essential for optimal health.

Instructor: Janice Joneja**Min. 8 Max. 40****Dates:** Wednesday October 3, 2018 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

Indigenous Peoples & Criminal Justice in Canada: Reconciliation or Rhetoric?**\$10**

Canada's justice system has failed Indigenous Peoples. The criminal justice system played, and continues to play, an important role in the inequality of Indigenous peoples within Canadian society. The Truth and Reconciliation Commission calls to action include addressing over-representation of Indigenous People in the justice and prison system. Are we coming to terms with reconciliation or is it more rhetoric?

Instructor: Bill Sundhu**Min. 8 Max. 40****Dates:** Tuesday October 9, 2018 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

Life in Central Africa**\$10**

Join Dr David Brandon as he takes you on a journey to places you will likely never see far from the usual surroundings often visited by tourists.

Instructor: Dr. David Brandon**Min. 10 Max. 40****Dates:** Tuesday October 16, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Bill C-31 and the Rights of Indigenous Women**\$10**

Generations of Aboriginal women and their children have been subjected to discrimination from the Indian Act of 1876 and it continues to do so today despite amendments. Federal law in the late 1800s defined a status Indian solely on the basis of paternal lineage - an Indian was a male Indian, the wife of a male Indian, or the child of a male Indian. From 1869 until 1985 (116 years), if an Indian woman married a non-Indian man, she and the children of the marriage were denied Indian status. In 1985, the Act was amended by the passage of Bill C-31 to remove discrimination against women, to be consistent with section 15 of the Canadian Charter of Rights and Freedoms. However there remain significant issues. This presentation will provide a greater knowledge of the long struggle and of the current issues.

Instructor: Muriel Sasakamoose**Min. 8 Max. 40****Dates:** Wednesday October 31, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Emily Carr: Her Own Path**\$10**

Born in 1871 in Victoria, Emily Carr's growth parallels that of our province. As one of BC's first residents, her written accounts of life in BC record some of the earliest renderings of BC's early days. Emily's life work and life style did not fit well with the era into which she was born. We will explore the wealth she created by following her own path.

Instructor: Sherryl Bryant**Min. 8 Max. 40****Dates:** Tuesday October 30, 2018 10:00AM-12:00PM**Location:** North Shore Community Centre – Oak Room

Kamloops Intentional Living Communities**\$10**

This two-hour course will cover the definition of co-housing with an exploration of some of the different possibilities that exist for real-life intentional communities, both in Canada and elsewhere. We will explore the challenges and benefits of this lifestyle. The style of presentation will be conversational and will encourage discussion and questions.

Instructor: Ron and Jennifer Ste. Marie**Min. 8 Max. 30****Dates:** Wednesday October 31, 2018 1:30PM-3:30PM**Location:** North Shore Community Centre – Willow Room

Shuswap Nation Prophecies and World View**\$10**

An opportunity to learn about the culture of our friends and neighbours. Muriel Sasakamoose will share her experience and knowledge of the beliefs and practices of the Shuswap nation.

Instructor: Muriel Sasakamoose**Min. 8 Max. 40****Dates:** Wednesday November 7, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Colour for the Artist, the Designer, the Scientist.**\$10**

Dr. McKinnon will examine the phenomenon of colour: its perception, production and uses, with bits of physiology, history, physics, chemistry, technology, art and aesthetics.

Instructor: David McKinnon**Min. 8 Max. 35****Dates:** Wednesday November 14, 2018 10AM-12PM**Location:** North Shore Community Centre – Games Room

Exploring Wells Gray Park**\$10**

Wells Gray Park is BC's fourth largest park, with 40 named waterfalls, numerous volcanic cinder cones, tuyas, and lava flows and hundreds of kilometers of hiking trails. The first white explorers came in the 1870s looking for gold and a suitable route for the Canadian Pacific Railway. Join Roland Neave to see and hear more about this amazing park 1½ hours drive from Kamloops. He will explore the history, geology, natural history, roadside viewpoints, trails, and the remote northern region. Bring your questions about place names and see the Trophy Mountain flower meadows, the sandy beaches of Murtle Lake, the double waterfalls of Sylvia and Goodwin, pristine Azure Lake, and the summit of Garnet Peak. Hear about Mr. Gray's disastrous 1940 visit to his new park, Chess Lyons' thorough exploration, and the near loss of the Clearwater River to seven dams in the 1960s.

Instructor: Roland Neave**Min. 8 Max. 50****Dates:** Tuesday November 20th, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Can a Camera Keep Time?**\$10**

Join local artist and educator Ernie Kroeger for a presentation exploring connections between photography and time. We will look at the tools and technology of photography, as well as a wide variety of examples, to see how various practitioners - artists, commercial photographers, scientists and snapshooters - have used the medium in an attempt to control and represent time.

Instructor: Ernie Kroeger**Min. 10 Max. 30****Dates:** Wednesday November 28, 2018 10AM-12PM**Location:** North Shore Community Centre – Oak Room

Transportation Tales: How Our Ancestors Got Around**\$10**

Lady Agnes rode the cowcatcher of one of the first trains to rumble west from Ottawa to the British Columbia coast. A canoe-paddling fur trader saw a mermaid in Lake Superior. A Nova Scotian Noah and his followers built arks that took them from Pictou to Cape Breton and finally to New Zealand. A team of horses bolted, running away with a Saskatchewan farmer being chased by his estranged wife driving a Hudson Terraplane car. Come and hear these and other old-time transportation tales from Elma Schemenauer's newest books, YesterCanada: Historical Tales of Mystery and Adventure and the 1940s novel, Consider the Sunflowers.

Instructor: Elma Schemenauer**Min. 12 Max. 45****Dates:** Thursday November 29, 2018 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

Introduction to Sound Medicine**\$10**

Step into this Christmas season calm and restored by experiencing a sound healing massage for your body, mind and spirit. Bring a pillow & blanket/ yoga mat or sit in a comfy chair, letting the sound waves of the Tibetan and Crystal singing bowls restore your nervous system, leaving you relaxed, refreshed and invigorated at the same time. Learn about the latest in Sound Medicine via Acutonics (needle-less Acupuncture) via Precision-calibrated tuning forks.

Instructor: Audrey Muse**Min. 8 Max. 30****Dates:** Monday December 3, 2018 10AM-12PM**Location:** North Shore Community Centre – Willow room

KALS FALL 2018 MULTIPLE SESSION COURSE DESCRIPTIONS

Urban Agriculture and Local Food Systems**\$30**

This 4-part series will familiarize participants with food security and urban agriculture initiatives from both a global and local perspective. Starting with an introduction, overview and opportunity for discussion, the following sessions will be field trips with some hands-on learning. Please note the dates and times of each session.

Instructor: Shalaigh Garson**Min. 8 Max. 30****Dates:** Wednesdays 1:30PM-3PM, September 12 - October 17, 2018 (week 2 on Thursday)**Location:** North Shore Community Centre – Oak Room first day, then field trips.

China today Part 1**\$20**

Learn more about a rising China in this peer learning class. We will explore, through a discussion of videos topics ranging from workers to economic development projects. We will try to understand if China poses a threat or opportunity for global stability. Each hour of the class will start with a 15-20 minute video. For discussion, we have invited people who have studied China or lived, worked and travelled in China. Lois Hollstedt will facilitate the class. Bring your own research to share and help us learn more about this new world leader. Part 2 will feature 3 longer documentary style videos using the same format. You must re-register in Part 2, and the location and dates for the 2nd class will be circulated.

Instructor: Lois Hollstedt**Min. 10 Max. 30****Dates:** Tuesdays 10AM-12PM, September 18 - October 2, 2018**Location:** North Shore Community Centre – Oak Rom

News and Views**\$50**

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. 10 Max. 25****Dates:** Fridays 1:30PM-3:30PM, September 21 – November 23, 2018**Location:** North Shore Community Centre – Games Room

Two Medieval Tales: The Epic of Beowulf and Sir Gawain and the Green Knight**\$50**

Do any of these seem familiar? —an alliance of comrades on a mission to overcome evil; a “human” creature that haunts the margins of society; a vengeful dragon jealously guarding a hoard of treasure; a wise ruler dying in defence of his people. If they sound like J.R.R. Tolkien in *The Hobbit* or *The Lord of the Rings* it’s because, in a way, they are. They are all elements in the Old English epic *Beowulf*, a story Tolkien knew well and which was one of the shaping forces of his imagination. In this course we will read this 8th Century epic-heroic narrative in its own right (in a modern version). We will examine the picture it presents of Germanic (as opposed to ancient Greek) heroic culture, and explore its values and world view, ones that are still a part of literary consciousness today.

But wait - there's more. Some six centuries after *Beowulf*, more or less in Chaucer's time, there is the captivating poetic narrative, *Sir Gawain and the Green Knight*. Wonderfully descriptive, it recounts the many trials that face King Arthur's most virtuous knight, alone in a world that is both mythical and magical but that remains psychologically real. Read along with *Beowulf*, it will allow us to experience some of the ways society, ideas, literature and religion evolved over the centuries from early to later medieval times.

Instructor: Rod Michell**Min. 8 Max. 25****Dates:** Mondays 10AM-12PM, September 24 – December 10, 2018**Location:** North Shore Community Centre – Games Room

Come to the Concert**\$35**

“Come to the Concert” will continue with an introduction to the music in the KSO Concert series for the 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.

However much or however little you know about classical music, you will enjoy Come to the Concert. The main aim of the classes is to prepare for each of the Kamloops Symphony’s performances, both the orchestral and the chamber concerts, and at the same time to increase our familiarity with all aspects of classical music. We explore background to the composers and their times and to the works that will be performed, and we listen to excerpts from the pieces to get a sense of their structure and style. We talk about musical history, musical forms and instruments. We have follow-up discussions about previous KSO concerts, but also explore all aspects of music and music performance in Kamloops, Canada and worldwide. Become a “Come to the Concert”-goer.

Instructor: Rod Michell**Min. 8 Max. 25****Dates:** Wednesdays 10AM-12PM, September 26 - December 12, 2018**Location:** North Shore Community Centre – Games Room

Intro to the Native Court and Court Visit**\$10**

This is an opportunity to learn about the Native court and increase your awareness and understanding of the justice system. You will be briefed about the purpose and experience of the court and have an opportunity to witness the court in action.

Instructor: Rae Ann Sasakamoose, Muriel Sasakamoose**Min. 8 Max. 15****Dates:** Fridays 1:30PM-3:30PM, September 28 – October 5, 2018**Location:** North Shore Community Centre – Willow Room

Reading the Bible for All it's Worth**\$50**

This eight week introductory course will help you to begin to read and understand the Bible in its historical and literary context. We will be working with the New International Version (NIV) Bible.

Presenters include:

Harry Bicknell - BA in Psychology, Seattle Pacific University and Masters of Divinity, ACTS Seminary

Dave Fields – Bachelor of Science, University of Northern British Columbia; Masters of Divinity, McMasters University; and Doctor of Ministry, Acadia University

Jill Enns – BA Biblical Studies, Houghton College; Masters of Christian Studies, ACTS Seminary

Colton Conrad – BA in History, Crandal University; Masters of Divinity, Beeson Divinity College

Instructor: Harry Bicknell, Dave Fields, Jill Enns, Colton Conrad

Min. 8 Max. 40

Dates: Thursdays 10AM-12PM, October 4 - November 22, 2018

Location: North Shore Community Centre – Oak Room

Getting to Know the Canadian Census**FREE**

Every five years, we participate in the Canadian Census: we send the names, ages, languages, and myriad other information of everyone in our household to the Canadian government. But why do we do this? What is the information used for? And how can we use the census to learn more about our community?

This class will cover a brief history of the Census, its purposes, and major changes that have happened over time. We will also discuss current census-related issues, including the debate over the removal and subsequent reinstatement of the long-form census. Finally, we will explore various ways of searching and retrieving census information.

Instructor: Amy Paterson

Min. 8 Max. 40

Dates: Wednesdays 10AM-12PM, October 10 – October 17, 2018

Location: North Shore Community Centre – Oak Room

Ice Age to Now in 15 Objects**\$15**

In this two-part workshop Joanne introduces BC archaeology and tours through 15,000 years of history using fifteen objects and sites to illustrate how Secwepemc material culture has grown up hand-in-hand with the environments of the Thompson Valleys. We start in the Ice Age and end with tracing the twin histories of Tk'emlups and Kamloops to 2018. Includes hands-on with local artifacts on loan from the Secwepemc Museum.

Instructor: Joanne Hammond

Min. 10 Max. 30

Dates: Fridays 10AM-12PM, October 12 – October 19, 2018

Location: North Shore Community Centre – Willow Room

Creative Memoir Writing**\$35**

You've a story that's haunting you to tell, but you wonder, "is it worthy?" How do I begin? Is there a simpler way to make this happen? (Or maybe: Is my family going to disown me when they see what I have to say?) During this course, you will experiment with a variety of memoir writing styles, discover your best way to make it happen, and have the time and space to get your project rolling. And yes, telling your story is worthwhile...beyond a doubt. Participants should bring a notebook, pen, 2 or 3 old photos of themselves. They are not to worry about picking the most meaningful - random choices are perfect for the first class. If you have an old photo in your family treasures of people you barely know or don't know at all, bring one or two of those along as well.

Instructor: Janet Whitehead

Min. 8 Max. 16

Dates: Mondays 1:30PM-3:30PM, October 15 - November 19, 2018

Location: North Shore Community Centre – Games Room

Make Your Own Journal - Coptic Bookbinding**\$20**

Learn to bind your own book with a hard cover and exposed spine using one of the most ancient bookbinding techniques, the Coptic Stitch. In this three-session class, we will cover bookbinding basics from sizing and cutting to assembly and sewing. Books will be covered in decorative paper and sewn together using only one piece of thread. The exposed Coptic stitch resembles an embroidery chain stitch and results in books perfect for writing or sketching since pages lie flat when opened. All tools and materials will be provided for a fee of \$35 payable to the instructor at the first class.

Instructor: Lyn Baldwin**Min. 8 Max. 12****Dates:** Wednesdays 10AM-12PM, October 17 - October 31, 2018**Location:** North Shore Community Centre – Games Room

Shakespeare's Hamlet**\$30**

A ghostly visitor with a shocking secret, a daughter devastated by loss, a deadly duel – and the most famous question in all of drama...“to be or not to be”. Impelled to avenge his father’s death but paralyzed by the task ahead, Hamlet rages against the impossibility of his predicament. Join us to watch and discuss the 2009 film version of the iconic contemporary staging by the Royal Shakespeare Company with David Tennant as Hamlet and Patrick Stewart as Claudius and discover why Hamlet is regarded as one of, if not "the" greatest, play of all time.

Instructor: Mary Schmid**Min. 8 Max. 25****Dates:** Tuesdays 1:30PM-3:30PM, October 23 - November 13, 2018**Location:** North Shore Community Centre – Oak Room

From a Buddhist Perspective**\$20**

Some of the most useful of the Buddha's teachings are the Paramitas, or the six perfections. These include generosity, virtue, wisdom, patience, perseverance, and honesty. Ani Gawa Khandro will offer three sessions on the Paramitas, explore their meaning, discuss their implications in the modern world, and invite discussion and questions about the application and implications of their skills. She will also be happy to answer questions about Buddhism in general, and about some of her experiences as a Buddhist nun.

Instructor: Ven. Ani Gawa Khandro**Min. 8 Max. 30****Dates:** Fridays 10AM-12PM, November 2 - November 16, 2018**Location:** North Shore Community Centre – Willow Room

My Doorbell Called Me**\$15**

The main communication form on the Internet is expanding from human-human to include human-thing, thing-human and thing-thing. This, along with the ubiquitous nature of the internet, is causing our paradigms to shift. We will explore how this came about, how it is affecting the present, and what we can expect in the future.

Instructor: Dr. Bob Morrow**Min. 10 Max. 25****Dates:** Tuesdays 10AM-12PM, November 6 - November 13, 2018**Location:** North Shore Community Centre – Willow Room

Social Work in an International Context**\$15**

Social work is a century old profession and legally protected title in Canada and many other western countries. But it is not the same in Nepal and many other countries in Asia. Social work is not recognized as a profession and hence any volunteer or a politician can use the words, "I am a social worker". What does this mean to elder care and other social welfare services? Nepal only became a federal republic in 2008 and has gone through different political, economic, social and cultural transitions in the last century. In this lecture/presentation, we shall explore different colours and shades of social work in the context of elder care in Nepal. The lecture includes video presentations and brief group discussions.

Instructor: Bala Nikku**Min. 8 Max. 30****Dates:** Fridays 1:30PM-3:30PM, November 23 – November 30, 2018**Location:** North Shore Community Centre – Willow Room

The Global Impact of Renewable Energy Systems – An Inconvenient Reality**\$15**

Dr. Clark will consider the transition from a fossil fuel-based society to one based mostly on electricity produced by solar, wind and nuclear power and will indicate how difficult, if not impossible, this will be over the short term (100 – 200 years). A major hurdle is that fossil fuel provides most of the materials needed for modern infrastructure, including those required for construction of renewable energy systems. Today, fossil fuel provides the materials and means to grow food for a population of 7.4 billion people.

Class 1 will examine the conditions and material needs for evolution of life on Earth and how these dictate today's material requirements for high intensity agriculture. Class 2 will explain why the rate of introduction of solar and wind is slow and how renewable energy is not possible without materials from fossil fuel (or biomass).

Instructor: Peter Clark**Min. 8 Max. 40****Dates:** Tuesdays 1:30PM-3:30PM, November 27 – December 4, 2018**Location:** North Shore Community Centre – Oak Room

Kamloops Adult Learners Society

FALL 2018 MEET OUR PRESENTERS

Mary Baker

Mary Baker has lived and worked in various countries but Africa has always held a special fascination for her, particularly since spending 2 years as a volunteer teacher in rural Kenya in her twenties. After emigrating to Canada in 1989 with her husband and 3 young children, she worked in long term care for many years and has volunteered in a variety of settings.

Lyn Baldwin

Lyn Baldwin has been binding her own books for illustrated field journals for many years and appreciates the value of hand-binding your own books. Come and join her in making your own Coptic-bound book. This workshop will provide all the things you need to walk away with a personally created book and the skills to create more.

Harry Bicknell

BA in Psychology, Seattle Pacific University and Masters of Divinity, ACTS Seminary

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.

Sherryl Bryant

Sherryl Bryant, a fourth year English major currently studying at TRU.

- Dr. Peter Clarke** Professor Clark, Senior Research Advisor and Professor Emeritus of Chemistry, University of Calgary was born in London, England and received Ph.D. and B.Sc. degrees in chemistry from the University of Hull, East Yorkshire. He moved to Canada in 1986. He has over 32 years experience in the chemistry of sulfur and its compounds with over 180 publications and 5 patents in print. Dr. Clark was the Director of Research for Alberta Sulphur Research Ltd. from 1995 to 2017 and has given over 300 papers at national and international symposia over the last 10 years. His research interests cover a broad spectrum of inorganic and organic chemistry applied to sour gas and sulfur production.
- Colton Conrad** BA in History, Crandal University; Masters of Divinity, Beeson Divinity College
- Jill Enns** BA Biblical Studies, Houghton College; Masters of Christian Studies, ACTS Seminary
- Dave Fields** Bachelor of Science, University of Northern British Columbia; Masters of Divinity, McMasters University; and Doctor of Ministry, Acadia University
- Dr. Lauch Fraser** Dr. Lauch Fraser is a Professor at TRU. His expertise is in grassland and wetland ecosystems, with a focus on ecosystem reclamation, biodiversity, range management, and climate change. External research funding has supported Dr. Fraser's research, much of it in partnership with industry, including mining, oil and gas and agriculture. Lauch is the Associate Editor of two academic journals (Applied Vegetation Science and Plant Ecology) and founder and inaugural Director of the BC Interior Centre for Ecosystem Reclamation. His education includes a BSc. & Msc. In Biology from UBC, and a PhD in Plant Ecology from the University of Sheffield, England.
- Shalaigh Garson** Shelaigh Garson is a certified Permaculture Land and Garden Designer, a former Community Gardens & Public Produce coordinator and a member of the Kamloops Food Policy Council. With a background in Social Services as well as farming and mechanics, Rob Wright is Program Coordinator for Open Door Group: Gardengate. Sandra Frangiadakis is the Coordinator of the Kamloops Food Policies GAP program; and is closely involved with KFPC initiatives in urban agriculture and food security.
- 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.
- Dr. John Hart** John Hart has a PH.D in Western Canadian History. He has taught Western Canadian, BC, & Canadian History at several Universities & Colleges in Western Canada, most recently at TRU.
- Lois Hollstedt** Lois is the current President of KALS and in her professional life was the CEO of a large social agency and a consultant and facilitator in the non-profit sector. She has facilitated and hosted several KALS classes. She will be joined in the discussion by several people who have lived and worked in China.
- Dr. Janice Joneja** Dr. Janice Joneja holds a Ph.D. in medical microbiology and immunology. Dr. Joneja has held faculty positions at several universities, including the University of British Columbia, and has taught at universities and colleges throughout Canada, the U.S.A., the U.K. and other English-speaking countries. For 13 years she was head of the Allergy Nutrition Clinic at the Vancouver General Hospital (VGH). She is the author of ten books and dietetic practice manuals on immunology and food allergy, several distance education courses, and instructional videos. Her work has been published in peer-reviewed scientific and medical journals, as well as in popular magazines.

- Dr. Adam Jones** Dr. Adam Jones is a political scientist, writer, and photojournalist. He is a Professor at the UBC Okanagan and is an expert on human rights, gender studies, genocide studies, crimes against humanity, media and political transition. He is the author of a textbook, *Genocide: A Comprehensive Introduction* along with 16 other books. He was Associate Research Fellow in the Genocide Studies Program at Yale University and founded the non-profit Gendercide Watch. He was educated at UBC, and his Master's and Ph.D. levels focused on mass media and processes of democratization and political transition.
- Venerable Ani Gawa Khandro** Venerable Gawa Khandro is an ordained Buddhist nun. Her teachers, from whom she has received direct transmission, include Thich Nhat Hanh, Acharya Pema Chodron, VV Kenchen Thrangu Rinpoche. Currently a member of Zen Peacemakers Organization (International), The North American Buddhist Alliance, Sakyadhita Canada, United Sangha Vancouver, RAFT Kamloops, and Interfaith Kamloops, she offers service at New Life Community, as the Buddhist Chaplain at TRU, and at RAFT Kamloops as Conflict Resolution Mediator. Venerable Gawa is the spiritual director of GawaLing Buddhist Centre.
- Ernie Kroeger** Ernie Kroeger is an Associate Professor at Thompson Rivers University and teaches photography in the Visual and Performing Arts program. He holds a Bachelor of Fine Arts (Honours) degree from the University of Manitoba and a Master of Fine Arts degree from the University of Calgary. His artwork has been exhibited across Canada and in Europe.
- Dr. David McKinnon** Dr. McKinnon holds a B.Sc. (Hons.) (1960) and Ph.D. (1963) degrees in Chemistry from the University of Edinburgh, Scotland. From 1965 -2001, he was a faculty member in the Chemistry Department at the University of Manitoba, where he attained the rank of Full Professor. He maintained an active research programme and authored or co-authored 74 refereed papers, two reviews and three book chapters, and presented papers at international conferences. He has taught courses, mainly Organic Chemistry, at all university levels and received the Stanton Teaching Award from the University of Manitoba in 1995. He has a continuing interest in scientific education and a wide range of hobbies, including travel, playing the clarinet, genealogy, stained glass work, woodworking and gardening.
- Dr. Michael Mehta** Dr. Michael Mehta is a Professor of Geography and Environmental Studies at TRU. He is also the owner of the Sweet Spot Solar Company. He led the Solar Compass project - Canada's first solar sidewalk system.
- Rod Michell** Rod Michell has a MA in English and Literary Arts from Oxford University. He is a retired instructor who taught for over thirty years at Thompson Rivers University and other educational institutions. He is 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.
- Audrey Muse** Audrey Muse has been the operator of the Centennial Building Wellness Centre Pool for the past 10 years, with exploring sound and water as one of her many transformational tools for the past 8 years. A warm salt water pool is the host of the amazing Sound Bath that can result in a peak experience!
- Roland Neave** Roland Neave wrote his first book, *Hiking the High Points*, at age 17, then began writing a guidebook to Wells Gray Park which was published in 1974. The book is now in its 6th Edition and has sold over 25,000 copies. Roland's university summers were devoted to organizing bus tours of Wells Gray Park and, after graduation, he expanded this service into a year-round business called Wells Gray Tours. It is now one of British Columbia's largest tour operators and arranges group holidays all around the world. Roland and his wife Anne enjoy frequent getaways from Kamloops to the Clearwater Valley where they own historic Trophies Lodge, a rental guest cabin, and 300 acres beside the Park.
- Dr. Bala Nikku** Bala Nikku, MSW, Ph.D is acting Chair, School of Social Work and Human Service and Assistant Professor, Faculty of Education and Social Work, Thompson Rivers University. He was born into an agricultural family in the state of Andhra Pradesh, India, and lived and worked in Nepal, Malaysia before coming to Kamloops. He is married to Pranita Udas and

blessed with two daughters Vasudha and Vidhya

- Amy McLay Paterson** Amy McLay Paterson is the E-Resources and Data Librarian at Thompson Rivers University. She has a Master's of Library and Information Studies from Dalhousie University, an MA in English Literature from Simon Fraser University, and a BA from St. Thomas University in her home province of New Brunswick. She loves books, cake, travel, statistical data, and hanging out with her 5-year-old daughter.
- 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 Pillar has been a University administrator and teacher in Political Science at Thompson Rivers University as well as a teaching assistant at the University of Victoria and York University. He has been a political commentator and is a keen follower of Canadian and international politics.
- Gisela Ruckert** With a background in volunteer organization and community development, Gisela completed a Master's in Environmental Studies and Sustainability Science in Sweden in 2017. Since then, she has worked as a grassroots advocate for more resilient local communities through groups such as Transition Kamloops and the BC Sustainable Energy Association. She is the team leader of Fair Vote Kamloops in the campaign to win the 2018 referendum on electoral reform in BC.
- Muriel Sasakamoose** Muriel Sasakamoose is passionate about her subject and was very active politically in the fight to amend Bill C-31. She has been a longtime political advocate for the rights of indigenous women, and is currently a member of the restorative justice roster of elders.
- Rae-Anne Sasakamoose** Rae-Anne Sasakamoose is a Native court worker with the restorative justice program and was a insightful guide for the Native court visit KALS did last year. She recently completed her Masters degree at Royal Roads University
- 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 Schmid came to Kamloops "for a year" in 1971 and never left. She holds a Bachelor of Education from UBC and a Masters from UVic, and she focused her high school teaching on senior English. Having enjoyed volunteering, coaching, and a rewarding teaching career, Mary continues to enjoy sharing her love of Shakespeare, believing sharing knowledge and ideas enhance our understanding of the Bard.
- Ron and Jennifer Ste. Marie** Jennifer and Ron Ste Marie are in the process of researching the possibilities of co-housing in order to establish a community in the Kamloops area. They have created, and are members of, an incubator group whose purpose is to encourage and facilitate the creation of co-housing communities.
- Bill Sundhu** Bill Sundhu is a Kamloops lawyer and former judge. He practices Canadian and International Human Rights Law. Bill served a seven-year term as an Executive-Member of the Canadian Bar Association National Criminal Justice Section and is currently a member of its BC Working Group on Truth & Reconciliation.
- Janet Whitehead** Janet Whitehead is a professional life and creativity coach who has helped numerous authors worldwide get their written works completed and published. She is the author of her own published memoir, *Beyond All Imaginings*, and several unique memoirs created within her family. Janet is also the owner/curator of Writerly Kits – a subscription box service for writers and those who want to be.

Kamloops Adult Learners Society

FALL 2018 VENUES

North Shore Community Centre

452 - 730 Cottonwood Avenue, Kamloops, BC

TRU theatre in Old Main Building

805 TRU Way, Kamloops BC

Aberdeen Mall Cineplex

700-1320 West Trans Canada Highway, Kamloops, BC, V1S 1J2

The Residence at Orchard's Walk

3300 Valleyview Dr #100, Kamloops, BC

Provincial Court House

455 Columbia St, Kamloops, BC