

## Elder College Spring 2018 Brochure

### Geology of the Sunshine Coast

Learn how to read the fascinating story written in local rocks. The Sunshine Coast began as one of a number of separate volcanic island groups near Scandinavia and Eastern Siberia, 250 million years ago. Later these groups were propelled west by plate tectonics and collided with North America at various times as it rotated and moved west, beginning 180 million years ago during the Age of Dinosaurs. More recently, the geology of the Coast was radically sculpted by ice and volcanism during the Ice Ages of three million years ago. It's all there to read in the local landscape. Presenter: Peter Hews.

**9 am - noon, Weds Jan 3 and Fri Mar 23 at CapU campus.**

**9 am - noon. Weds Mar 21, Field Trip to Reception Pt, north of Sechelt at low tide. (Note: There's a steep staircase of 150 steps.)**

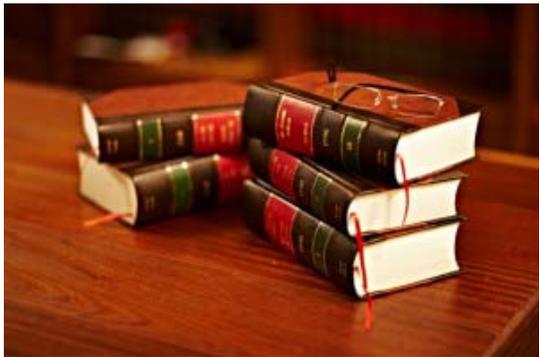
### Hot Topics

Get involved in lively, thoughtful discussions about current events or philosophical issues in the comfort of a small group. Participants will be invited to research topics, perhaps make presentations, listen and take part in facilitated discussion. Three of the topics will be prepared ahead of time and the class will choose the remaining subjects for discussion. Bring along material from newspapers, magazines, or other media. Opinions, thoughts and ideas definitely welcomed. Moderators: Terry Webb, Keith Maxwell.

**Sunshine Coast Arts Centre, 5714 Medusa Street. Sechelt, BC**

**Six Mondays, 10 am - 12 noon.**

**January 15, 22, 29, February 5, 19, 26. (No class February 12 - Family Day)**



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### Law for Seniors: Pender Harbour Course

Plan for yourself and your loved ones. Review the law and avoid common pitfalls related to Wills, executors, guardians, estates, legacies and bequests, probate, estate litigation, family trusts, health care directives, living wills, representation agreements and powers of attorney. Presenter Lisa Rae.

**Madeira Park Community School**

**Two Thursdays, 10.00 - noon. Jan 18, 25.**

(Note: a similar course in Sechelt, with different presenters, is offered in April)

### **Take charge of your health care.**

We might like to live forever, but that's not going to be. As we age, the better we're informed about potential physical and mental infirmities, the better prepared we'll be to manage them, under the guidance of appropriate physicians. This course offers a unique opportunity to get ahead of the curve on four health problems that may eventually afflict you or your loved ones. Various presenters:

1. Pain management and opioids. Dr. Laura Knebel.
2. Dementia: recognizing onset, available resources. Dr. Marius Welgemoed.
3. Sleep problems. Dr. Rob Comey.
4. Common cardiac conditions. Dr. Sara Wadge.

**CapU campus**

**Four Fridays, 2 - 4 pm. Jan 19, 26, Feb 2, 9.**

### **An Introduction to your iPad**

It's time to gain your iPad independence. We will walk through the set-up and basic operation of your iPad. You'll learn how to use iTunes, download Apps, set up and use email and other great iPad features you may not even know about! You will need to bring an iPad or iPad mini to the class. Presenters: David Marsh & Marcia Timbres.

**CapU Campus**

**One Friday, 9.30 am - 12.30 pm. Jan 26.**



### **Design your own Garden**

Unleash your creativity! Under the guidance of a professional garden designer, this illustrated, hands-on course will help you plan a new visually rewarding garden, or renovate an existing one. Techniques of designing an outdoor space will be explained, taking your own taste and choices into account. Discover innovative ways of integrating plants with hard landscape materials, such as wood and stone. Presenter Ayuko Inoue.

**Capilano University Campus**

**Five Thursdays, 2 - 4 pm. Feb 1, 8, 15, 22, Mar 1.**

**There will be a small charge for course materials.**

### **Trace Your Ancestors**

Do you know your grandmother's maiden name? If so you are very fortunate and have already made a start on your family genealogy. You will learn how to navigate various genealogy websites during the hands-on class and how to set up records for each family member. In addition there are several sites to explore where you can write and request war records, birth certificates, etc. We will evaluate different ways of compiling your genealogy information into stories, often with photos, that can be stored in albums or on disks to be shared with family members and others. Presenter Lorraine Gallant.

#### **Capilano University Campus**

**Three Tuesdays 10 am -- noon. Feb 13, 20, 27.**

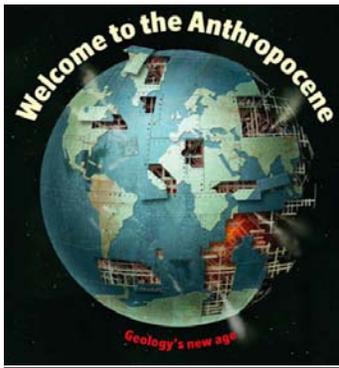


### **Plant-based Nutrition.**

Our health care system is increasingly burdened as rates of diabetes, heart disease, cancer and arthritis escalate. In addition, climate change is upon us. Our dietary choices affect these issues more than may generally be recognized. This course examines the benefits to our health and the environment of following a plant-based diet. Questions and discussion will be encouraged throughout, and participants wishing to learn more about choosing a plant-based diet, may join the presenters for lunch at local restaurants, following each session. Presenters: Deborah & Gerry Pageau.

#### **CapU campus.**

**Four Fridays, 10.00 am - noon, Feb 16, 23, Mar 2, 9.**



### **The Anthropocene: From hunter-gatherer to geophysical force**

Human-driven climate change is only one of many challenges that our land, forests, rivers, oceans and even 'near space' must face during the 21st century and beyond. We have entered what is now being called the Anthropocene epoch, the Age of Humans. We have become so numerous, our technologies so powerful, that we have become a force of nature on a geological scale. This class will introduce the concept of the Anthropocene

epoch, and reveal its consequences -- including the increased severity of forest fires here in BC. In one class we will watch *The Living Salish Sea* by local filmmaker Sarama, and we will close with a facilitated discussion on the philosophical, moral, political and economic issues raised by the course. Presenters: Michael Bradley, Sarama, Sean Blenkinsop.

**CapU campus.**

**Four Wednesdays, 2 - 4 pm. Feb 21, 28, Mar 7, 14.**



**Solar Energy.** In one hour, the Sun pours enough energy onto planet Earth to provide all the power we need for a year -- if only we could catch it! Discover the benefits of installing a solar system, how to evaluate the different types of equipment and decide what works best for you; how to assess site potential, and calculate the payback. A demonstration of a working off-grid system will be included. Presenter: Gerry Pageau.

**CapU campus and off-site.**

**Four Mondays, 10 am - noon. Mar 5, 12, 19, 26.**



**Create and Share Stunning Photos with your iPhone.** People love to take pictures with the iPhone. It's the most popular camera in the world! Yet, few believe it's good for serious photography. Surely that requires elaborate camera equipment? Arguably, the best camera is the one that's always with you, your iPhone, provided you understand and apply the composition and light control techniques needed to create superb photos. This course covers these basic skills, then moves on to introduce simple and advanced editing apps to further enhance your images. Finally we'll review various ways of sharing your pictures with family, friends and the greater digital world. Presenter: Jack Pope.

**CapU Campus.**

**Three Tuesdays, 1 -- 3 pm. Mar 6, 13, 20.**



### **A New Lens on the Past.**

Examine local history through a new lens! Visit the Sunshine Coast Museum & Archives in Gibsons, the Tem Swiya Museum in Sechelt, and the Egmont Heritage Centre to discover how each tells a chapter of our history. Discover the past by examining objects and artefacts, and hearing how they fit into the history being interpreted. The course includes presentations by local historians and a walking tour of lower Gibsons.

Presenters: Museum staff and others.

**Various offsite locations.**

**Four Wednesdays, 10 am - noon. April 4, 11, 18, 25.**

### **How Rivers Shape our Planet and our Civilization**

Rivers are a fundamental part of the natural environment and shape our world in so many ways. Think of how the Nile, the Rhine, the Mississippi and the Tigris/Euphrates rivers have dominated both their physical and social environments. The behaviour of rivers affects water supply, navigation, power generation, aquatic ecosystems, recreation, and more. Rivers develop a wide range of network and channel forms, and the focus of this course is the character of these landforms and the underlying geological processes that create them -- all in the context of global climate change. Presenter: Ray Kostaschuk.

**CapU campus and, a two hour field trip to Chapman Creek.**

**Four Thursdays, 10 am - noon. April 5, 12, 19, 26.**

### **Law for Seniors: Sechelt Course**

Look after yourself and those close to you by learning about Will preparation and the consequences of dying without one; appointing executors and guardians; the duties and powers of executors; estate assets and liabilities, legacies, and bequests; family trusts; living wills; procedures for probating and administering estates; powers of attorney; estate litigation; disputed wills; and claims under the Wills Variation Act. Presenters: Carmen Sombrowski, Wayne Rowe & Lois Potter.

**Capilano University Campus**

**Three Fridays. 2 - 4 pm, April 6, 13, 20.**

### **Restorative Justice**

Restorative Justice is a process involving those who have a stake in a specific offense, including the alleged offender, with the aim of collectively addressing the harm done and the remedies and obligations needed to heal and put things right as much as possible. We'll review the history of Restorative Justice in Canada, the influence of First Nations tradition, and learn about its use in our Sunshine Coast community and schools. We'll

examine the impact, results, and benefits for both offender and victim of a crime, and consider how the Restorative Justice process can help people have those difficult conversations that may heal conflict and dispute. Presenters: Nancy Denham, Bill Prowse.

**CapU campus**

**Four Tuesdays, 10 am - noon. Apr 10,17,24, May 1.**

### **18th Annual Festival of the Written Arts Book Preview**

We invite former and new participants to join us for the 18th year of this popular interactive course, in which we read and discuss a book by each of five Canadian authors appearing at the Sunshine Coast Festival of the Written Arts. The chosen authors and book titles will be provided in advance.

**Five Thursdays, May 3, 10, 17, 24, 31.**

**Morning Course, 10 am - noon: Moderator - Anne Carr.**

**CapU campus.**

**Afternoon Course, 2 - 4 pm: Moderator - Kit Artus.**

**CapU campus.**



### **Spring Birding on the Sunshine Coast**

Participate in one of nature's great wonders: the spring bird migration in peak season on the Sunshine Coast. View, identify and photograph birds in three different habitats: the Sechelt Marsh, Sargeant Bay Park in Halfmoon Bay and the Mahon Trail in Gibsons.

Experienced birders will discuss identifying birds by sight and sound, and suggest a selection of modern field guides and optical and electronic equipment useful for birding. Bring binoculars and sensible clothing and runners/boots for outdoor walks. Presenters:

Tony Greenfield, John Hodges, Rand Rudland & Russ Tkachuk

**Session 1: CapU. Campus.**

**Sessions 2,3. Offsite, outdoor locations.**

**Three Wednesdays, 9 - 11 am. May 9, 16, 23.**