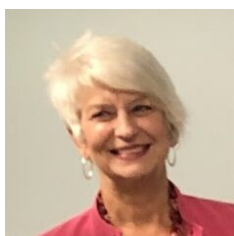


Nelson and Area Learning in Retirement Society



VIEW FROM THE CHAIR

Friends and Members,

We have come to the end of another interesting and exciting Learning in Retirement term. Once again, I am astounded and humbled by the variety of topics that are shared with our members and the passionate labour of our members who make it happen. The generosity of our presenters and instructors is a gift to our membership that must be gratefully acknowledged. We are privileged to live in a community with such knowledge and creativity.

This term end also marks considerable transition in our organization – specifically the Board of Directors – the folks who provide the steady leadership that keeps LiR healthy and vibrant. Julia Bennett (Communications), Raj Downe (Treasurer), Kathy Hrabluk (Program), and Carl

Waterer (Safety) have retired from the Board. They have all contributed so much to LiR over the years and were a steady and creative force as we traversed the Covid era and beyond. I am so grateful for them. We welcome Joanne Chevalier (Communications), Ynette Gibbs (Treasurer), Verle Miller (Safety) and Diane Watts (Program). I am looking forward to working with these women, on behalf of LiR, as they share their valuable experience and energy with us all!

I want to acknowledge the dedicated volunteers of the committees and teams who make LiR what it is. They work hard, they have fun, and they are all happy to welcome new members! Thank you to each and every one of you.

Thank you to all the members for your ongoing participation in Learning in Retirement. Take good care.

Jean Carne

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Birding Interest Group

LiR 2023-2024 BOARD



Julia Bennett - Communications; Jean Carne - Chair; Maureen Kelsey - Membership and Eldercare Scholarship; Sarah Kemp - Secretary; Raj Downe - Treasurer; Jane McComb - Social; Kathy Hrabluk - Programs; Susan Milner - Vice Chair and Interest Groups

Not pictured: Judy Deon-Archive; Carl Waterer-Safety

AGM 2024 COMMITTEE REPORTS

SAFETY COMMITTEE REPORT



The purpose of LiR's Safety Committee is to prepare for the safety and well-being of LiR members and guests in the event of an emergency at Friday morning presentations.

The Committee's roles and responsibilities include working with Selkirk College if there is an emergency and to determine what actions to take in the best interests of our members. The most likely incident would be a medical concern but may also be alarm bells ringing, fire or the smell of something burning, and any other reason to vacate the building in a safe and orderly manner.

The Committee has written several protocols to follow if there is an emergency and so deciding what to do is straight forward and involves planned steps to follow depending on the incident. Safety Committee this term

has consisted of 3 LiR members and a Selkirk representative. We meet several times a year.

Are you interested in becoming a member of the Safety Committee? You do not need to have a medical or emergency response background. Members of the Safety Committee are provided with CPR and basic medical response training at no cost, if you wish to pursue this opportunity. If you would like more information about the Safety Committee and whether or not it is something to become involved in, please contact a committee member who will put you in touch with a Safety Committee member.

I plan to remain on the Committee but will not be putting my name forward to sit as a member of the board. I would like to thank Jean Carne, our president, for her leadership. I have enjoyed my time on the board and would also like to thank all other board members for their support of LiR as a vibrant organization in our community.

Submitted by Carl Waterer, Chair

SOCIAL COMMITTEE REPORT



Members: *Jane McComb, Nancy Pulsifer, Jo Sandkuhl, Pompea Savarin, Shirley Johnson, Katherine Gauthier, Al Pollard, Raj Downe, and Gerda Liebenow.*

Our main goal this year has been to try and make all LiR members welcome, especially new members.

To that end, we meet and greet people as they arrive and help with name tags. Coffee service from Selkirk cafeteria has been inconsistent this year so we have filled those gaps with coffee from Starbucks. Not as convenient or as hot but it has worked on a temporary basis. As usual we've celebrated the seasons with special treats and decorations for holidays like Halloween, Valentines, St Patrick's Day, etc. We held our annual Christmas party with our members bringing sweets and savory treats to share. Everyone seems to enjoy this casual but fun way of celebrating the season. The social committee still brings some edible treats to our Trivia Quiz course now that we are in a classroom at Selkirk. Unfortunately we're unable to provide coffee. With summer coming we will be engaged with hosting LiR picnics at Lakeside Park. These get-togethers seem to be very popular events and a nice way of staying connected.

Submitted by Jane McComb, Chair

MEMBERSHIP COMMITTEE REPORT



Members: *Maureen Kelsey and Jean Carne.* This year, the Committee was pleased to see a steady increase in membership. Word of mouth continues to be the most effective way of encouraging people to 'try us out.' Our current membership is 354

and, on average, we welcome 74 members for our Friday sessions. We had a 'New Member Acknowledgement' during coffee time recently and what was evident was it wasn't easy to distinguish between new and current members – everyone was

enjoying themselves which is a testament to members making newcomers feel welcome, thank you. And welcome new members.

Submitted by Maureen Kelsey, Chair

COMMUNICATIONS REPORT



Our committee was sad to say goodbye to Aira Windtree in the fall semester after many years of her writing great articles for the LiR Journal. We gladly welcomed Bonnie Nygren, who has stepped smoothly into Aira's shoes and is contributing write-

ups of courses and summaries of Friday presentations. A big thank you to Carl Waterer for his many contributions and skills as an astute proofreader! We issued a journal in the fall of 2023 and we are working on the next edition at the moment. In future, we will be printing paper copies for members in addition to the online version. These will be available at the start of the Fall 2024 semester.

Our committee is also responsible for overseeing and maintaining the website to keep it current. For this, we appreciate the tireless work of Karen McDiarmid. She will soon be adding a Community Links page and a Memoriam page to the website. Karen also sends weekly emails to update us on presentations, events and courses. More of our pamphlets have been printed and we have business cards for members to hand out.

Thank you to the board and to my communications team for their support. Special thanks to Jean Carne for her wonderful leadership. You have all made these past four years fun as well as a great learning experience. I am very happy to announce that Joanne Chevalier is taking my place on the board in September and she will also chair this committee.

Submitted by Julia Bennett, Chair

PROGRAM COMMITTEE REPORT



LiR's 2023-2024 program proved to be a successful endeavour. All Friday presentations and courses were provided in-person only, for the most part at Selkirk's Silver King campus with a few courses offered off-site. There was a healthy, robust attendance across all presentations and courses, with

members actively engaging in a wide variety of learning opportunities.

Our fall semester opened on September 8, 2023, with a full house for our traditional Meet and Greet. Twenty-four courses were offered on a wide variety of subjects: the geology of Kootenay Lake, techniques for acrylic and watercolour painting, pine needle basket weaving, Chinese cooking, the beauty of the universe, how to best tell our own stories and the hidden local history in Iona Whishaw's novels. We stretched our brains solving puzzles and trivia questions, discussed world events, considered the importance of happiness and found our rhythm strumming ukeleles or dancing to country and western tunes, folk music or musical theatre tunes. Our fall program also included thirteen Friday presentations by local experts: the impact of climate change on our health, an adventurous canoe trip from Montreal to the Rockies, AI and why human intelligence matters, an inside look at a seniors' acting troupe and a view of local politics from the mayor and RDCK. We travelled vicariously down the Nile to ancient sites and followed Europe's Via Pax bike trail linking WWI memorial sites.

LiR's second semester kicked off on January 12, 2024, offering twenty-one courses. There were opportunities to learn about local mining history, enhancing cognitive health with herbal medicine, living with grief, AI, interesting travels of some LiR members, reiki energy, Chinese art, deepening key relationships and best BBQ tips. Returning favourites included trivia quiz, Iona's World book talks, Chinese cooking, ukelele, pine needle basket weaving and dance classes. In our fourteen Friday

presentations we travelled to the Caucasus, the Galapagos, Brazil and Bali, heard about the birds of Nelson, learned about forest therapy, appreciated the value of community volunteers, pondered what it means to be creative, listened to the true history of the Indigenous North American people, contemplated the impact of climate change on our investments, got behind the scenes at local musical theatre productions and learned about the Columbia Basin Trust.

I want to sincerely thank the program committee members who worked so enthusiastically to develop this past year's program: Diane Watts, Jean Carne, Sheila Hart, Vicki Valks, Pat Gibson, Jack Harrison, Diane Saibil, Raj Downe and Roger Oliver. It was my good fortune to work with such a dynamic, creative and dependable team. We couldn't manage our Friday presentations without our outstanding LiR tech team and sound technicians and Selkirk College's Christine Schmidt and Romany Watt-Osecki, who are all instrumental in keeping the program running smoothly week to week. Thank you everyone! I would like to welcome the following new members to the committee: Lonnie Faccina, Maureen Kelsey, Al Coombs, and Della McLeod.

Lastly, after six years on the Board and five as the program committee chair, I am stepping down. It's been a wonderful learning experience, an amazing opportunity to meet new friends and given me a renewed sense of what can be accomplished with a team effort that is strong with camaraderie, thoughtful decision making and a healthy dose of good humour. Vicki Valks has generously agreed to lead the team organizing the courses for the upcoming year so the committee is in good hands! Diane Watts has kindly volunteered to represent the committee on the Board. I know the Board will benefit from her extensive experience on the program committee, along with her wisdom and wit!

Submitted by Kathy Hrabluk, Chair

TECHNICAL/SOUND SYSTEM COMMITTEE REPORT



The technical committee continued to support all the Friday sessions by providing a tech team member to run the computer and projector as well as a sound system member to handle microphones and speakers. Likewise, the team stepped seamlessly into handling Zoom broadcast meetings when Selkirk

did not have a room available. Many thanks to Pat Gibson for stepping up to the Sound Team when Doug Sutherland was unable to continue. Doug has been our sound tech guru for many years. We also appreciated Jude Schmitz' update of the tech team manual to handle the gremlin glitches that pop up as changes are made to the college computer set up. Likewise, Selkirk staff Romany Watt-Osecki and Christine Schmidt were available to respond as needed on Fridays. The Tech Team remains without a formal chair but has organized themselves with a little pushing by LiR board members Susan Milner and Sarah Kemp. Many hands make light work, and I would like to place a call out for more volunteers to learn how to help. We have clear printed instructions to guide us, and the current members would be eager to train you.

Tech Team Members: Grace Devaux, Tim Evangelatos, Sarah Kemp, Peter Macek, Susan Milner, Jude Schmitz, Fran Steacy

Sound Team Members: Steve Brewster, Pat Gibson, Al Pollard, Doug Sutherland, Carl Waterer, Norm Watts

Submitted by Sarah Kemp, Board Liaison

ARCHIVE COMMITTEE REPORT



Committee members Judy Deon, Susan Milner and Jude Schmitz met twice since the last AGM to process material recently contributed to the Archive.

We thank those who have passed along files, photos and publications, especially Julia Bennett for printing out

copies of the newsletters, and providing a storage box. In response to a question from the Board, the committee is

looking into options for secure storage of digital records (computer files, photographs, etc.) We expect to purchase an external hard drive. The Board has authorized spending up to \$100. We understand that in response to the requirements of the Societies Act, the Board is planning to keep electronic copies of legal documents such as financial and meeting records in a lockbox in a financial institution. The current archive of journals, memories, photos, and other matters of historical interest to the membership will be maintained. Details will be worked out over the next few months.

At a Board meeting on March 18, 2024, Susan Milner requested that electronic and paper copies of agendas, minutes, reports, and financial statements be sent to the Archives Committee twice a year. Suggested dates: right after the AGM in May, and in December at the end of the fall semester. Photographers and others are also encouraged to contribute material in any format. We would welcome anyone interested in helping on the Archive Committee to join us.

Submitted by Judy Deon, Chair

ELDERCARE SCHOLARSHIP REPORT



This year we were thankful for the expertise of the strong administrative team at Selkirk College to support us as we kept the Eldercare Scholarship current and top of mind. The Board approved

the matching of up to \$2,000 of LiR membership donations to the Eldercare Scholarship. The funds will be disbursed by Selkirk for the upcoming academic year as two scholarships of \$1,000 each and two bursaries of \$1,000 each. The matching allows us to increase our financial assistance. We continue to be reminded by recipients how valuable and appreciated these funds are as they navigate their studies and their careers. The current balance available is \$2,163. Thank you for your continued support.

Submitted by Maureen Kelsey, Chair

CYCLING THE WESTERN FRONT WAY: REBOOTING REMEMBRANCE ALONG THE SACRED ROAD

Angus Graeme delivered a timely and poignant presentation on November 10, 2023. His talk centered on those who fought in WW1 and the millions that died so that we may live in peace.



For two weeks, Angus cycled along the 1,000 km route, mostly in northern France, referred to as The Sacred Road. This road links many memorial sites of the Great War such as Vimy Ridge, Verdun and Ypres in Belgium where "The Last Post" has been played every evening at 8:00 pm since 1928. Photos made clear the enormous size of some of the graveyards. We were reminded that the remains of many soldiers have never been found.

He travelled with a book consisting of diary entries and letters written by his great uncle about his experiences in the war and shared these with us. Angus expressed the powerful emotions he felt when finding his great uncle's name written in stone at one of these memorials and the price paid by all soldiers of this war fighting for peace.

Angus' slides and excellent presentation skills helped express his sincere hopes for all to share a more peaceful means of living. It was Albert Schweitzer who wrote, "Soldiers' graves are the greatest preachers of peace."

Angus mentioned websites to consider...

www.thewesternfrontway.com has more information on the route he followed with the significance of the memorials. Also, www.agraeme.wordpress.com has his own photos and thoughts/significance of his journey. He also recommended a book, "*A Trail to Remember*" at Otter Books. Thank you Graeme.

Carl Waterer

REGIONAL AND LOCAL GOVERNMENTS AT WORK FOR YOU

Seniors had the pleasure of an October presentation from our local and regional leaders. What was evident is just how complex governance can be.

RDCK Director Tom Newell was our first speaker. While responsible for Area F, Tom outlined the full scale of RCDK management. Examples: 17 water systems, 27 regional parks, 17 fire halls, 3 recreation centers, primary emergency management and shared partnership with the West Kootenay Regional Hospital Board. We learned that revenue is sourced through grants, taxes, fees and borrowing as needed. As important as the maintenance of current programs are, plans are afoot to upgrade facilities and future recreation developments.

Nelson Mayor Janice Morrison began her talk with some city history. Incorporated in 1897, with a population of 3000, the Fire and Police Departments, Public Library and Hydro plant were also established. A stroll in the city core finds many early stone buildings still in use, adding to the charm of the city.



Janice Morrison and Tom Newell

Now with a population of over 11, 500 the complexity of management has ballooned! Mayor Morrison reported on many current programs. Reference was made to the many staff and departments needed to keep the city going. Concerns raised by the audience were: waterfront and airport development, flood mitigation, climate issues, housing and homeless populations and transit.

You are invited to visit the city website at www.nelson.ca Check out "Our Community" to learn more.

Aira Windtree

BIRDS OF THE NELSON WATERFRONT

Did you know 214 species of birds have been spotted on the 5 kms of Nelson's waterfront? Gaelen Schnare gave an LiR presentation to a full house on February 2, 2024, and with photos he's taken himself, presented details about many of these "feathered friends." Those present were very interested to hear the breadth of information covered, how birders ID birds by their size, shape and colorization and how communities need to protect birds. Their numbers are diminishing greatly. What was impressive to me was not only did Gaelen provide informative and interesting details about his passion for birding, but also the skills he displayed. As a young birder, in grade 12, he was focused, confident, knew his material well, and engaged his audience.

Well done, Gaelen! For more information on birding Gaelen suggested the app: Merlin Bird ID...how to identify birds you see and hear. Also, the website: naturecanada.ca/bfc. Thanks, Gaelen and best wishes



this summer pursuing your interests in Costa Rica and then working with the American Audubon Society.

Carl Waterer

SOUTHERN CAUCASUS ADVENTURE

In the summer of 2023 Peter and Nancy Macek went on another adventure. This time they travelled to the southern Caucasus region. Their journey took them on the most scenic trails across green valleys and high mountains in Georgia and Armenia. In the first Friday presentation of the year, Peter shared tales of their journey illustrated by spectacular photos.



Left: A typical Armenian feast

Centre: An Ushguli village, Kasbegi region, north of Tblisi

Right: Tblisi, capital of Georgia

SPECTRUM DEMENTIA

DR. TREVOR JANZ – A ROADMAP TO ASSIST WITH THE JOURNEY THROUGH DEMENTIA



Did you know that 1:7 people have full on dementia by the time that they are in their 70s? Dr. Trevor Janz of Nelson has become a renowned specialist in dealing with dementia patients for the

past 30 years. To assist people in increasing their knowledge about dementia and how to provide appropriate care, Dr. Janz has authored a booklet entitled ***When your relative has dementia: A Roadmap for Families***. This was an initiative of Kootenay Boundary Division of Family Practice and Interior Health. It can be downloaded for free at: [Dementia-Roadmap-Families-Booklet-v24-PRINTABLE.pdf \(vicsi-ltci.ca\)](https://www.vicsi-ltci.ca/Dementia-Roadmap-Families-Booklet-v24-PRINTABLE.pdf)

Spectrum: Dementia Companion is designed for families and caregivers wanting to learn about dementia or with a family member with a suspicion or recent diagnosis of dementia. A diagnosis of dementia comes with so many questions. This fully online course, based on Dr. Trevor Janz's *Roadmap to Dementia*, will walk you through the stages of dementia, and provide you with plenty of resources. Understand the stages, learn strategies to manage during each stage, and find links to a variety of supports. This provides clear specific information and tools and is available when needed or in anticipation of needs. The goal is to increase community awareness and decrease shame, stigma and stress. The program was launched in May 2024 and the courses currently available are highlighted. Modules are online and available 24/7. The course cost is \$149+gst and a CACE Bursary is available for 50% of the cost of the course. <https://selkirk.ca/spectrum-dementia>

The above-mentioned resources served as a basis for Dr. Janz discussion about dementia and dying, the journey that we will all take, either as patients or caregivers. The question is how gracefully and joyfully we deal with the aging process while retaining what we

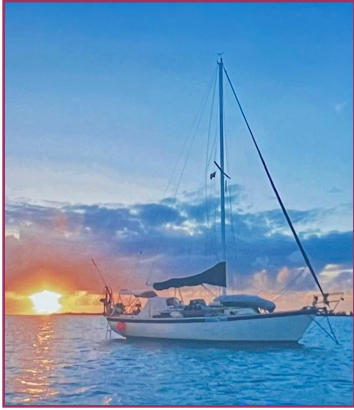
really value. The booklet outlines what loved ones exhibit, signposts that identify behavioural issues and questions to be asked. Caregivers are given tasks to do to assist with the diagnosis and to prepare for the future. Dr. Janz outlined 11 factors that identify where we might be on a journey with dementia:

1. How much memory loss are we experiencing?
2. Has our Executive thinking been impacted? This includes issues with money, housing, cleaning, clothing and time spent dealing with matters.
3. Do we have difficulty completing tasks? Have we lost the road map to complete tasks?
4. Are we having difficulty with our orientation to place, time of day, months?
5. Are we having trouble making sense of what we are seeing e.g. the toilet?
6. Are we having trouble with words and language when reading, writing, conversing and our train of thought?
7. Are we misplacing things or having difficulty in keeping things in order? Are we hoarding?
8. Are we impulsive or have poor judgement? This is critical for safe driving. Have we lost our social filters?
9. Have we withdrawn from activities, friendships and do we appear apathetic or cite hopelessness?
10. Are we experiencing mood changes or personality changes including depression and anxiety?
11. Are we experiencing physical changes that include being in a vegetative state?

Dr. Janz also outlined how depression can be confused with dementia and how important it is to obtain an accurate assessment. Key activities that can keep our brain healthy include ensuring that prescription drugs are appropriate. Being involved as a lifelong learner has significant benefits as does music, games, dance and artistic pursuits; keeping blood vessels healthy by limiting sugar intake; maintaining a healthy weight; restricting red meat consumption and eating fruits and vegetables; ensuring that Obstructive Sleep Apnea is not impacting sleep.

A quote from St. Theresa that can be used to guide life closed the session. "Let nothing perturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything."

Sheila Hart



AL AND LAURIE POLLARD

In 2016 Al and Laurie Pollard bought a sailboat in Ontario and cruised it down the Intercoastal Waterway from Lake Ontario through canals and the Atlantic Ocean to the Bahamas, and then back to Florida. They experienced crazy boaters and lovely cruisers. Along the way, they saw a great variety of wildlife, container ships, warships, rocket launches, and explored old cities and their history.

A YEAR IN THE KOOTENAY FOREST

On October 20, 2023 Jana Malinek's presentation to a "full house" was titled "A Year in the Kootenay Forest". Her talk focused on many different forms of wildlife and plants that are found in the Kootenays that she has photographed and studied over the years. Jana's background is that of a biology teacher, life-long naturalist and award-winning photographer. Her wonderful slides, with stories and details about the species discussed, were informative, entertaining and

well-told. Jana's theme concerning all creatures sharing their environment and weaving together their relationships with their own and other species was apparent. Did you know for example that bears, whose stomachs are not digesting food properly after their long hibernation, eat skunk cabbage as a laxative?

Jana's final message to us all was, "Let's Treasure and Protect our Kootenay Forest."

Carl Waterer



BLACK PRODUCTIONS



On April 5th, Sydney Black gave us another one of her wow performances! A Friday morning was suddenly transformed as she infused it with her unique style of energy and vibrance. She described her career in musical theatre and the history of Black Productions in Nelson. Above is a photo of Sydney with Jane Merks who has sewn the costumes for many of those productions.

As a teenager, she spent all her summers with the Youth Theatre. There she progressed from acting and singing to stage-managing and producing. This May will be her 13th full-scale Broadway musical production when *Legally Blonde* opens on the Capitol stage.

As well as her acting and producing she makes time for other of her cultural passions.

Sydney is the Executive Director of the Nelson and District Arts Council, the organizer of the annual Mural Festival, and Chair of the City of Nelson's Cultural Development Committee. Sydney also belongs to the Nelson and Area Economic Development Partnership. Oh....I almost forgot, she is a wife and mother of two! Phew Sydney, we could all do with some of that energy.



Julia Bennett

INDIGENOUS HISTORY AND LOCAL CONNECTIONS

It is important to acknowledge that I cannot speak for Michele Morin but can only report on what I heard from my perspective.

In a short period of time, Michele began the process of educating us about the truth of local indigenous history. She related the story of her growing up in Nelson. Her family is Métis and is well-known: her father was a postman and her mother worked in housekeeping at Kootenay Lake Hospital.

She presented, in a gentle, gracious and serious way, the story of indigenous inhabitants of this region. All along the Columbia River, Kootenay River and Kootenay Lake, they fished, hunted, grew food, raised and educated children, until the influence of settlers from the East and government constitutional law removed them from the land and relocated them. They had to relinquish their land. There were no treaties west of the Rockies.

She went far back in Canadian history to explain the Doctrine of Discovery, regarding the claiming of land: Indians could not own land.

The Indian Act has been in place in Canada for 140 years – Sir John A. Macdonald, in 1887, stated, “The great aim of our legislation has been to do away with the tribal system and assimilate the Indian people in all respects with the other inhabitants of the Dominion as speedily as they are fit to change.” This one act imposed great personal and cultural tragedy that continues to affect Indigenous communities today.

Michele explained use of the words *aboriginal*, *indigenous*, *First Nation*. She talked about the government declaration of the “extinction” of the Sinixt Nation, and referred us to The United Nations Declaration of the Rights of Indigenous People (2007).

In 2021, the Canadian census noted 1.8 million Indigenous peoples, 5% of the population; there are more than 70 distinct Indigenous languages, and BC has the greatest diversity of Indigenous cultures in Canada.

Sheila Hart

FOREST THERAPY

Carol Andrew's presentation on February 9th was a welcome breath of calm. Forest bathing is an ancient Japanese practice called Shinrin Yoku - a relaxation in nature. Today forest bathing is a scientifically backed therapy, an eco antidote to the tech boom, and is prescribed by doctors for stress reduction.



Breathing in compounds emitted from the vapour of trees lowers cortisol levels in our blood, strengthens our immune system, improves sleep, focus, and memory and increases energy levels. We are calmed by the colour green on a primitive level.

To our ancestors, it meant an assurance of water and food. All our senses are engaged on a forest walk — bird song, flower smells, the sight of beauty from floor to canopy. A sense of well-being pervades us. We slow down, rest and heal. Thank you Carol, for your gentle wisdom and engaging presentation.

Bonnie Nygren



Photo by Sarah Kemp

ALL THE SMALL BEJEWELED MOMENTS

Steam swirling, rising
visible, invisible
Teacup soon empty

This moment quivers
a fragile dewdrop
Poised on a blade of grass

Love like the sun fire
needs no external fuel
Shines without effort

Fuzzy Autumn bee
clings to a red rose I pick
His world is changing

A basket of stones
so many memories
Resting together

By Kamala Moore

LIR COURSES



Dancing Class



Chinese Art Class



BBQ Class



BBQ Class

GRATITUDE AND OTHER MENTAL HEALTH PRACTICES FOR RESILIENCY

I am grateful for Mike Stolte's class this Spring. Mike's knowledge and gentle humour are well-known and appreciated at LiR. His involvement with the 25 participating seniors in discussion and feedback made this a truly immersive experience to be remembered.

Two hours flew by all too quickly. From the large amount of valuable information shared with us, the one thing that resonated most for me was that gratitude is the foundation of happiness.

We have been given the gift of time. Spend it with positive, fun-loving people. Be kind, advocate for others, hug, play. Continue to learn and be creative whatever your interest (a craft, a choral group, a balcony garden).

Above all, focus on the present moment, don't dwell on the news, look for small joys each day and be thankful for every one.

Bonnie Nygren

LiR INTEREST GROUPS

-13-



Games Group



Walking Group



The interest groups are ticking along nicely. At the moment there are at least eight active groups.



Continuing from last year, we have walking/hiking (two groups), bridge, visiting hot springs, film fans, and a book club. New this year is a birding group and the addition of board-gamers to the puzzle group. The winter groups (snowshoeing, downhill and cross-country skiing) didn't get much of a chance, due to the lack of snow.

So far, over 130 LiR members have contacted me about joining one or more interest groups. If anyone has an idea for a new interest group, or would like to join a current one, please contact me at lir22social@gmail.com.

Susan Milner



Hot Springs Group

BONNIE NYGREN

In 1972 Bonnie was working as a Nursing Instructor in Calgary when pottery seduced her. She left nursing and lived in poverty for a few years while honing her skills. Bonnie began marketing high-fire stoneware, functional bowls, mugs, vases and whimsical animals, “feet people” and miniature animals she called Wee Folk.

When she met her husband Eric, in 1978, he suggested she try working with porcelain. Bonnie did the throwing and hand-building of the clay, and Eric did the glazing, artistic brushwork, firing and marketing. They attended craft fairs in Saskatchewan, Alberta and B.C., supplying stores and galleries from Victoria to Niagara Falls including the Craft Connection in Nelson and the craft shop at the Saskatchewan Pavilion at Expo’ 86 in Vancouver.

In 1997 the Nygrens opened the Slocan Valley Medical Clinic in Slocan Park, with Bonnie managing the clinic full-time. Meanwhile she was raising two teenage sons, maintaining a large property and coping with tendonitis in her fingers. Bonnie’s days as a potter were sadly over and Nygren Pottery was phased out in 2002, leaving her with many fond memories.



PIERRE LESSARD

Painting has become a natural extension of Pierre's professional work, education and personal experiences.

With over 35 years in the field of visual communication, Pierre, one of his firm's principals, has managed some of the most prestigious design projects in Canada in industrial, graphic, and exhibit design. These include the



'76 Olympics in Montreal, the CN Pavilion at Expo '86 and the Montreal Museum of Fine Arts.

His work extended to Europe, Australia, New Zealand, Brazil and Chile.

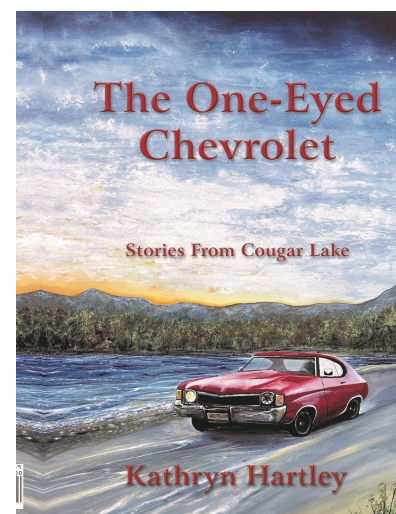
In 1996 he had the honour of being accepted into the Royal Canadian Academy of Arts in recognition of his contribution to the field of visual arts.

These painting were exhibited recently at the Craft Connection on Baker Street, Nelson.

KATHYRN HARTLEY

Kathryn Hartley's recently published book, *The One-Eyed Chevrolet*, is about life in Cougar Lake, Alberta, a town full of beguiling, eccentric characters - somewhat like our own beloved Nelson. An old red Chevy with a missing headlight is the thread running through the book as we discover the loves and longings, the dreams and heartbreaks of the residents of Cougar Lake.

Before retirement Kathy worked for the Nelson and District Art Council. She is a long-time member of LiR. Her book is available by order through Otter Books and Coles or directly from her website www.kathrynhartley.com. It is also available as an ebook from Amazon and Ebooks.com. The book is AI enabled so can be read as an audio book through most devices.



September 2024



Board of Directors 2024-2025

Chair: Jean Carne, **Vice Chair and Interest Groups:** Susan Milner,
Secretary: Sarah Kemp, **Treasurer:** Ynette Gibbs, **Selkirk College Liaison:** Christine Schmidt,
Membership and Eldercare Scholarship: Maureen Kelsey, **Safety:** Verle Miller,
Communications: Joanne Chevalier **Social:** Jane McComb, **Programs:** Diane Watts

Committees 2024-2025

Programs

Diane Watts, Vicki Valks, Kathy Hrabluk, Jean Carne, Sheila Hart,
Pat Gibson, Jack Harrison, Diane Saibil, Roger Oliver,
Lonnie Faccina, Maureen Kelsey, Al Coombs, Della McLeod

Archive

Judy Deon, Susan Milner, Jude Schmitz

Social

Jane McComb, Nancy Pulsifer, Jo Sandkuhl, Pompea Savarin,
Shirley Johnson, Katherine Gauthier, Al Pollard, Gerda Liebenow

Communication

Joanne Chevalier, Julia Bennett, Karen McDiarmid,
Bonnie Nygren, Carl Waterer

Technical/Sound System

Sarah Kemp, Grace Devaux, Peter Macek, Susan Milner,
Jude Schmitz, Fran Steacy, Steve Brewster, Pat Gibson, Al Pollard,
Doug Sutherland, Carl Waterer, Norm Watts

Finance

Ynette Gibbs, Jean Carne, Susan Milner, Joanne Sandkuhl

Eldercare Scholarship

Maureen Kelsey, Ynette Gibbs

Safety

Verle Miller, Carl Waterer, Jean Carne, Joanne Sankuhl

Membership

Maureen Kelsey, Jean Carne

New Members Always Welcome

Nelson and Area Learning in Retirement offers our 50+ community the opportunity to explore old and new interests in a relaxed and stimulating learning environment. LiR members work in partnership with community Education and Workplace Training at Selkirk College (Nelson) to develop and provide a diverse program of speakers, courses, and other activities for its members.



Contact LiR at:

Email: nelson.lir2013@gmail.com

Website: learninginretirementnelson.ca

Facebook Group: Learning in Retirement Nelson BC