

SUNSHINE COAST  
*ElderCollege*

**Course Listings Booklet: Spring 2023**

#	Course Name	New	Start Date	End Date	Day of Week	See Page
1	Fossils on the Sunshine Coast	NEW	Jan 4	Jun 7	Wed	2
2	Exploring Writing your Life Stories		Jan 17	Feb 7	Tues	3
3	The Secret World of the Microscope		Jan 24	Feb 21	Tues	4
4	Design your Own Garden		Jan 27	Feb 17	Fri	5
5	History of Travel	NEW	Feb 1	Feb 22	Wed	6
6	Conversation Cafe (formerly Hot Topics)		Feb 13	Mar 27	Mon	7
7	Practical Genetics for Everyone	NEW	Mar 3	Mar 24	Fri	8
8	History of Eastern Europe	NEW	Mar 7	Mar 21	Tues	9
9	Geomorphology on the Sunshine Coast	NEW	Mar 9	Mar 30	Thurs	10
10	Law for Seniors		Apr 3	Apr 24	Mon	11
11	Choose Planet Earth		Apr 4	Apr 25	Tues	12
12	Capture Memories on your iPhone		Apr 26	May 17	Wed	13
13	Spring Birding on the Sunshine Coast		May 1	May 15	Mon	14
14	Festival of the Written Arts Preview		May 4	Jun 1	Thurs	15
15	Novel Study: The Picture of Dorian Gray	NEW	May 5	May 26	Fri	16

## 1. Fossils of the Sunshine Coast



**Presenter:** Peter Hews

**Dates:**

Three Wednesdays

January 4, 11

2pm – 4pm

Field Trip June 7th

1pm – 4pm

(\*See note below re field trip.)

**Venue:** The Hall, St. Hilda's Church, Sechelt

Fossils act as markers of the age of the rocks, as well as evidence of the environment in which those rocks were formed.

The diversity of animals, plants and fossils is well documented. The nineteenth century concept of evolution explains this diversity, and fossils supply the only direct evidence concerning the course of evolution.

Peter will outline the types of fossils that have shaped our understanding of ancient Earth as well as some recent but important fossil finds around the world. The discussion will also focus on fossils that have been found on the Sunshine Coast.

\* Note: The field trip will involve a 100-step descent to a local beach and about a one-kilometre hike along a pebbly beach to a fossil site and back. A certain fitness level will be required to take part in the field trip.

## 2. Exploring Writing Your Life Stories



**Presenter:** Carly Belzberg

**Dates:**

Four Tuesdays

January 17, 24, 31 and February 7     2pm - 4pm

**Venue:** On Zoom

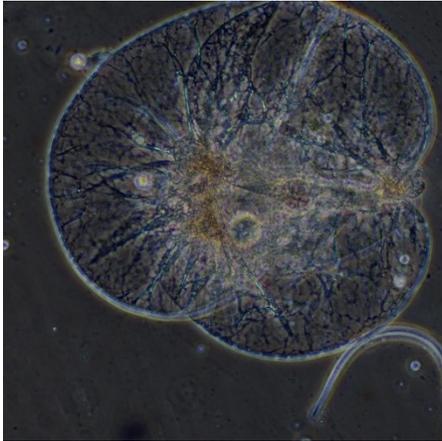
*Exploring Writing Your Life Stories* guides participants through the process of recalling and writing about some of the richest, most important parts of their past - their life stories, the events that shaped them.

In each two-hour session, participants engage in writing activities to spark creativity, increase self-awareness, and trigger memories. Participants are introduced to a new writing theme each week chosen to reflect commonly shared experiences like family, health, work and aging.

Between classes, participants write no more than 1000 words on a memory of how this theme played out in their life, and then bring that story to the next class to share aloud with others in a small group if they wish. No writing experience is necessary.

Through remembering, reflecting, writing and sharing, participants not only gain insights but get a start on their legacy stories. Writing personal narratives provides opportunities for personal growth, learning and explores the power of stories left untold.

### **3. The Secret World of the Microscope**



**Presenter:** Michael Bradley

**Date:**

Five Tuesdays

January 24,31, February 7, 14, 21      2pm - 4 pm

**Venue:** Capilano University, Sechelt Campus

The world is filled with interesting sights that remain unseen to the naked eye but can be seen with a microscope. This course will introduce “Microscopy” both as a tool for scientific exploration and as a hobby.

We will cover the origins of the microscope and its role in deepening our understanding of the natural world. We will explain how to choose and use a microscope for home use or for grandchildren to enjoy.

There will be a significant “hands-on” component to this class - animal, vegetable and mineral! We will learn how to prepare our own specimens and explore the Secret World.

For one week of the class we will join Dr. Elaine Humphrey remotely at the Advanced Microscopy Facility at University of Victoria for a guided tour of the lab. We’ll also be able to remotely control a Scanning Electron Microscope and see the results on the screen!

Class size is limited, each participant will have access to a dedicated microscope for use in the practical parts of the class.

## **4. Design your own Garden**



**Presenter:** Ayuko Inoue

**Dates:**

Four Fridays

January 27, February 3, 10, 17

2pm - 4pm

**Venue:** Sechelt Seniors Activity Center

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.

An added attraction to this course will be visits to four gardens belonging to local Master Gardeners. These visits will take place later in April/May when the gardens are showing themselves to best advantage. Dates to be arranged.



## 6. Conversation Cafe



Moderated by: Karen Bell

Dates:

Six Mondays

February 13, 27 & March 6, 13, 20, 27      10am - Noon  
(February 20 is BC Family Day)

**Venue:** Sechelt Seniors Activity Center

For those tuned into the big issues of our times, this is a great chance to get involved in lively, thoughtful, and respectful discussion. A wide range of current topics and philosophical questions are explored in the comfort of a small group.

Participants will be invited to research topics, make presentations, listen, and take part in moderated discussions. One topic will be prepared ahead of time, and the group will select the rest.

Participants are encouraged to bring material from a variety of online sources, magazines, and other media. Opinions, thoughts, and novel insights are always welcomed.

## 7. Practical Genetics



**Presenter:** Linda Reha-Krantz

**Dates:**

Four Fridays

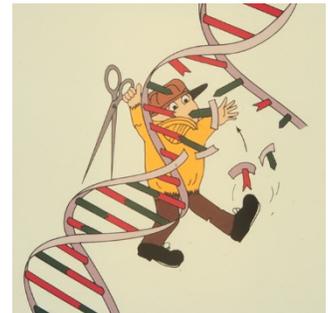
March 3, 10, 17, 24

10am – Noon

**Venue:** Gibsons Public Market and on Zoom

We all know about **genetics**. We know our kids look like us. But how does this happen? What is the genetic basis of cancer? What is a PCR COVID test? I have enjoyed studying DNA since high school when I first learned about Watson and Crick and the DNA double helix.

The exciting part of the DNA story has been learning how DNA is replicated. Each time a cell divides, the genetic material in DNA must be copied. The heart of the DNA replication machine is the DNA polymerase. This is the little guy in the DNA helix cartoon.



Since I was at Johns Hopkins University, I have used biochemistry and genetic methods to learn about DNA polymerase function. This has been very rewarding because my students discovered many "mutant" DNA polymerases that replicate DNA with several differences compared to the natural DNA polymerase. Some mutant DNA polymerases make mistakes when they copy DNA; these mutants provide insights into the molecular basis of cancer because some cancer cells have mutant DNA polymerases just like the ones my students discovered! Other mutant DNA polymerases are the basis for designing DNA sequencing, which provides the means to sequence human genomes. And it all started with learning about Watson and Crick in high school!

This course will cover practical genetics in our everyday life. No previous courses needed. Just bring your curiosity and your questions.

## 8. History of Eastern Europe



**Presenter:** Keith Maxwell

**Dates:**

Three Tuesdays

March 7, 14, 21

2pm - 4pm

**Venue:** Gibsons Public Market

Recent international events have brought focus on Eastern Europe, where borders are being changed by force of arms for the first time since the end of the Second World War.

This course will provide an overview of the history of the areas now populated by the Slavic speaking people of Europe. From the Neolithic migrations eight thousand years ago to modern times, this area has been the crossroads of Europe. The roots of the ongoing conflict in the area can be found in its history.

## 9. Geomorphology on the Sunshine Coast



**Presenter:** Ray Kostaschuk

**Dates:**

Four Thursdays

March 9, 16, 23

10am - Noon

March 30 (Field trip)

9am - Noon

**Venue:** The Hall, St. Hilda's Church, Sechelt

Geomorphology is the science concerned with the forms of the land surface (landforms), the processes which create them, and their historical development. This includes mountains, volcanoes, landslides, rivers, glaciers, beaches and tides.

The course examines the many spectacular landforms on the Sunshine Coast, such as the Tantalus Range, Mt. Garibaldi volcano, Sechelt Inlet fjord, Chapman Creek and delta, and the gravel beach and tidal flats at Davis Bay.

The highlight of the course is a local field trip. Local features are placed in the broader context of landforms elsewhere on Earth and on other bodies in the solar system.

## 10. Law for Seniors



**Presenters:** Carmen Sombrowski, Mark Stephens and Spencer Keyes

**Dates:**  
Three Mondays  
April 3, 17, 24

10am - Noon

**Venue:** The Hall, St. Hilda's Church, Sechelt

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.

## 11. Choose Planet Earth



**Presenter:** Michael Starr

**Dates:**

Four Tuesdays

April 4, 11, 18, 25

10am - Noon

**Venue:** The Hall, St. Hilda's Church, Sechelt

Is there anything we can do to prevent the worst impacts of the environmental crises: pollution, habitat loss, and climate change, or are we, and especially our children, doomed to suffer ever more frequent and more serious disasters? Will technology save us, or do we need to dramatically reduce our consumption of consumer goods and embrace a “degrowth economy”?

Individuals can do a lot more than recycling to reduce their environmental impact. Some solutions can be found in our past, when we were more of a “conservator society”, but a large responsibility belongs to governments and big corporations. Individuals can influence these groups if they join with others to demand change.

This course, which has been updated from last year's offering, will explore the many choices we can make, as well as the trade-offs that we face, in trying to leave a habitable planet to our children and grandchildren. Participants will take away greater awareness of the gravity of our situation, but also greater hope in the power of individuals and communities to make a difference.

This course will take a practical look at what we as individuals can do to reduce our environmental impact, and how we can be advocates for change with governments and other organizations. The emphasis will be on local opportunities for the Sunshine Coast. Participants will be encouraged to share their ideas on how to “live lightly on the Earth”.

## 12. Capture Memories on Your iPhone



**Presenter:** Jack Pope

**Dates:**

Four Wednesdays

April 26, May 3, 10 and 17

1pm - 3pm

**Venue:** Capilano University, Sechelt Campus

We'll begin with an introduction to the various controls of the iPhone Camera: focus, exposure and light control, aspect ratios and video, and then examine classical compositional strategies to make your photos more interesting.

We move on to use the basic editing app to bring out the best in your photos.

Finally, we'll look at a process for reviewing and organizing your photos so that you can always find and enjoy your special memories.

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



**Presenters & leaders:** Tony Greenfield, John Hodges, Jack Pope and Rand Rudland

**Dates:**

Three Mondays

May 1, 8, 15

9am - 11am

**Venue:** Sechelt Seniors Activity Center

Participate in a wonder of Nature: Every spring birds are on the move, seeking northerly habitats with their bountiful food sources, longer days and places to mate and rear their offspring. The Sunshine Coast with its many diverse habitats is recognized internationally as a Birding “Hot Spot”.

We begin with a one-hour classroom session covering the basics of bird identification and selection of digital and optical equipment.

After that we’ll visit nearby Sechelt Marsh, a rich birding habitat offering close up viewing of 20-25 species at this time of year.

The following two weeks we will visit Sargeant Bay and Wilson Creek Estuary.

## 14. Preview of the Festival of the Written Arts



Dates:

Five Thursdays

May 4, 11, 18, 25 and June 1

Morning Course                      10 am – Noon  
Moderator: TBA

Afternoon Course                      2 pm - 4 pm  
Moderator: TBA

**Venue:** Sechelt Seniors Activity Centre

We invite former and new participants to join us for the 21<sup>st</sup> year of this interactive course, in which members of the group are encouraged to express their observations in open and friendly conversation – much like a book club setting.

We'll 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 books titles will be provided well in advance.

Details are subject to the Festival of the Written Arts Program for 2023.

## **15. Novel Study: The Picture of Dorian Gray**



**Presenter:** Monika Karpinska

**Dates:**

Four Fridays

May 5, 12, 19 and 26

10am – Noon

**Venue:** The Hall, St. Hilda's Church, Sechelt

Paintings that come to life and men who are haunted by them! Come and explore Oscar Wilde's only novel in this 4-part lecture series. Published in 1891, this novel was the subject of much outrage and criticism at the time.

Oscar Wilde himself led a flamboyant life that came to a tragic end; many aspects of the novel appear to be autobiographical. Put on your critical thinking cap and come dissect a book with Monika Karpinska, college instructor and lover of literature.