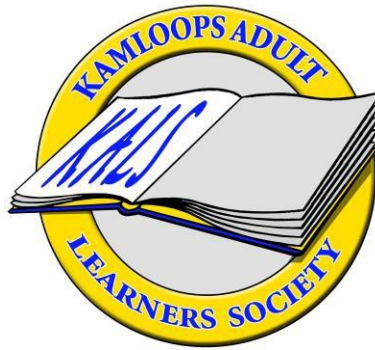


# KAMLOOPS ADULT LEARNERS SOCIETY

# KALS



**2020**

## **WINTER SPRING 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.

**2020 WINTER/SPRING REGISTRATION BEGINS DECEMBER 16<sup>th</sup>, 2019 @9AM**

#### **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 waiver is available by phoning KALS at 250-376-1525. Discussions are confidential.**

5 Weeks	Come to the Concert	January 9, 2020	\$35
1 Class	Memoir of a North West Mounted Police Doctor's Wife	January 14, 2020	\$10
11 Weeks	News and Views	January 17, 2020	\$50
10 Weeks	Paradise Lost	January 20, 2020	\$50
1 Class	The Problems of Internet Law	January 23, 2020	\$10
1 Class	Medical Assistance in Dying: An Update	January 24, 2020	FREE
3 Weeks	Africa for Scaredy Cats	January 28, 2020	\$20
1 Class	Art and Conversation: Feminist Land Art Retreat: Free Rein	January 28, 2020	FREE
1 Class	Kamloops as a Transition Town	January 30, 2020	\$10
3 Weeks	Meditation Basics for Your Health	January 31, 2020	\$20
4 Weeks	Creative Memoir Writing	February 4, 2020	\$25
4 Weeks	The Gospel of Mark	February 4, 2020	\$25
1 Class	Living with an Electric Car: an owner's perspective	February 5, 2020	\$10
1 Class	Still Life: KMA Taxidermy Collection	February 12, 2020	\$10
1 Class	Estate Planning & Wills Variation	February 13, 2020	FREE
1 Class	Understanding Dementia	February 18, 2020	FREE
1 Class	History in the Ashes: Archaeology of the Elephant Hill Fire	February 19, 2020	\$10
1 Class	Executor and Power of Attorney Information	February 20, 2020	\$10
1 Class	Last Chance Tourism: How much is too much?	February 20, 2020	\$10
1 Class	Feeding Birds in Winter	February 26, 2020	\$10
1 Class	Wild Church	February 27, 2020	\$10
1 Class	HeartMath-The Heart Brain Connection	March 3, 2020	\$10
1 Class	The "STANS" of the Silk Road	March 3, 2020	\$10
4 Weeks	What's Up With the Indian Act?	March 4, 2020	\$25
4 Weeks	From a Buddhist Perspective	March 6, 2020	\$25
1 Class	What is Permaculture?	March 10, 2020	\$10
1 Class	Walking + Art	March 12, 2020	\$10
1 Class	Walking With the Wolves and Dancing with the Donkeys	March 19, 2020	\$10
2 Weeks	Re-creating History: Novels, Plays and Poetry set in Kamloops	March 24, 2020	\$15
1 Class	If Your Clothes Could Talk	March 30, 2020	\$10
1 Class	Stay Active and Healthy at Any Age	April 1, 2020	\$10
1 Class	Creating Calming Environments	April 2, 2020	\$10
1 Class	Focus on Fun: Kamloops in Spring and Summer	April 7, 2020	\$10
1 Class	Mindfulness & Empowerment for Everyday Life	April 7, 2020	\$10
1 Class	Fun with the Trivia Quiz Master	April 8, 2020	FREE
1 Class	Canadian Mining Abroad, Law & Human Rights	April 16, 2020	\$10
1 Class	A tour of Copper Canyon, Mexico	April 22, 2020	\$10
1 Class	Art and Conversation: Donald Lawrence	April 28, 2020	FREE
1 Class	The Eyes Have it!	May 4, 2020	\$10
1 Class	Language Sounds and How we Make Them	May 5, 2020	\$10
1 Class	Electron Microscopy	May 6, 2020	FREE

# WINTER 2020 SINGLE SESSION COURSE DESCRIPTIONS

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## **Memoir of a North West Mounted Police Doctors Wife**

**\$10**

Written in the late 1930's this memoir provides a unique perspective into the life of Henrietta Haultain, "a well-to-do girl of the nineties," born on the family estate of Castleknock, near Peterborough, Ontario. In 1890, at the age of twenty-four, Etta travelled west as the new wife of Assistant Surgeon Charles S. Haultain, of the North West Mounted Police (NWMP). Initially introduced to frontier life at Maple Creek, Northwest Territories (now in the Province of Saskatchewan), she accompanied her husband to three other NWMP posts in, what are now, the Provinces of Saskatchewan and Alberta. Don Krancher has updated and edited this interesting book of life on the frontier.

**Instructor:** Don Klancher

**Min. 10 Max. 40**

**Dates:** Tuesday January 14<sup>th</sup>, 2020 1:30PM- 3:30PM

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

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## **The Problems of Internet**

**\$10**

Professor Jones returns to KALS and this talk discusses how traditional laws have struggled to accommodate the new realities of the Internet and Social Media. Is there anything left of privacy, free speech, truth or reputation as we have come to understand them?

**Instructor:** Craig Jones

**Min. 8 Max. 40**

**Dates:** Thursday January 23, 2020 10AM-2PM

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

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## **Medical Assistance in Dying: an Update**

**FREE**

Dr. Barnard will update us on this challenging issue, which has recently become public policy. The topic inevitably causes some confusion regarding Who? When? How? What are the rules? The medical profession is grappling with these difficult concepts, and this is your opportunity to gather information and enter into the conversation.

**Instructor:** Dr. Cornel Bernard

**Min. 10 Max. 40**

**Dates:** Friday January 24<sup>th</sup>, 2020 1:30 PM- 3:30PM

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

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## **Art and Conversation- Feminist Land Art Retreat: Free Rein**

**FREE**

Feminist Land Art Retreat: Free Rein uses video, sculpture, sound and text-based work to explore and play with the Western cinematic genre, particularly the character of the Lone Ranger. By drawing from the strategies of feminism, science fiction, and social utopianism, the artists propose an alternate world in which land and gender relations exist without ownership or hierarchies.

**Instructor:** Emily Hope

**Min. 10 Max. 25**

**Dates:** Tuesday January 28<sup>th</sup>, 2020 10:30AM-12PM

**Location:** Kamloops Art Gallery

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**Kamloops as a Transition Town****\$10**

This course will focus on the history of Transition Towns as a movement and on its growth in Kamloops. We will explain our mission and our approach to achieving it through a collaborative leadership style and grassroots action. We will introduce the concept of Inner Transition, which can help individuals and groups to look after themselves well and to be much more effective catalysts for change. Using Transition projects as examples, we hope to inspire and empower you to take the actions which utilize your skills and passions in addressing the challenging issues before us as we move towards a just and resilient way of being on the planet. For an introduction to the Transition movement, check out [www.transitionnetwork.org](http://www.transitionnetwork.org).

**Instructor:** Jennifer Ste. Marie & Gisela Ruckert**Min. 10 Max. 40****Dates:** Thursday January 30, 2020 10:00AM- 12:00PM**Location:** North Shore Community Centre- Oak Room

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**Living with an Electric Car: an owner's perspective****\$10**

Living with an Electric Car - an Owner's Perspective. What's it like to own an electric car? This has been a common question Eric Littley has encountered since buying an electric car 3 years ago. Many people are curious about this increasingly popular option, but have doubts and misgivings about the short and long-term ownership experience. There are numerous ideas out there about the plusses and minuses of electric car ownership, some of which are true, some are misconceptions and some are simply wrong. After 3 years and 87,000 km of electric driving, Dr. Littley will discuss what the real ownership experience is like and can discuss the costs and benefits from the perspective of real-life experience, and not simply speculation. Thinking about going electric but aren't sure about whether it's for you or not? Worried about cost, range, battery life, long range road trips? This course can provide answers to all of those. There will be ample time for audience questions.

**Instructor:** Eric Littley**Min. 8 Max. 40****Dates:** Wednesday February 5<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Still Life: KMA Taxidermy Collection****\$10**

Join Meghan Stewart, Museum Educator for the KMA, as we explore the creation of "Still Life: the KMA Taxidermy Collection". The tour will be followed by a connected creative activity, coffee/tea and cookies, and questions.

**Instructor:** Meghan Stewart**Min. 10 Max. 20****Dates:** Wednesday February 12<sup>th</sup>, 2020 1:00PM-3:00PM**Location:** Kamloops Museum Education Room

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**Estate Planning & Wills Variation****FREE**

Are you thinking of starting or changing your estate planning? Do you have questions like: Do I Need a Will? What is a Power of Attorney? What are Representation Agreements? What is an Advance Directive? What is Probate? How do people contest wills and what is wills variation? Designed to help you start the estate planning process, this class will clarify these points and much more. Bring your questions.

**Instructor:** Matthew Livingston & Tyson McNeil- Hay**Min. 10 Max. 40****Dates:** Thursday February 13<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Understanding Dementia****FREE**

Learn how dementia affects the brain and behavior as the disease progresses and about the impact it has on the individual's abilities, memory and functioning as well as the impact the illness has on caregivers and families.

**Instructor:** Tara Hildebrand**Min. 10 Max. 40****Dates:** Tuesday February 18, 2020 1:30PM- 3:30PM**Location:** North Shore Community Centre -Oak Room

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**History in the Ashes: Archaeology of the Elephant Hill Wildfire****\$10**

In the summer of 2017, the Elephant Hill wildfire burned almost 200,000 km<sup>2</sup> of interior forests and grasslands. Post-fire recovery has offered First Nations and archaeologists an unprecedented opportunity to find new archaeological sites and observe the recovery of the landscape from the point of view of historic Indigenous land use. This class will take you on a virtual heritage tour of the wildfire area, with a focus on how landscape-level archaeology is helping us challenge conventional ideas of how Secwepemc ancestors lived for millennia before colonization.

**Instructor:** Joanne Hammond**Min. 10 Max. 40****Dates:** Wednesday February 19, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Executor and Power of Attorney Information****\$10**

If you have been appointed an Executor or under a Power of Attorney, you need to understand the power and responsibilities that you are giving to your representative. This class will outline the things you should consider before assigning or accepting the important appointment as an Executor or Power of Attorney and help you to gather the information you need in advance.

**Instructor:** Leah Card & Tyson McNeil-Hay**Min. 10 Max. 25****Dates:** Thursday February 20<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Last Chance Tourism: How much is Too Much?****\$10**

Globally, tourism continues to grow at a rapid rate and many tourists are in pursuit of pristine, natural environments. At the same time there is overwhelming evidence the environment is being irrevocably damaged by human actions - climate change and the loss of biodiversity are just two examples. We all want to access and experience these unique places, but when do we begin to see the cumulative impacts of our presence in these areas? How do we strike a balance between visiting the places we love and not harming them?

**Instructor:** Robin Reid**Min. 8 Max. 40****Dates:** Thursday February 20<sup>th</sup>, 2020 10AM -12PM**Location:** North Shore Community Centre- Oak Room

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**Feeding Birds in Winter****\$10**

Have you ever wondered which birds overwinter in Kamloops, where they live and what they eat? Join hosts and local bird experts, Drs. Tom Dickinson and Nancy Flood to get some answers. They will begin with a classroom session on birdhouses and practical aspects of different types of bird feed and feeders that you can set up at home. There will also be an introduction to Cornell University's citizen scientist e-Bird database to show you how to register your sightings and discover more about the birds in your backyard. The classroom learning will be followed by a free, optional, indoor "field trip" on each of the following two days during which we will observe birds attracted to people's backyards. Observations will be made at low, mid and upper elevation homes in a variety of settings, and the data collected will be entered into the eBird database.

**Instructor:** Tom Dickinson & Nancy Flood**Min. 8 Max. 40****Dates:** Wednesday February 26<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Wild Church****\$10**

Wild Church is a sacred nature-based experience to awaken deep love for self, earth and all living beings. The Christian story starts in a garden with humanity in conversation with the Holy One. Somewhere far down that luxurious path through the woods, structures began to be built and "church" became walled in. Wild Church is our attempt to return to the natural world to find connection with God, Source, Creator, whatever you name that which is bigger than we are. We meet in "the wild" – in local urban and rural wild spaces – to explore and experience the spiritual and the sacred. We close our gatherings by sitting in a circle to witness one another's experiences. In our sharing, we hear both the wisdom of the land and of one another. Our greatest hope is that we will build a community that learns to love the land and to consciously care for it and be in partnership with it.

**Instructor:** LeAnn Blackert**Min. 10 Max. 30****Dates:** Thursday February 27<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Willow Room

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**HeartMath- The Heart Brain Connection****\$10**

HeartMath.org had its beginning in 1991 and studied the relational heart-brain connection. The heart is the center of your universe and is the connection to your inner self and every entity around you through your electromagnetic field. The heart-brain communicates with the brain with every beat. Stress creates an irregular incoherent heart wave pattern, which left unchecked, over time affects your body's chemistry, hormonal and nervous systems. Science has shown that our emotions control over 90% of our bodies' physical functions. Accumulated stress, as science realizes, leads to disease. HeartMath's breathing tools allow us to shift from heart incoherence to coherence. Coherence is a state when your heart, mind, body and spiritual domains are in sync. Being in sync permits you to access intuition, change the body chemistry that allows you to rebuild a depleted Immune system and produce cognitive brain function and creativity. Learn how to shift your emotions from negative to positive energy states in a heartbeat. For more information go to [www.edwardkentwatson.com](http://www.edwardkentwatson.com) and Facebook Kamloops Heartmath.

**Instructor:** Kent Watson**Min. 8 Max. 30****Dates:** Tuesday March 3<sup>rd</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre- Willow Room

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**The STAN's of the Silk Road****\$10**

Meet the "Stans" - Kazakhstan, Kyrgyzstan, Turkmenistan, Tajikistan and Uzbekistan... plus, a the mysterious "Sixth Stan" (which will be revealed in class)!!!

"I couldn't spell most of the place names, nor pronounce them... and couldn't find them on a map." That summed up the challenge that drove Jan to explore one of the most remote and least understood areas of the world. And it was full of surprises! Join Jan for a lighthearted look at an area of the world cloaked in secrecy for most of the 20th Century and just now emerging on the world scene.

**Instructor:** Jan Petrar**Min. 8 Max. 40****Dates:** Tuesday March 3, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**What is Permaculture?****\$10**

Permaculture is a way of creating permanence and regeneration. While its application is predominantly land management, in this program we will explore the principles of permaculture and how the holistic context of systems thinking and ecological design are important topics in today's world! You will learn how the ethics and principles of land management, regenerative design systems, energy and organic food systems can make a positive impact on urban agriculture building healthy and sustainable communities.

**Instructor:** Shelaigh Garson**Min. 8 Max. 40****Dates:** Tuesday March 10, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Walking + Art****\$10**

How has walking inspired artists? What are the many ways in which walking has been represented in artwork? Can walking itself be art? In this illustrated lecture, local artist and walking enthusiast Ernie Kroeger will be your guide on a tour through the many fields of walking from painting to photography to performance to prose. He will also present some of his own work and discuss his artistic collaboration with the Banff Centre and Walking Lab.

**Instructor:** Ernie Kroeger**Min. 8 Max. 25****Dates:** Thursday March 12<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Willow Room

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**Walking with the Wolves; Dancing with the Donkeys****\$10**

Al Fedorak and Bryan Hunt will take us on a photographic journey to The Northern Lights Wildlife Centre and the Turtle Valley Donkey refuge as they discuss animal photography with reference to these very special venues.

**Instructor:** Allan Fedorak & Bryan Hunt**Min. 10 Max. 40****Dates:** Thursday March 19, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room



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**If Your Clothes Could Talk****\$10**

We will examine 'the social life of clothes' through global systems of production and consumption. Clothing will be our analytic tool—or window—into the world around us. By investigating the role clothing plays in relation to social life, we will consider a wide range of issues and social problems such as those related to labor rights, the environment, gender and class, and the role of transnational stakeholders working to confront challenges. To help us unpack the global fashion and apparel industry, we will turn to the 2013 Rana Plaza building collapse. This April marked the 7th year anniversary of Rana Plaza—an unprecedented disaster in Savar, Bangladesh, that killed more than 1,100 workers producing everyday clothing items for Western consumers, including Canadians.

**Instructor:** Mary Hanlon**Min. 8 Max. 40****Dates:** Monday March 30<sup>th</sup>, 2020 1:30PM- 3:30PM**Location:** North Shore Community Centre – Dogwood Room

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**Stay Active and Healthy at Any Age****\$10**

Learn how to stay active and healthy at any age. In this workshop, you will have an opportunity to change up your current routine or start a new one that fits your lifestyle based on the Canadian Physical Activity Guidelines. We will share examples of how you can participate within your health limits and include different types of movement such as cross body, brain activities and partner work into your routine. Come and learn basic movement patterns that will support daily living and independence. For more information about Physical Literacy: [www.playkamloops.com](http://www.playkamloops.com)

**Instructor:** Nicole Beauregard**Min. 8 Max. 25****Dates:** Wednesday April 1<sup>st</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Creating Calming Environments****\$10**

Join Diane Forster in exploring the factors that have contributed to a 'perfect storm' of accumulation in our homes and our day- to- day lives. We will explore practical solutions for getting organized, maintaining motivation and moving toward a calming environment.

**Instructor:** Diane Forster**Min. 8 Max. 40****Dates:** Thursday April 2<sup>nd</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**Focus on Fun: Kamloops in Spring and Summer****\$10**

This class explores fun activities in the Kamloops region with a special focus on Spring and Summer. Let's get ready to welcome our friends and family to our beautiful area!

**Instructor:** Lisa White**Min. 10 Max. 40****Dates:** Tuesday April 7<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Mindfulness & Empowerment for Everyday Life****\$10**

In this session, we will cover the 7 practices of mindfulness for empowerment, based on the teachings of Marc Lesser, who was the head cook at a Zen monastery kitchen. We will explore these practices as a way of reclaiming our personal power on the basis of a very pragmatic approach on how to engage in our everyday life activities. Participants will learn strategies to enhance their capacity to listen to others, cultivate empathy, self-awareness and resilience, as well as understand how our brain works in automatic mode. Participants will be introduced to all these themes as a way to show a mindful way for us as human beings to reclaim our personal power, which allows us to be fierce or gentle as needed.

**Instructor:** Monica Sanchez-Flores**Min. 8 Max. 25****Dates:** Tuesday April 7<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Fun with the Trivia Quiz Master****FREE**

Come join other fun-loving folks for a relaxing, team-based, easy peasy brain enhancing event. Our trivia-master is full of facts about History, Politics, Literature, Art, Music, Film and Sports. Expect your team to have maybe 12 questions to chew on. We will keep score and there will be prizes.

**Instructor:** Jack Braaksma**Min. 10 Max. 40****Dates:** Wednesday April 8<sup>th</sup> 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**Canadian Mining Abroad, Law & Human Rights****\$10**

Economic globalization is a legal and political phenomenon in that it is significantly enabled by specific legal and political arrangements between transnational corporations, states, banks, investors and a variety of other actors. These arrangements have in turn facilitated the intensification of natural resources extraction by foreign companies operating in developing countries. In the global mining sector, most of these companies are headquartered in Canada. However, many local communities' express serious concerns about the negative impacts of foreign-owned resource extraction on their environment, economies and human rights. Lack of accountability for these harms resulted in intense conflicts between companies and the states that support them on the one hand, and impacted communities on the other. In response, many have begun to demand changes to the traditional legal and political arrangements of economic globalization.

**Instructor:** Charis Kamphuis**Min. 8 Max. 40****Dates:** Thursday April 16<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak Room

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**A Tour of Copper Canyon- Mexico****\$10**

Take an armchair tour of the colorful Copper Canyon in Northern Mexico. A train ride takes you through multiple tunnels and over many bridges and provides spectacular views. Join experienced traveller Karl Meyer on this journey. You can ask questions and see it all from your seat at the North Shore Community Centre.

**Instructor:** Karl Meyer**Min.10 Max. 40****Dates:** Wednesday April 22<sup>nd</sup>, 2020 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

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**Art and Conversation: Donald Lawrence****FREE**

This Spring, the Kamloops Art Gallery will present the first survey of Kamloops-based artist Donald Lawrence's artistic practice, featuring work made over the past 30 years. Lawrence's eclectic mix of drawing, photography, sculpture and optics explore early imaging technologies and the meeting place of urban and wilderness culture and the intersections of art and science.

**Instructor:** Emily Hope**Min. 10 Max. 25****Dates:** Tuesday April 28<sup>th</sup>, 2020 10:30AM-12PM**Location:** Kamloops Art Gallery

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**The Eyes Have it!****\$10**

It's often said the eye is the window to the soul. That may be up for debate, but it definitely is a window to our general health. Dr. Rowsell will go over the different conditions that can occur in our eyes and what they can tell us about our general health. We'll also discuss common eye conditions, what you can do to keep your eyes as healthy as possible and hopefully clarify any questions or misconceptions that may surround these topics. Come ready with your questions, and Dr. Rowsell will be happy to answer as many of them as he can!

**Instructor:** Dr. Mark Rowsell**Min. 10 Max. 40****Dates:** Monday May 4<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak Room

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**Language Sounds and How We Make Them****\$10**

We will explore the human vocal tract and how we use it to make language sounds. From there, we will delve into the International Phonetic Alphabet (IPA) and discover how its symbols relate to the way we make sounds. By the end of the session, participants will be able to transcribe some basic words using the IPA.

**Instructor:** Annette Dominik**Min. 8 Max. 40****Dates:** Tuesday May 5<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Electron Microscopy****FREE**

Using objects that we use every day; we will introduce the concept of resolution and its essential relationship to meaningful magnification in both light and electron microscopy. We will explore the similarities and differences between light and electrons in motion and see how these relate to the construction of the instruments, specimen preparation, image formation, resolution and magnification. Emphasis will be placed on the benefits each form of microscopy provides and how light microscopy is invaluable in validating research done with the electron microscope. Micrographs will be used to exemplify these aspects.

**Instructor:** Hugh Burton**Min. 10 Max. 30****Dates:** Wednesday May 6<sup>th</sup>, 2020 10AM- 12PM**Location:** North Shore Community Centre- Willow Room

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**WINTER 2020 MULTIPLE SESSION COURSE DESCRIPTIONS..... next page**

# WINTER 2020 MULTIPLE SESSION COURSE DESCRIPTIONS

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## Come to the Concert

\$35

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:** Thursdays January 9<sup>th</sup>, February 6<sup>th</sup>, March 5<sup>th</sup>, April 9<sup>th</sup>, April 30<sup>th</sup> 10AM-12PM

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

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## News and 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. 12 Max. 25**

**Dates:** Fridays January 17<sup>th</sup>- March 27<sup>th</sup>, 2020 1:30PM-3:30PM

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

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## Paradise Lost

\$50

The title, "Paradise Lost," might suggest a course about the fatal effects of global climate change. But it is not. Yet, it is a course about humanity as a whole, about its present state and its future. This "Paradise Lost" is a course about John Milton's great 17th Century Christian epic.

For Homer in the "Iliad" and the "Odyssey," and Virgil in the "Aeneid," the issue was how mankind can uphold social and political order and self-discipline against individual pride and egotism. For Milton the question is more basic: how did pride and anarchy enter humanity and the world in the first place, especially a world created by a supposedly all-powerful and benevolent god? In brief, his epic's focus is the problem of evil and its origin.

Over our ten weeks, we will read and discuss the twelve books of Milton's epic, exploring his story and his imaginative creation of the three main locations of the action—Hell, Heaven, and Earth. Unlike the Classical epics, the text we will read is not a modern translation but Milton's own verse, the extraordinarily powerful, vivid and musical poetry of a poet who had become completely blind.

**Instructor:** Rod Michell

**Min. 10 Max. 25**

**Dates:** Mondays January 20<sup>th</sup>- March 30<sup>th</sup>, 2020 10AM-12PM

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

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## Africa for Scaredy Cats

\$20

Driven by very personal reasons, Jan ventured to southern Africa to try to answer questions she had harbored for years. "What exactly happened here?" Held back by the legacy of the turbulent history and politics of the region, the fall of Robert Mugabe in 2017 signaled it was time to go. Overcoming fears of bugs, infectious disease, bad roads, tummy troubles, a fear of animals of all kinds, and a deep and long-standing hatred of camping, Jan uncovers an Africa perhaps different from what is more commonly the focus. Join her as she presents a fascinating story, one that troubles her to this day.

**Instructor:** Jan Petrar

**Min. 10 Max. 40**

**Dates:** Tuesdays January 28<sup>th</sup>- February 11<sup>th</sup>, 2020 1:30PM-3:30PM

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

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**Meditation Basics for your Health****\$20**

A three-part program introducing the participants to basic information about meditation and its health benefits. Each session will include a few different meditation practices to encourage participants to find a practice that works for them to include into their daily lives.

**Instructor:** Kim Jensen**Min. 8 Max. 25****Dates:** Fridays January 31<sup>st</sup>- February 14<sup>th</sup>, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Dogwood Room

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**Creative Memoir Writing****\$25**

You have a story that's haunting you to tell, but you wonder: Is it worthwhile? How do I begin? Is there a simpler way to make this happen? (Or maybe: Is my family going to disown me when they see what I have to say?) During this course, you will experiment in a variety of memoir writing styles, discover your best way to make it happen, and have the time and space to get your project rolling. And yes, telling your story is worthy...beyond a doubt.

**Instructor:** Janet Whitehead**Min. 8 Max. 15****Dates:** Tuesdays February 4<sup>th</sup>-February 25<sup>th</sup>, 2020 1:00PM-3:00PM**Location:** The Residence- Library Room

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**The Gospel of Mark****\$25**

The Gospel according to Mark is one of the four canonical gospels. It relates the Ministry of Jesus from his baptism by John the Baptist to his death, burial and the discovery of the empty tomb. It is considered by many to conceal subversive elements in its parables.

**Instructor:** Dave Fields**Min. 10 Max. 35****Dates:** Tuesdays February 4<sup>th</sup>- February 25<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak Room

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**What's Up with the Indian Act?****\$25**

Many people have heard of the Indian Act and have a general sense that it makes rules for "Indians", the indigenous people of Canada. The Indian Act is little more than an administrative mechanism designed to chart out the roles and responsibilities between the Canadian Government and First Nations based on the constitutional protections afforded from the British North America Act (Canada's first Constitution) through to the Constitution Act, 1982, Canada's modern-day Constitution. However, the relationship between indigenous peoples and the newcomers did not start with Confederation. It in fact started much, much earlier, and those early relations played a key role in the relationship we see today. For the purposes of this course, we will look at four historical eras as they pertain to the Indian Act. We will look at pre-colonial relations, colonial relations, confederation and its impact, and the 1982 amendment to the Constitution and its impact on indigenous people in Canada.

**Instructor:** Michelle Good**Min. 8 Max. 30****Dates:** Wednesdays March 4<sup>th</sup>- March 25<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Willow Room

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

Venerable Gawa Khandro will present a series of Directed Teachings based on specific questions from the attendees. The questions are to be written down on plain white paper, not signed, and she will choose three or four each session to address directly using the teachings of Buddha as the basis for exploring and understanding our common human dilemmas and challenges.

**Instructor:** Ven. Ani Gawa Khandro**Min. 8 Max. 30****Dates:** Fridays March 6<sup>th</sup>- March 27<sup>th</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Willow Room

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**Re-creating History: Novels, Plays and Poetry set in Kamloops****\$15**

In *Creation* (1970) novelist Robert Kroetsch stated, “We haven’t got an identity until somebody tells our story. The fiction makes us real.” This course will delve into the literary identity of Kamloops by examining selected novels, plays and poetry largely historical, that are set in the Kamloops area. What people, plots, and places are at the forefront of our literary identity?

**Instructor:** Ginny Ratsoy**Min. 8 Max. 30****Dates:** Tuesdays March 24<sup>th</sup>- March 31<sup>st</sup>, 2020 10AM-12PM**Location:** North Shore Community Centre – Willow Room

# Kamloops Adult Learners Society

## FALL 2019 MEET OUR PRESENTERS

Barnard, Dr. Cornel	Originally from South Africa, Dr. Barnard currently practices at the Chase Medical Clinic, after working in Barriere and other rural placements in our area. He is active in the Chase community as a primary care physician, a communicator for the local newspaper on medical issues, as well as the team doctor for the Chase Heat Junior Hockey Club.
Beauregard, Nicole	Nicole Beauregard is a Sport for Life and National Coaching Certification Program (NCCP) Learning Facilitator. She has worked in sport development with municipal governments for the past 10 years. Committed to advancing Physical Literacy, Nicole sits on the PLAY Kamloops leadership team that helps identify projects and initiatives to keep our community healthy. As a consultant for Sport for Life, Nicole is also the Community Mentor for the Physical Literacy for Communities Project in the Shuswap region. She is passionate about physical literacy and the role local leadership plays in collective impact.
Blackert, LeAnn	Rev LeAnn Blackert is the minister for a new church plant in Kamloops - Wild Church - and is a resource to emerging Wild Church communities in the Pacific Mountain Region. Originally ordained and serving in the United Church of Christ in the USA, LeAnn was nudged by love and a call over the border and ultimately into ministry with Mount Paul United Church here in the Kamloops. In May of 2019, LeAnn left Mount Paul to work full-time with Wild Church. She also serves as a member of the steering committee for the Wild Church Network, a coalition of Wild Churches across the US and Canada.
Braaksma, Jack	Jack Braaksma is a retired business owner and his involvement with KALS goes back more than 10 years He has presented courses on philately and for several years the popular "At the Movies with Jack and Jane"
Burton, Hugh	A university professor specializing in electron microscopy, Hugh Burton's experience includes teaching course development, electron microscope maintenance and rebuilding.
Card, Leah	Leah Card received her Bachelor of Laws from UBC in 2006 and returned to article with Fulton in 2007 where she is now a partner. She has a broad business and property law background, and well over a decade of experience in wills and estates law. She is involved in a variety of professional and community organizations and is an editor of an Estate Newsletter.
Dickinson, Dr. Tom	Dr. Dickinson, 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.
Dominik, Dr. Annette	Dr. Dominik is a long-time faculty member at TRU who teaches French and linguistics in the Department of English and Modern Languages. She holds degrees in Romance Languages and Linguistics from UBC, Université Laval and Université de Sherbrooke.
Fedorak, Allan	Al Fedorak is a retired photographer and outdoor enthusiast who is happy to learn and share new ideas in the photography field, even after taking pictures for over 50 years.
Fields, Dave	Dave Fields joined the ministry at Summit Drive Church in 2006, and is currently the lead pastor. His educational background includes a Bachelor of Science from UNBC, a Master of Divinity from McMaster university and a Doctorate of Ministry from Acadia University.
Flood, Dr. Nancy	Dr. Flood is a senior lecturer in the Biological Sciences department at TRU. Ecology, evolution and behavior of birds are her primary focus, as well as conservation and population biology.
Forster, Diane	Friends said my Mom was capable of running a small country, so I guess I inherited the “organizing gene”! While not a direct part of my 40 years in business, being well organized definitely saved time and stress. I’m passionate about helping others downsize and creating calming environments for themselves. In the home and in life.
Garson, Shelaigh	Shelaigh Garson is a certified Permaculture Land & Garden Designer who has worked in the local food systems and urban agriculture since 2009. As the past Community Gardens & Public Produce Coordinator and a member of the Kamloops Food Policy Council & facilitator of Permaculture Kamloops Group, she is a passionate advocate for organic food production, local food systems, regenerative design and land management.
Good, Michelle	Michelle Good graduated with distinction with a Bachelor of Laws at UBC in 1999, and earned a Master of Fine Arts from UBC in 2014. For 20 years before seeking her LLB, Michelle worked with indigenous communities and organizations in a wide variety of capacities. She began her legal career working intensively in employment and labor law and subsequently in the area of aboriginal law. She taught History, Indigenous Studies, First Nations Studies in the post-secondary setting. Ms Good is of Cree ancestry and a member of the Red Pheasant Cree Nation. In 2018, she won the HarperCollins/UBC Best New Fiction Prize for her manuscript Five Little Indians.
Hammond, Joanne	Joanne is currently Director of Archaeology, Heritage and Environment at the Skeetchestn Natural Resources Corporation. Her professional focus is to support First Nations in community-led heritage and management projects. Joanne is a frequent contributor to the Kamloops This Week, Dig It column.



<p>Hanlon, Dr Mary</p>	<p>Dr. Hanlon earned a PhD in Sociology at The University of Edinburgh and teaches sociology at TRU. Her latest article "Canada must do more for responsible fashion and apparel" (21 March 2018) The Conversation. Available: <a href="http://bit.ly/2HR5qYE">http://bit.ly/2HR5qYE</a>. Select publication: Lamrad, Nadira and Mary Hanlon. (2014) Untangling Fashion for Development. Fashion Theory: The Journal of Dress, Body &amp; Culture 18: 601-632. Open access: <a href="http://bit.ly/2amR1mz">http://bit.ly/2amR1mz</a>. Interested in responsible fashion? Check out: Social Alterations education and research lab: <a href="http://bit.ly/2csF3eR">http://bit.ly/2csF3eR</a></p>
<p>Hildebrand, Tara</p>	<p>Tara Hildebrand is the Support and Education Coordinator for the Alzheimer Society of B.C. and has worked for the Alzheimer Society for nine years, providing families with support, information and education. Before working for the Alzheimer Society, Tara worked for many years in long-term care providing recreation therapy to individuals with all types and stages of dementia. This position gave her an enormous amount of experience caring for people with dementia that has been invaluable in helping caregivers understand their family member. Tara's degree in education has been very beneficial when facilitating education sessions about dementia, and consequently helping to improve the quality of life of caregivers, families and the person with the diagnosis.</p>
<p>Hope, Emily</p>	<p>Emily Hope is Education and Public Programs director for the Kamloops Art Gallery</p>
<p>Hunt, Bryan</p>	<p>Bryan is past president of Kamloops Photo Arts club, a longtime resident, fisherman, and explorer of the B.C. Interior.</p>
<p>Jensen, Kim</p>	<p>Kim is a former Registered Nurse and Community Capacity Builder. She continues to provide community education and consulting services for program development and project management. Kim is a student of Shamanism and other ancient healing traditions involving energy work and is a Reiki Master Practitioner and Teacher.</p>
<p>Jones, Craig</p>	<p>Craig Jones is a professor in the Faculty of Law at TRU. Prior to joining the Faculty, Professor Jones served as the Supervising Counsel of the Constitutional &amp; Administrative Law Group in the BC Ministry of Justice. He appeared as lead counsel in a number of significant constitutional cases including PHS v. Canada (the Insite safe-injection site appeal), the Polygamy Reference, the Election Act challenge, the Missing Women Commission of Inquiry, and the "Occupy Vancouver" courthouse-access case. He successfully defended the authority of the Braidwood Inquiry into the YVR Airport death of Polish immigrant Robert Dziekanski against court challenges by Taser International and four RCMP officers involved. Before joining government, he was on the team that defended against constitutional challenges to BC's Tobacco Damages and Health Care Costs</p>

	<p>Recovery Act, culminating in a landmark win at the Supreme Court of Canada in <i>British Columbia v. Imperial Tobacco</i>. In this period, he also served as counsel to Thomas Berger, O.C., Q.C. in the 2004 Vancouver Electoral Reform Commission and the Nunavut Land Claims Conciliation in 2005-6, and assisted in the preparation of Mr. Berger's reports. Professor Jones retains a consultation and litigation practice as Associate Counsel at a Vancouver litigation firm, and is currently counsel on several class action and public law cases.</p>
Kamphuis, Charis	<p>Charis is an associate professor in the Faculty of Law at TRU. Her research engages multiple fields of law and policy that touch on resource extraction, Indigenous rights, human rights defenders, corporate accountability and home-state extra-territorial responsibility. She has presented her research across Canada and internationally. In 2011, Charis co-founded the Justice and Corporate Accountability Project (JCAP), a not-for-profit organization that provides legal support to communities in Latin America, Africa and Canada adversely affected by resource extraction. Charis continues to sit on the JCAP Board of Directors and to supervise law students doing JCAP related legal research. Charis teaches an experiential learning seminar based on this work: "Transnational Lawyering: Social Justice, Communities &amp; Resources."</p>
Khandro, Ven. Ani Gawa	<p>Venerable Gawa Khandro is an ordained Buddhist nun. Her teachers, from whom she has received direct transmission, include H.H. Dalai Lama, Thich Nhat Hahn, Acharya Pema Chodron, VV Kenchen Thrangu Rinpoche, and Lama tsewant Samdrup. Currently a member of the 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 Center.</p>
Klancher, Don	<p>Don Klancher, a member of Kamloops Division of the RCMP Veterans' Association. For more than fifty-five years, he has researched and documented various aspects of NWMP, RNWMP and RCMP history. Recognized as one of the foremost RCMP historians in Canada, that research has, including this project, resulted in six books.</p>
Kroeger, Ernie	<p>Ernie Kroeger is a recently retired Professor at Thompson Rivers University where he taught photography in the Visual and Performing Arts program. He holds a Bachelor of Fine Arts (Honours) degree from the University of Manitoba and a Master of Fine Arts degree from the University of Calgary. His artwork has been exhibited across Canada and in Europe.</p>

Littley, Dr. Eric	Dr. Littley is the retired Chair of Biological Sciences at TRU, and a life-long car enthusiast. He worked in agriculture and post-secondary education and has had an abiding interest in clever technological innovations, especially those with an environmental focus.
Livingston, Matt	Matt Livingston completed his BA in Winnipeg, earned his Juris Doctor degree from TRU in 2015, completed his articles at a local boutique tax law firm and joined Fulton in 2016. He practices a wide variety of estate planning, real estate transactions and business law. Matt draws from a comprehensive tax and legal perspective when assisting his clients in starting, or growing their businesses, and planning for their futures. Originally from Winnipeg, Matt and his wife have called Kamloops home since 2014 and are enjoying putting down roots.
McNeil-Hay, Tyson	Tyson McNeil-Hay earned his Juris Doctor degree from Queen's University in 2012 and joined Fulton in 2012. His law practice focuses on estate, commercial and local government litigation. As a persuasive, successful advocate, he has appeared at all levels of court in BC. He is involved in a variety of professional and community organizations and is a presenter at professional & local events.
Meyer, Karl	Karl is a retired engineer and project manager for large computer systems. He is a KALS member and also volunteers in the KALS program committee. He has travelled extensively for business and pleasure in Europe, North America, South America, Asia, Australia and New Zealand. Karl is fluent in Spanish, French and German and refers to English as his 4th language.
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.
Petrar, Jan	Jan Petrar has a BA in Music and an MBA in Tourism. After many years in the travel industry, Jan transitioned to academia and held both faculty and administrative positions. Since retiring, she has turned her focus toward writing, mostly on topics related to travel.
Pillar, Ray	Ray Pillar has been a 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 is a political commentator and is a keen follower of Canadian and international politics.
Ratsoy, Ginny	Ginny Ratsoy is an Associate Professor of English at TRU who has taught for KALS since 2007. Her teaching has focused on Canadian literature, especially plays and novels set in BC. She has also published articles on third-age learning, small cities, and plays and novels set in British Columbia.
Reid, Robin	Robin Reid is an Assistant Professor in the Tourism Management Department at TRU. Robin's academic background and teaching experience have guided her research interests in cultural narrative and sense of place in

	urban, rural and wilderness landscapes. Robin received the TRU 2014 Teaching Excellence Award.
Rowsell, Dr. Mark	Dr. Rowsell graduated 2014 from the University of Waterloo with a Doctor of Optometry, receiving the AOF Award of Excellence in Contact Lens Patient Care and GPLI Clinical Excellence Award. He is originally from St. John's, Newfoundland and obtained a Bachelor of Science Degree (Honours) in Chemistry from Memorial University in St. John's and currently works for The Family Vision Clinic in Kamloops.
Ruckert, Gisela	Gisela Ruckert 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 a leader of Fair Vote Canada BC 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 behaviour change.
Sanchez-Flores, Dr. Monica	Dr. Monica 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 include Political Philosophy for the Global Age (2005, Palgrave) and Cosmopolitan Liberalism: Expanding the Boundaries of the Individual (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.
Ste. Marie, Jennifer	Jennifer Ste. Marie is an Occupational Therapist. 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 8 years ago. It is her belief that we all have a part to play in bringing about the changes needed to create a more resilient and just society which cares for the planet, and that we will make progress only by working together.
Stewart, Meghan	Meghan Stewart completed her undergrad degree in Honours History at UVIC, and an MA in Public History at Carlton University. She has worked in a variety of tourist and historic destinations, with a keen interest in making history engaging and accessible. As a resident of the Interior and the Sunshine Coast, Meghan has lots of background in B.C. stories and is looking forward to sharing with KALS the latest KMA exhibit.

Watson, Kent	Kent Watson (BSc, MSc), is a certified HeartMath Trainer. Kent has 35 years of university teaching and research experience in the field of science. Over his tenure, Kent witnessed the stress the educational system puts on students and faculty. Kent also sees the pressure in our society in general. HeartMath, backed by science, and the techniques developed over twenty-five years has been proven to work in many fields, including law enforcement, the medical profession, business, firefighters, schools, athletes, universities and the military to name a few. Kent's goal over the years has been to reduce student stress levels in the classroom. As a graduate of the HeartMath Training Centre, Kent discovered practical tools to enhance stress reduction, not only in the school but in other environments as well.
White, Lisa	Lisa White is the Communications Specialist for Tourism Kamloops. As a longtime resident, Lisa is most capable of guiding us on a Boldly Unscripted Adventure designed to prepare us to welcome visitors to our wonderful region. Our group had so much fun with Lisa in the Fall, gathering lots of information and sharing our own ideas too, that we thought it best to enjoy a return visit.
Whitehead, Janet	Janet Whitehead is a professional life and creativity coach who has helped numerous authors worldwide get their written works completed and published. She is the author of her own published memoir, Beyond All Imaginings, and several unique memoirs created within her family. Janet is also the owner/curator of Writerly Kits – a subscription box service for writers and those who want to be writers.

## **Kamloops Adult Learners Society**

### **WINTER 2020 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

**The Residence**

#100 3300 Valleyview Drive Kamloops, BC, V2C 0G9