

SUNSHINE COAST ELDERCOL-

LEGE COURSES - FALL 2019

Ages: 55+ years

Pre-registration is required for all courses at \$36.75 each (Includes GST)

Geology of Thormanby Island

The geology of Thormanby can be divided into two distinct parts, the older Triassic strata (252 to 210 million years old) on South Thormanby; and a younger strata of Quadra sands in advance of the last Ice Age, 25,000 years ago. The younger strata makes up the North Thormanby beaches, and a few remnants such as Point Gray in West Vancouver. Presenter: Peter Hews

Capilano University, Sechelt

Two Fridays, 1 - 3 pm

23 August & 6 September

Field Trip: Wednesday 28 August, 11 am – 3 pm

Note – there will be a \$24 fee for the boat ride to Thormanby Island

Artists in the Studio

On four Tuesday mornings, we visit an artist's studio. We'll see them at work and how they paint. They'll tell us why they are artists and about their mentors, their technique and style, their choice of medium and material, and how these have evolved over time. Artists:

1. Elaine Futterman
2. Ed Hill
3. Artie George & Richard de la Mare
4. Lori Morris

First Session starts at Capilano University, Sechelt, then proceeds to an Artist's Studio

Four Tuesdays, 9:30 - 12:30 pm
September 3 - 24

A New Lens on the Past

Examine the history of the Sunshine Coast through a new lens! Visit three Museums: Tems Swiya Sechelt, SC Museum & Archives Gibsons and Heritage Egmont, and see how each tells a chapter of Sunshine Coast history. Learn about the past by examining objects and artifacts and hearing how they fit into the history being interpreted. The course will include presentations by local historians and walking tours of the shishálh community and Lower Gibsons. Presenters: Museum staff

Three Museums, starting in Sechelt

Four Wednesdays, 10 am – noon
September 4 - 25

History of Western Theatre

Theatre has existed since early Man acted out his hunting adventures around the fire. But the traditions of western drama began in ancient Greece with larger-than-life heroes like Oedipus struggling against their fate. We'll follow the growth of theatre as Medieval mystery plays gave way to Elizabethan icons like Shakespeare. We'll also explore Renaissance, Restoration, and 19th century stagings. Finally, we'll look at modern theatre from realism to abstract: Viveca Ohm

Capilano University, Sechelt

Four Thursdays, 10 am - Noon
September 5 - 26
10:00 am - noon

Hot Topics

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

Capilano University, Sechelt

Six Mondays, 10 am - 12 noon
September 9 - October 21
No class October 14 (Thanksgiving)

Understanding Contemporary Visual Art

“Art isn't life, art makes us realize what life is” - Picasso. What is the poetry of contemporary visual art? We'll look at creativity and visual art and gain an understanding of the works and the artists that create this art form. The class will look at the visual feast of good art and answer the questions the young people in your life might have about art schools. Finally, we'll gain insight into the language of visual art – the language of your eyes – providing insight into Picasso's statement that, “After ALTAMIRA all is Decadence; we have invented nothing.” Presenter: Bob Evermore

Capilano University, Sechelt

Five Tuesdays, 2 - 4 pm
October 1 – 29
2:00 to 4:00 pm

Create Stunning Photos with your iPhone

Few people believe that an iPhone is good for serious photography, as surely a more elaborate camera is needed? No, your iPhone can give amazing images. We will use composition and light control techniques, plus simple and more advanced photo-editing apps to create superb photos, and review various ways of sharing your pictures with friends and the greater digital world. Presenter: Jack Pope

Capilano University, Sechelt

Four Wednesdays, 1 - 3 pm
October 2 - 23

Adventures in Travel

As John Steinbeck said: “People don't take trips; trips take people.” So, let these stories take you on an adventure:

1. Jack Pope: Travels through the Muslim World
2. Elizabeth and Harry Savage: Up the Ganges from Kolkata to Varanasi.
3. Phil & Holly Cunnington: Touring the Baltic and the Kiel Canals
4. Bob and Corinna O'Neill: Travels in the German Alps and the Black Forest

Capilano University, Sechelt

Four Thursdays, 2 - 4 pm
October 3 - 24

Plant Based Nutrition

Our health care system is increasingly burdened as diabetes, heart disease, cancer and arthritis escalate. Our dietary choices affect these issues more than may generally be recognized. This course examines the benefits 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.

Capilano University, Sechelt

Four Fridays, 10 am - noon
October 4 – 25

Foraging for Mushrooms

Discover the wonders of our local forest mushrooms and the joy of hunting for these delectable edibles. An initial classroom session provides an introduction to mushrooms. You will practice simple identification methods to recognize which species are edible and which ones to avoid. We will venture into the woods for hands-on learning and collecting. Bring lunch and a collecting basket or bag. Wear appropriate outdoor clothing and sturdy footwear. Presenter: John Field

First Session starts at Capilano University, then proceeds into the forest.

Two Saturdays, 10 am - 3:30 pm
October 5 - 12

Citizen Science and the Marine Ecosystem

Oceans cover 70% of the Earth's surface and the marine environment supports a vast biodiversity of life, from bacteria and plankton to fish and whales. This course will introduce you to a selection of the citizen science projects on the Sunshine Coast and the contributions they make to understanding and conserving the marine ecosystem. Presenter: Lee - Ann Ennis

First Session at Capilano University, Sechelt; others are field trips to Nicholas Sonntag Marine Education Centre in Gibsons, and a chum salmon spawning site at the Pender Harbour Ocean Discovery Station.

Three Mondays, 10 am - noon
October 28 & November 4 - 18 (No class November 11). Note: There will be an charge of \$15 - \$20 for an entry fee and bus

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 all! 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.

Capilano University, Sechelt

Four Wednesdays, 10 am - noon
October 30 – November 20

The Anthropocene

The Anthropocene has been defined as “an epoch in which humans and our societies have become a global geophysical force“. We will explore how our world may be changed due to the many changes that are occurring or expected to occur. We can suggest what a more sustainable Anthropocene life style could look like. We will discuss proposed innovations, some interesting and viable, some more controversial. This class follows up

the earlier “Anthropocene” class given in 2018.
Presenter: Michael Bradley

Capilano University, Sechelt

Four Fridays, 10 am - noon
November 1 - 22

Immunology

The immune system is a unique arsenal of cells that can distinguish between self and not self. The class will cover:

- Immune system processes that respond to bacterial or viral attacks
- Prevention of organ rejection after transplant.
- How the mammalian embryo is protected from the mother's immune rejection, even if its cells consist to 50% of paternal not self.
- Degenerative diseases due to immune system's mistaken recognition of body as being not self.
- Cancer immunotherapy—the emerging science of mobilising the immune system to attack tumours. Presenter: Erwin Diener

Capilano University, Sechelt

Four Tuesdays, 10 am - noon
November 12 – December 3

Eldercollege Partners

with the

SUNSHINE COAST REGIONAL DISTRICT

REGISTER:

- In person, at Sechelt Aquatic Centre, or the Gibsons & Area Community Centre
- Online at www.scrd.ca/Recreation

Brochure cover: Moon Eclipse 20 hr 42 min 01 sec PST, 20 January 2019, Sechelt, BC, missing the meteor flash at 4 hr 41 min 38:09 +/- 0.01 sec UT; and Bajazza rose. Photos by Russ Tkachuk

SUNSHINE COAST
ElderCollege

COURSES FALL 2019



<http://sunshinecoasteldercollege.ca>