

EC Spring 2020 Full Course List

1) Carbonate Geology on the Sunshine Coast



Limestone is a sedimentary rock usually composed of just one mineral – calcium carbonate or CaCO_3 . Limestones are primarily of organic (fossil) origin. Most limestones become abundant in the Cambrian era, about 600 million years ago, and some in the older Precambrian. Limestones may also be deposited from calcareous springs as stalagmites and stalactites. Limestones are found on the north end of Texada Island and in a few patches on the Sechelt Peninsula. This course will outline what makes limestones unique and why we find a few remnants of ancient limestone on the Sunshine Coast. Presenter: Peter Hews

Two Wednesdays and one Thursday 10:00 AM – Noon

January 8th, March 26th and April 1st

Note the session on April 1st will be a local field trip to John Phare (Wormy) Lake, and Homesite Creek Capilano University campus, Sechelt

Min 15/Max 40

\$35 plus GST

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2) Speculative Fiction in Diverse Voices



Other worlds, other imaginaries: Diverse speculative fictions. In spite of its reputation for imagining strange worlds and cultures in far away lands, places, and times, much of mainstream science fiction and fantasy still replicate the power dynamics and social hierarchies of our own world. This course introduces participants to an alternative range of speculative fiction texts that take up issues of race, Indigeneity, sexuality, gender, ability, and religion from writers and communities often excluded from more canonical conversations about literatures of the fantastic, and why that matters to readers today. Presenter: Daniel Justice

Three Thursdays 10 AM – Noon
Capilano University campus, Sechelt
Min 15/Max 40

January 9, 16, 23

\$35 plus GST

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3) Take Charge of your Health Care



Navigating the Health Care system is no simple task. In this course several issues that may eventually be important to you or your loved ones will be considered.

January 10, Dr Carmen Goojha: Palliative Care – what is it and what resources are available?

January 17, Cheryl Jensen: Paramedic and Ambulance Services and the Community Paramedic role – what happens after you make that 911 call?

January 24, Alan Schwingenschloegl: Home Care - what can it offer and how do you access it?

January 31, Dr. Schloegl and her team of hygienists will discuss the causes of dental disease and how it is affected by age, diet and medications, as well as providing helpful hints, tools and products.

Four Fridays 2 PM – 4 PM
Capilano University campus, Sechelt
Min 15/Max 40

January 10, 17, 24 & 31
\$35 plus GST

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4) Hot Topics



Get involved in lively, thoughtful facilitated discussions on current events or philosophical issues. Participants are invited to research topics and make presentations. The first topic will be prepared in advance and the class will choose the remaining five. Bring material from newspapers, magazines, or other media. Opinions, thoughts and ideas welcomed. Moderators: Selma Swaab and Russ Tkachuk.

Six Mondays 10 AM – Noon
No Class Feb 17 (Family Day)
Capilano University campus, Sechelt
Min 10/Max 20

January 13 - February 24

\$35 plus GST

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5) Trace Your Family History



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. We will be working on the classroom computers, so some computer knowledge is required. Presenter: Lorraine Gallant.

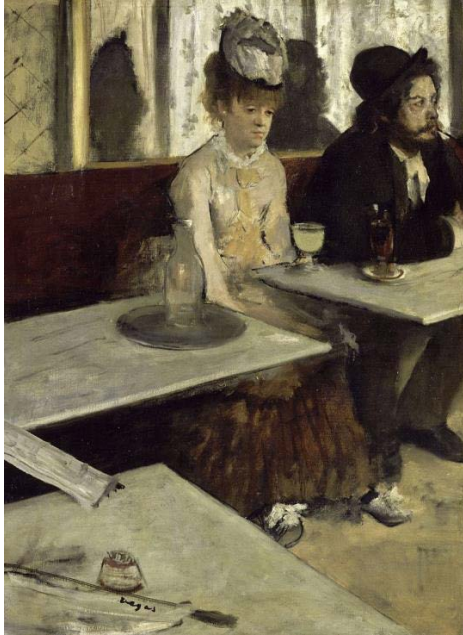
4 Tuesdays 10 AM – Noon
Capilano University campus, Sechelt
Min 8/ Max 12

February 4, 11, 18, 25

\$35 plus GST

EC Spring 2020 Full Course List

6) History of Drink and Drinking



Drinking: it launches our survival in the world, and without it we perish. By drinking, we hydrate, sustain and stimulate our existence. From the primary sources of drink nature provides, to using natural science and technology to alter, enhance and preserve liquids, we never cease to seek delicious ways to satisfy our thirst. The creation of drink has spawned agricultural advances, industrial giants and consumer excesses. Our search for means to quench our thirst is unquenchable, and the history of this search is wide-reaching and fascinating. Presenters: Christine Pawley and Rosemary Bates

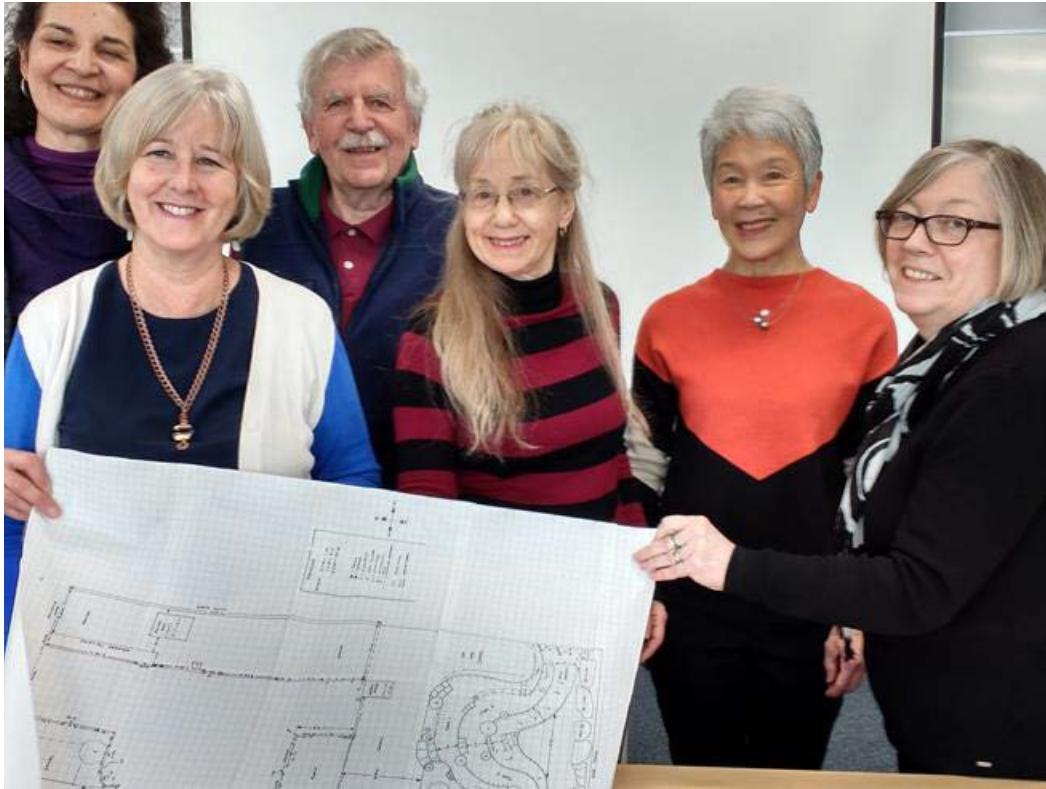
Four Wednesdays 10:00 – Noon
Capilano University campus, Sechelt
Min/max 10/16

February 5, 12, 19, 26

\$35 plus GST

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7) 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.

Six Thursdays 2 - 4 pm
Capilano University campus, Sechelt
Min 8/Max 16

February 13 – March 19
\$35 plus GST

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8) Create and Share Stunning Photos with your iPhone



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 photo-editing apps to further enhance your images. But don't let these wonderful memories get buried in your files. We'll review various ways of sharing your pictures with family and friends and creating great slideshows with accompanying music to re-live these special memories, whenever you want. Presenter: Jack Pope

Four Wednesdays 1:00 – 3:00 pm
Capilano University campus, Sechelt
Min/max 10/16

March 4, 11, 18, 25
\$35 plus GST

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9) Social Media Bootcamp



Learn how to create your own social media accounts, engage with others on-line and protect your privacy. Social media can be a great place to learn about what is going on in the lives of your family and friends, keep up to date with the latest community news, learn about news all over the world and even be entertained with silly videos and new recipes. It can also be a place where rumours spread quickly and people take out their hostilities on strangers. This class will teach you, step by step, how to manage the social media platforms you choose to use. Presenter: Julie Rogers

Two Fridays 10 AM – Noon
Capilano University campus, Sechelt
Min 15/Max 40

March 6, 13
\$35 plus GST

EC Spring 2020 Full Course List

10) Canadian History – 1848 to the Second World War



Canadian history – the good, the bad and the ugly. And always interesting! Join us as we explore Canada's evolution from a set of far flung colonies, to a colonial federation, to independence. We'll look at the forces that shaped that evolution – a not-always friendly neighbour to the south, social unrest, war and conflict, and a rapidly changing British Empire. All this is overlaid on vast geography and mismanaged, exploitive relationships with the First Nations. Canada's history isn't boring. It's exciting!
Presenter: Keith Maxwell

Four Tuesdays 2 PM – 4 PM
Gibsons and Area Community Centre
Min 15/Max 80

March 10, 17, 24 and 31
\$35 plus GST

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11) Astrogeomorphology



Geomorphology is the science concerned with the forms of the land surface, the processes that create them, and their historical development. Astrogeomorphology examines the landforms of the major solid bodies of the Solar System (and beyond?), including Mercury, Venus, Earth, Mars, and several moons. We begin our exploration with a brief history of the Universe and then focus on impact craters, tectonics, volcanoes, and landforms created by rivers, wind, glaciers and other processes. Finally, we speculate on surface features of exoplanets such as TRAPPIST-1e, voted best 'Hab Zone' vacation within 12 parsecs of Earth! Presenter: Ray Kostaschuk

Four Thursdays 10 AM - Noon
Capilano University campus, Sechelt
Min 15/Max 40

April 2, 9, 16, 23

\$35 plus GST

EC Spring 2020 Full Course List

12) Law for Seniors



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.

Three Mondays 10 AM - Noon
No class April 13 – Easter Monday
Capilano University campus, Sechelt
Min 20/Max 40

April 6, 20 and 27

\$35 plus GST

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13) National Historic Sites



Canada has more than 160 official national historic sites in the care of Parks Canada and many more that are owned and operated by other levels and departments of government. There are dozens more owned privately and open to the public. Come learn how these sites are nominated, researched, recommended for inclusion and officially designated. We'll also explore the connections and recognition by provinces, municipalities and UNESCO. The course will include a visit to Fort Langley. Presenter: Michael Starr

Note - the final class is a field trip to Fort Langley. An additional transportation fee of approximately \$25 will be collected at the first class.

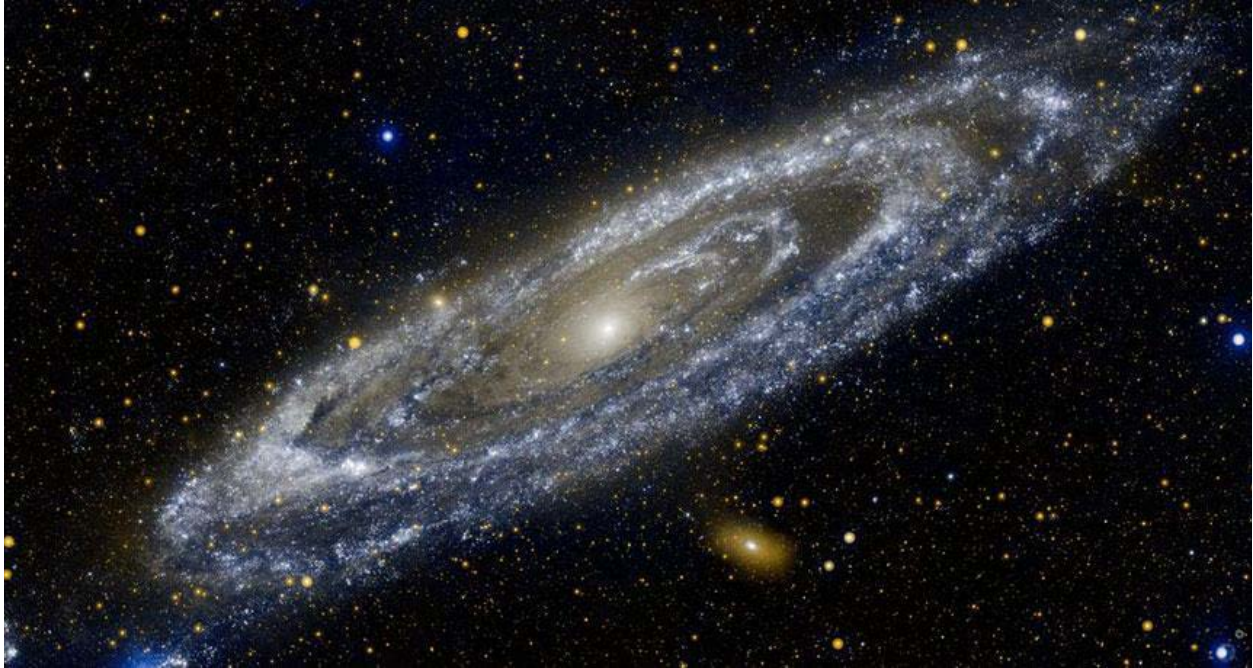
Four Tuesdays 10 AM – Noon
Capilano University campus, Sechelt
Field Trip on April 28th
Min 20/Max 40

April 7, 14, 21, 28

\$35 plus GST plus \$25

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14) An introduction to Astronomy



Astronomy is defined by NASA as the study of stars, planets, and space. It's a huge topic and one where you'll never stop learning. New planets, stars, and moons are being discovered all the time. New theories are put forward about the Universe, life on other planets and whether humans can live on Mars. This four-week class will provide a basic introduction to Astronomy from historical, scientific and practical perspectives. An evening field-trip to a local observatory is also included – date to be determined. No prior knowledge of astronomy is required. The course will be presented by members of the Sunshine Coast Astronomy Club.

Four Wednesdays 10 AM to Noon
Capilano University campus, Sechelt
Min 15/Max 40

April 15, 22, 29, May 6

\$35 plus GST

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15) 2020 Festival of the Written Arts Preview



We invite former and new participants to join us for the 19th 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.

Five Thursdays

April 30, May 7, 14, 21, 28

Morning Course, 10 am - Noon: Moderator: Pam Horner

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

Capilano University campus, Sechelt

Min 10/Max 15

\$35 plus GST

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16) 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. Presenter: Nancy Denham.

Four Tuesdays 10 am - Noon
Capilano University campus, Sechelt
Min 10/Max 15

May 12 – June 2

\$35 plus GST

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17) Spring Birding on the Sunshine Coast



Participate in a wonder of Nature: Spring bird migration in peak season. Identify birds in three different habitats: “The Marsh” in Sechelt, Sargeant Bay Park in Halfmoon Bay and the Mahon Trail in Gibsons. We will discuss identifying birds, selection of field guides, and optical and electronic equipment. Bring binoculars and sensible outdoor clothing. Presenters & leaders: Tony Greenfield, John Hodges & Russ Tkachuk. First session at Capilano University, Sechelt; remaining sessions outdoors.

Three Wednesdays 9 am – 11 am

May 13, 20, 27

Session 1: Capilano University Campus. Sessions 2 & 3: offsite, outdoor locations
15/30

\$35 plus GST