

Learning in Retirement

Journal

Nelson & Area, BC, Canada • THIRD AGE LEARNING • January 2016 • Issue 11

Volunteers Appreciated

By Laura Duncan

On November 24 the LiR Social Committee dazzled every one present with a tribute luncheon for all the volunteers who are members of LiR. Well, consider, it is all about volunteers! There are no paid employees. We build our own agendas our wish lists then our committees work together to bring top drawer learning experiences to us. The lunch that was presented was a microcosm of this whole energetic group of seniors. There were session presenters, board members and committee members present. All volunteers!

We enjoyed a tasty soup and salad luncheon at the Adventure Hotel. It was delicious. Afterwards there were very entertaining speeches. The afternoon wrapped up with a delightful set of a cappella singing offered by Heritage Harmony Barbershop Chorus.

We are always looking for volunteers to join any of our committees. It is important that we have enthusiastic people help with the work that we do. Please approach any committee member and we will welcome and mentor you in basic tasks that may lead into more complex work, if you wish as you become familiar with the committee.



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Happy New Year from the Board!

By Grace Devaux

We hope you will be pleased with the exciting programs planned for this winter/spring. On January 8th - Registration for LiR classes will start at 9:00am at the Silver King campus office. At 10:00am come to the Meet & Greet to meet the instructors of the multi-session classes being offered. Classes fill up quickly so don't wait too long!

Give your email address to the college when you register to get regular updates on what's new and any changes. More trips and tours are being planned

so check your email or come out to a Friday Drop in Session. The first drop in is free but after that become a LiR member at the Selkirk College office.

All our programs are put together by volunteers. We look forward to hearing from you about what it is that you want to learn and how you would like to participate. Please contact any member of the board, we are always interested in new ideas.

Thanks for an enthusiastic response to the request for articles and photos for this *Journal*. There was so much that some will be appearing in the March *Bulletin*.

Interview of Gordon McGregor

By Patrick Quinn-Young

Q: Gordon, you attended the first LiR public meeting at the Nelson Library on June 9th, 2009, along with about 25 others. What compelled you to raise your hand to become involved?

Gordon: I had read articles in the Express about a group being formed for retired people in Nelson to become involved in retirement learning, so I attended their first meeting and stuck up my hand when Birthe and Roger asked for volunteers to sit on a committee.

Q: What task did you perform?

Gordon: Birthe discovered that after I retired I owned a business called "Southpaw," so immediately she told me that I would become the treasurer of LiR.

Q: Tell me something about your life up to your retirement?

Gordon: I was born and raised in Vancouver and on leaving school I joined the RCAF, where I was for eleven years. I was in the communications section, specifically installing and maintaining the Radar installations on the Pine Tree Line – the second line of NORAD defence installations after the first line of defence – the DEW Line. These Distant Early Warning radar installations stretched right across the arctic coasts of Alaska, Canada and Greenland. This gave me the opportunity to travel across, and up and down this country and I gained an appreciation for the immense size and great beauty of Canada. Among others, my postings included: Sydney, Nova Scotia; Prince George, BC; Moisie, near Sept Iles, Quebec; Sea Island, BC and Sioux Lookout, Ontario. In the air force I volunteered and joined up with Search and Rescue, a very active group that took me all across Canada again, where I was involved mainly with ground searches.

Q: Where did you work after the RCAF?

Gordon: In 1965 I landed a job with BC Tel. Dianne and I married and purchased a house in Vancouver where we had two children. We lived happily for several years until sometime later when our children became sick and our own health began suffering also. We could not pin point the reason for our family's health problems until we learnt about the effects of Urea Formaldehyde Foam Insulation (UFFI), which we'd injected into the walls of our house in the late 1970's with support from a federal government program.

Q: Your family's health concerns must have been really worrying, what did you do?

Gordon: I took time off from work and we all made the journey by rail across Canada to Nova Scotia and stayed in Sydney, where I'd been stationed with the air force. We had a wonderful holiday and visited my old friends there. On our return we took the train all the way back to Vancouver again. In that time, with the change of air on our whole holiday, our children's health improved greatly and returned to normal and Dianne and I felt a lot better ourselves. That was in 1981. We put our house up for sale and I was transferred to Nelson, where we've been ever since and we've never looked back.

Q: How long did you work for BC Tel?

Gordon: I was 32 years with the company and retired in 1997 just before BC Tel merged with Telus. In Nelson I worked on the company's long distance telephone lines.

Q: Did you participate in the community here?

Gordon: Yes, we became very active in the Nelson community. As a family we became involved in outdoor activities and we did a lot of hiking and skiing. I became president of Morning Mountain Ski Hill and we built a new ski lodge. In 1989 I became Director of Communications for the BC Winter Games, held in the region, which was a great deal of work, but very satisfying. I worked with Telus Ambassadors, a service club that raised money for "Coats for Kids" and we also raised money for a CAT Scan for the West Kootenays.

Q: You decided to remain here in your retirement?



Gordon and his grandson, Sammy

Gordon: This is our home and we had so much going on. I retired in 1997 and one of the first things I got involved with was raising money for the last trip of the Anscombe, the old ferry that was replaced by the Osprey. Her last cruise was down the lake towards Creston and it was a big charity fund-raising event.

Q: Besides LiR are there other organisations you are involved with?

Gordon: I had been a member of the Lions Club for many years, as well as the Métis Veterans of BC, of which I am the treasurer. I am also the Métis Veterans representative for the East and West Kootenays. I am also on the board of directors of the Nelson Street Car and am very active in its fundraising events and food drives. This year we collected over \$1,400 and distributed that plus more than 2,000 lbs of food to different food banks.

Patrick: It is always a pleasure to chat with you, Gordon, and I believe the Queen's Diamond Jubilee Medal for community service you were awarded was very well earned.

Gordon: I couldn't have done it without Diane's help and my family's support.

Bridge for the 'Absolute' Beginner

Tuesdays, Jan. 19 – Feb. 23, 2:00-3:30 (6 sessions)

Instructor: Angus Paton

\$18 plus tax • Enrollment: Min 4 / Max 12

Location: 10th Street Campus – Room P307

Bridge is fun when you pick up a few 'tricks' of the trade. Angus will share his knowledge of the game, support you through the early stages and establish confidence as you develop your skills through practice.

Angus Paton is a retired banker and has enjoyed recreational bridge over the years, winning or losing!

Stocks and Reading Charts

Thursdays, Jan. 28 – Feb. 11, 10:00 – 11:30 (3 sessions)

Instructor: Cal Reeks

\$9 plus tax • Enrollment: Min 6 / Max 30

Location: 10th Street Campus – Room P307

This course is about trading, buying and selling, and having fun reading and deciphering a chart without having to learn the fundamentals of the market. There will be lots of class participation and even some fun games to play while learning how it all works. So come and have fun and learn at the same time – whether you want to sit back and play in the market part-time, or if you want to trade regularly, or if you simply want to be able to understand where your current investments stand.

Cal Reeks moved from Vancouver to Nelson in the fall of 2013 after learning how to trade and then semi-retiring. He took a trading course from the Online Trading Academy and studied many books. He now does real time trading for fun.

Making Your Own Lunch

Tuesdays, Feb. 2 – March 8, 10:00 – 1:00 (6 sessions)

Instructor: Al Pollard

\$18 plus tax • Enrollment: Min 6 / Max 12

Location: Mary Hall, 10th Street Campus, Scholars' Kitchen

This course is back once again by popular demand! We explore making good food for seniors. Call it heart smart, diabetic friendly, low carb or just plain tasty. We learn how to make it, we make it, and we eat it! The food is nutritious and the process enjoyable and fun. Bring cheque for an additional \$36 to the first class to pay for the ingredients.

After retiring, Al Pollard went back to school and graduated with Professional Cook Two certification from Selkirk College. Retired as a forester, now he is our favourite LiR chef. He is also the guy who sends out our email bulletins

CPR – Level A

Thursday, Feb. 11 – 10:00 – 3:00 (1 session)

Instructor: Lindsay Eastwood

\$20 plus tax • Enrollment: Min 6 / Max 12

Location: SKC Room 18

The Adult Level Heart saver CPR course provides you with the knowledge and skill to help you attend to a member of the family, a close friend or perhaps the person next to you because heart attacks can strike anyone anytime. This CPR course includes AED (defibrillator) training.

Medical Marijuana: History, Health & Access

Fridays, Feb. 12 – Feb. 26, 2:00 – 3:30 (3 sessions)

Instructor: Jim Leslie

\$9 plus tax • Enrollment: Min 6 / Max 25

Location: SKC Room 16

This course is a repeat of what was offered in Term 1. Join Jim and special guests from the medical cannabis industry on a fascinating

journey into the world of medical cannabis (marijuana). Jim will cover the history of human interaction with cannabis, the plant's vast array of medical compounds, the human body's own system that produces compounds just like those in cannabis, and the current state of access to medical cannabis.

Jim Leslie holds a Bachelors degree in Criminal Justice, is a retired Border Services Officer, is an active member of Law Enforcement Against Prohibition and Stop the Violence, and is a 17-year activist for cannabis policy reform. Jim is also a medical cannabis patient. Jim worked in the Vancouver medical cannabis dispensary industry for 1.5 years and then returned to the West Kootenays where he and his partners opened Grand Forks' first medical cannabis dispensary – The Kootenay's Medicine Tree.

Take a Spin Around the World

Mondays, Feb. 15 – Mar. 21, 10:00 – 11:30 (6 sessions)

Instructors: Jana Malinek & Liba Zdrzil

\$18 plus tax

Enrollment: Min 6 / Max 20

Location: SKC Room 117

This course will offer insights into the culture and natural history of the European River Cruise, Holland, Czech Republic, Libya, Brazil, France, and Greece. We will share ideas about travel planning including affordability and safety. If time permits we will explore destinations closer to home such as Yellowstone Park and the Grand Canyon.

Jana Malinek, an amateur photographer, naturalist and former teacher of Biology and Science, came to Canada from Czechoslovakia in 1980. Liba Zdrzil is a former teacher, RN, and traveler.

Explore the Nature of Reality

Mondays, Feb. 15 – Mar. 7, 1:00 – 2:30 (4 sessions)

Instructor: Bo Pearce

\$12 plus tax • Enrollment: Min 6 / Max 20

Location: SKC Room 117

Come down the rabbit hole and enter another viewpoint of life, liberty, conscious awareness, and the nature of existence. Through video and discussion we will become aware of life-altering discoveries founded in Neuroscience, Quantum Physics, Archeology, and Consciousness Studies. Once we become aware of these discoveries we may find ourselves rethinking and expanding the very nature of our own reality. Could it be that a major shift in our collective mind is the ultimate key to the healing of our world?

Bo Pearce taught computer skills for over 40 years in Alberta and the Kootenays, including Selkirk College. She also developed her own skills training business. Bo now loves to share her life-long passion about how to change one's life through understanding what science and spirituality can show us about our own true natures.

Class for Culture Goers

Classroom sessions Feb. 16 & 23; and Mar. 15 & 29, 10:00 – 11:30

Instructors: John Galm and Roger Oliver

\$12 plus tax + cost of theatre tickets

4 classroom sessions • Enrollment: Min 6 / Max 12

Location: SKC Board Room 104

Have you wanted to learn more about the various cultural activities presented on screen in Nelson? John Galm and Roger Oliver have selected four productions to be viewed in Nelson.

- Thur. Feb. 18 – *Behind the Beautiful Forevers*
at the Capitol Theatre \$15.00
- Wed. Feb. 24 – *Shakespeare's Julius Caesar*
at the Capitol Theatre \$15.00

Multi-Session Courses

For course info contact Diane Watts drwatts@telus.net

For registration contact Selkirk 250 354 3220

- Wed. Mar. 16 – Verdi's *La Traviata*
at the Civic Theatre \$20.00
- Sun. April 3 – Bolshoi Ballet's *Alice in Wonderland*
at the Civic Theatre \$20.00

We will have a class session on the Tuesday before each event to prepare and reflect on the presentations.

John Galm is Professor Emeritus in Ethnomusicology at the University of Colorado, Boulder. He and his wife Alyne are very active participants in the Nelson Storytellers Guild. John is a member of the LiR Board and has taught several LiR courses.

Roger Oliver has been on the Program Planning committee for several years. He grew up in England near Stratford on Avon and frequently went to plays at the Shakespeare theatre.

New Writers Course

Thursdays, Feb. 18 – Mar. 24, 10:00 – 11:30 (6 sessions)

Instructor: Bob Abrahams and members of the LiR writing group

\$18 plus tax • Enrollment: Min: 6 / Max: 15

Location: SKC Board Room 104

This is a repeat of the course offered in Term 1. If you've ever thought about writing your memoir or a family history or have a story just aching to be told, come and join us. We will start you on a writing path with hands-on exercises, sharing humour and fun. Once the group is writing and reading to each other, we will invite published authors to share their insights about the art and discipline of creativity. We hope at the end of this bonding exercise, you will form your own LiR writing group to carry on writing.

The LiR Writers' Group was formed after a writing course led by Margaret Hornby 5 1/2 years ago. In January 2011 we started the LiR Writers' Group which has survived the vicissitudes of time, struggles, changes, and challenges of maintaining a viable, non-judgmental writing group. The knowledge we gained will be shared. Bob Abrahams has been our faithful communicator linking the group over the past five years.

The Life and Death of Stars

Fridays, Feb. 26 – Mar. 11, 1:00 – 2:30 (3 sessions)

Instructor: Wayne Holmes

\$9 plus tax • Enrollment: Min 6 / Max 16

Location: 10th Street Campus – Room P307

Topics will include: how stars are formed from clouds of hot spinning gases; how our star the sun works; and how and why stars die including the last 4 billion years of our sun's life. If weather permits we will use two solar telescopes to observe sunspots, prominences and flares, and learn how these are created.

Wayne is an amateur astronomer and a member of the Royal Astronomical Society of Canada. For the past seven years he has hosted the Starry Nights program at Taghum Hall, giving Nelson area residents an opportunity to view the universe through astronomical telescopes.

Curious About History:

Topics Selected by Students

Saturdays, Feb. 27 – Apr. 16 – 9:30 – 11:30 (8 sessions)

Instructor: Charles Jeanes

\$24 plus tax • Enrollment: Min 6 / Max 20

Location: SKC 118

Got questions about a particular period or person in history? This course is your opportunity to name that interest to Charles, and he will deliver a lecture on the subject. His particular interests include medieval and modern Europe, North America, Mesopotamia, biblical Israelites, ancient Celts, Greece and Rome. Students have asked for

Charles to discuss Islam and Christendom in their relationships over time, and one keen student of medieval England wants to know about bad King John and Magna Carta. Clearly events in the present mid east are provoking interest in its history. If you have questions about this, contact Charles at 250-352-6416 or chjeanes@gmail.com. He welcomes your inquiries.

Charles Jeanes is well known for his weekly Kootenay Co-op Radio history series which he has broadcast since 1999. He is passionate about history and has taught at least seven LiR history courses in successive semesters.

Optimizing Your Digestive Function

Wednesdays, Mar. 2 – Mar. 16, 10:00 – 11:30 (3 sessions)

Instructor: Ulla Devine

\$9 plus tax • Enrollment: Min: 8 / Max: 16

Location: SKC Board Room 104

Poor digestion and incomplete absorption are at the root of most disease of our bodies. This course will give an overview of our digestive system and newest research into our microbiomes. Particular emphasis will be on practical strategies to restore function and balance to our gut.

Session 1: The Human Microbiome Project (HMP) – newest findings and how you can get involved. Important lifestyle and dietary factors.

Session 2: When is detoxification necessary and how much is enough? The Ideal Diet? Supplements? How to achieve adequate rest, exercise, and stress reduction? What is HIIT and IF?

Session 3: Tips on how to implement lifestyle changes long term. Questions and Answers.

Ulla is a practicing colon hydrotherapist living and working near Nelson, BC. She is certified by the Natural Health Outreach School in Penticton, BC, and is a member of the International Association for Colon Hydrotherapy I-ACT. Ulla has worked as a teacher-counselor for many years. Her passion for health and wellness has led to extensive research of and personal experience with various fasting methods, cleanses and detoxification programs.

Be an Online Library Power User

Fridays, Mar. 4 – Mar. 18, 1:00 – 2:30 (3 sessions)

Instructor: Heather Goldik

\$9 plus tax • Enrollment: Min 6 / Max 15

Location: 1st and 2nd session at SKC, 3rd session – Nelson Public Library
Back by popular demand, this is a repeat of what was offered in Term 1.

- Bibliocommons. Discover and explore even more at your library! Set up your library account, search, place holds, renew, review and rate your favourite titles, follow fellow readers and build book lists.
- Online Library Research 101! How to search online and find reliable and relevant information, when and how to use online library databases for everything from book recommendations to health information to car repair.
- Library 2Go. Downloading library eBooks to your computer or tablet. Please note that you should have a library card and library password for the first session. If you don't have a password, call or go to the library to get one.

Heather Goldik is the Circulation and Reference Services Coordinator at the Nelson Public Library. She has worked in libraries for 10 years, happily helping people find their next great read, connect with the information they need both in print and online, and navigate the world of eBooks, eAudiobooks, and eMagazines.

Red Cross Emergency First Aid with CPR C

Wed., Mar. 9, 8:30 – 5:00 (one session)

Instructor: Lindsay Eastwood

\$25 plus tax

Enrollment: Min 6 / Max 12.

Priority will be given to LiR volunteers, who may help with field trips.

Location: SKC Room 18

For individuals who want an overview of first aid and CPR C for the home or workplace. Practise skills needed to recognize and respond to cardiovascular emergencies for adults. Includes topics such as choking, airway and breathing emergencies and prevention of disease transmission. Learn use of an automated external defibrillator (AED). Pick up manual in advance and read prior to class. See more at: <http://selkirk.ca/ce/courses/courses/first-aid-safety-training/first-aid-red-cross#sthash.Hj7Y6jW8.dpuf>

Current Affairs Café

Wednesdays, Mar. 23 – Apr. 27, 10:00 – 11:30 (6 sessions)

Facilitators: Judy Biggin and Bob Abrahams

\$18 plus tax • Enrollment: Min 6 / Max 16

Location: SKC Board Room 104

We propose to examine issues in the news and some other topics of interest. A brief presentation on a single topic by one or more class members will be followed by discussion. Perhaps an occasional guest speaker, again with discussion. And in the second hour, a look at the current week's news leading to a choice for the next week. And lots of fun and laughter.

Bob had a long career as a teacher, and a longer one as an observer of the political process and how it is reported in the daily news.

Judy's career in science and government never dampened Judy's interest in the what, why, and how decisions are made by governments.

Wills and Estate Planning

Saturdays, April 2 & April 9, 10:00 – 11:30 (2 sessions)

Instructor: Deanne Monroe

\$6 plus tax • Enrollment: Min 6 / Max 20

Location: SKC Room 16

Personal Planning, including writing a will, Powers of Attorney, and health care planning with Representative Agreements and Advanced Health Care directives. Understanding the purpose of each document, the laws that guide them, and their value as personal planning tools.

Deanne is Nelson's newest notary public. She formerly provided small business client services for the Columbia Basin Trust Development.

Watercolour Painting

Tuesdays, Apr. 5 – May 17 (6 sessions, no class on April 26)

10:00 – 12:00

Instructor: Norm Watts

\$18 plus tax • Enrollment: Min 6 / Max 20

Location: 10th Street Campus – Room P103

Back by popular demand! We shall continue to explore watercolour painting from the point of view of the elements and principles of design and with special attention centred on the handling and application of the watercolour medium.

Norm worked as a machine tool-maker in England, Toronto and Vancouver and on various construction sites around BC. He graduated from UBC with a degree in Fine Arts and completed Teacher Training certification from Notre Dame College. He taught Industrial Arts, Math, and other courses in our local school district. Since retirement he has spent some of his leisure time demystifying the art of watercolour painting.

Local Authors Series

Thursdays, Apr. 7 – May 26 (7 sessions, no class on April 21)

1:00 – 2:30

Instructors: Varied – 9 local authors and 3 publishers

\$21 plus tax • Enrollment: Min 8 / Max 20

Location: 10th Street Campus – Room P307

We are very excited to feature 9 local authors and 3 local publishers/book designers in this new LiR course. Each session will feature one or two of our talented presenters. Authors will read from and discuss their work and offer insight into the how-to of writing and of publishing either through an agent, use of traditional publishing companies, self-publishing, or on-line publishing through 'blurbs'. Join us in celebrating our local authors and publishers and sharing in their stories.

The following authors and publishers will be featured: Art Joyce, Anne de Grace, Ann Alma, Vivien Bowers, Irene Mock, Heather MacAskill, Jane Merks, Margaret Hornby, Morty Mint, Ernest Hekkanen, Diana Cole, and Jenny Craig.



Community Living British Columbia

*Offered in Conjunction with
Nelson & District Community Centre
250-354-4FUN*

Use It or Lose It

Mondays, Jan. 11 – Mar. 21 (10 sessions, no class Feb.8)

1:30 – 2:30

Instructor: Marj Haire

\$20 plus tax. Quote barcode – 34472

Enrollment: Min 16 / Max 25

Location: NDCC Fitness Studio

According to the Public Health Agency of Canada, physical activity is one of the most important things people can do to maintain their physical and mental health as they get older. This class will focus on strengthening muscles you use for day-to-day activities with the goal of keeping you moving. Each class will include a cardio component, muscle conditioning, and flexibility.

Use It or Lose It

Thursdays, Jan. 14 – Mar. 17 – 1:30 – 2:30 (10 sessions)

Instructors: Marj Haire

\$20 plus tax. Quote barcode – 34473

Enrollment: Min 16 / Max 25

Location: NDCC Fitness Studio

For drop-in info contact:

- Marilyn Thurrott 250 352 7393
or email <marilyn@mcyork.com>
- Anne Irving 250 352 1140
or email <a.irving@telus.net>

Membership requirements:

- Retired persons, age 50+
- Annual membership is \$15 +gst (total \$15.75)
- Cost \$3 per session

Drop In Sessions – mostly Fridays, 10am, Silver King Campus, Room 16, \$3 at the door

- Fri. Jan. 8 **Meet the Instructors**
Presenter — Diane Watts. Short presentations by the instructors of the Spring 2016 multi-session courses. Course registration begins. FREE!
- Wed. Jan. 13 **Pub Quiz*** followed by lunch at Finley's
Presenter — Brian Deon. 10am at Seniors Center, 717 Vernon Street for a morning of learning and laughter.
- Fri. Jan 15 **Kootenaiana - Our History**
Presenter — Ron Welwood. As an academic librarian, Ron was aware of a scarcity of Kootenay memorabilia and decided to do his own research.
- Fri. Jan. 22 **De-constructing Dinner**
Presenter — Jon Steinman. Jon is the writer and host of the television and web series *Deconstructing Dinner: Reconstructing our Food System*'
- Fri. Jan. 29 **Constellations of our Night Sky**
Presenter Wayne Holmes' interest in astronomy has been life-long. You will learn about constellations, including how to find them using six star charts
- Fri. Feb. 5 **Restorative Justice**
Presenter Dorothy Hall began working with Nelson's City Police in 2014 and trained the first group in this Program. This program provides both education and healing in the community.
- Wed. Feb. 10 **Pub Quiz*** followed by lunch at Finley's
Presenter — Brian Deon. 10am at Seniors Center, 717 Vernon Street for a morning of learning and laughter.
- Wed. Feb. 10 **Field Trip — Nelson Sports Museum**
Presenter — Diane Watts. 1pm. Guided afternoon tour by Bill McDonnell.
- Fri. Feb. 12 **Local Impacts of Climate Change**
Presenter Greg Utzig examines what climate change is, and what it means for the West Kootenay. He will discuss the potential impacts of extreme weather events and what actions we should be taking.
- Fri. Feb 19 **Bees and Flowers**
Presenter — Axel Krause, the Kootenay's bee inspector will talk about the types of bees found in BC and their importance to us.
- Fri. Feb. 26 **Current Events** - TBA
- Thur. Mar. 3 **Field Trip — Whitewater Ski Hill**
Leader — Louise Roulette. Our fourth annual field trip to Whitewater. Travel by shuttle bus. Enjoy a Whitewater lodge lunch and chat with friends. Take a short hike in the snow after lunch.
- Fri. Mar. 4 **What is hypnotherapy?**
Presenter — Irene Mock is a registered hypnotherapist in private practice in Nelson. Topics she will cover include the history of hypnosis, myths and facts, and the uses and benefits of hypnotherapy.
- Wed. Mar. 9 **Pub Quiz*** followed by lunch at Finley's
Presenter — Brian Deon. 10am at Seniors Center, 717 Vernon Street for a morning of learning and laughter.
- Fri. Mar 11 **Pain and Pain Control**
Presenter — Mark McBride, a perennial hit with LiR, is now a Compounding Pharmacist at Pharmasave.
- Fri. Mar. 18 **Hearing Health**
Presenter Angela Jackobs is a specialist at Kootenay Hearing Aid & Audiology Clinic. She will speak about loss of hearing and options for correction.
- Fri. Mar. 25 **Good Friday. No Session**
- Fri. Apr. 1 **Current Events** - TBA
- Fri. Apr. 8 **Uncovering Nelson's Proud Heritage**
Presenter Robert Inwood is a designer and coordinator of Nelson's Heritage Revitalization Program. He will talk about the transformations and restorations that took place during the 80s and 90s.
- Wed. Apr. 13 **Pub Quiz*** followed by lunch at Finley's
Presenter — Brian Deon. 10am at Seniors Center, 717 Vernon Street for a morning of learning and laughter.
- Fri. Apr. 15 **Photos of the Voyageur Highway**
Presenter Jan Soukup, a retired physicist, adventurer and writer, will present a slide show of his solo canoe journey across Canada retracing the historic Voyageur travel routes of the early fur traders.
- Fri. Apr. 22 **Hands Across the Border**
Nature photographer Jerry Pavia and co-author Ross Klante will present a slide show of the beauty of the Selkirk International Loop.
- Fri. Apr. 29 **Join Us at the Movies**
Presenter Jason Asbell is film school graduate and manager of the Civic theatre. We will discuss techniques of filmmaking as well as directorial choices.
- Fri. May 6 **Vibrant at any Age**
Presenter Annelly Aark is a holistic nutritionist and healer. She will share her knowledge of effective ways to boost our immune system, shift energy and soothe sore muscles with crystals and hot stones.
- Fri. May 13 **Soul Passages**
Presenter Sarah Kerr, PhD is a practicing 'death midwife' in the new but old holistic death movement. She has presented for Nelson and District Hospice Society and the Kalein Hospice Society.
- Fri. May 20 **Local Aboriginal History**
Presenter Eileen Delahanty-Pearkes is author of the first book about the Sinixt people native to our area. She is deeply involved in documenting the history of the Columbia Basin for today's residents.
- Fri. May 27 **AGM & LiR Board Elections**
Annual General Meeting, all members invited

Note: last minute changes possible. Please check your e-mail or ask a friend.

* LiR pub quiz is modeled after the British pub quiz but without the alcohol.

Sex and Aging

By John Galm

There are no photographs of our activities in this course for obvious reasons! All kidding aside, we learned much about our personal attitudes and taboos around sex in our age group. Judith Fearing provided a safe, informative atmosphere for the sessions. She guided us in small sessions where we could express our feelings and concerns about the subject. Much information was presented in our class and we were urged to discover websites and materials available which were expansions of the presentations in the sessions. It was a lively time!



Charles Jeanes on War and Peace

By Ross Klatte

Charles Jeanes, who has taught at least seven history courses for LIR, lives and breathes history. He has the names, the dates, the great movements, in his head. In class he paces the front of the room, a cup of coffee in one hand, perhaps a book from the pile he brings to class in the other. Mostly he simply talks, drawing on the seemingly bottomless fund of knowledge he's acquired through years of study.

For his recent eight-session course called "War and Peace," he went from the first century to the twentieth. Each week a student made a class presentation. These added interest to the course and led to some lively discussions. We learned, among other things, about the wars among the Celts; Switzerland's famous pikemen who served as mercenaries; Finland's domination by Sweden and how the Russian Revolution actually led to that country's independence. Along with some notes on Native American warfare and a presentation from the home front in America during the Vietnam War. It was all very good and informative as seems always to be the case with this historian.



My Lake in the Setting Sun

By Jana Malinek

Imagine this – Mercury Lake turning gold in the setting sun. Blue mountains bathing in purple haze and autumn woods reflecting their yellows, oranges and reds in gently rolling waves. A white bird crossing the cobalt sky. A beautiful image! It is vivid, gnawing on my imagination, demanding to be released. I run to a supply store, pick up some brushes and a set of kindergarten paints. Total cost \$3.99. I grab a piece of paper, a glass of water and start to paint!

"Not so fast", says Norm Watts in the watercolour class. "First of all, get some decent supplies, otherwise you will pay later in frustration. Then learn to see. See the light, see the colours, recognize their hues and values. Learn to compose your painting."

"Don't give up", says Norm. "That background looks good. Add more water. After all, this is a water-colour class. One day your lake in the setting sun will become real. Just the way you see it in your mind. Meanwhile— practice, practice, practice." And so we toil on, learning, having fun and making friends as we progress.



Music of the Middle East

By John Galm

Over four weeks time we experienced several aspects of this wonderful musical culture. We began by learning how to play the various instruments such as: Dumbek, Tar, Riqq, Zils and Oud. Several dances were learned as well as the songs that accompanied them. Documentaries were viewed to see and listen to the master musicians and singers of the Middle East. Our last session was a gathering at Mana'eesh restaurant for tea and sweets where we filled the place. We sang our songs for the pleasure of the cooks and service staff!

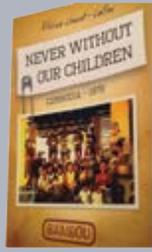


Milestones

TWO BOOK LAUNCHES

Never Without Our Children - Cambodia 1975

by Eloise Charet-Calles

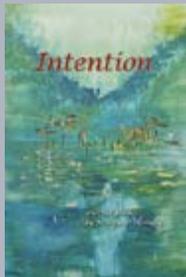


Eloise Charet-Calles, who lives in New Denver, shared her amazing story with our LiR members on November 27. In their twenties, Eloise and her sister, Anna, set up an orphanage in Phnom Penh in the midst of a civil war under round-the-clock bombing. Canada House took in war children and was called an “oasis of love in an ocean of despair” by the international press. Brushing aside numerous evacuation warnings, the two sisters refused to leave without their children. They knew the children would not survive the Khmer Rouge regime. They all fled to Vietnam and there found themselves engulfed in a second bloody war. Against all odds, they managed to bring more than fifty children to Canada, thus saving them from certain death.

The book is available at Otter Books.

Intention

by Margaret Hornby



“Margaret Hornby takes language, feeds it ideas, and sends it out to play. Whether she’s at a shrine in Japan, listening to Puerto Rican frogs, or visiting the Great Bear Rain Forest, the poet is always watching, and never more so than when she is home in her beloved Kootenays. “Who keeps the wounded world intact?” she wonders, then proceeds to examine possible answers as she explores her world, and in so doing, makes it ours” — Linda Crosfield



This is the second book of Margaret’s poems that Jane Merks has designed and produced.

Submissions of major member Milestones such as new publications, awards, big birthdays and newsworthy items with photos please email Grace Devaux at g3devaux@gmail.com

Volunteer Coordinator Position

The Board of LiR has created a new position on the board of a volunteer coordinator. We need someone who would sit on the Board and work with all committees to coordinate

the recruitment, orientation and retention of present and prospective volunteers for LiR. To join this vibrant group of people, please contact Judy Biggin, Grace Devaux or Jo Sandkuhl.

LiR Registration Form

for LiR membership and Multi-session courses

Registration begins Friday, January 8

Name _____

Address _____

Postal code _____ Date of birth _____

Telephone _____ Email _____

Course title _____ Course start date _____ Fee _____

Membership fee \$15.75 (\$15 + tax)

TOTAL

Card # _____

Expiry date _____ Signature _____

How to register

- Complete this registration form
- Choose payment method (cash, cheque, Visa or MasterCard)
- Email, fax, call or visit Silver King Campus registration office
- Make cheques or money orders payable to Selkirk College

Payment:

Phone/fax: If you are paying by Visa or MasterCard, we can process your registration over the phone.

Mail: Please send a completed registration form along with your cheque or money order.

In person: Feel free to drop by, but please call first to confirm the campus is open that day. Debit is available. Please note that fees are payable upon registration; we cannot hold a space for you until fees have been paid.

Policies: Class cancellations: If there are not enough registrations to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are held on Statutory Holidays.

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If your email address has changed
please notify Al Pollard at macpollards@shaw.ca

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