

FALL 2020

Course Calendar

**Courses start in
September & November**
All courses offered online



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VIU ElderCollege 25th Anniversary Legacy Fund

VIU ElderCollege celebrated
25 years in the community in
September 2018.

We are very appreciative for
the support of the Legacy Fund
which helps cover course fees
for those who need it.

If you would like to continue
the legacy please contact
Susie Caswell at
250-740-6216
to make a donation.

CHANGING TIMES FALL 2020

In these rapidly changing times, knowledge is accumulating at a phenomenal rate as is our curiosity and quest for it. In many incidences the gap between gathering information and our ability to understand it is widening. In other incidences, present circumstances are changing the way we look at established ideologies. VIU ElderCollege courses provide you with the opportunity to learn relevant information from qualified and dedicated instructors as well as share your ideas with fellow students with similar interests. If you are 50+ and aspire to be a lifelong learner, please join us in one or more of our numerous and varied courses.

Anne Toby, PhD
Chair of the Board and Instructor
VIU ElderCollege



Front Cover Art: *Arbutus At Parksville Beach*
by Jill Owen-Flood

Jill Owen-Flood is a VIU ElderCollege student and member of the Federation of Canadian Artists. The cover painting is her abstracted version of the arbutus tree by the labyrinth at the Community Park in Parksville. Since childhood, she has loved doing art, especially painting. She has studied art and has taken art workshops from many gifted artists. She is so grateful for the highly motivating instruction from VIU ElderCollege's Terri Bowen.

where wisdom
meets knowledge



JOIN US!

Becoming a Member

An active VIU ElderCollege membership is required before registration in all VIU ElderCollege courses. Membership runs from to August 1, 2020 to July 31, 2021. The annual membership fee is \$20 and offers many benefits.

Memberships can be purchased starting August 1 for the upcoming VIU ElderCollege season.

Benefits of Active Membership

- Early notification of course registration dates
- Course Calendar will be emailed to you
- Member emails and updates
- Use of VIU Library during course
- One free admission to Milner Gardens and Woodland
- Discount of \$4 off entrance to Deep Bay Marine Field Station
- Discount of \$2 off Classical Coffee Concert Series Chamber Music at the Port Theatre
- Discount of 10% off giftware and apparel at the VIU Campus Store
- Discount at the VIU Gym

Registering for Courses

VIU ElderCollege produces two Course Calendars per year. Registration for the Fall Session starts in late August and in late November for the Spring/Summer Session.

Emails will be sent to current and past members indicating when course registration will start.

For Fall 2020, all VIU ElderCollege courses will be offered online through Zoom.

Via telephone:

Using a credit card.

Call toll free 1-866-734-6252

*Please note that there will be no inperson registrations. Measures have been taken to ensure individuals can get through in a timely manner via telephone.

Refund Policy

VIU policy permits refunds only if the withdrawal request is received at least 7 days prior to the start date of a VIU ElderCollege course. Extenuating circumstances may be considered if the withdrawal is made later.

SEPTEMBER SESSION

Algebra And Calculus: Just The Easy Stuff

New!

Every discipline has hard parts and easy parts. This course is intended for people who have had only limited success with algebra and/or calculus. If you never got beyond simple arithmetic because the next steps seemed hard, you missed some useful fun. We will progress through topics only as rapidly as the majority demands, while leaving no one behind.

ELDK 066 F20Q01

🕒 6 sessions: Mon, Sep 14-Oct 26; 9:30-11:30 am
(No class Oct 12)

\$42.00

JESS BREWER taught physics at UBC for 38 years and retired in 2011, ostensibly to write science fiction. The Skeptic's Guide to Physics website arose from a physics course for arts students (some of them liked it).

Energy Medicine For Self-Help: Level 1

Updated!

This course will teach participants energy healing techniques from energy medicine, energy psychology and other energy healing modalities. You will learn to test and balance your energy patterns to promote and sustain your health and emotional wellbeing and will be encouraged to practice these techniques on a daily basis to balance and strengthen your energies and boost the bodies' self-healing abilities. This course is a prerequisite to the next two levels.

ELDK 071 F20Q01

🕒 7 sessions: Mon, Sep 14-Nov 2; 1:00-2:30 pm
(No class Oct 12)

\$47.25

Recommended Text:

Energy Medicine (2008) by Donna Eden with David Feinstein

MIKE PROVENCHER, retired psychologist, clinical counsellor and manager in the mental health field, has studied a range of energy healing modalities and is committed to sharing these techniques with others.

Mindful Meditation For Challenging Times

New!

Does balancing safety during this pandemic, without sacrificing your engagement in life, sometimes feel like an exhausting tight-rope dance? With mindfulness, we can learn to view these daily challenges with insight, curiosity, unconditional self-love, and even humour. This will be a journey of self-exploration for those interested in developing an ongoing mindful meditation practice. For beginners and those with meditation experience.

ELDK 090 F20N01

🕒 12 sessions: Mon, Sep 14-Dec 7; 12:30-1:30 pm
(No class Oct 12)

\$74.00

RALPH FRANK, a retired psychotherapist, has spent a lifetime investigating the intriguing connections between mind, body, emotions and energy. His passion is bringing lessons from vipassana meditation, tai chi and qigong to western students.

Non-Fiction Book Club

After establishing a reading list, the club will meet once a month to discuss the book designated for that date. Please bring to the first meeting a suggested title and the reasons you chose it - history, politics, economics, philosophy, biography, memoirs, environmental issues - anything that isn't fiction.

ELDN 067 F20X01

🕒 8 sessions: Mon, Sep 14, Oct 5, Nov 16, Dec 7, Jan 11, Feb 8, Mar 8, Apr 12; 1:30-3:30 pm

\$52.50

September:

Factfulness
by Hands Rosling with
Ola Rosling Ronnlund

October:

Educated
by Tara Westover

ANNE BRAILSFORD, PhD, has a passion for reading and loves to engage in book conversations. She has had a career in children's literacy learning and continues to write books for teachers and to design literacy programs for children.

CAROL WELLS, BSc (University of Alberta) and certification in business administration (College of New Caledonia), has researched her own family tree and has completed course work with the National Institute for Genealogical Studies.

where wisdom meets knowledge

Ancient Complex Societies Of The Americas

New!

Everyone knows of the pyramids of Mexico City, the pueblos of New Mexico, breathtaking Andean sites such as Machu Picchu, and cultural names like Aztec, Maya, and Inka. This course will examine three areas of the ancient Americas where these complex societies arose: Mesoamerica, the Andes, and the American southwest. How did these civilizations develop? What are their key characteristics? How were they connected to each other?

ELDK 074

\$26.25

Choose one of the following sections:

F20Q01:

🕒 **3 sessions:**

Mon, Oct 5-26;

3:30-5:30 pm

(No class Oct 12)

F20Q02

🕒 **3 sessions:**

Tue, Oct 6-20

3:30-5:30 pm

MITCHELL ALLEN, PhD (UCLA), is a research associate in archaeology at UC Berkeley and at the Smithsonian Institution. He has taught archaeology for over 15 years, and has done fieldwork in Israel, Afghanistan, and California.

Meditation For Health And Wellbeing

What are the scientific facts about the different methods of meditation? Why and how does it work? The enormous proven benefits, especially for seniors, can easily be discovered through a simple practice. Discover what works best for you. The instructor provides the theory and the methods of practice. You may find out what works for you in the comfort and privacy of your home.

ELDH 033 F20N01

🕒 **6 sessions:** Tue, Sep 15-Oct 20; 9:30-11:30 am

\$42.00

ARIE VANDER REYDEN, BA, BFA, MA, EdD, studied at various schools of meditation on four different continents. He taught and conducted workshops in a variety of settings and audiences.

Alzheimer's And Medical Assistance In Dying (MAiD)

This course is an attempt to encourage discussions around emotional, spiritual and social support for those with Alzheimer's who have made, or are contemplating making, the choice for MAiD. (It is designed for just these participants and their support companions). Anticipatory grief and mourning related to this choice will also be discussed as will advocacy for an amendment to Bill C-14 allowing advance requests for those challenged with dementia.

ELDH 099 F20X01

🕒 **4 sessions:** Tue, Sep 15-Oct 6; 12:30-2:30 pm

\$31.50

JULE BRIESE is a strong advocate for compassionately supporting those with dementia expressing a choice for MAiD. A care companion to her husband challenged with dementia, she supports his choice for MAiD.

Intelligent Investing And Estate Planning Workshop

This is a comprehensive holistic course that helps to educate seniors and retirees about money and finances. This course will review the following topics in detail: estate planning; financial planning; investment strategies to protect both capital and income; tax management; wealth succession and charitable giving. If requested, banking and credit management will also be covered.

ELDQ 058 F20Q01

🕒 **6 sessions:** Tue, Sep 15-Oct 20; 1:00-3:00 pm

\$42.00

WAHID ALI has been a financial planner and retirement specialist for 25 years and specializes in estate planning, wealth succession and financial planning.



Follow us on Facebook

facebook.com/ElderCollegeVancouverIslandUniversity

Effective Speaking Skills

New!

Do you have trouble finding the right words? Are you nervous expressing yourself to more than one person at a time? Do you have an idea to promote but are afraid of expressing it? This course is a kind and gentle introduction to effective speaking skills. In our first class you'll be giving at least two speeches. Nervous already? Let's go!

ELDK 063 F20Q01

🕒 4 sessions: Wed, Sep 9-30; 1:30-3:30 pm

\$31.50

MARTIN DEBARROS has been with Toastmasters on and off for 25 years. He has taught effective speaking skills to adults as well two local air cadet squadrons and has been master of ceremonies at numerous events.

Mindful Meditation

New!

Mindful meditation has immense benefits for dealing with various life challenges, including everything that we, as elders, are facing during this pandemic. Join us for guided meditations that will bring curiosity about your next breath and the ability to observe your delightful mind in a compassionate setting. There will be time for questions and answers about how to apply meditation to the challenges of daily life.

ELDK 093 F20Q01

🕒 12 sessions: Wed, Sep 16-Dec 9; 12:30-1:30 pm

(No class Nov 11)

\$74.00

RALPH FRANK, a retired psychotherapist, has spent a lifetime investigating the intriguing connections between mind, body, emotions and energy. His passion is bringing lessons from vipassana meditation, tai chi and qigong to western students.

Ancient Remedies For Modern Problems

This course will reveal the history and the Eight Branches of Traditional Chinese Medicine which can offer a new approach to health and longevity. Chinese medicine is effective and provides drug-free therapies that can help address a wide variety of common ailments and problems. The instructor will provide guidance and resources for finding the way through this discipline. There will be time for questions and answers.

ELDK 011 F20N01

🕒 5 sessions: Wed, Sep 16-Oct 14; 12:30-2:30 pm

\$36.75

DR SOPHIA ANDRAS studied dentistry at Semmelweis Medical University of Budapest, and became a Master of Acupuncture and Oriental Medicine. Since 2005 she has been studying, drawing and painting mandalas and yantras as a project of self-enrichment.

Casino Gaming: Past And Present

New!

This course will cover topics such as a brief history of gambling and early casinos; an introduction to probability computations; analysis of common casino games (not the poker room); information on professional gamblers, both past and present; what running a casino is all about. He will also discuss addictions.

ELDK 054 F20N01

🕒 6 sessions: Wed, Sep 16-Oct 21; 3:00-5:00 pm

\$42.00

DANIEL LORDAHL, PhD psychology (University of Wisconsin-Madison) was a faculty member at Washington Univ., Univ. of Miami, Fla. State Univ. and finished his formal career at Brock Univ. Daniel has expertise in human thinking, experimental design, and statistics.

Why The Arts Matter

Now 2 weeks

Music is one of the few truly universal human phenomena and is one of the most basic and powerful forms of expression. Yet, there is a widespread notion that the arts are somehow frills. Participants will gain a greater understanding of music in particular, and the arts in general, and become well-equipped to advocate for the arts as an essential element of education and beyond.

ELDH 066 F20Q01

🕒 2 sessions: Thu, Sep 17-24; 9:30-11:30 am

\$21.00

ED WASIAK, PhD, is a retired professor of music education at the University of Lethbridge, and a long-time musician, author, arts advocate, and researcher. Dr. Wasiak is recognized widely as a leader in Canadian music education.

Practical Photography

This course is designed for beginning students using digital interchangeable lens cameras, or single lens cameras that also allow creative control. These cameras allow the user to change the shutter speed, aperture size, ISO settings, and to adjust the focus and light exposure (and other features). We will explore a variety of hands-on photographic situations where creative control can improve your images, leading to better portraits, landscapes and close-ups.

ELDK 022 F20N01

🕒 6 sessions: Thu, Sep 17-Oct 22; 1:30-3:30 pm

\$42.00

RUSSELL MCNEIL is an amateur photographer and camera collector. Selections of his work have been exhibited at Port Place in Nanaimo and on flickr.

The Short Story In Modern Literature

Louise Rosenblatt, university professor and World War II activist, defined literature as “an exercise in empathy, whereby the reader gains insight into the lives and thoughts of other people.” The selected stories include the possibility of distress for the people in the story and for the reader - be prepared to write a few sentences about who is suffering and why. The instructors bring an interdisciplinary approach to literary reading that draws on literary theory and clinical psychology.

ELDK 082 F20Q01

🕒 **6 sessions:** Thu, Sep 17-Oct 22; 1:30-3:30 pm

\$42.00

Required Texts:

The Lagoon (1897) by Joseph Conrad,
A Jury Of Her Peers (1917) by Susan Glaspell,
The Rocking-Horse Winner (1926) by D.H. Lawrence

PAUL GLASSEN, co-teacher for this course, has a post-graduate degree in clinical psychology.

GLORIA MARTINS, BA (SFU), worked as a teaching assistant for the English department at SFU while completing the course requirements for her master's degree.

Living With Depression

This course looks at depression from both a medical and experienced point of view. The instructors will focus on management and empathy, both for the person suffering from depression and those with a depressed person in their life.

ELDK 033 F20N01

🕒 **3 sessions:** Fri, Sep 18-Oct 2; 9:30-11:30 am

\$26.25

JEF NICHOLS has suffered from lifelong depression and LORI NICHOLS has 30 years of experience as a psychiatric nurse and family member of a depression sufferer. Both have lectured on depression in Canada and the US.

25th Anniversary Legacy Fund

Thanks to generous donations, you can have your VIU ElderCollege course fee paid.

Please indicate at the time of registration that you require financial assistance. Availability is limited to one course from this Course Calendar. Membership fee is not covered.

FRIDAY FORUM

Attaining And Maintaining Mental Health

Supporting mental health is a critical consideration to the healthy aging process. Older adults make important contributions to society as family members, volunteers and as active participants in the workforce. In this course a variety of experts will discuss the impact of social isolation on emotional wellness, self-care for family caregivers, resources for seniors who need support or resources, and activities that bring joy.

Class 1:

Social Isolation In Seniors
Penny MacCourt, PhD

Class 2:

Supporting Resilience In Family Caregiving: Building The Self-Care Tool Kit
Dr. Elisabeth Drance MD FRCP(C) Geri Psych

Class 3:

The Vancouver Island Crisis Line: Support For You And Your Community
Emily Post, Community Awareness Coordinator,
Vancouver Island Crisis Society

**Can Energy Healing Methods
Really Change The Way You Feel?**
Mike Provencher, BSc, Med, MASc, RCC

Class 4:

How Do We Maintain The Human/Animal Connection As We Age?
Sharon Speevak, Communications Coordinator of the
Nanaimo Chapter of ElderDog Canada, Inc.

“A Conversation In Music Is Like I Know You... It Brings The World Together”
Graylen Howard MMT, Music Therapist

ELDK 087 F20Q01

🕒 **4 sessions:** Fri, Sep 11-Oct 2; 1:00-3:30 pm

\$31.50

Spots fill quickly!

**Call 1-866-734-6252 to
register today.**

NOVEMBER SESSION

Effective Speaking Skills

New!

Do you have trouble finding the right words? Are you nervous expressing yourself to more than one person at a time? Do you have an idea to promote but are afraid of expressing it? This course is a kind and gentle introduction to effective speaking skills. In our first class you'll be giving at least two speeches. Nervous already? Let's go!

ELDK 063 F20N01

🕒 4 sessions: Mon, Nov 2-23; 9:30-11:30 am

\$31.50

MARTIN DEBARROS has been with Toastmasters on and off for 25 years. He has taught effective speaking skills to adults as well two local air cadet squadrons and has been master of ceremonies at numerous events.

Themes In Medieval And Renaissance Art

New!

The course will involve viewing, hearing background about and discussing a variety of images of both Italian and Flemish medieval and Renaissance art. It will be organised into themes (mostly relating to Christian worldviews of the period) such as The Annunciation, The Madonna and Child, The Last Supper, The Betrayal of Christ, The Crucifixion, and The Last Judgment. Discussion among all participants will be highly encouraged.

ELDK 055

\$42.00

Choose one of the following sections:

F20N01:

🕒 6 sessions:

Mon, Nov 2-Dec 7;

1:00-3:00 pm

F20Q01:

🕒 6 sessions:

Thu, Nov 5-Dec

10; 3:30-5:30 pm

JOHN BLACK, professor emeritus in liberal studies (VIU) has led many art-history field schools to Europe, and is now a group leader with VIU's Adventures in Mind.

DID YOU KNOW?

Fall 2020 Saturday Speakers Series is free to all current VIU ElderCollege members while spots are available!

Call to register today 1-866-734-6252

Who Discovered America?

New!

First Nation peoples arrived in the Americas as early as 15,000 years ago. Their journeys will be described based on the latest archaeological findings and interpretations. Various other peoples have also been proposed to have preceded Columbus. Some of the proposals are fanciful: Greeks, Egyptians, Phoenicians, even Atlanteans. Others are more plausible, including the Vikings and Polynesians. This course will explain why archaeologists accept some claims and are skeptical of others.

ELDK 075

\$26.25

Choose one of the following sections:

F20Q02:

🕒 3 sessions:

Mon, Nov 2-16;

3:30-5:30 pm

F20Q01:

🕒 3 sessions:

Tue, Nov 3-17;

3:30-5:30 pm

MITCHELL ALLEN, PhD (UCLA), is a research associate in archaeology at UC Berkeley and at the Smithsonian Institution. He has taught archaeology for over 15 years, and has done fieldwork in Israel, Afghanistan, and California.

Energy Medicine For Self-Help: Level 2

Updated!

Participants will be presented and invited to practice additional energy healing techniques from energy medicine, energy psychology and other healing energy modalities. For maximum benefit, hands-on practice both in the classroom and at home is recommended. The class will include demonstrations of the techniques on class members who volunteer, guided practice and working in pairs. Level 1 in this 3-part series is required before taking Level 2.

ELDK 072 F20Q01

🕒 7 sessions: Mon, Nov 9-Dec 21; 1:00-3:00 pm

\$47.25

Recommended Text:

Energy Medicine (2008) by Donna Eden with David Feinstein

MIKE PROVENCHER, retired psychologist, clinical counsellor and manager in the mental health field, has studied a range of energy healing modalities and is committed to sharing these techniques with others.

The Practice Of Self-Healing

New!

Discover how and why self-healing works. The instructor will discuss the latest scientific findings as well as ancient practices that improve your well-being. Self-healing focusses on prevention and managing a rewarding life-style. The constant need to restore well-being can be challenging, especially for seniors. The instructor provides the information and useful methods that you may practice in the privacy of your own home to experience the results.

ELDK 081

\$52.50

Choose one of the following sections:

F20N01:

🕒 **8 sessions:**

Tue, Oct 27-Dec 15;

12:30-2:30 pm

F20Q01:

🕒 **8 sessions:**

Thu, Oct 29-Dec 17;

1:30-3:30 pm

ARIE VANDER REYDEN has practiced and taught self-healing on four different continents as an instructor of yoga teachers, martial arts, various types of dance, and healthy life-style practices. Students have ranged in all ages and backgrounds.

A Writer's Toolbox

New!

These six workshops are designed to get you started or keep you going. The instructor will cover a different topic each week: developing Ideas, storycraft, memoir and personal essays, elements of good writing, constructive critiquing, and finding your way into print. Each session includes instruction, discussion, and short writing sprints.

ELDK 092 F20N01

🕒 **6 sessions:** Tue, Nov 3-Dec 8; 9:30-11:30 am

\$42.00

LOIS PETERSON has published eight children's novels and numerous articles, essays and short stories for adults. She has taught creative writing for more than 20 years at the community, primary/high school and college levels.

Salish Sea: A Year On The Wild Side

Would you like to be better informed about the intriguing natural world of the Salish Sea? Join us as we investigate the life patterns of flora and fauna whose habitats are within this region. We will base our reading and discussions on Briony Penn's 2019 book, *A Year on the Wild Side: A Naturalist's Almanac*. The book provides perceptive commentary on the impacts of human development and climate changes on this natural world.

ELDK 035

\$42.00

Choose one of the following sections:

F20Q01:

🕒 **6 sessions:**

Tue, Nov 3-Dec 8;

9:30-11:30am

F20Q02:

🕒 **6 sessions:**

Tue, Nov 3-Dec 8;

1:30-3:30pm

Required Text:

A Year On The Wild Side: A Naturalist's Almanac
by Briony Penn

NANCY RANDALL thoroughly enjoys teaching for VIU ElderCollege, building on prior teaching experience from elementary to post-graduate university levels. She particularly enjoys facilitating robust discussions about the healthy future of our Salish Sea region.

Nurturing Grieving And Mourning Loss

The course will offer opportunities for both personal reflection and small group discussion. We will focus on taking an inventory of loss in our lives, healthy ways of dealing with loss, myths of grief and looking at how we can be a companioning presence in the lives of those mourning loss.

ELDH 009 F20X01

🕒 **4 sessions:** Tue, Nov 3-24; 12:30-2:30 pm

\$31.50

JULE BRIESE is a retired educator with a passion for facilitating nurturing workshops. She holds certificates in conflict resolution and negotiation and in grief and loss studies. She received her facilitator training through the British Columbia Teachers' Federation.

Celebrating
25+
years in the community

where wisdom meets knowledge

November Session

Why The Arts Matter

Now 2 weeks

Music is one of the few truly universal human phenomena and is one of the most basic and powerful forms of expression. Yet, there is a widespread notion that the arts are somehow frills. Participants will gain a greater understanding of music in particular, and the arts in general, and become well-equipped to advocate for the arts as an essential element of education and beyond.

ELDH 066 F20N01

🕒 **2 sessions:** Wed, Nov 4-18; 9:30-11:30 am

(No class Nov 11)

\$21.00

ED WASIAK, PhD, is a retired professor of music education at the University of Lethbridge, and a long-time musician, author, arts advocate, and researcher. Dr. Wasiak is recognized widely as a leader in Canadian music education.

Road Safety For Seniors

Now 4 weeks

This course is an amalgamation of the courses Safe Driving for Seniors and Brushing Up for Seniors previously presented at VIU ElderCollege. New material has been added, including an update for the Enhanced Road Assessment, preparing for re-examination and how aging affects driving.

ELDH 051 F20N01

🕒 **4 sessions:** Wed, Nov 4-Dec 2; 1:00-3:00pm

(No class Nov 11)

\$31.50

TIM SCHEWE is a retired RCMP constable with 25 years of service, including 20 in traffic enforcement and 10 as a technical collision investigator.

Good Bugs/Bad Bugs

Now 7 weeks

In the last six years there's been a scientific revolution in understanding of the human microbiome - the trillions of microbes that live in and on us, and are now known to be essential for normal development and function of our brain, immune systems and metabolism. Learn how medical science is taking the first baby steps that will lead to powerful new approaches to obesity, diabetes, asthma, allergies and, perhaps, autism.

ELDS 061 F20Q01

🕒 **7 sessions:** Wed, Oct 28-Dec 16; 2:30-4:00 pm

(No class Nov 11)

\$47.25

JOHN NORTH, PhD immunology (University of Cambridge, England) spent the majority of his career developing novel pharmaceuticals, retiring after nearly a decade leading a UBC spin-off biotech company.

Cultural Travel In Europe

Had enough of the "It's Tuesday - it must be Belgium" syndrome? This course will help you plan and enjoy stimulating holidays in Europe with a cultural or educational theme, whether you travel singly or in groups. Under guidance from the instructor, participants will be encouraged to discuss their previous experiences in order to illuminate common issues.

ELDH 057

\$36.75

Choose one of the following sections:

F20Q01:

🕒 **5 sessions:**

Wed, Nov 4-Dec 9;

3:30-5:30 pm

(No class Nov 11)

F20N01:

🕒 **5 sessions:**

Thu, Nov 5-Dec 3;

9:30-11:30 am

JOHN BLACK, professor emeritus in liberal studies (VIU) has led many art-history field schools to Europe, and is now a group leader with VIU's Adventures in Mind.

Breath And Meditation 101

Would you like to begin meditation but don't know how to start? Would you like a refresher on basic meditation techniques? This course will include a brief history of meditation, and together we will discuss and practice breath work and seated and moving meditation. Guided meditation will also be offered. Join us to discover how meditation can benefit your mind and body and how to take your practice home.

ELDS 093 F20Q01

🕒 **6 sessions:** Thu, Nov 5-Dec 10; 9:30-11:00 am

\$42.00

DONNA ROY is a certified yoga instructor. She taught breath and meditation through the University of Regina's URFit program prior to moving to Parksville in 2015.



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to buy one today.**

Science, Society And Bioethics

As scientific research forges ahead, the chasm between scientific knowledge and societal understanding grows. New innovations may produce new risks of ethically undesirable consequences and public distrust of science in reaction to these new developments. This course will present some controversial areas of research which will be followed by interactive discussion of the consequences from a societal, ethical perspective.

ELDH 055

\$42.00

Choose one of the following sections:

F20Q01:

🕒 6 sessions:

Thu, Nov 5-Dec 10;

12:30-2:30 pm

F20Q02:

🕒 6 sessions:

Thu, Nov 5-Dec 10;

9:30-11:30am

ANNE TOBY, PhD genetics (SFU). Anne's career path led to her passion for attempting to teach scientific concepts in a simple but accurate way to those with no formal scientific background.

The Meditations Of Marcus Aurelius

Stoicism is often portrayed as a cheerless philosophy of suffering and doom. Yet through the writings of Roman Emperor Marcus Aurelius, the Stoic approach to life is surprisingly rich and friendly. With no previous background in philosophy, students will discover the intelligence and honesty of Aurelius. The material covered offers an historical background of Stoicism, and ways this ancient philosophy can offer psychological and spiritual insight. Textbook required.

ELDN 032 F20N01

🕒 6 sessions: Thu, Nov 5-Dec 10; 1:30-3:30 pm

\$42.00

Required Text:

The Meditations of Marcus Aurelius by Russell McNeil

RUSSELL MCNEIL, PhD, pioneered a LIDAR technology which was later deployed to measure the atmosphere of Mars. Russell worked as a science journalist for public television and radio and taught liberal studies at VIU.

Spots fill quickly!

**Call 1-866-734-6252 to
register today.**

When there's a will, there's a way.

*Support a future VIU
student with a gift in
your will, or consider
a gift today!*

Contact Susie Caswell with VIU
Advancement at **250.740.6216**
to learn how your gift can
change lives.

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Visit: **viu.ca/love-of-learning** or
call **250.740.6400** for more details.

Classes start in September
APPLY NOW!

The Nuclear War

New!

Since the discovery of nuclear energy in the mid-20th Century, a battle has raged between “reckless nuclear power advocates who don’t care how many people they kill with radiation” and “paranoid, ignorant anti-nuke fanatics who don’t care that they have helped create anthropic global climate change”. Your task will be to guess which of those caricatures is more accurate, and why. Hints are available at <http://jick.net/skept/RadHaz/>

ELDK 068 F20Q01

🕒 6 sessions: Fri, Nov 6-Dec 11; 9:30-11:30 am

\$42.00

Recommended Texts:

“Power To Save The World”: The Truth About Nuclear Energy by Gwyneth Cravens,

Anything Whatsoever by Dr. Helen Caldicott

JESS BREWER, professor emeritus in physics (UBC), retired in 2011, ostensibly to write science fiction. He is the developer and advocate of (muon spin rotation/relaxation/resonance) and has given several physics-related courses at VIU ElderCollege.

Founders Of Religions - Part 1: Abrahamic Religions

New!

This two-part course will consider eighteen founders of religions and the basic conditions of his or her times. It will serve to highlight some crucial elements in the founders’ lives that may assist in understanding the character of the movement. Discussions related to differences between a religion, a sect, and a cult will also be considered. Participants are encouraged to read outside the class and to respectfully dialogue around different perspectives.

ELDK 061 F20Q01

🕒 8 sessions: Fri, Oct 30-Dec 18; 9:30-11:30 am

\$52.50

JACK DUCKWORTH, BMus, DipCS, MDiv, DMin, spent over 25 years in Christian mission serving in multi-generational and multi-cultural contexts including congregational, campus, and overseas teaching ministry in Eastern and Western Europe.

Hemingway’s Paris Of The 1920s

New!

This will be a discussion-based course on Ernest Hemingway’s *A Moveable Feast*, a memoir of his days in Paris during the 1920s. The book contains portraits of other big names of the time, like F. Scott Fitzgerald, Sherwood Anderson, and Gertrude Stein, which was just when Hemingway was establishing himself as a writer. It also paints a brilliant description of the atmosphere of 1920s Paris. Please read the textbook prior to the first class.

ELDK 067 F20N01

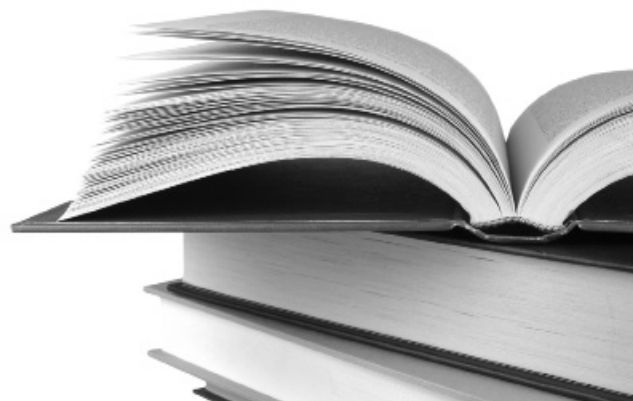
🕒 6 sessions: Fri, Nov 6-Dec 11; 1:30-3:30 pm

\$42.00h

Required Text:

A Moveable Feast by Ernest Hemingway (NOT the 2009 “restored edition”). Download for free at: fadedpage.com/showbook.php?pid=20141111.

STEVE LANE, PhD English literature, taught at VIU for over 20 years. One of his main research interests is American author Ernest Hemingway. Steve has presented papers at the international Hemingway conferences from 1992 to 2018.



DID YOU KNOW?

Obtaining your Required/
Recommended Texts is now easier!

Buy online or at your local bookstore,
borrow from the library or a friend.

ONE DAY SESSIONS

Advance Care Planning: Because We All Die

An accident today, a stroke tomorrow, could leave anyone incapable. Who will speak for you then? Do they know your wishes? Do you? Advance Care Planning is the process of reflecting upon then informing others of your wishes regarding accepting or foregoing specific medical interventions, etc. should you become incapable. To be legally empowering it must be done while you are capable. (This session provides information only, not legal advice).

ELDH 005 F20N01

⌚ 2 hours: Thu, Sep 10; 9:30-11:30 am

\$10.00

Required Text:

My Voice: Expressing My Wishes For Future Health Care Treatment by BC Ministry of Health. Download for free at: <https://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf>.

CHRIS ARONSON is a retired ESL instructor. Chris designed the Teaching English Overseas course and the TEFL certificate program at Malaspina College. He has taught English in Japan, China, Thailand and Vietnam.

Secret Life Of Pots: Emily Carr's Ceramics

New!

Emily Carr is well known for magnificent depictions of her beloved West Coast landscapes. She is less known for her ceramics, produced between ~1924 to 1930 during a period of reduced financial circumstances and extreme self-doubt, her 'wilderness years'. This course reveals fresh insight into Carr's artistry and self-determination, set against a pivotal period in Canada's history, offering the chance to examine Carr's output from a different perspective.

ELDK 057

\$10.00

Choose one of the following sections:

F20Q01:

⌚ 3 hours:

Tue, Oct 27;

1:00-4:00 pm

F20N01:

⌚ 3 hours:

Thu, Oct 29;

12:30-3:30 pm

CHRISTINE PAGAN, retired geologist, also has an MA in Art History, specialising in early twentieth century European and Canadian art, with focus on women and the West Coast.

The Charitable Investor: Making A Difference

New!

Learn how you can make a difference in your lifetime and beyond to the people and charities you care about while saving money on taxes. Discover how to invest in a socially responsible way. Other topics will include: ways to give assets other than cash; tax aspects of deferred gifts; and insurance as a charitable and tax tool.

ELDK 064 F20Q01

⌚ 2 hours: Wed, Oct 28; 9:30-11:30 am

\$10.00

GLORY GRAY, BSc finance, MFA philanthropy, started in the financial industry in 1988 as an analyst in investment banking and began helping others build wealth in 2001. She is a member of the Canadian Association of Gift Planners.

Six Stages Of Your Caregiving Years

Throughout the caregiving journey, which can last from six months to more than 10 years, the role of family caregivers evolves - and so should the services and the support they receive. This interactive course describes the path that family caregivers take. Most important, the stages - and their related Stumbles and Steadies - provide a map for family caregivers to navigate successfully through the caregiving years.

ELDH 088

\$10.00

Choose one of the following sections:

F20Q01:

⌚ 1 ½ hours:

Wed, Oct 28;

12:30-2:00 pm

F20N01:

⌚ 1 ½ hours:

Tue, Dec 15;

10:00-11:30 am

SASKIA DE QUAASTENIENT is a certified Caregiving Consultant and Educator. Saskia supports family caregivers and is an expert in providing coping strategies and tools that help them find relief from personal resentment, guilt, and stress.

where wisdom meets knowledge



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Planning Your Last Will And Testament

The course will assist individuals in properly planning their Last Will and Testament and will cover the necessary requirements of a legal Will. Emphasis will be on mental capacity; the structuring of the Will; proper execution and witnessing; the appointment and responsibilities of Executors; dealing with blended family issues; spousal testamentary trusts; testamentary disability trusts; Wills variation claims and why Wills are sometimes challenged in court.

ELDK 021 F20Q01

🕒 3 hours: Wed, Oct 28; 1:30-4:30 pm

\$10.00

JOHN A. HOSSACK is a lawyer practicing in the areas from north Nanaimo to Courtenay. John places emphasis on will planning, alternatives to will planning, probate avoidance and trusts including alter-ego trusts and joint-partner trusts.

Simple Strategies To Be Secure Online

Every day we hear about sophisticated new cyber-attacks infiltrating major corporations and governments. How does the ordinary citizen protect their phones, computers and online accounts from this continuous assault? We'll start this presentation exploring the motivations and methods of the cyber-criminal. Then using that knowledge, we will uncover three simple strategies for significantly improving your personal cybersecurity.

ELDK 044

\$10.00

Choose one of the following sections:

F20N01:

**🕒 3 hours: Mon, Nov 9;
9:30-12:30 pm**

F20Q01:

**🕒 3 hours: Tue, Dec 15;
9:30-12:30 pm**

ERIC BYRES is an expert on cybersecurity for critical infrastructures, advising governments and energy companies how to secure systems like the power grid and air traffic control that are essential to our way of life.

ElderCollege
For those 50 or better

Good Touch, Bad Touch

New!

Safety is a tricky business! If we shy away from talking to our young grandchildren about unsafe touch, it's because we just don't know what to say. In this class, we will explore ways of having this important conversation by focusing on common-sense safety skills, while using stories, toys and art that are age-appropriate, entertaining and informative.

ELDK 089 F20Q01

🕒 1 ½ hours: Wed, Dec 16; 1:30-3:00 pm

\$10.00

RALPH FRANK, MA, RCC, a social worker, psychotherapist and educator for over 40 years, specialized in sexual abuse counselling, prevention and social service delivery. He has written a book about safe and unsafe touch for children aged 4-8 years-old.

Wondering why we request an e-mail address from you?

We here at VIU ElderCollege often send emails to our classes about various things including, but not limited to, the following:

- Class detail reminders
- Changes to a class
- Instructor illness
- Reading materials and links provided by your instructor(s)

We want you to be informed and up to date.

If you have an email address and want it added to your student record please call us 1-866-734-6252.



THANK YOU to all the volunteers who have made **VIU ElderCollege** a success!

Why get involved with VIU ElderCollege?

Craig Hinchey - Board Member

“VIU ElderCollege is a terrific group to support as a volunteer. Its goal, to support life-long learning, is valuable to enrich opportunities for community members but also for personal fulfillment. It is a “win-win.” The courses are stimulating and provide a unique social and educational experience of value to anyone interested in developing new interests.”

Jacqui Townsend - Volunteer Chair, Board Member

“It makes everyone I work with count, we form forever friendships and look forward to working for a purpose.”

Join our volunteers today!

Call us at 1.866.734.6252 or email us at eldercollege@viu.ca



Vision

To be an outstanding source for vibrant and engaging lifelong learning.

Mission

To offer quality learning and teaching opportunities for adults 50 or better in communities served by Vancouver Island University.

Learning for Life

Keeping mind, body and spirit stimulated, challenged and fully engaged through on-going, voluntary and self-motivated pursuit and sharing of knowledge.

*where wisdom
meets knowledge*



SATURDAY SPEAKERS

EVERYONE WELCOME

SATURDAYS

10:00AM – 12:00PM

**ALL PRESENTATIONS WILL BE
OFFERED ONLINE USING ZOOM**

Free to current VIU ElderCollege
members while spots are available.
Call to register today!

FOR FURTHER DETAILS

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Call toll free 1-866-734-6252



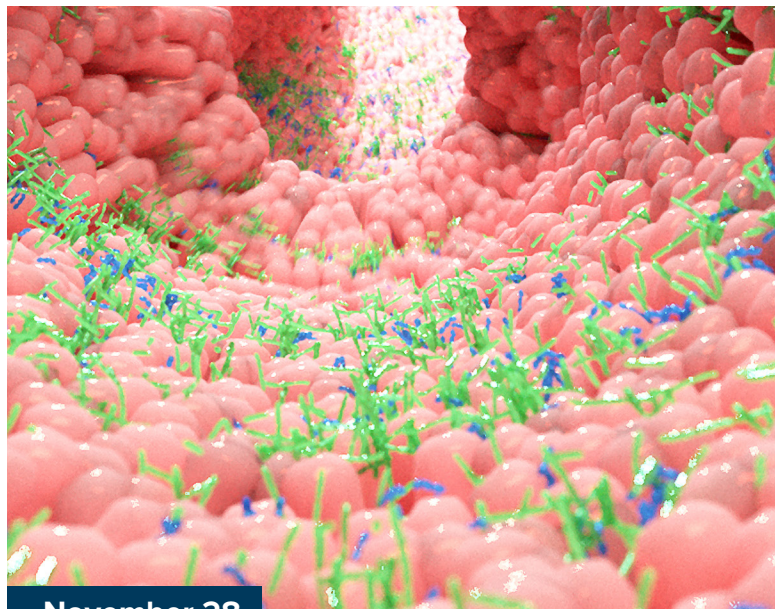
October 24

THOSE LAKE PEOPLE: STORIES OF COWICHAN LAKE

Presenter: Lynne Bowen, RN, BSc, MA,
lecturer and writer

Loggers, tycoons, cougar hunters, remittance men,
rhododendron propagators--these are the people to be
discussed.

ELDK 094 F20X01



November 28

ROLE OF MICROBIOTA IN HEALTH AND DISEASE

Presenter: Dr. B. Brett Finlay,
OC, OBC, FRSC, FCAHS

A discussion on the microbiome, how it affects human
development and aging, and what one can potentially do
about it.

ELDK 095 F20X01