

# SUNSHINE COAST *ElderCollege*

**FALL 2024**  
August – December

Ages 55 and Up  
All courses \$40

Registration opens 8am  
**MONDAY AUGUST 12**



See our website for full course descriptions  
[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)

Registration opens at  
**8am, August 12, 2024**

All courses are \$40 (no GST)  
Ages 55 and up

Payment for registration is made online by typing your credit card details directly into our secure web page. Payment is processed through Stripe which is both well-known and trusted.

We regret that we cannot accept cheques or e-transfers.

**Register on our website:**  
[Sunshinecoasteldercollege.ca/fall-2024](http://Sunshinecoasteldercollege.ca/fall-2024)

**Registration queries:**  
[registrar@sunshinecoasteldercollege.ca](mailto:registrar@sunshinecoasteldercollege.ca)

**General queries:**  
[info@sunshinecoasteldercollege.ca](mailto:info@sunshinecoasteldercollege.ca)

**Newsletter: sign up on our website:**  
[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)

Sunshine Coast ElderCollege is a non-profit society funded solely by course fees. We receive no grants. Our presenters, facilitators and organizers volunteer their time and expertise.

[sunshinecoasteldercollege.ca](http://sunshinecoasteldercollege.ca)

*Thank you to the shíshálh Nation for permission to feature one of their totem poles.*

## Access to Fresh Water

Fresh water is becoming an increasingly scarce resource here and elsewhere. Examine national and local accessibility, local sources and our existing system.

**Ray Kostaschuck, Peter Hews, Codi Abbott**  
(Sunshine Coast Regional District)

**Three Tuesdays, one Wednesday**  
**10am – 12pm**

August 27, Seaside Centre, Sechelt  
September 3, Seaside Centre, Sechelt, and afternoon field trip  
September 10, Field Trip  
September 18, class SCR D venue, tour at 12pm

## The Geology of Thormanby Island

A hands-on history of Thormanby Island, formed volcanically 252 – 210 million years ago. Includes a field trip to Thormanby. Meet at the Secret Cove Marina. \$110 for the boat trip in addition to the course fee. Collected at the first session. Cheque or cash.

**Peter Hews**

August 28, Capilano University, Sechelt,  
1pm – 3pm  
September 4, Field Trip. Departs Secret Cove Marina  
11am – 3pm  
September 11, Capilano University, Sechelt  
11 am – 3 pm

## Online Health Information:

### Sifting the Facts from the Fake

Introduction to a series of common health scenarios that can affect seniors. Guides you on how to search reliable online sites for trusted, background health information to better understand the medical issues at hand.

**Carol-Ann Courneya**

**Three Thursdays, 10am – 12pm**  
September 5, 12, 19  
Zoom

## Timber Processing on the Sunshine Coast

The forest industry plays a major economic role on the Coast. Provides an overview of log processing prior to end-product manufacturing and follows the path into hundreds of end-use streams from guitar sound boards to telephone poles and more. Meet the many men and women licensed as log scalers who determine quality, quantity and other aspects of information gathering.

**Al Clyde**

**Four Fridays, 10am – 12pm**  
September 6, 13, 20, 27,  
Eric Cardinal Hall, Shirley Macey Park, Gibsons,  
More venues TBA

## Capture Memories with Your iPhone

Learn the various controls: focus, exposure, video and much more, of the iPhone camera as well as compositional strategies to create more interesting photos.

**Jack Pope**

**Four Mondays, 2pm – 4pm**  
September 9, 16, 23, October 7  
Sechelt Seniors Activity Centre

## Lively Discussions on Current Issues

Interested in the hot topics of the day? Join us for a lively, respectful dialogue in the comfort of a small group.

**Karen Bell**

**Seven Mondays 10am – 12pm**  
September 16, 23, October 7, 21, 28,  
November 4  
Kin Hut, Dougall Park, Gibsons

## Artists in the Studio

Designed for the absolute beginner, participants will be the artists in the studio. Local artists provide guidance on drawing and painting basics. Everyone needs the Sunshine Coast ElderCollege's Artists in the Studio Beginner Art Materials Package available through SC ElderCollege. Cost is \$35.00 in addition to the course fee.

**Roger Handling, Kim LaFave,  
Jan Poynter, Christy Sverre**

**Four Tuesdays 1pm – 3pm**

September 17, 24, October 1, 8  
Gibsons Public Market, Coastal Room

## Fisheries and Global Food

Fishing supports the livelihoods of 600 million people worldwide. Three billion people rely on fish for 20 per cent of their daily protein intake and for some coastal communities, up to 70 per cent. Farmed fishery products are projected to double by 2050. Review the history of fisheries, their evolution from small scale operations to large global enterprises and the potential interference of climate change.

**Michael Healey**

**Four Wednesdays 10am – 12pm**

September 25, October 2, 9, 16  
Hybrid  
Gibsons Public Market and Zoom

## End of Life Preparedness

How to begin and proceed with managing some of the most sensitive and personal decisions surrounding life and death strategies. Access and understand the Sunshine Coast Green Sleeve Advance Care Plan.

**Carol-Ann Courneya, Debra White**

**Five Tuesdays 1pm – 3pm**

October 22, 29, November 5, 12, 19  
The Hall, St. Hilda's Church, Sechelt

## Practical Genetics

Learn how genetic principles impact health, aging and even ancestry. Gain practical skills in understanding genetic information. Whether you have a background in science, or are simply curious, this will provide valuable insights into practical genetics in our everyday lives.

**Linda Reha-Krantz**

**Four Wednesdays, 1pm – 3pm**

October 23, 30, November 6, 13  
Capilano University, Sechelt

## Adventures in Travel

**A Safari in Tanzania:** Michael Healey

**Traveling Through History:** Venice, Croatia, Bosnia: Jack Pope

**Norway:** Inner Angst, Outer Beauty: Al Clyde

**Myanmar (Burma):** The Golden Land: Shelley Grainger

**Four Thursdays, 1pm – 3pm**

October 24, 31, November 7, 14  
Christensen Village Care Home, Gibsons

## Governance Sharing

Examines the rights Indigenous people have over their traditional territory established by court decisions and subsequent legislation. Use The Kairos Blanket Exercise to foster understanding of how colonization of what we now know as British Columbia and Canada has impacted Indigenous people. Participatory and interactive.

**Nancy and John Denham**

**Four Fridays, 1pm – 3pm**

November 1, 8, 15, 22  
Capilano University, Sechelt

## Longevity Cooking the Blue Zone Way

Focus on recipes with ingredients most common to the "Blue Zone" areas of the world, where residents' exceptional longevity has been associated with their lifestyles and foods. Prepare and taste easy-to-make one-pot dishes. Food supplies \$15 in addition to the course fee.

**Michael Schach, Jack Pope**

**Three Wednesdays, 10am – 12pm**

November 20, 27, December 4  
Gibsons Public Market

## Special free events:

all ages welcome

### Welcome to our swiya

**hiwus Calvin Craigan**  
**shíshálh Nation Longhouse**

Four story telling sessions over two weekends: "In the Beginning", "Interference and Interruption", "Struggle for Independence", "Vision for the Future."

The Longhouse will be open to the outdoors on three sides.

Bring a cushion: the seating is hard.

**All sessions 2pm – 4pm**

Saturday and Sunday, August 24, 25  
Saturday and Sunday, September 7, 8



### Yes, We Can Fix Canada's Housing Crisis

**Dr. Alexandra Flynn**

Associate Professor at UBC and Director of the Housing Research Collaborative. Despite Canadians' right to housing, we have a housing crisis. Dr. Flynn will offer practical solutions, both national and local, to explain what kind of housing is needed and where.

**Saturday, September 14**

2pm – 4pm  
Raven's Cry Theatre, Sechelt

Sponsor  
Crowe MacKay LLP  
Accountants, Sunshine Coast



### Annual Clifford Smith Memorial Lecture

A Thousand Books in Fifty Years: Reflections of a Raincoast Chronicler  
**Howard (Howie) White.**

Awarded the Order of BC, the Canadian Historical Association's Career Award for Regional History, the Stephen Leacock Medal for Humour, The Jim Douglas Publisher of the Year Award, and an Honorary Doctor of Laws Degree from the University of Victoria. White is also an Officer of the Order of Canada.

White and Harbour Publishing have given us the fabric, the flora and fauna of our place on the coast through time, preserving and recording the coast's social history. Join us to celebrate Harbour's 50th anniversary.

**Saturday, November 2**

2pm – 4pm  
Raven's Cry Theatre, Sechelt

