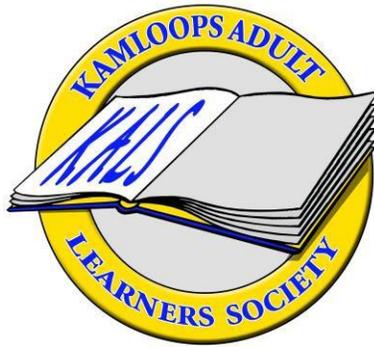


KAMLOOPS ADULT LEARNERS SOCIETY

KALS



2019

WINTER SPRING 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: 250-376-1525 WEBSITE: www.kals.ca
OFFICE LOCATION: McArthur Island Old Golf Course Building 1550 Island Parkway Dr.
OFFICE Hours: 8 am – 4 pm, Monday – Friday (closed from 12 pm – 1 pm)
MAILING ADDRESS: 262 Lorne St., Kamloops BC, V2C 1W1

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

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

A \$15 ANNUAL MEMBERSHIP FEE (July 1st–June 30th)
is required for **ALL** courses and is non-refundable.

Membership entitles you to vote at our AGM, register in free classes and be invited to special events.

WINTER SPRING REGISTRATION BEGINS MONDAY DECEMBER 10TH, 2019 AT 10:00 AM

REGISTRATION OPTIONS

- On-line at www.kals.ca with your credit card
- In person at **McArthur Island Old Golf Course Building 1550 Island Parkway Dr.** 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 St., 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 250-376-1525. Discussions are confidential.**

1 class	Global Impacts of Sustainable Energy	January 8, 2019	Tuesday	\$10
1 class	Wayfinding - Navigating Life's Transitions	January 15, 2019	Tuesday	\$10
1 class	Myanmar - An Armchair Tour	January 16, 2019	Wednesday	\$10
1 class	Climate - Justice: Why Both Words Belong Together	January 17, 2019	Thursday	\$10
1 class	Nanotechnology - A New Frontier	January 18, 2019	Friday	\$10
1 class	A Cannabis Update	January 23, 2019	Wednesday	\$10
1 class	Winter Photography	January 24, 2019	Thursday	\$10
1 class	Bears of BC	January 30, 2019	Wednesday	\$10
1 class	Artist Ted Smith: Ideal Form	February 1, 2019	Friday	\$10
1 class	Teaching Kids Today	February 1, 2019	Friday	Free
1 class	Data Privacy in an Age of Digital Pollution	February 5, 2019	Tuesday	\$10
1 class	From the Art Gallery collection - Adad Hannah: Glints and Reflections	February 12, 2019	Tuesday	Free
1 class	Exploring our Diversity and Intercultural Capacity	February 12, 2019	Tuesday	\$10
1 class	The Secret Lives of Plants	February 13, 2019	Wednesday	\$10
1 class	How To Be A Responsible Seafood Consumer	February 27, 2019	Wednesday	\$10
1 class	El Camino de Santiago - A Walking Pilgrimage	March 7, 2019	Thursday	\$10
1 class	Zero Waste and Ways to get There	March 12, 2019	Tuesday	\$10
1 class	Sexual Assault/Harassment Law	March 13, 2019	Wednesday	\$10
1 class	Shuswap Language	March 14, 2019	Thursday	\$10
1 class	Canada - a Lofty Idea and a Grand Design	March 18, 2019	Monday	\$10
1 class	Physical Activity, Fitness and Aging: A Unique Personal Journey	April 3, 2019	Wednesday	Free
1 class	Local Japanese Histories	April 12, 2019	Friday	\$10
1 class	Law and Democracy	April 17, 2019	Wednesday	\$10
1 class	A GeoTour of Kenna Cartwright Park	April 25, 2019	Thursday	Free
1 class	Kamloops Backcountry Hike	May 4, 2019	Saturday	Free
1 class	From the Art Gallery collection - Samuel Roy Bois: Relatively Speaking	May 14, 2019	Tuesday	Free
7 weeks	Come to the Concert	January 9, 2019	Wednesday	\$50
3 weeks	Seniors' Driving Update	January 9, 2019	Wednesday	\$20
10 weeks	Another Medieval Tale: Sir Gawain and the Green Knight	January 14, 2019	Monday	\$50
3 weeks	China Today Part 2	January 15, 2019	Tuesday	\$20
10 weeks	News & Views	January 18, 2019	Friday	\$50
5 weeks	Writing on your Laptop for Easy Self Publishing	January 28, 2019	Monday	\$35
4 weeks	Stalinism & the Gulag: Soviet Prison Camps in Comparative Perspective	February 5, 2019	Tuesday	\$30
5 weeks	Macbeth & Twelfth Night	February 19, 2019	Tuesday	\$35
4 weeks	Meditation	February 27, 2019	Wednesday	\$30
3 weeks	From a Buddhist Perspective - Part 2	March 8 2019	Friday	\$20
2 weeks	Computer Consciousness	April 9, 2019	Tuesday	\$15
2 days	Just Passing Through: Migratory Birds.	April 23, 2019	Tuesday	\$15
4 weeks	This Storied Place: Reading Kamloops	May 7, 2019	Tuesday	\$30

WINTER SPRING 2019 SINGLE SESSION COURSE DESCRIPTIONS

Global Impacts of Sustainable Energy

\$10

This class will continue to build on work presented in Dr. Clarke's 2 fall lectures, but is a stand alone session that does not require participants to have attended those talks. 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.

Instructor: Dr. Peter Clark

Min. 8 Max. 40

Dates: Tuesday January 8, 2019 1:30PM-3:30PM

Location: North Shore Community Centre - Oak Room

Wayfinding - Navigating Life's Transitions

\$10

Our lives are lived in constant tension and transitions. We live in complex and confusing times and it is easy to become disoriented and lost in the stormy seas of rapid societal change. Authentic living involves the art of skilled navigation. It is a developed awareness of where we are and where we want to go. In this class, we will consider the experiential learning of ancient and contemporary Polynesian culture: the 'wayfinding' practices of the Pacific Ocean through imagination, guided meditation and in shared stories, we will explore how to better navigate our lives.

Instructor: Dan Hines

Min. 8 Max. 30

Dates: Tuesday January 15, 2019 1:30PM-3:30PM

Location: North Shore Community Centre – Oak Room

Myanmar - An Armchair Tour

\$10

Join Helen Parkyn on a tour of Myanmar, a country much in the news recently. Learn about the Golden Rock, Mandalay, Cave temples, Hill hiking, Villages on stilts and much more from someone who is an accomplished world traveller.

Instructor: Helen Parkyn

Min. 8 Max. 40

Dates: Wednesday January 16, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

Climate - Justice: Why Both Words Belong Together

\$10

Words matter, and in combination create special energy and for some cause discomfort. If we agree that the climate is changing rapidly, with implications for agriculture, business, conservation, lifestyle and the very life we experience and share in the BC interior, then a delicate life-balance must be corrected if life as we know it can continue. Unjust practices and unjust consequences of human behaviour must be identified and corrected; hence the connection of climate with justice. Whether one approaches life from a religious, philosophical, or socio-political perspective, connecting climate and justice will bring new insight and motivation for a sustainable way of living.

Instructor: Dean Ken Gray

Min. 8 Max. 30

Dates: Thursday January 17, 2019 1:30PM-3:30PM

Location: North Shore Community Centre – Oak Room

Nanotechnology - A New Frontier

\$10

Nanoscience and nanotechnology are the study and application of extremely small things. In this class you will learn how this work is changing medicine, environmental monitoring, military equipment, and more. Just how small is a Nano? One

nanometer is a billionth of a meter. A sheet of newspaper is about 100,000 nanometres thick. Explore how Nano scientists are manipulating organic and inorganic matter, and developing techniques for atom-by-atom construction of objects. Although research costs are high, the potential range of applications is staggering, and raw material limitless. Come and learn everything you wanted to know but were afraid to ask.

Instructor: Dr. Michael Mehta

Min. 8 Max. 40

Dates: Friday January 18, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

A Cannabis Update

\$10

The class will look at impacts of marijuana in the first year of legalization in Canada. What are we learning, where are the knowledge gaps and where do we go from here?

Instructor: Dr. Ian Mitchell

Min. 8 Max. 40

Dates: Wednesday January 23, 2019 1:30PM-3:30PM

Location: North Shore Community Centre – Oak Room

Winter Photography

\$10

Winter Photography is an exploration by two experienced local photographers on how to take better photos with the equipment you have in a winter setting. Slides will be shown, information shared, and discussion encouraged.

Instructor: Allan Fedorak and Barb Klie

Min. 8 Max. 25

Dates: Thursday January 24, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

Bears of BC

\$10

Learn the bear facts of BC's largest land predator from a locally based Conservation Officer. The course will present facts, stories, and pictures about black and grizzly bears. You will learn about identification, behaviour, habitat, safety, poaching, and the role of conservation.

Instructor: Kevin Van Damme

Min. 8 Max. 40

Dates: Wednesday January 30, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

Artist Ted Smith: Ideal Form

\$10

Ted Smith was a Kamloops artist who explored colour and abstraction through depictions of the Kamloops landscape. The class will begin with a 45 minute curated tour of the exhibit. Following a short break (with tea/coffee/cookies provided) participants will express their artistic inclinations as inspired by the exhibit. Art materials will be provided, though you are welcome to bring favourite brush(es) or a colour palette from home if you wish.

Instructor: Keely Bland

Min. 10 Max. 20

Dates: Friday February 1, 2019 1:30PM-3:30PM

Location: Kamloops Museum

Teaching Kids Today

Free

Do you often hear the phrase "what are they teaching our kids today" and wonder how different it is from your school days? Is it more than the 3 R's? Are ethics, personal relationships, logical thinking, or personal finance part of the program? Hear from a teacher currently working in the Kamloops high school system who will help us understand the scope & objectives of the curriculum and learn about the challenges faced by both students & teachers in today's classrooms. John will share his experience & opinions of the education system.

Instructor: John Annicchiarico
Dates: Friday February 1, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Min. 10 Max. 40

Data Privacy in an Age of Digital Pollution

\$10

Who is collecting information about you online? Why are they doing it? And how can you understand what is going on and how can you protect yourself? This session will review the ever-changing landscape of personal data privacy, the “surveillance economy,” “fake news” and its effects. We will also outline the steps of a personal “data detox” and other responses to these challenges.

Instructor: Brian Lamb
Dates: Tuesday February 5, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 30

From the Art Gallery collection - Adad Hannah: Glints and Reflections

FREE

Join the KAG art educator for an interactive tour of the exhibitions and engage in exploring key themes. This session will investigate the historical theatrical method of tableau vivant (French for living picture) and will challenge us to recreate a painting with our bodies.

Instructor: Emily Hope
Dates: Tuesday February 12, 2019 10:30am to 12pm
Location: Kamloops Art Gallery

Min. 8 Max. 30

Exploring our Diversity and Intercultural Capacity

\$10

Since the 1970s Canada has embraced the notion of multiculturalism which has created our diverse society with vibrant cities and endless culinary options. Along with this diversity has come a fear of other cultures by some and the need to find ways to discuss, understand and integrate cultural differences in communities and organizations. The class will help participants increase cross cultural understanding and consider ways to help individuals and groups find new approaches to developing intercultural capacity. Participants are invited to discuss what intercultural capacity means and what developing it might look like. We will explore how increasing cultural diversity creates both opportunities and challenges and consider the attitudes, knowledge and skills required for inclusion and equity. Through activities and discussion, we will reflect on our own responses to cultural differences and similarities with a goal to enhancing our intercultural capacities.

Instructor: Dr. Kyra Garson
Dates: Tuesday February 12, 2019 10AM-12PM
Location: North Shore Community Centre – Willow Room

Min. 10 Max. 25

The Secret Lives of Plants

\$10

Have you ever wondered if plants can communicate? Have you seen how plants help each other to survive? Have you ever asked how plants defend themselves? Have you looked at the unique mechanisms that some plants have for spreading their kind around the globe? The class will reveal some of the tricks that plants hide up their leaves for successful survival! This course will entice your imagination by showing some unique ways plants reproduce, interact with each other, with other species, and with their environment.

Instructor: Dr. Peggy Broad
Dates: Wednesday February 13, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 40

How To Be A Responsible Seafood Consumer

\$10

Do you love seafood but find sustainable choices confusing? Join Jacque and Brian as they explore the role of the consumer in supporting sustainable fisheries. Discussion topics will include a broad look at the state of the world's fisheries, innovations in

aquaculture and the sustainability of fisheries resources.

Instructor: Jacque Sorensen and Dr. Brian Heise
Dates: Wednesday February 27, 2019 10AM-12PM
Location: North Shore Community Centre – Games Room

Min. 8 Max. 30

El Camino de Santiago - A Walking Pilgrimage

\$10

El Camino is a pilgrimage with all paths leading to Santiago de Compostela in Western Spain, believed to be the resting place of St. James the Greater, one of Jesus' disciples. Pilgrims have travelled along these routes since Medieval times. Around 300,000 complete the walk every year, with the most popular route being the Camino Frances which starts in St. Jean Pied de Port, France. In March 2018, Dwight spent 36 days travelling by foot to Santiago de Compostela, averaging 25 kilometres a day and staying at pilgrim hostels.

Instructor: Dwight Oatway
Dates: Thursday March 7, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 30

Zero Waste and Ways to get There

\$10

Zero waste is a buzz word these days: what does it mean and how do we get there? This presentation will focus on the three biggest sources of household waste and actions anyone can take to reach that goal.

Instructor: Marcia Dick
Dates: Tuesday March 12, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 30

Sexual Assault/Harassment Law

\$10

The #MeToo movement has amplified the discussion of how the law deals with the issues of sexual assault and sexual harassment in personal & organizational life. Two lawyers who have experience in this area of the law will provide an overview of the current law in Canada and attempt to answer questions about how the law works for both victims & accused.

Instructor: Rob Bruneau and Dennis Hori
Dates: Wednesday March 13, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Oak Room

Min. 10 Max. 40

Shuswap Language

\$10

Learn some basics of the Shuswap language: a way to say hello, or thank you, to our Secwepemc neighbours. Learn how language relates to culture and world view from an elder and linguist.

Instructor: Antoine Larue
Dates: Thursday March 14, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 30

Canada - a Lofty Idea and a Grand Design

\$10

It is July 1st, 1867 - the birthday of a new nation. The unmarked road ahead from the Constitutional conferences of 1864 to the end of an era on June 6th, 1891 is the story of the transformation of a fledgling country rapidly changing, adjusting, and re-defining itself; a story that tested and continues to test the will of its people to bridge the gap of race and culture. Moreover, it is the saga of a nation born out of necessity but determined to evolve into a better society. This will be an interactive session featuring the issues our country faced on its journey to maturity, as well as a glimpse into the lives of the people who influenced that development, and ultimately our destiny.

Instructor: Jack Harper
Dates: Monday March 18, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Oak Room

Min. 8 Max. 40

Physical Activity, Fitness and Aging: A Unique Personal Journey

FREE

Aging can present unique challenges for physical activity and fitness. If you cannot do X then what is the best substitute? How much activity do you need and what kind? How do you stop the shrinking of muscle groups and maintain bone density? Come and learn basic movements that support activities of daily living, change up your current routine or start a new one that fits your lifestyle.

Instructor: Nicole Beauregard

Min. 8 Max. 30

Dates: Wednesday April 3, 2019 10AM-12PM

Location: North Shore Community Centre – Games Room

Local Japanese Histories

\$10

Get a more in-depth experience of the KMA's Spring exhibit, an exploration of the history and culture of Kamloops' Japanese community. The class will start with a curated tour of the exhibit, led by Keely Bland, Museum Educator. Following a short break, (with tea/coffee/cookies provided), participants will engage in an individual, creative hands-on activity inspired by our tour and discussion. Art materials will be supplied.

Instructor: Keely Bland

Min. 10 Max. 20

Dates: Friday April 12, 2019 1:30PM-3:30PM

Location: Kamloops Museum

Law and Democracy

\$10

The class will examine the delicate balance between the rule of law and democracy, concepts that can sometimes be in conflict. We will look at contemporary examples from Canada and the US, as well as further afield.

Instructor: Dr. Jeffrey Meyers

Min. 8 Max. 40

Dates: Wednesday April 17, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

A GeoTour of Kenna Cartwright Park

FREE

Learn the geologic history of our own backyard, a story of glaciers and volcanoes. This will involve an interpretive walk in the park with TRU professor, geologist and artist, Nancy Van Wagoner. Pack a lunch and dress for the weather. We will depart from and return to the east entrance of the park, on Hillside Drive.

Instructor: Dr. Nancy Van Wagoner

Min. 8 Max. 20

Dates: Thursday April 25, 2019 11:00 am to 1:30 pm

Location: Kenna Cartwright Park – East Entrance

Kamloops Backcountry Hike

FREE

Just over a century ago the homestead era began in the Lac due Bois basin and by 1913, there were 35 families trying to make a new life for themselves by farming the grasslands. Join us for a hike on the Two Homesteads Trail, a 3.2km return hike. Enjoy shady forest trails, open meadows, the wildlife, historical sites and the wildflowers. Please dress appropriately for hiking and pack a lunch and water.

Instructor: Al and Mairi Budreau

Min. 10 Max. 25

Dates: Saturday May 4, 2019 9am - 2pm

Location: Kamloops Sports Council office - 1550 Island Parkway Dr., McArthur Island Kamloops BC

From the Art Gallery collection - Samuel Roy Bois: Relatively Speaking

FREE

Join the Kamloops Art gallery educator for an interactive tour of the exhibition and engage in exploring some key themes. The session explores our relationships to things and investigates how certain objects become imbued with memories and

emotions.

Instructor: Emily Hope

Min. 8 Max. 30

Dates: Tuesday May 14, 2019 10:30 am to 12 noon

Location: Kamloops Art Gallery

WINTER SPRING 2019 MULTIPLE SESSION COURSE DESCRIPTIONS

Come to the Concert

\$50

Come to the Concert continues to introduce the music for the balance of the KSO season a few days before each performance. You will hear a brief overview of the structure and style of each work in the upcoming concert with discussion about the composers and their musical and historical backgrounds. We will explore the evolution of musical styles, the growth of musical genres and the instruments. The orchestral and the chamber concerts are both included in the series. The follow-up discussions compare reactions to the music and to the Kamloops performance. However much or however little you know about classical music, this class can increase your familiarity and enjoyment of classical music. Concert tickets are not included.

This class is hosted in the Games room except for Feb 20 and March 20, these two days are in the Oak room.

Instructor: Rod Michell

Min. 10 Max. 25

Dates: Wednesdays Jan 9, Feb 6, Feb 20, Mar 6, Mar 20, April 10, May 8 10AM-12PM

Location: North Shore Community Centre – Games Room

Seniors' Driving Update

\$20

Paul Muzzillo from DriveWise is returning to give us another opportunity to update our driving skills. Traffic patterns change, new signs go up, perhaps our parking skills need tweaking. Then just before we reach the magic age of 80 the letter from the DMV arrives with the medical form to be submitted in 45 days and possibly a drivers' test. Are we ready? This popular course has received great acclaim from former students. This class is hosted in the Oak Room except Jan 16 when it's in the Willow Room.

Instructor: Paul Muzzillo

Min. 8 Max. 20

Dates: Wednesdays Jan 9, Jan 16, Jan 23 10AM-12PM

Location: North Shore Community Centre – Oak Room

Another Medieval Tale: Sir Gawain and the Green Knight

\$50

Meet a wealthy and affable landowner, his attractive and alluring wife, her older and influential female companion, and a keen young man of apparently impeccable moral integrity. Are you ready for some romance? Of course! But not your average Harlequin or similar genre. This is Medieval Romance, set centuries ago in a world seemingly remote, socially and morally, from our own, and yet—perhaps not so distant after all. For a few weeks, enter the world of Sir Gawain and the Green Knight. An anonymous poetic narrative from about the time of Chaucer, captivating and wonderfully descriptive, it recounts the many trials that face King Arthur's most virtuous knight, alone in a world that seems both mythical and magical and yet that remains psychologically real and relevant to our own time. Book available and payable at first class for a fee of \$15.

Instructor: Rod Michell

Min. 10 Max. 25

Dates: Mondays January 14, 2019 - April 1, 2019 10AM-12PM **No class Feb. 18**

Location: North Shore Community Centre – Games Room

China Today Part 2

\$20

Continue to learn more about a rising China in this peer learning class. We will watch documentary videos and explore through discussion, topics ranging from individual lives to economic development projects. We will try to understand if China is a threat or opportunity for global stability. Guests who have lived & worked in China have been invited to share their experiences.

Instructor: Lois Hollstedt

Min. 10 Max. 30

Dates: Tuesdays January 15, 2019 - January 29th, 2018 10AM-12PM

Location: North Shore Community Centre – Oak Room

News & 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.

This class is being hosted in the Games room except on Feb 8 and March 1, these two days are in the Oak Room.

Instructor: Ray Pillar

Min. 10 Max. 25

Dates: Fridays January 18, 2019 - March 22, 2019 1:30PM-3:30PM

Location: North Shore Community Centre – Games Room

Writing on your Laptop for Easy Self Publishing

\$35

In this class, you will learn how to use your laptop computer to write stories or memoirs that look amazing and that can even be turned into a book! If you like to write or have considered self publishing and are confused about how to get your hand-written scribbles transformed into something you are proud of, this class may provide a next step. You must have Microsoft Word (\$110 per year) on your PC computer or Apple Laptop. We will try to accommodate you if you use Pages on your Apple but it may not be as effective. You will learn how to use the software so you can write and publish your masterpiece in a way that will make it special. A tablet or iPad is NOT suitable for use in this class. You also need to be able to type, even if it's just with one finger! You will learn how to format your writing properly so that it will look beautiful and how to self-publish to Amazon for FREE! You do not need to make your work public and can print just a few copies for family and friends at a cost of roughly \$10 per copy delivered to your door! If you are confused or want clarification, call Jan at 250-319-8590 prior to registering for the class. Overall, the approach will be to confront our computers with a sense of humour, so be prepared to laugh!

Instructor: Jan Petrar

Min. 8 Max. 10

Dates: Mondays January 28, 2019 - March 4, 2019 1:30PM-3:30PM

Location: North Shore Community Centre – Games Room

Stalinism & the Gulag: Soviet Prison Camps in Comparative Perspective

\$30

Are you interested in Russian history? Dr. Bell will examine Stalin's notorious system of prison/concentration camps and explore their origins, purpose, the experiences of prisoners and personnel, and the place of the Gulag in a global, comparative history of both the concentration camp and the modern prison. What role did the Gulag play in Stalinism? How is it similar to or different from other concentration camps? What is the impact of the Gulag on present-day Russia?

Instructor: Dr. Wilson Bell

Min. 10 Max. 40

Dates: Tuesdays February 5, 2019 - February 26, 2019 10AM-12PM

Location: North Shore Community Centre – Oak Room

Macbeth & Twelfth Night

\$35

Explore the diversity of Shakespeare and the breadth of his genius by watching and discussing two contrasting plays: Macbeth and Twelfth Night. Filmed versions of the London Globe productions make the plays come alive. First be appalled watching Joseph Millson and Samantha Spiro as the ruthless Macbeths create their own doom and then in total contrast be entertained as Mark Rylance and Stephen Fry lead an all male cast in a riotous Twelfth Night.

Instructor: Mary Schmid

Min. 10 Max. 25

Dates: Tuesdays February 19, 2019 - March 19, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Oak Room

Meditation

\$30

Meditation is good for focus, relaxation, living in the moment and offers many other health and life benefits. Get into it or back into it. Begin or deepen your meditation practice with this 4 week course. This class is being hosted in the Oak Room except on March 13 when it's in the Willow Room.

Instructor: Kim Jensen **Min. 8 Max. 20**
Dates: Wednesdays February 27, 2019 - March 20, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Oak Room

From a Buddhist Perspective - Part 2

\$20

Following on part 1 (prior participation is not required) Venerable Ani Gawa Khandro will offer three sessions on the noble 8 fold path central to the teachings of the Buddha. She will explore its meanings, discuss implications in the modern world, and invite discussion and questions about applying these teachings in our lives.

Instructor: Ven. Ani Gawa Khandro **Min. 10 Max. 20**
Dates: Fridays March 8 2019 - March 22 2019 10AM-12PM
Location: North Shore Community Centre – Willow Room

Computer Consciousness

\$15

Can a computer experience emotions such as fear? "I'm afraid, Dave." In Stanley Kubrick's 1968 classic film 2001: A Space Odyssey the computer HAL uttered these provocative words as it was being shut down. They remain provocative to this day: Can a computer really experience emotions such as fear? Can it really have a quantum experience or a conscious experience so that it is afraid to be shut down? This topic will be examined over two two hour classes.

Instructor: Dr. Bob Morrow **Min. 8 Max. 35**
Dates: Tuesdays April 9, 2019 - April 16, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Just Passing Through: Migratory Birds.

\$15

Get an introduction to birding with a focus (hopefully) on the migrating sandhill cranes. These beautiful birds pass through our area every spring and fall. At this time of year they will be heading north to breeding grounds in Canada, Alaska and Siberia. Day one is in the classroom and the following day is in the field.

Instructor: Dr. Tom Dickinson **Min. 8 Max. 20**
Dates: Tuesdays April 23, 2019 & April 24, 2019 1:30PM-3:30PM
Location: North Shore Community Centre – Willow Room

This Storied Place: Reading Kamloops

\$30

The class will examine historical and contemporary short works, such as poetry, fiction, and non-fiction, set in and around Kamloops. The rich variety of literature written about the Kamloops area should stimulate interesting conversation and perhaps cause us to see the place we inhabit in new ways. A reading list will be sent to students in advance of the course. Cost is approximately \$20.

Instructor: Ginny Ratsoy **Min. 8 Max. 30**
Dates: Tuesdays May 7, 2019 - May 28, 2019 10AM-12PM
Location: North Shore Community Centre – Oak Room

Kamloops Adult Learners Society

WINTER SPRING 2019 MEET OUR PRESENTERS

John Annicchiarico	John Annicchiarico is working in his 20th year as a teacher and is currently at South Kamloops Secondary School (SKSS). He graduated from St. Ann's Academy, spent two years at Cariboo College & went on to receive a B.Comm Degree from UBC in 1991. He went to work in a bank, a department store, and care home before departing for Uji City, Japan (Kamloops' sister city) to teach English from 1994-1998. In 1999 he came home & earned a B.Ed at UBC and began teaching in Kamloops. Over his career, John has taught English 8, Math 9, Japanese Language at all levels, Social Studies 9 & 10, Law 12, & English to International Students. He has coached basketball, badminton, & rugby, judged debates, organised student-honours recognition assemblies, & served on the SKSS Awards & Professional Development Committees. John was also the Teachers Association (KTTA) Staff Representative for SKSS from 2012-2015. Upon meeting new people, John has noticed that, when he announces that he is a teacher, people's eyes light up as their faces smile. "It is the experience of 'school' - good or bad - that we all hold in common, so 'school' becomes an awesome conversation starter!"
Nicole Beauregard	Nicole Beauregard is a Sport for Life and National Coaching Certification Program learning facilitator and the Sport Development Coordinator for the City of Kamloops. She has a Bachelor of Kinesiology and works with groups to improve physical literacy for all parts of the community from children to older adults. In her spare time, she travels wherever the flight sales take her.
Dr. Wilson Bell	Dr. Bell, Assistant Professor at Thompson Rivers University in the Faculty of Arts, teaches courses in European & Russian History. He earned his BA at Dalhousie University and his MA & PhD at the University of Toronto. His research has focused on the Gulag prison camps in the Soviet Union under Stalin. Over 18 million prisoners passed through these camps for crimes from murder to telling a joke about the government. Dr. Bell was awarded a two-year (2015-2017) SSHRC grant for a new project: "44 Lenin Avenue: Siberia's 20th century history as told through its most remarkable building."
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. Peggy Broad	Dr. Peggy Broad is a lecturer in the Natural Resources department of TRU. She specializes in Forest and Grassland Ecology, and Vegetation Management.
Rob Bruneau	Rob Bruneau Q.C., graduated from UBC law school 1976 and was Crown prosecutor in Vancouver 1977 to 1980. He came to Kamloops in 1980 to enjoy a smaller city life together with the lakes and mountains. Rob was Crown prosecutor in Kamloops 1980 to 1987 and then did Criminal defense work and prosecution with Fulton and Company 1987 to 2015. He retired in 2015. He has two adult children, both working in the eastern United States.
Al and Mairi Budreau	Al and Mairi Budreau published Kamloops Backcountry Hikes in 2018. They combined their talents in the areas of land surveying, photography, art, and graphic design to create an easy to read and practical guide to hiking the wilderness areas around Kamloops.

Dr. Peter Clark	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
Marcia Dick	Marcia Dick is the City's leading expert on solid waste management, working both publicly and privately on waste reduction programs. She works for the City of Kamloops as the Solid Waste Services Analyst maintaining data pertaining to solid waste collection and disposal as well as oversees the City's recycling program. Marcia also has a business called Waste Naught BC, where she provides compost services to a large organization and provides consulting services for waste management planning for all sectors.
Dr. Tom Dickinson	Tom Dickinson, Dean of Sciences at TRU, is an avid birder who has pursued this interest across a number of continents. A biologist, ecologist, scientist and teacher with a wealth of information on the natural world around us.
Allan Fedorak	Allan Fedorak is a "retired" practicing photographer since 1968 in Kamloops. He probably shot your wedding photos, or your kids! He is married to Tricia and they have three adult daughters. These days he can be found skiing with the Antiques at Sun Peaks or chasing more perfect photos in the Kamloops area.
Dr. Kyra Garson	Dr. Kyra Garson is a faculty member in Student Development and is the Intercultural Coordinator at TRU. Since 2008, she has facilitated TRU's Interculturalizing and Curriculum faculty professional development program which supports faculty to inclusive pedagogies and intercultural learning outcomes. Her research interests include the impact of internationalization on teaching and learning environments and equity literacy in higher education. Kyra's doctoral study entitled "Are We Graduating Global Citizens?" received the Canadian Society for the Study of Higher Education's dissertation of the year award in 2014. In 2011, she received the Canadian Bureau for International Education's Internationalization Award for her work supporting faculty in interculturalizing curricula. In 2017, she received the Distinguished Leadership award from the British Columbia Council for International Education.
Dean Ken Gray	A native of BC and since April of 2016 the Rev. Ken Gray has been Dean and rector of St. Paul's Cathedral in downtown Kamloops where he initiated and facilitated the annual Season of Creation festival. Prior to arriving in Kamloops, he served churches on Vancouver Island and the South Okanagan. He studied music in Victoria, London England and Southern Ontario. He also served as a missionary in Northern BC. Since 2003 he has been active internationally with the Anglican Communion Environmental Network and nationally with the General Synod of the Anglican Church of Canada Ecojustice ministry. Married to Kathie, an occupational therapist with whom he has raised two children, he is an avid photographer and increasingly active in local political, social and environmental causes.
Jack Harper	Jack Harper is a long time Kamloops resident and educator. His particular interests include poetry, history in general, the history of Canada in particular, and the plight of the long suffering Vancouver Canucks.
Dr. Brian Heise	Dr. Brian Heise is an aquatic ecologist at TRU. He is chair of the Invasive Species Council of BC, and studies the effects of land use practices and invasive species on freshwater fish and invertebrates
Dan Hines	Mentored by the well-respected social thinker and writer Parker J. Palmer, Dan serves as an international Courage & Renewal leader and leadership consultant for business, educational, and religious organizations. In this past year, he has been invited to facilitate leadership workshops in China, Canada, The United States, Central America and The Bahamas. Dan is married to Robyn, is a father of two adult daughters, a grassroots social

	activist, an Anglican priest, and a co-founder of the intentional community: RareBirds Housing Co-operative.
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 people who have lived and worked in China.
Dennis Hori	Dennis Hori, Q.C., is a civil litigation partner with Fulton & Company LLP. He has extensive trial, appellate and administrative law experience. His practice includes commercial litigation, personal injury claims, insurance claims and employment disputes. He earned a Bachelor of Laws in 1983, UVic, & joined the Law Society of BC in 1984.
Kim Jensen	Helping people to help themselves live a balanced and joyful life is Kim's personal and professional mission. Her background is in nursing and community capacity building. She is a Reiki Master practitioner, teacher and has completed her education to become a Life Cycle Celebrant.
Ven. 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 Buddhist Chaplain at TRU, and with RAFT Kamloops as Conflict Resolution Mediator. Venerable Gawa is the spiritual director of GawaLing Buddhist Centre.
Barb Klie	Barb Klie is an amateur photographer and a member of the Kamloops Photo Arts Club. She started with photography while working in Jasper when she took a few photo workshops. Barb has enjoyed exhibiting her photos at the Jasper Art Guild as well as at the Kamloops Small Works Show, Art in the Park and Art Exposed at the Old Courthouse. Winter is a favourite season for photography can be a special time for night photography. In cold temperatures, one may be lucky enough to capture light pillars in the sky. One of Barb's goals for the course is to encourage people to get out and see the beauty of winter. You do not have to have the latest equipment to enjoy the season, but you need to know the secrets to make it an enjoyable and successful adventure.
Brian Lamb	Brian Lamb is the Director of Technology & Innovation at TRU. For twenty years, he has lived and worked in the often-strange environments of online culture. He mutters ill-tempered observations on his blog, Abject: https://abject.ca
Antoine Larue	Antoine Larue is one of a handful of people fluent in the local Secwepmc language. After four years of studying the language at Simon Fraser's Kamloops campus, Antoine carried on for a further four years to obtain a linguistics degree from Simon Fraser University.
Dr. Michael Mehta	Dr. Michael Mehta is a professor of Geography and Environmental Studies at TRU. He specializes in science, technology and society with a focus on environmental and health risk issues. Among his published works are discussions on the social impacts of Nanotechnology, Biotechnology, and Nuclear Power.
Dr. Jeffrey Meyers	Dr. Meyers is a graduate of McGill Law School with a PhD from the London School of Economics. He is a member of both the BC and State of New York bar associations, and currently lectures at TRU. Dr. Meyers is a regular media commentator on US, Canadian and international political and legal current events.
Rod Michell	Rod Michell has a MA in English Literature 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. Ian Mitchell	Dr. Ian Mitchell is an emergency room physician in Kamloops and is an advocate of medicinal marijuana.
Dr. Bob Morrow	Dr Bob Morrow received his B.Ed from the University of Alberta, his M.Ed from Gonzaga University and his PhD from the University of Oregon. He spent his teaching career in Calgary and moved to Kamloops in 2005.

Paul Muzzillo	Paul has a Bachelors degree and started working at DriveWise as a way to fulfill prerequisites for an Education program at TRU. However he found the work he does with Drivewise more satisfying than he could have imagined and "it allows me to meet not only new young drivers but also help Seniors maintain their driving independence".
Ann Naymie	Ann Naymie is a lifelong learning enthusiast. Her career in education included teaching students ranging from children to adults. Her subject matter included French, music, history. leadership and film.
Dwight Oatway	Dwight has lived and worked in Kamloops for 50 years. He is married to Islay, and they have two sons. He has worked in the mining industry and was a business owner. Dwight spent four years with his family in Columbia, South America when he worked for a mining company. He has always been interested in outdoor activities: camping, skiing, fishing, Nordic walking, canoeing, or just enjoying nature. He has hiked at Machu Picchu in Peru, done the West Coast Trail twice, and most recently hiked the 900 kilometer El Camino de Santiago de Compostela.
Helen Parkyn	Born in England and trained as a nurse and midwife, Helen Parkyn spent 3 years working her way around the world and could find nowhere better to live than BC. After various postings, two years of University work and a posting with the BC Health Service, she retired from work but not from travelling. Helen is one of the few people who has visited over 100 countries and still loves to travel
Jan Petrar	Jan has a BA in music and an MBA in tourism. The travel industry was the first industry to computerize globally, and her years working in the travel industry led her to eventually represent Canada globally regarding technological strategy. Since retiring, Jan has turned to writing and has self-published two memoirs and assisted other writers with formatting and self-publishing their works. She likes her computer.
Ray Pillar	Ray Pillar is a retired 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 continues to be a media political commentator and is a keen follower of Canadian and international politics. He has taught several KALS classes over the past 8 years.
Ginny Ratsoy	Associate Professor of English at Thompson Rivers University, Ginny Ratsoy is proud to have taught courses for KALS since 2007. Two of her recent publications speak to that relationship. See "The Roles of Canadian Universities in Heterogeneous Third Age Learning: A Call for Transformation" http://journals.sfu.ca/cjhe/index.php/cjhe and "The Kamloops Adult Learners Society: Leadership through Organic Partnerships and Knowledge Support in the Small City" in No Straight Lines: Local Leadership and the Path from Government to Government in Small Cities, edited by Terry Kading and available online (open access) through University of Calgary Press.
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.
Jacque Sorensen	Jacque Sorensen lectures in the Natural Resources program at TRU. She is a fresh water biologist who also teaches with the International Field School in Belize.
Kevin Van Damme	Kevin Van Damme has been a Conservation Officer for more than 25 years and is a recognized expert in predator attack investigations. He has taught and lectured throughout North America.
Dr. Nancy Van Wagoner	Nancy Van Wagoner is well known to KALS for both her talks on geology and her artwork that explores the boundaries of where science meets art. With a doctorate in Geology and a Masters degree in Fine Arts, she provides intriguing ways of seeing the world around us.

Kamloops Adult Learners Society

WINTER SPRING 2019 VENUES

North Shore Community Centre

452 - 730 Cottonwood Avenue, Kamloops, BC

Kenna Cartwright Park East Entrance

In Dufferin area at 1950 Hillside Dr., Kamloops, BC

Kamloops Art Gallery

465 Victoria St., Kamloops, BC

Kamloops Museum

207 Seymour St., Kamloops, BC

KALS Office

On McArthur Island 1550 Island Parkway Dr., Kamloops, BC