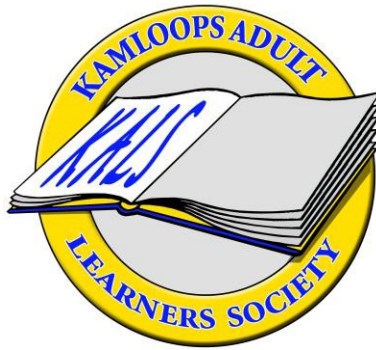


# KAMLOOPS ADULT LEARNERS SOCIETY

# KALS



## 2019 FALL 2019 COURSE CALENDAR

KALS courses are held in different venues throughout the city.  
Be sure to check the location of your course when you register.

*See the last page of Course Calendar for the venue addresses.*

**KAMLOOPS ADULT LEARNERS SOCIETY**  
**PHONE: 250-376-1525 WEBSITE: [www.kals.ca](http://www.kals.ca)**  
**OFFICE LOCATION: 1550 island Parkway (McArthur Island Old Golf Course Building)**  
**MAILING ADDRESS: Unit # 101 1550 Island Parkway, Kamloops BC, V2B 0H7**  
**OFFICE Hours: 9 am – 4 pm, Monday – Friday (closed from 12 pm – 1 pm)**

Thank you for your interest in KALS. We hope you find courses that interest you!

All classes have size limits. Classes may be cancelled if minimums are not met 10 days before start date.

**A \$15 ANNUAL MEMBERSHIP FEE** (July 1st–June 30th)  
is required for **ALL** courses and is non-refundable.

Membership entitles you to vote at our AGM, register in free classes and be invited to special events.

**FALL 2019 REGISTRATION BEGINS AUGUST 12th, 2019 AT 10:00 AM**

#### **REGISTRATION OPTIONS**

- On-line at [www.kals.ca](http://www.kals.ca) with your credit card
- By phone at 250-376-1525
- In person at **McArthur Island Old Golf Course Building 1550 Island Parkway Dr.** throughout the semester during office hours with cash or cheque or credit card
- Mail the downloaded, printed and completed registration form from the KALS website at [www.kals.ca](http://www.kals.ca) with your cheque, to the KALS office at: #101 1550 Island Parkway, Kamloops BC V2B 0H7. **DO NOT MAIL CASH**

**REFUNDS:** There are no refunds for single session courses. Refunds for multi-session courses must be received in writing 10 days before the class start date. There are no partial refunds. If a refund is approved, a \$10.00 admin fee will be charged. See the full policy on the KALS website. If KALS must cancel a class a full refund will be sent.

**A NOTE ON COURSE COSTS:** KALS courses are inexpensive because KALS volunteers and presenters donate their services. We want all seniors to benefit from KALS but recognize cost may be a barrier. **A financial assistance program is available by phoning KALS at 250-376-1525. Discussions are confidential.**

1 Class	Nordic Pole Walking	September 9, 2019	\$10
1 Class	Logan Lake Wetland Restoration	September 14, 2019	FREE
1 Class	Adventures with Kamloops Tourism	September 16, 2019	\$10
2 Classes	Greenstone Mountain Fire - 20 Years Later	September 16, 2019	\$15
2 Class	Art and Conversation: Ionic Bonds	September 17, 2019	FREE
3 Weeks	Promoting Wellness Through Falls Prevention	September 19, 2019	\$20
11 Weeks	News & Views	September 20, 2019	\$50
1 Class	Blackwell Dairy Tour	September 24, 2019	FREE
1 Class	Pine Needle Basketry	September 24, 2019	\$10
1 Class	Sock Knitting by Machine and Hand Felting	September 24, 2019	\$10
4 Classes	Come to the Concert	September 25, 2019	\$25
1 Class	How the Boomers Failed	September 26, 2019	\$10
1 Class	"The Upside to Hunger"- A True Tale	September 27, 2019	\$10
1 Class	The Writing Process	September 27, 2019	\$10
1 Class	Freedom from Fear, Freedom from Want	October 1, 2019	\$10
2 Classes	Migratory Birds: Just Passing Through	October 1, 2019	\$15
1 Class	All Saints Ukrainian Church Tour	October 4, 2019	FREE
1 Class	The Beautiful Bach	October 7, 2019	\$10
1 Class	Sport in Literature	October 7, 2019	\$10
1 Class	Recycling - Ins, Outs and Whys	October 8, 2019	\$10
4 Weeks	Celebrating the Circle of Life	October 9, 2019	\$25
1 Class	Fantastic Fungi: Wild Mushrooms in the Kamloops Area	October 10, 2019	\$10
1 Class	Mindful Restorative (social) Justice	October 15, 2019	\$10
3 Weeks	Public Policy- Why do we complain?	October 15, 2019	\$20
1 Class	Kamloops' Role in B.C. History	October 16, 2019	\$10
1 Class	Wonders of Iceland	October 17, 2019	\$10
1 Class	Benjamin Baltzly and the Geological Survey of B.C	October 17, 2019	\$10
1 Class	Kamloops Backcountry Hiking	October 26, 2019	FREE
1 Class	Insects and Climate Health	October 28, 2019	\$10
1 Class	Water - Too Little, Too Much	October 30, 2019	\$10
1 Class	Ayurvedic Approach to Health Concerns	October 30, 2019	\$10
4 Weeks	From a Buddhist Perspective	November 1, 2019	\$25
5 Weeks	Discovering Meaning: Midlife and Beyond	November 4, 2019	\$35
1 Class	Plastics and Polymers	November 6, 2019	\$10
1 Class	Kamloops Film Society: Theatre, Films, People	November 14, 2019	\$10
1 Class	Developing World Connections	November 18, 2019	\$10
1 Class	Transition Kamloops	November 19, 2019	FREE
1 Class	Ephemera	November 20, 2019	\$10
1 Class	Fire: The Hot Topic	November 27, 2019	\$10
1 Class	Art and Conversation "Hexsa'am: To Be Here Always"	December 10, 2019	FREE

# FALL 2019 SINGLE SESSION COURSE DESCRIPTIONS

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## Nordic Pole Walking

\$10

Join Audrey, along with Dannie Cade, to learn the benefits of Nordic pole walking, the fastest way to fitness. If you can walk, you can pole walk. In this introductory class, you will learn about the poles, how to set up and experience walking with them. Try out the 6 steps of Nordic walking to see if you like it or not.

**Instructor:** Audrey Meuse

**Min. 8 Max. 15**

**Dates:** Monday September 9, 2019 10AM-12PM

**Location:** North Shore Community Centre – Willow Room

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## Logan Lake Wetland Restoration

FREE

Spend a day in the field with students from BCIT's Environmental Restoration Program, learning about this ongoing project. Now in its 7th year, students will be presenting what they have learned in the classroom and field exercises. They will set up stations to demonstrate the importance of wetlands in our environment. Participants will walk from station to station with a student guide, along an easy trail adjacent to the golf course. Dress for the weather, bring a lunch, and be prepared to ask questions. Meet at Cineplex parking lot in Aberdeen to carpool for the drive to Logan Lake.

**Instructor:** Marge Sidney

**Min. 8 Max. 30**

**Dates:** Saturday September 14, 2019 10AM-2PM

**Location:** Logan Lake

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## Adventures with Kamloops Tourism

\$10

Lisa will share with us some entertaining Kamloops adventures for those of us new to the city or hoping to entertain our guests with local activities. We will have access points for information to help us plan our adventures.

**Instructor:** Lisa White

**Min. 10 Max. 30**

**Dates:** Monday September 16, 2019 10AM-12PM

**Location:** North Shore Community Centre – Oak Room

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## Art and Conversation: Ionic Bonds

FREE

Join the Art Gallery educator for an interactive tour of the Kamloops Art Gallery September exhibition: "Ionic Bonds". Explore ceramics as an artistic medium and learn how it has evolved over time. We will look at the practices of ten contemporary artists.

**Instructor:** Emily Hope

**Min. 10 Max. 25**

**Dates:** Tuesday September 17, 2019 10:30AM-12PM

**Location:** Kamloops Art Gallery

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## Blackwell Dairy Tour

FREE

Our group will carpool from the Valleyview shopping mall to the Blackwell Dairy. (Meet outside of Shoppers Drug Mart). The staff will give us a one-hour tour through the milking barn, robotic milking stations and the calf barn. We will see how the cows are cared for. Access to the newest part of the facility will be limited due to food safety concerns but we will be able to look through the windows as we hear about the work they do.

**Instructor:** Blackwell Dairy Staff

**Min. 10 Max. 20**

**Dates:** Tuesday September 24, 2019 12:30PM-2:30PM

**Location:** Blackwell Dairy Farm- Barnhartvale

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**Pine Needle Basketry****\$10**

Join June for a demonstration in the art of creating pine needle baskets. June's love of nature and the outdoors inspired her to learn the art of making pine needle baskets. Make this a must-see demonstration. The baskets make great gifts and storage items which can be fully recycled back to nature.

**Instructor:** June Benesh**Min. 10 Max. 25****Dates:** Tuesday September 24, 2019 10AM-12PM**Location:** North Shore Community Centre – Games Room

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**Sock Knitting by Machine and Hand Felting****\$10**

Join Jane for a demonstration of her traditional sock knitting machine in the first hour and in the second, a demo of basic felting techniques. Felting is the process of separating and relocking the fibers in yarn or wool. Felted wool keeps you warmer than most commercial products, and it wicks away water to help keep you dry during the winter.

**Instructor:** Jane McMillan**Min. 10 Max. 25****Dates:** Tuesday September 24, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**How the Boomers Failed****\$10**

What happened post WWII when the world allowed prevailing North American economic markets to regulate themselves due to a supply and demand ethos and laissez-faire government?

**Instructor:** Daniel Dorogi**Min. 8 Max. 30****Dates:** Thursday September 26, 2019 2PM-4PM**Location:** North Shore Community Centre – Oak Room

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**"The Upside to Hunger"- A True Tale****\$10**

"The Upside to Hunger" is the magnificently told story of a man who triumphed over the limitations of history to become his greatest self. The life he was born into was too small for Adam Baumann. But getting out in the midst of a world at war was dangerous. Join Roxi for a discussion of her epic tale of a man's life from childhood in Eastern Hungary through his survival of WW II and his emigration to Canada in 1951. Adam Baumann has been a resident of Penticton since 1954.

**Instructor:** Roxi Harms**Min. 10 Max. 25****Dates:** Friday September 27, 2019 10AM-12PM**Location:** North Shore Community Centre -Games Room

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**The Writing Process****\$10**

Roxi will discuss her process of gathering, understanding and researching the story of Adam Baumann's life. Learn about her strategies for publishing, marketing and how she turned the story into a best-selling novel on Amazon.

**Instructor:** Roxi Harms**Min. 10 Max. 25****Dates:** Friday September 27, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Willow Room

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**Freedom from Fear, Freedom from Want****\$10**

What makes people feel safe going to bed each night in Canada and how many in the world do not enjoy that same security? Welcome back Dr. Rob Hanlon to introduce his new book recently recommended by the United Nations. "Freedom from Fear, Freedom from Want" is focused on the interconnectedness of human security, conflict, and development as a requisite to understanding the challenges of today's world. Research shows how global issues such as poverty, climate change, crimes against humanity, humanitarian intervention, international law, terrorism, transnational crime, etcetera, contribute to conflict and human misery and also discusses ways to reduce these threats if we are to achieve sustainable development and human security for all.

**Instructor:** Dr. Rob Hanlon**Min. 10 Max. 40****Dates:** Tuesday      October 1, 2019      10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**All Saints Ukrainian Church Tour****FREE**

All Saints is a parish within the Western Eparchy of the Ukrainian Orthodox Church of Canada. Join Father Pawlyshyn for a tour of the church renowned for its stunning iconography.

**Instructor:** Father Chad Pawlyshyn**Min. 10 Max. 20****Dates:** Friday      October 4, 2019      10AM -12PM**Location:** Ukrainian Orthodox Church of All Saints

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**The Beautiful Bach****\$10**

Come and hear about the German composer Johann Sebastian Bach and hear selections from what a mix of enthusiasts consider the 'most beautiful' pieces. This program, taught by Maija Heimo, a Bach enthusiast, will be drawn from a great variety of the music Bach composed. The session will provide background on the composer and position each piece in its time and in Bach's musical career.

**Instructor:** Maija Heimo**Min. 8 Max. 20****Dates:** Monday      October 7, 2019      1PM- 4 PM**Location:** North Shore Community Centre – Games Room

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**Sport in Literature****\$10**

Whether you identify as an athlete, a coach, a lifelong fan, or new to the sports world, this class will introduce you to the exciting field of sport literature. Through both historical and contemporary narratives, you will discover how authors capture the thrills of championship games, underdog stories, and all-star seasons through written works from 'The Hockey Sweater' to 'Indian Horse'. Come explore this emerging area of study and discover why sport stories have captured our imagination for centuries.

**Instructor:** Dr. Brittany Reid**Min. 10 Max. 40****Dates:** Monday      October 7, 2019      10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Recycling - Ins, Outs and Whys****\$10**

Recycling is constantly changing as markets shift, materials change, and regulations are developed. You will gain a high-level understanding of recycling in the province of BC and Kamloops role in the provincial recycling program. You will also get an in-depth understanding of how materials are processed, where they go, and why certain items are accepted or not accepted in the program. The course will include a hands-on activity where you will apply your learning from the course to be a champion recycler.

**Instructor:** Marcia Dick**Min. 10 Max. 40****Dates:** Tuesday October 8, 2019 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Fantastic Fungi: Wild Mushrooms in the Kamloops Area****\$10**

Join us for a fun and information-filled session about our local wild mushrooms. We will discuss questions such as, how can you tell a poisonous mushroom from an edible one? What are the deadliest mushrooms in BC? Where can we find edible mushrooms in Kamloops? What are the most common mushrooms in our yards and gardens? Do we have edible truffles in our area? Do we have "magic" mushrooms around here and what happens if we eat them? How do mushrooms benefit natural ecosystems? Bring your curiosity and your questions and you will leave with a renewed interest in exploring these fascinating organisms.

**Instructor:** Dr. Gary Hunt**Min. 8 Max. 40****Dates:** Thursday October 10, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Mindful Restorative (social) Justice****\$10**

Dr. Abramson returns to KALS to further our learning about restorative justice and is joined by Dr. Sanchez-Flores of TRU. This session will be an introduction to Equity, Diversity and Inclusion (EDI) as a "labor of love" and how mindful awareness may help us in this effort. We will hold a Restorative Justice Circle where we will talk mindfully about the issues of privilege and disadvantage in our lives and community with respect, appreciation and inclusion of one another.

**Instructor:** Dr. Alana Abramson & Dr. Monica Sanchez- Flores**Min. 10 Max. 20****Dates:** Tuesday October 15, 2019 10AM-12PM**Location:** North Shore Community Centre – Willow Room

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**Kamloops' Role in B.C. History****\$10**

Dr. Hart returns to KALS to help us learn more about the role of Kamloops in BC's history development from earliest European contact to the present day.

**Instructor:** Dr. John Hart**Min. 10 Max. 35****Dates:** Wednesday October 16, 2019 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Wonders of Iceland****\$10**

Roland Neave has travelled extensively with his business, Wells Gray Tours, and when people ask him about his favorite country (other than Canada), his answer is Iceland. He has led three tours to Iceland and has visited many parts of the island. Join Roland on this slide illustrated journey to Iceland which covers highlights all along the Ring Road. Whether you travel with a tour group or on your own, Roland has plenty of tips, so you can thoroughly enjoy this amazing country.

**Instructor:** Roland Neave**Min. 10 Max. 25****Dates:** Thursday October 17, 2019 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Benjamin Baltzly and the Geological Survey of B.C****\$10**

Join the Kamloops Museum Staff for a curated talk and tour of the current exhibit "Interior Monologue: Benjamin Baltzly and the Geological Survey of British Columbia", followed by a workshop related to the environment and changing landscapes. Have coffee/tea and cookies, share your stories and photographs, and enjoy some artistic expression in our program room.

**Instructor:** Kamloops Museum Educator**Min. 10 Max. 20****Dates:** Thursday October 17, 2019 1:30PM-3:30PM**Location:** Kamloops Museum

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**Kamloops Backcountry Hiking****FREE**

Al and Mairi Budreau, authors of "Kamloops Backcountry Hikes" facilitated a very successful hike in the Spring for KALS. They are very keen to provide another hike this fall. Garden of the Trolls is a 2.4km hike with views, wildlife and wildflowers and is a gentle climb through a small forest. We will meet at the NSCC for a general discussion of their book, a description of the hike and then head out to the field.

**Instructor:** Al & Mairi Budreau**Min. 15 Max. 20****Dates:** Saturday October 26, 2019 9AM-1:30PM**Location:** North Shore Community Centre – Willow Room

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**Insects and Climate Health****\$10**

B.C. has many native insects that periodically reach outbreak levels and damage or kill small or vast areas of forest. Over the past few decades, we have been experiencing more frequent and more severe insect outbreaks, most notably the mountain pine beetle. The recent drought of 2017 has further devastated the health of our forests. You will be introduced to a number of forest insects and their response to climate and forest management. You will see the cumulative influences that are affecting our forests and options to manage negative impacts.

**Instructor:** Dr. Lorraine Maclauchlan**Min. 10 Max. 30****Dates:** Monday October 28, 2019 10AM-12PM**Location:** North Shore Community Centre- Games Room

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**Water- Too Little; Too Much****\$10**

The goal of Dr. Pypker's work is to provide insight into how management or climate change will affect the hydrology, stability and productivity of the Earth's ecosystems. In this class, he will cover water – drought – floods. Bring your questions.

**Instructor:** Dr. Tom Pypker**Min. 10 Max. 40****Dates:** Wednesday October 30, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Ayurvedic Approach to Health Concerns****\$10**

Maintaining good health is an ongoing concern. Most of us have considered both traditional and non-traditional approaches to staying healthy and/or dealing with conditions such as diabetes, osteoporosis, Parkinson's etc. Paul will share the Ayurvedic approach to maintaining health and/ or preventing issues.

**Instructor:** Paul Colver**Min. 8 Max. 25****Dates:** Wednesday October 30, 2019 10AM-12PM**Location:** North Shore Community Centre- Oak Room



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**Plastics and Polymers****\$10**

Plastics, better described as polymers, are important and ubiquitous synthetic materials in our modern life. Some types are relatively new, but others have been around for much longer.

With a little bit of chemistry, this talk will look at the various types of polymers, their production and properties, and at the problems that are being recognized. Possible approaches to solutions will also be explored.

**Instructor:** Dr. David McKinnon**Min. 8 Max. 40****Dates:** Wednesday November 6, 2019 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Kamloops Film Society: Theatre, Films, People****\$10**

The Paramount Theatre won't be closing after all. The Kamloops Film Society has taken over operations thanks to the help of a local philanthropist. Come and hear from the Society Executive Director about the plans for the future and the challenges of running an independent theatre in Kamloops.

**Instructor:** Dusan Magdolen**Min. 10 Max. 40****Dates:** Thursday November 14, 2019 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

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**Developing World Connections****\$10 In**

In 2000, Kamloopsians Wayne McRann and Dan Miller were in the jungles of Guatemala, installing water systems and building houses on a Rotary International trip. They felt people other than Rotary members should have the same chance to do something to make others' lives better. Four years later Developing World Connections held their first meeting in Kamloops. On Dec. 26, 2004, a massive tsunami pounded 14 countries in and bordering on the Indian Ocean, killing 230,000 and destroying the lives of hundreds of thousands more. The horror of the devastation sparked Developing World Connections to life. With McRann as executive director, the first teams rushed to Sri Lanka to rebuild homes and community buildings. DWC has been on the ground ever since, first in Sri Lanka, then spreading to other parts of Southeast Asia, Africa and Latin/South America. Marking one decade in 2015, DWC has organized 200 trips and sent more than 2,000 volunteers to build homes, schools, training centers, latrines, water systems, computer labs to work on and other projects. Come and hear about this local success story and learn more about international volunteerism.

**Instructor:** Dan Miller & Joshua Molsberry**Min. 8 Max. 40****Dates:** Monday November 18, 2019 1:30PM-3:30 PM**Location:** North Shore Community Centre- Oak Room

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**Transition Kamloops****FREE**

Scientists are clear that human activity is responsible for the major changes we'll see in our planet's climate over the next several decades. We have relied heavily on fossil fuels in everything from transportation to heating to agriculture to pharmaceuticals. We have also disregarded the natural balance of ecosystems and are seeing a loss of species at an alarming rate. What will the future look like, and how might we be affected? How can we minimize disruption and adapt to the coming changes while promoting community and striving for equality and justice? This course will focus on local actions that can have positive global impacts.

Transition Kamloops is an organization focused on increasing local resilience and self-sufficiency in food, water, energy, culture and wellness. We emphasize local economy, healthy ecosystems, and grassroots- community building, while reducing our dependence on fossil fuels. We believe in a better way: a community that sustains life in all its diversity, strives for equality and justice, and invests in the future.

**Instructor:** Gisele Ruckert & Jennifer St. Marie**Min. 10 Max. 40****Dates:** Tuesday November 19, 2019 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Ephemera****\$10**

Ephemera means existing only for a short while. Not so for today's ephemera collectors, whether they be family historians, archivists or citizens interested in the history of their community, ephemera items are here to stay. In this session, we look at the what, why and how of saving and storing ephemera and also how technology fits in. We invite you to bring any items to share from your home collection--the ticket to a 1950's football game, the birth certificate of a great uncle, a pamphlet from "The Phantom of the Opera" or your grandfather's driving license. It's all about preserving the past for the present and the future.

**Instructor:** Sheila Park**Min. 8 Max. 25****Dates:** Wednesday November 20, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre- Games Room

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**Fire: The Hot Topic****\$10**

Dr. Gardner, an expert in rangeland management and ecology, has received local, regional and world-wide recognition for her tireless research and natural resource publications. In 2016 along with Dr. John Karakatsoulis, she spent two weeks in Nepal leading efforts to develop effective forest fire management techniques and establish community-level fire responses. In this class she will cover some of the fundamentals of fire including the role of fire in the environment. We will discuss basic fire behavior and look at fire trends globally, nationally and provincially. This will be followed with an overview of the different fire management options that are available and time for discussion.

**Instructor:** Dr. Wendy Gardner**Min. 10 Max. 40****Dates:** Wednesday November 27, 2019 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

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**Art and Conversation "Hexsa'am: To Be Here Always"****FREE**

Join the Art Gallery educator for an interactive tour of the Kamloops Art Gallery. You will see an exhibit of 14 artists about our place in the world and the power that creative and cultural practices have to enhance knowledge for positive change.

**Instructor:** Emily Hope**Min. 10 Max. 25****Dates:** Tuesday December 10, 2019 10:30AM- 12PM**Location:** Kamloops Art Gallery

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**FALL 2019 MULTIPLE SESSION COURSE DESCRIPTIONS.....next page**

# FALL 2019 MULTIPLE SESSION COURSE DESCRIPTIONS

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## Greenstone Mountain Fire - 20 Years Later

\$15

Day 1 will be in the classroom and provide a general overview of how BC forests are managed. From planning, to harvest, post-harvest and legal obligations -and what happens when unplanned, catastrophic events occur?

Day 2 will be in the field at Greenstone Mountain, 10 am - 3 pm. Meet at Cineplex Aberdeen parking lot and carpool from there. Stops will be at low, mid and upper elevations. All are close to the road, so no big hikes are involved. Bring a lunch, water and dress for the weather. There are no facilities on the mountain...but lots of shrubbery!

**Instructor:** Andy Slizak

**Min. 8 Max. 25**

**Dates:** Monday/ Tuesday September 16/17, 2019 1:30PM-3:30PM

**Location:** North Shore Community Centre – Oak Room

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## Promoting Wellness through Falls Prevention

\$20

Emphasizing an individualized approach, this class will begin with a balance assessment to understand your fall risk and prove as a starting point for building your own falls-prevention approach along with the tools to evolve as life evolves. We will discuss environmental factors, personal and physical factors, as well as medical factors that could be considered in creating your own personal plan to maximize your independence and wellness as you age. The class is designed to be an interactive course highlighting a proactive wellness strategy.

**Instructor:** Madison Martin & Emiko Ohama

**Min. 8 Max. 12**

**Dates:** Thursday September 19, 26, October 3, 2019 10AM-12PM

**Location:** North Shore Community Centre – Oak Room

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## News & Views

\$50

Do you like to talk about the news stories of the week? If you do, we invite you to join moderator Ray Pillar for lively, thought-provoking discussion and debate about local, provincial, national and world issues. Whatever the news, we look forward to a range of views and great discussions.

**Instructor:** Ray Pillar

**Min. 10 Max. 25**

**Dates:** Fridays September 20- November 29, 2019 1:30PM-3:30PM

**Location:** North Shore Community Centre – Games Room

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## Come to the Concert

\$25

Come to the Concert introduces the music for the KSO season a few days before each performance. You will hear a brief overview of the structure and style of each work in the upcoming concert with discussion about the composers and their musical and historical backgrounds. We will explore the evolution of musical styles, the growth of musical genres and the instruments. The follow-up discussions compare reactions to the music and to the Kamloops performance. However much or however little you know about classical music; this class can increase your familiarity and enjoyment of classical music. Concert tickets are not included.

**Instructor:** Rod Michell

**Min. 10 Max. 30**

**Dates:** Wednesdays September 25- December 11, 2019 10AM-12PM

**Location:** North Shore Community Centre – Games Room

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**Migratory Birds: Just passing through****\$15**

A continuing introduction to birding will focus on the fall migration of birds through the Kamloops area. Participation is not restricted to those who were in the spring class. Day one is in the classroom, and day two is in the field. Dress for the weather and bring binoculars and a field guide, if you have them.

**Instructor:** Dr. Tom Dickinson**Min. 10 Max. 20****Dates:** Tuesday/ Wednesday October 1 - 2, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Celebrating the Circle of Life****\$25**

Over the course of the four weeks we will learn and discuss various rituals, rites and ceremonies that are performed to celebrate life's milestones and achievements from cradle to grave and even pre-cradle and post-grave. We will also talk about how important it is to mark these passages of time and how we can create these markers for ourselves, our friends and families.

**Instructor:** Kim Jensen**Min. 8 Max. 25****Dates:** Wednesdays October 9- October 30, 2019 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Public Policy- Why do we complain?****\$20**

From potholes to international conflicts, most people have an opinion about the lack of good public policy decision making and how to fix problems at the center of issues. We hear comments that “those in charge” are incompetent, or worse corrupt, without understanding the complexity of how public policy develops, how it is measured and monitored and what makes it change. In this class retired political science professor, Ray Pillar will outline how public policy has developed in our public systems, and we will see video examples of policy from around the world that is innovative, getting results that save money and have outcomes that resolve issues.

**Instructor:** Lois Hollstedt & Ray Pillar**Min. 10 Max. 35****Dates:** Tuesdays October 15-October 29, 2019 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**From a Buddhist Perspective****\$25**

Central to the teachings of the Buddha is the Noble Eightfold Path. Following on Part 1 and 2, in which she reviewed the Paramitas and introduced the Noble Eightfold Path, Ven. Ani Gawa Khandro will continue to explore the Eightfold Path. With the class, she will explore its meanings, discuss implications in the modern world, and consider questions about applying these teachings in our lives. Prior participation in Part 1 and 2 is not required.

**Instructor:** Ven. Ani Gawa Khandro**Min. 10 Max. 25****Dates:** Fridays November 1- November 22, 2019 10AM-12PM**Location:** North Shore Community Centre – Willow Room

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**Discovering Meaning: Midlife and Beyond****\$35**

This course is for anyone transitioning into retirement, experiencing the empty nest syndrome, loss or illness of a partner. It may simply mean reigniting a sense of purpose, attitude and intention for Life.

**Instructor:** Judy Davis**Min. 8 Max. 15****Dates:** Mondays November 4-December 9, 2019 10AM-12PM**Location:** North Shore Community Centre – Willow Room

# Kamloops Adult Learners Society

## FALL 2019 MEET OUR PRESENTERS

Abramson, Dr. Alana	Dr. Abramson has been involved in the field of restorative justice (RJ) as a researcher, practitioner, and trainer since 1999. She has extensive experience implementing RJ in community, prison, and school contexts. She has a passion for community and post-secondary teaching and learning and has organized and participated in numerous conferences on issues related to restorative justice, trauma and mental health, victim/survivors of crime, and prison justice. In 2017, she was the recipient of the Restorative Justice Award from the Ministry of Public Safety and Solicitor General. She is a full-time Criminology Instructor at Kwantlen Polytechnic University, Coordinator and Facilitator for the Alternatives to Violence Project, member of the Interior Restorative Justice Hub, Facilitator for Kamloops Restorative Justice, Board Member for BC Bereavement Society and the BC Association for Restorative Justice, and trainer for Community Justice Initiatives and Achieve/Crisis & Trauma Resource Institute.
Benesh, June	June and her husband spent 37 years in the outdoors, owning and operating 3 remote wilderness resorts. After retiring in 2010, June pursued some lifelong interests, one of which was creating pine needle baskets. Her work is inspired by her love of nature and the outdoors.
Budreau, Al and Mairi	Since 2008 Al and Mairi Budreau have hiked around Kamloops. As they explored the area, they gathered and recorded information on hikes in the immediate area of Kamloops. The Budreau's have many combined talents in the area of land surveying, photography, art and graphic design. Their book is a practical guide to hiking in Kamloops.
Colver, Paul	Paul Colver is the author of the book- The Aging Reversal Course: An Ayurvedic Approach to Wellness and Vitality. He first encountered Vedic as a youngster and his interest intensified when, in his late 50's, the practice helped him regain his vitality after a serious illness. Paul moved to Kamloops to be near his three granddaughter's ages four, six and seven. His interests are writing, hiking and anything to do with water.
Davis, Judy	Judy Davis has recently moved to the Kamloops Area. Before retirement she worked professionally as a counselor for both children and adults. She has a Master's Degree in Education (Counselling Psychology) and has worked in both the Education system and Community.
Dick, Marcia	Marcia Dick is the City's leading expert on solid waste management, working both publicly and privately on waste reduction programs. She works for the City of Kamloops as the Solid Waste Services Analyst maintaining data pertaining to solid waste collection and disposal as well as oversees the City's recycling program. Marcia also has a business called Waste Naught BC, where she provides compost services to a large organization and provides consulting services for waste management planning for all sectors.
Dickinson, Dr. Tom	Tom Dickinson, recently retired Dean of Sciences at TRU, is an avid birder who has pursued this lifelong interest across many continents. A biologist, ecologist, scientist and teacher with a wealth of information on birds and the natural world around us.

Dorogi, Daniel	Daniel Dorogi is a tenured lecturer of Sociology at TRU and is very enthusiastic and active in student mentoring and training. His principle areas of research include Clinical Sociology focusing on the micro-sociology of at-risk academic-professional student thinking, learning and behavior; the Sociology of Education with a focus on private and public identity development, construction, and representation in higher education; and Social Issues regarding the social psychology of political deviance & criminality in pop culture.
Gardner, Dr. Wendy	Dr. Gardner is a researcher and teacher in the Natural Resource Sciences program at TRU. She has organized many tours and conferences related to Rangeland Management and won the Exemplary Service Award in 2014 for the Pacific Northwest Section of the Society for Range Management.
Hanlon, Dr. Robert	Dr. Hanlon is an Assistant Professor of politics at TRU and an associate faculty in the School of Humanitarian Studies at Royal Roads. His research explores links between corporate social responsibility, corruption and human security in emerging Asian economies. His Ph.D. is from City University of Hong Kong. He served as a research fellow at the Institute of Asian Research, UBC. Outside academia, he worked for the Asian Human Rights Commission, the Canadian Chamber of Commerce in Hong Kong, as well as the High Commission of Canada in Australia. He has been a visiting scholar at the Centre for Socio-Legal Studies (Oxford), the Liu Institute for Global Issues (UBC), the Sasin Graduate Institute of Business Administration (Chulalongkorn), the Balsillie School of International Affairs and most recently the Kadoorie Institute at the University of Hong Kong.
Harms, Roxi	Roxi was born in a remote Mennonite community in northern British Columbia. Curiosity about what lay beyond the horizon and hunger for bigger challenges drew her away after high school, but the grounding and appreciation of that simple beginning remain at her core. Roxi feeds her soul by discovering new things, whether they are found on distant shores or while she is curled in the swinging chair on the porch of her cabin. She lives on Lake Okanagan.
Hart, Dr. John	Dr. Hart has a PhD. in Western Canada history. He has taught Canadian history at several Universities and Colleges most recently at TRU.
Heimo, Maija	Maija Heimo is a cultural geographer and music lover, particularly Baroque, electronic, and choir. She grew up in Finland going to symphony every two weeks with her Grandmother and, throughout her careers as a farmhand, university teacher, Zamboni driver, and journalist, music has always sustained her spirit.
Hollstedt, Lois	Lois Hollstedt is the current Co-President of KALS. In her professional life she was the CEO of a large social agency and a consultant and facilitator in the non-profit sector. She has facilitated and hosted several KALS classes.
Hope, Emily	Emily Hope is Education and Public Programs director for the Kamloops Art Gallery.
Hunt, Dr. Gary	Dr. Hunt is Professor Emeritus at Thompson Rivers University and taught in the Department of Natural Resource Sciences. He earned a PhD in Botany from Oregon State University.
Jensen, Kim	Kim is a lifelong student of living, life, death, humanity, spirituality, self-awareness and healing. She is a Healer, Coach, and Life Cycle Celebrant with a background in nursing, community development, community education, health promotion, alternative healing, and health self-management.

Khandro, Ven. Ani Gawa	Venerable Gawa Khandro is an ordained Buddhist nun. Her teachers, from whom she has received direct transmission, include H.H. Dalai Lama, Thich Nhat Hanh, Acharya Pema Chodron, VV Kenchen Thrangu Rinpoche. Currently a member of Zen Peacemakers Organization (International), Sakyadhita Canada, and United Sangha Vancouver, she offers service at New Life Community, and as Buddhist Chaplain at TRU. Venerable Gawa is the spiritual director of GawaLing Buddhist Centre.
Maclauchlan, Dr. Lorraine	Dr. Maclauchlan is the Forest Health contact for the Kamloops Region, with expertise in forest entomology. Lorraine provides technical and professional advice on entomological issues to all levels of government and forest licensees. She develops and reviews strategic plans and provincial level strategies, conducts research, writes scientific and technical articles, and provides training. Lorraine also plans, organizes and conducts the annual defoliator spray program for the southern portion of the province.
Magdolen, Dusan	Dušan Magdolen is the Executive Director of the Kamloops Film Society, managing the Paramount Theatre and overseeing all of the KFS's programming. He joined the Kamloops Film Festival Committee Society 10 years ago. Since then, he has helped the KFF and the KFS grow. Dušan is also involved in the Kamloops theatre scene, most recently as the Artistic Producer of Project X Theatre.
Martin, Madison	Madison is a registered kinesiologist and has worked for 10 years in neurological rehabilitation and complex injuries. In addition to maintaining a practice in kinesiology and physiotherapy, she is currently teaching a strengths-based class called Embodied Strength at the Yoga Loft in Kamloops.
McKinnon, Dr. David	Dr. McKinnon holds B.Sc. (Hons.) (1960) and Ph.D. (1963) degrees in Chemistry from the University of Edinburgh, Scotland. From 1965 -2001, he was a faculty member in the Chemistry Department at the University of Manitoba. He maintained an active research program and authored or co-authored 74 refereed papers, two reviews and three book chapters, and presented papers at international conferences. He has taught courses, mainly Organic Chemistry, at all university levels and received the Stanton Teaching Award from the University of Manitoba in 1995. He has a continuing interest in scientific education and a wide range of hobbies, including travel, playing the clarinet, genealogy, stained glass work, woodworking and gardening.
McMillan, Jane	After 30 years working as an RN at RIH, Jane now devotes her time exploring new forms of fabric art and has become skilled at most forms of needlework, at sewing, quilting, costume design and felting.
Meuse, Audrey	Audrey, operator of the Centennial Building Wellness Centre, discovered Nordic walking in 2014 from a client, who at 78 was fit, slim and had the skin of a 20-year-old. Audrey then trained with German physiotherapist and educator, Christa Maxeiner, in body awareness, mindfulness-based muscle balance and Scandinavian style Nordic walking. Then in 2015, after training with the Olympian, Linda Sschaumleffel, she became a Nordixx Pole Walking instructor, Level 2.
Michell, Rod	Rod Michell has a MA in English Literature from Oxford University. He is a retired instructor who taught for over thirty years at Thompson Rivers University and other educational institutions. He is on the Board of the Kamloops Symphony Society.

Miller, Dan	Dan's international experience began in Rotary, of which he has been a member in various locations throughout British Columbia since 1990. Formerly a senior operations manager with the Insurance Corporation of British Columbia, Dan now runs his own business providing mediation and arbitration services in Kamloops. He also serves on the board of the B.C. Arbitration and Mediation Institute.
Molsberry, Joshua	From a young age, Joshua fostered a life-long passion for international relief and development. At age 18, he volunteered abroad for the first time in Turkey in a displaced persons camp after a series of powerful earthquakes. Since completing his MA in international development, he has been involved in projects throughout the developing world. Most recently, he worked for a large NGO in West Africa to help implement water and sanitation projects, agriculture initiatives and rural livelihood programs. In DWC's Kamloops office, Joshua works to ensure the successful delivery of the organization's mandate and strives to increase the quality and impact of its efforts in the developing world.
Neave, Roland	Roland Neave wrote his first book, "Hiking the High Points", at age 17. He then began writing "Exploring Wells Gray Park" which was published in 1974. The book is now in its 6th Edition and has sold over 25,000 copies. Roland's university summers were devoted to organizing bus tours of Wells Gray Park and, after graduation, he expanded this service into a year-round business called Wells Gray Tours. It is now one of British Columbia's largest tour operators and arranges group holidays all around the world.
Ohama, Emiko	Emiko enjoys serving as a Kinesiologist in Kamloops. She is a member of the BC Association of Kinesiologists (BCAK) and affiliated with the Canadian Kinesiology Alliance (CKA). Emiko holds a Bachelor of Human Kinetics from the University of British Columbia, with specializations in Clinical Exercise Physiology and Health Promotion. Prior to joining Lifemark Physiotherapy, she worked for Lifemark Seniors Wellness, and enjoyed working to prevent falls in older adults with dementia.
Park, Sheila	Sheila Park is a retired school teacher who began collecting antiques in 1977. She began with a wooden biscuit barrel her mother was about to send to the thrift store. This soon led to frequenting auction sales, museums, thrift stores and antique shops, both locally and in her travels throughout Canada and beyond. Sheila is a member of the Kamloops Family History Society and on the Board of Directors of the Kamloops Heritage Society.
Pawlyshyn, Father Chad	Rev Father Pawlyshyn was ordained to the Holy Priesthood in 2013 and is the leader of the Ukrainian Orthodox Church of All Saints.
Pillar, Ray	Ray Pillar is a retired University administrator and teacher in Political Science at Thompson Rivers University as well as a teaching assistant at the University of Victoria and York University. He continues to be a media political commentator and is a keen follower of Canadian and international politics. He has taught several KALS classes over the past 8 years.
Pypker, Dr. Tom	Dr. Pypker is currently a member of the TRU faculty in the department of Natural Resources. His work and teaching have taken him across North America and beyond. His goal is to provide insight into how management or climate change will affect the hydrology, stability and productivity of the Earth's ecosystems.
Reid, Dr. Brittany	Dr. Reid is a Lecturer in the Department of English and Modern Languages at TRU. Originally from Calgary, she is a passionate researcher and educator who is thrilled to call Kamloops home. She is interested in studying and teaching a wide variety of subjects, especially the wonderful worlds of Romanticism, Theatre History, and Sport Literature.



Ruckert, Gisela	Gisela has worked as a grassroots advocate for a more resilient Kamloops since moving here in 2000. She is active with local community groups such as Transition Kamloops and the BC Sustainable Energy Association. Gisela was the team leader of Fair Vote Kamloops during the 2018 referendum on electoral reform. Since completing a Master's in Environmental Studies and Sustainability Science in Sweden in 2017, Gisela continues to look for ways to transform sound scientific imperatives into effective public policy and concrete behavior change.
Sanchez-Flores, Dr. Monica	Dr. Sánchez-Flores is Associate Professor in the Department of Sociology and Anthropology at TRU. She has taught politics, social and political theory, philosophy, literature, history and sociology in Mexico, India, and Canada since 2000. Her books are <i>Political Philosophy for the Global Age</i> (2005, Palgrave) and <i>Cosmopolitan Liberalism: Expanding the Boundaries of the Individual</i> (2010, Palgrave). Mónica is proud of her Mexican origin and heritage, is an avid reader of mystical writings, a regular practitioner of yoga and an enthusiastic dancer; she is a speaker of Spanish, English, and French, and considers herself a cosmopolitan; loves international food, traveling and reading fiction, and enjoys camping with her family and long walks in nature.
Sidney, Marge	Marge is a biologist with the Ministry of Environment who has spearheaded the Logan Lake Wetland Restoration project since its inception. Her energy and enthusiasm for working with the next generation of environmental stewards has inspired the community of Logan Lake, as well as students and instructors from BCIT.
Slizak, Andy	Andy is a registered professional forester who began his career in Kamloops with Weyerhaeuser in 1993. He now works for Atlas Information Management, a local, independent consulting firm.
Ste Marie, Jennifer	Jennifer has lived in Kamloops, where she and her husband Ron raised their 5 children, for 29 years. She is an Occupational Therapist by training. Her interest in all things sustainable began after watching a film on urban agriculture. Jennifer has been learning about food security, permaculture and regenerative agriculture for the last 8 years and has been involved with Transition Kamloops since its formation 7 years ago.
White, Lisa	Lisa White is the industry Relations and Communications Specialist for Tourism Kamloops.

# **Kamloops Adult Learners Society**

## **FALL 2019 VENUES**

### **North Shore Community Centre**

452 - 730 Cottonwood Avenue, Kamloops, BC

### **Kamloops Art Gallery**

465 Victoria St, Kamloops, BC

### **Kamloops Museum**

207 Seymour St, Kamloops, BC

### **KALS Office**

On McArthur Island 1550 Island Parkway Dr, Kamloops, BC

### **Blackwell Dairy Farm**

7000 Blackwell Rd, Kamloops BC

### **Ukrainian Orthodox Church of All Saints**

044 8th St, Kamloops, BC