

SUNSHINE COAST
ElderCollege

Course Info Booklet: Spring 2024

#	Course Name	New	Start Date	End Date	Day of Week	See Page
1	Trace Your Family History	NEW	Jan 11	Feb 01	Thu	2
2	Capture Memories with Your iPhone		Jan 15	Feb 05	Mon	3
3	The Amazing Life and Times of the Pacific Salmon	NEW	Jan 30	Feb 20	Tue	4
4	History of Homes	NEW	Jan 31	Feb 28	Wed	5
5	Are We Alone?	NEW	Feb 16	Mar 08	Fri	6
6	To the Barricades! Revolution in Europe	NEW	Feb 27	Mar 19	Tue	7
7	Design Your own Garden		Feb 29	Mar 21	Thu	8
8	How Ethnic, Religious, and Nationalistic Forces Affect World Conflict	NEW	Mar 04	Mar 25	Mon	9
9	Secret World of the Microscope		Mar 15	Apr 12	Fri	10
10	Discussion of <i>Blood Relations</i> by Sharon Pollock	NEW	Mar 20	Apr 03	Wed	11
11	Conversation Café, Gibsons		Mar 26	Apr 30	Tue	12
12	Conversation Café, Sechelt		Mar 28	May 02	Thu	13
13	Law for Seniors		Apr 08	Apr 22	Mon	14
14	Tour Four Workshops of Alternative Artisans	NEW	Apr 26	May 17	Fri	15
15	Spring Birding on the Sunshine Coast		May 01	May 15	Wed	16
16	Anthropocene - Life on the Edge of Catastrophe		May 07	May 28	Tue	17
17	Preview of the Festival of the Written Arts		May 09	Jun 06	Thu	18

1. Trace Your family History



Presenter: Loraine Gallant

Dates:

Four Thursdays

January 11 to February 1

Time: 10am to noon

Venue: Capilano University, Sechelt

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 free 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.

You will need to bring your own laptop or tablet to the class.

2. Capture Memories with Your iPhone



Presenter: Jack Pope

Dates:

Four Mondays

January 15 to February 5

Time: 2pm to 4pm

Venue: Sechelt Seniors Activity Centre

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.

3. The Amazing Life and Times of the Pacific Salmon



Presenter: Michael Healey

Dates:

Four Tuesdays

January 30 to February 20

Time: 10am to noon

Venue: The Coastal Room, Gibsons Public Market

Six species of Pacific salmon are native to the North Pacific Ocean and spawn in river systems around the Pacific Rim from California to Japan. Small numbers also occur in the Arctic Ocean and spawn in Arctic rivers. Throughout their native range, Pacific salmon are iconic species and a critical cultural resource to indigenous peoples. They are also an important economic resource where they are sufficiently abundant.

Everyone around the Pacific Rim knows something about Pacific salmon, most commonly that they migrate in great numbers from the ocean to freshwater rivers to spawn in the summer or early autumn. Few, however, know the details of the amazing lives of these complex and fascinating species. This course will explore the life and times and the almost unbelievable capabilities of Pacific salmon.

Compared with humans (we always set ourselves up as the standard to beat), salmon can smell more odors in lower concentrations, see more colors, sense and interpret a wider range of vibrations, swim faster and dive deeper than we can, and they can use the earth's magnetic field to guide their amazing migrations to and from the open ocean. If you are curious about the abilities of these beautiful fishes who inspire awe and amazement in all who come to know them, this is the course for you.

4. History of Homes



Presenters:

Rosemary Bates Terry and Christine Pawley

Dates:

Four Wednesdays

January 31 to February 28

Time: 10am to noon

Venue: The Hall at St. Hilda's Church in Sechelt

The History of Home is long, complex and compelling: from simple shelter to multi-faceted community; from basic survival to custom designs; from homeland to battlefield; from essential commodity to scarce, elusive human right.

Over four weeks, we will examine the history of home and homeland for work and for leisure; home as an expression of property and status; and home in the economy. Over time, homes and their design, contents, and purposes have become commodities and economic engines.

Both “home” and “homelands” are powerful concepts that have inspired large-scale political, social, and moral movements. The course will conclude with reflections on housing and sustainability, as well as home territories and global migration.

5. Are We Alone?



Presenter: Ray Kostaschuk

Dates:

Four Fridays

February 16 to March 8

Time: 10am to noon

Venue: Seaside Centre, Sechelt

Are we alone? Does extraterrestrial life exist? Are humans the only technologically advanced intelligent species in the Universe? We have been asking these questions for millennia and, remarkably, we now have some answers.

Meet Ameca, a humanoid robot powered by ChatGPT4, an artificial intelligence with an IQ comparable to Albert Einstein. Ameca doesn't particularly like humans, although she finds us mildly interesting. Within a few years, Ameca and others like her will be 3000 to 5000 times smarter than people. How can we ensure that this artificial superintelligence is not humanity's last invention?

But wait, there's more! There is compelling evidence, much of it from military pilots, that unidentified anomalous phenomena-UAPs, (formerly known as UFOs) are real physical objects manufactured by a non-human intelligence. These craft fly with impunity in restricted airspace, have enigmatic flight characteristics, take an unhealthy interest in our nuclear weapons, pose flight safety hazards, and are a threat to global security. Pilots who have interacted with UAPs admit that we are defenseless against their technical superiority.

So join with me for a ride on the wild side and open your minds to the reality of non-human intelligence – a splendid time is guaranteed for all!

6. To the Barricades! Revolution in Europe



Presenter: Keith Maxwell

Dates:

Four Tuesdays

February 27 to March 19

Time: 2pm – 4pm

Venue: Coastal Room, Gibsons Public Market

To the Barricades! Revolution in Europe – the French Revolution, the rise of Napoleon and the European-wide turmoil of the late 18th and early 19th centuries – shaped the modern political and geographic landscapes of a continent and much of the rest of the world.

This course will look at the causes of this conflict, how it spread so widely, and how it gave rise to the modern world.

7. Design Your own Garden



Presenter: Ayuko Inoue

Dates:

Four Thursdays

February 29 to March 21

Time: 2pm to 4pm

Venue: Capilano University, Sechelt

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.

8. How Ethnic, Religious, and Nationalist Forces Affect World Conflict



Presenter: Eric Gorham

Dates:

Four Mondays

March 4 to 25

Time: 10am to noon

Venue: Coastal Room, Gibsons Public Market

Ukraine, Israel/Palestine, Iraq, North Africa, India/Pakistan—these are places where political conflict has been particularly violent and long-lasting. However, even democratic countries experience violent and non-violent conflict—for instance, over immigration issues in Europe, race issues in the United States, and language issues in Canada.

But why does this conflict happen—why can't people just settle their differences and live harmoniously? There are many reasons, but in this short course we are going to look at three specific causes of political conflict: nationalism, ethnic difference, and religion.

We'll examine different regions and discuss a variety of reasons for the seemingly intractable nature of the conflicts there. We'll also explore some of the solutions to problems of ethnic and nationalist conflict.

9. Secret World of the Microscope



Presenter: Michael Bradley

Dates:

Four Fridays

March 15 to April 12

Time: 2pm – 4pm

Venue: Capilano University, Sechelt

The world is filled with interesting sights, unseen to the naked eye but revealed 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.

During 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 be able to view specimens through 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.

10. Discussion of *Blood Relations* by Sharon Pollack



Presenter: Monika Karpinska

Dates:

Three Wednesdays

March 20 to April 3

(Saturday, March 30, is the afternoon
Matinee Performance)

Time: 10am to noon

Venues: Capilano University, Sechelt

Blood Relations was written by Canadian playwright Sharon Pollock and will be performed this spring by the Driftwood Players. This powerful drama is a psychological thriller based on the real, unsolved Borden murders that took place in 1892 in Fall River, Massachusetts.

Monika Karpinska, an English instructor at CapU, will lead two classes of preproduction analysis of the play. Participants will then attend the live show at Heritage Playhouse in Gibsons. In the last class, we will bring in the Director, Anthony Pare, to talk about the staging, characters, themes and casting decisions.

Join us for this unique literary offering. Participants will be responsible for an extra cost of the ticket price, at a group rate to be announced in class, for the Saturday, March 30th afternoon Matinee Performance.

11. Conversation Café – Gibsons



Moderator: Karen Bell

Dates:

Six Tuesdays

March 26 to April 30

Time: 10am to noon

Venue: Kinsman Hut, Gibsons

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.

12. Conversation Café – Sechelt



Moderator: Karen Bell

Dates:

Six Thursdays

March 28 to May 2

Time: 10am to noon

Venue: Capilano University, Sechelt

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13. Law for Seniors



Presenters: Carmen Sombrowski and colleagues

Dates:

Three Mondays

April 8 to 22

Time: 10am to noon

Venue: The hall at 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.

14. Tour Four Workshops of Alternative Artisans



Presenters: Al Clyde and friends

Dates:

Four Fridays

April 26 to May 17

Time: 10am to noon

Venue: Various Workshops on the Coast

Visit the workshops of people practicing the alternative arts of motorcycle restoration, model railroad building, aircraft restoration and automobile restoration.

We will explore the motivation, skills and satisfaction of these talented people who are often overlooked by traditional definitions of artists at work.

Curated workshop tours followed by discussion and Q and A. Personal transportation is required.

15. Spring Birding on the Sunshine Coast



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

Dates:
Three Wednesdays
May 1 to 15

Time: 9am to 11am

Venue: Sechelt Seniors Activity Centre

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 Sargent Bay and Wilson Creek Estuary.

16. Anthropocene – Life on the Edge of Catastrophe



Presenter: Michael Bradley

Dates:

Four Tuesdays

May 7 to 28

Time: 2pm to 4pm

Venue: Coastal Room, Gibsons Public Market

Scientists working in the field of “Earth Systems” recently reported that six of the nine critical system boundaries that have maintained planet Earth in a stable state for the past 10,000 years, have now been breached. Climate, Biosphere, Land, Freshwater, Biochemical flows and “Novel entities” are all now outside of their safe operating spaces, with Ocean Acidification teetering on the brink.

With this updated report as background, the class will revisit the “Anthropocene epoch”, the “Age of Humans”, the recognition that humanity has become so numerous, our technologies so powerful, and our societies so interconnected, that WE have actually become a force of nature.

17. Preview of the Festival of the Written Arts



Moderator: TBA

Dates:

Five Thursdays,
May 9 to June 6

Time: 10am to noon

Venue: Capilano University, Sechelt

We invite former and new participants to join us for the 22nd 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 2024.