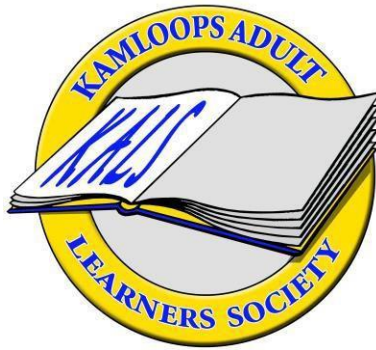


KAMLOOPS ADULT LEARNERS SOCIETY

KALS



2020 FALL 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
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.

In person Class sizes were determined using strict social distancing rules and protocols and KALS will adjust rules to comply if the Provincial Health Officer changes them.

When you arrive at NSCC you must first register at the front desk to enable contact tracing before going to the classroom.

Masks are recommended for entrance into and out of classrooms when there is only one entrance door.

Online Zoom classes will not be refunded if your individual internet connection fails. You must have the Zoom software downloaded before the class 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 FALL REGISTRATION BEGINS AUGUST 17th, 2020 @ 9AM

REGISTRATION OPTIONS

- On-line at 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 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.**

4 Weeks	Meditation #1 (Zoom class)	September 9, 2020	\$ 20.00
11 Weeks	News & Views	September 18, 2020	\$ 50.00
1 Class	Natural Medicines and their Chemical Modification and Enhancement	September 22, 2020	\$ 10.00
1 Class	Wildlife Park Tour	September 24, 2020	\$ 14.00
6 Weeks	From a Buddhist Perspective	September 25, 2020	\$ 40.00
6 Weeks	From a Buddhist Perspective (Zoom class)	September 25, 2020	\$ 40.00
1 Class	Mindfulness & Empowerment in Everyday Life (Zoom class)	September 29, 2020	\$ 10.00
1 Class	Electron Microscopy	September 29, 2020	\$ 10.00
1 Class	LED Light Therapy: Optimizing health through the frequency of light for life (Zoom class)	October 5, 2020	\$ 5.00
1 Class	Inside the Book Business	October 6, 2020	\$ 10.00
1 Class	Guernica: the significance of Picasso's painting	October 7, 2020	\$ 10.00
1 Class	Living Wills, Advanced Medical Directives, Representation Agreements - What do I need?	October 8, 2020	\$ 10.00
5 Weeks	King Lear	October 13, 2020	\$ 35.00
4 Weeks	Meditation #2 (Zoom class)	October 14, 2020	\$ 20.00
1 Class	The Uncertain Future of Adventure Tourism	October 14, 2020	\$ 10.00
2 Weeks	Social Inequities, Systemic Racism and Human Rights in Canada	October 19, 2020	\$ 15.00
2 Weeks	What's Up with the Indian Act?	October 21, 2020	\$ 15.00
1 Class	Perseverance: The Life of William Fernie, the Man Who Caught Billy Miner	October 27, 2020	\$ 10.00
4 Weeks	Creative Memoir Writing	November 2, 2020	\$ 30.00
1 Class	Canadian Mining Abroad, Law & Human Rights	November 2, 2020	\$ 10.00
1 Class	Exploring the Northwest Passage	November 3, 2020	\$ 10.00
1 Class	Big Horn Sheep Fall Rut	November 4, 2020	FREE
1 Class	Mongolia: Land of Pastoralists	November 5, 2020	\$ 10.00
1 Class	Understanding ideology and its influence on our lives (Zoom class)	November 10, 2020	\$ 10.00
2 Weeks	The North Shore: From Fort to Town, 1843 - 1967	November 17, 2020	\$ 15.00
1 Class	One Health	November 19, 2020	\$ 10.00
4 Weeks	Meditation # 3 (Zoom class)	November 25, 2020	\$ 20.00
1 Class	Climate Change, Ecosystem Resilience and Local Implications	December 14, 2020	\$ 10.00
1 Class	Life as a Conservation Officer	December 16, 2020	\$ 10.00

FALL 2020 SINGLE SESSION COURSE DESCRIPTIONS

Natural Medicines and their Chemical Modification and Enhancement

\$10

Natural sources (plant, animal and microbial) can supply medicines and beneficial drugs, but often chemistry is needed to modify many of these, to increase supply, and improve potency or bioavailability and to try to keep ahead in the continual race against bacteria, viruses and microorganisms as they develop immunity to drugs.

Instructor: David McKinnon

Min. 8 Max. 20

Dates: Tuesday September 22nd, 2020 10AM-12PM

Location: North Shore Community Centre – Oak/ Willow Room

Wildlife Park Tour

\$14

Enjoy a tour of the wildlife park with a member of their educational program staff. There will be an indoor and outdoor portion, so dress for the weather. The class fee includes entry to the park, so you may stay longer if you choose.

Instructor: Wildlife Park Guides

Min. 10 Max. 20

Dates: Thursday September 24th, 2020 9:45am-11:15pm

Location: Wildlife Park

Mindfulness & Empowerment in Everyday Life

\$10

In this session we will cover the 7 practices of mindfulness for empowerment based on lessons from Google and the teachings of a Zen monastery kitchen head cook (Marc Lesser). I will propose that, in a way, we are all leaders in various roles in everyday life, as parents, in groups of friends, when trying to complete a chore...or simply in setting the direction of our own life. We will explore these practices of mindful leadership as a way of engaging our senses in the present moment and garnering our own personal power, which may be unconsciously obstructed by our own biases and past experiences. 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. 10 Max. 30

Dates: Tuesday September 29th, 2020 10AM-12PM

Location: Zoom Online

Electron Microscopy

\$10

Using every day objects, 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. 8 Max. 20

Dates: Tuesday September 29th, 2020 1:30PM-3:30PM

Location: North Shore Community Centre – Oak/ Willow Room

LED Light Therapy: Optimizing health through the frequency of light for life**\$5**

LED light therapy is effective for healing and pain management. The light works on a cellular level by stimulating the cell's natural healing and pain relief processes. The light is used to heal, improving tissue repair in wounds, bones, and tendons, reduces pain and inflammation and restores multiple physiological processes which repair damage caused by injury or disease. LED therapy is safe to use every day and there are no known risks or side effects. It is non-invasive, which makes it a more suitable healing therapy to other modalities during COVID-19.

Sam Chi Health has customized 4 color wavelength spectrum healing, each for specific ailments with 29 health benefits. Photo biomodulation is used for a variety of health issues and has a significant anti-inflammatory effect on the body.

Instructor: Samantha Weyers**Min. 8 Max. 40****Dates:** Monday October 5th, 2020 1PM- 2PM**Location:** Zoom Online

Inside the Book Business**\$10**

Gain insights into the exciting world of publishing. Learn about its people, processes, and politics. Delve into the history of using written words to spread information, thoughts, and feelings. Elma Schemenauer arrived in Toronto as a prairie chicken hoping to work in publishing. Breaking in was not easy, but she went on to enjoy 30-plus years of editing and writing everything from short stories to novels to articles, textbooks, poetry, and picture books. In this presentation, she will share highlights of what she learned.

Instructor: Elma Schemenauer**Min. 8 Max. 20****Dates:** Tuesday October 6th, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/ Willow Room

Guernica: the significance of Picasso's painting**\$10**

Guernica is one of the most iconic images of the 20th century. The painting depicts the German bombing of Guernica, Spain in 1939. Picasso was in Paris working on a piece commissioned for the World Fair when he received word of the event. His inspiration for the monochromatic painting seems to have come from newsreels, newspaper articles and pictures of the devastation that was left. Although the painting was done in a very short time, its impact has resonated long after the event. If time permits, I would like to have participants do a schematic drawing of the painting to discover how Picasso organized the composition and how it relates to classical design such as how paintings from the renaissance were configured.

Instructor: Ila Crawford**Min. 8 Max. 20****Dates:** Wednesday October 7th, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak/ Willow Room

Living wills, Advanced Medical Directives, Representation Agreements- What do I need?**\$10**

Along with a legal will and power of attorney, each person should consider preparing a legal document about medical care. This class will discuss advance care planning, which is the process of thinking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. An advance care plan should include information for a variety of situations including hospital care during and after routine surgery, care in the event of an accident, or end-of-life decisions. In British Columbia advance directives are legal documents that provide options for all capable adults who want to do advance care planning. The class will have a lawyer and medical doctor provide information about advance care planning in B.C. and tools to get you started making a plan.

Instructor: Matthew Livingston & Ron Oyler**Min. 10 Max. 30****Dates:** Thursday October 8th, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Dogwood Room

Understanding Ideology and its Influence on our Lives**\$10**

Ideology is a constellation of interrelated ideas, beliefs, values, ethics, orientations. Ideology influences the decisions we make and the actions we take. In this course we will examine our own ideology and its etiology, as well as challenge ourselves to consider other ideological paradigms.

This course will help prepare us to better understand reason and to think through complex conflicts of ideology, values and ethics in everyday life.

Instructor: Michael Crawford**Min. 8 Max. 40****Dates:** Tuesday November 10th, 2020 10AM-12PM**Location:** Zoom Online

The Uncertain Future of Adventure Tourism**\$10**

Adventure Tourism provides the following:

Supports 32,000 BC families (21,000 direct, 11,000 indirect) in communities through all regions of the province.

Propels 2,200 businesses and employment ranging from managerial occupations, trades and technical positions, and seasonal, entry-level employment.

Generates \$3.2 billion in direct annual visitor spending.

Provides partnership opportunities for First Nations and rural areas in BC.

Brad's presentation will focus on the challenges that adventure tourism faces, including the following:

Rebounding from the challenges of the Covid-19 pandemic.

How will UNDRIP, the United Nations Declaration on the Rights of Indigenous People, impact outdoor recreation?

How will changes to the Species-at-Risk initiative impact access to the backcountry?

How can recreationalists manage backcountry use in a responsible manner? How do we maintain environmental, social, and experiential carry capacities?

How do outdoor enthusiasts deal with the impacts of climate change? Receding glaciers, inconsistent snowpack's, extreme weather patterns, migratory path changes, etc?

This will be an interactive session; Brad will be looking for your input to all these questions.

Instructor: Brad Harrison**Min. 8 Max. 20****Dates:** Wednesday October 14th, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak/Willow Room

Perseverance: The Life of William Fernie, the Man Who Caught Billy Miner**\$10**

Ron will discuss his newly published book about the life and times of William Fernie, an important figure in Kamloops history. William Lewis Fernie, the provincial police officer who caught Bill Miner, has unfortunately faded into history while Miner has achieved folklore status. However, the life of Bill Fernie (1868-1943), was far more exciting, and he contributed significantly more to Kamloops and British Columbia. Now, thanks to materials recently acquired by the Kamloops Museum and Archives, the story of this remarkable man can be shared for the first time.

Instructor: Ron Hatch**Min. 8 Max. 20****Dates:** Tuesday October 27th, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak/Willow Room

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. 20****Dates:** Monday November 2nd, 2020 1:30PM- 3:30PM**Location:** North Shore Community Centre- Oak/ Willow Room

Exploring the Northwest Passage**\$10**

The exploration of the Northwest Passage has been a fascinating chapter in Canadian history. For centuries, explorers tried to find this fabled route to the riches of the Orient. The most famous expedition was led by Sir John Franklin in 1845 and the disappearance of his two ships and 129 men launched 30 years of searches and discoveries. Today, the Northwest Passage is traversed by cruise ships and visitors are awed by the spectacular vistas of the Arctic. Roland Neave has travelled to the Arctic three times between 2016 and 2019 on board the small ship Ocean Endeavour, operated by Adventure Canada. His last voyage was through the entire Northwest Passage from Kugluktuk, Nunavut, east to Kangerlussuaq, Greenland. He was one of the first tourists to have the thrill of visiting the site of the sunken shipwreck Erebus, the Franklin ship that was discovered in 2014. The group also visited remote villages such as Gjoa Haven and Grise Fjord, cruised through narrow Bellot Strait, visited the Franklin graves at Beechey Island, and explored by zodiac the tidewater face of Croker Glacier. Roland will talk about some of the explorers of the Northwest Passage, accompanied by a slide show of his three Arctic expeditions.

Instructor: Roland Neave**Min. 8 Max. 30****Dates:** Tuesday November 3rd, 2020 10AM-12PM**Location:** North Shore Community Centre – Dogwood Room

Big Horn Sheep Fall Rut**FREE**

Biologist and regular KALS contributor Tom Dickinson will lead a field trip to the Dewdrop area to observe big horn sheep at the beginning of the fall rut. Bring binoculars, a snack or lunch if required and dress for the weather. Walking through grasslands, possibly without trails, will be required. Meet at wildlife viewing pullout, just before the railroad tracks, at the entrance to Tranquille property.

Instructor: Tom Dickinson**Min. 10 Max. 12****Dates:** Wednesday November 4th, 2020 9AM-11AM**Location:** Field Trip-Meet near the entrance to Tranquille property

Mongolia: Land of Pastoralists**\$10**

Mongolia – a land locked nation between Russia and China, that from the days of Genghis Khan, has been home to pastoralists. We will take a tour of Mongolia and look at how its transition into a free market economy has impacted the lives of the pastoralists and what challenges they face today. We will discuss the question being posed in many parts of the world today, “Is the pastoralist way of life sustainable?”

Instructor: Wendy Gardner**Min. 8 Max. 20****Dates:** Thursday November 5th, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak/Willow Room

One Health**\$10**

“We just developed this wonderful drug – why isn’t it working?”

It is becoming increasingly evident that solutions or management of medical problems requires the collaboration and cooperation of many disciplines (including Veterinarians). Hence the idea of "One Health" and It is also very evident that “miracle cures” are few and far between. A holistic approach is crucial.

Instructor: David Sedgman

Min. 8 Max. 20

Dates: Thursday November 19th, 2020 10AM-12PM

Location: North Shore Community Centre – Oak/Willow Room

Climate Change, Ecosystem Resilience and Local Implications**\$10**

Join John Karakatsoulis for a presentation/discussion on what ecosystem resilience means in light of a changing climate. How will our current forested and non-forested (i.e. grasslands) ecosystems respond to climate change – is there time to adapt or will we see a major shift in ecosystems across our landscapes?

Instructor: John Karakatsoulis

Min. 8 Max. 20

Dates: Monday December 14th, 2020 1:30PM-3:30PM

Location: North Shore Community Centre – Oak/Willow Room

Life as a Conservation Officer**\$10**

Kevin has a wealth of experience as a Conservation Officer. He will discuss characteristics and traits of various animal species and what happens when there are conflicts over the spaces we share.

Instructor: Kevin Van Damme

Min. 8 Max. 20

Dates: Wednesday December 16th, 2020 10AM-12PM

Location: North Shore Community Centre – Oak/Willow Room

FALL 2020 MULTIPLE SESSION COURSE DESCRIPTIONS..... next page

FALL 2020 MULTIPLE SESSION COURSE DESCRIPTIONS

Meditation # 1

\$20

Kim will offer three sets of Zoom meditation classes of four classes per session and with classes only 75 minutes long. The classes will consist of a check in, two short meditations to begin with, some information on meditation shared in between, and then brief instructions for home practice for the week. As we know, COVID is affecting us not only at a physical level but at a mental and spiritual level as well. Kim is offering these classes to hopefully help people to not only survive in these times but to thrive and to continue to learn and grow and just BE, as well as live life to the fullest even during times of extreme changes.

Instructor: Kim Jensen

Min. 5 Max. 10

Dates: Wednesdays September 9th, 2020 – September 30th, 2020 1:30PM-2:45PM

Location: Zoom Online

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. 10 Max. 20

Dates: Fridays September 18th, 2020 – November 27th, 2020 1:30PM-3:30PM

Location: North Shore Community Centre – Oak/Willow Room

From a Buddhist Perspective

\$40

For 2600 years what the Buddha taught has worked to help people to live happier, more peaceful and fulfilling lives. Venerable Gawa will offer dharma talks on various subjects with the focus on learning how to use the teachings to deal with the challenges of modern life, not only to make our own lives better, but also to help create benefit for all beings. There will be time for Q & A at the end of each session.

Instructor: Venerable Ani Gawa Khandro

Min. 8 Max. 10

Dates: Fridays September 25th- October 30th, 2020 10AM-12PM

Location: North Shore Community Centre – Willow Room

From a Buddhist Perspective

\$40

For 2600 years what the Buddha taught has worked to help people to live happier, more peaceful and fulfilling lives. Venerable Gawa will offer dharma talks on various subjects with the focus on learning how to use the teachings to deal with the challenges of modern life, not only to make our own lives better, but also to help create benefit for all beings. There will be time for Q & A at the end of each session.

Instructor: Venerable Ani Gawa Khandro

Min. 10 Max. 30

Dates: Fridays September 25th- October 30th, 2020 1:30PM-3:30PM

Location: Zoom Online

King Lear**\$35**

Mary returns this time to help us explore Shakespeare's tragedy, " King Lear" through video and discussion. King Lear announces the end of his reign and the division of his kingdom among his three daughters and this profound study of aging and family, one of the saddest, empathic portrayals of the human condition ever written is brought to life on video as staged at the Stratford festival and then a recent movie version with Anthony Hopkins and Emma Thompson. Come to enjoy and discuss great drama, made accessible through two excellent and complementary productions.

Instructor: Mary Schmid**Min. 10 Max. 20****Dates:** Tuesdays October 13th- November 10th, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/ Willow Room

Meditation # 2**\$20**

Kim will offer three sets of Zoom meditation classes of four classes per session and with classes only 75 minutes long. The classes will consist of a check in, two short meditations to begin with, some information on meditation shared in between, and then brief instructions for home practice for the week. As we know, COVID is affecting us not only at a physical level but at a mental and spiritual level as well. Kim is offering these classes to hopefully help people to not only survive in these times but to thrive and to continue to learn and grow and just BE, as well as live life to the fullest even during times of extreme changes.

Instructor: Kim Jensen**Min. 5 Max. 10****Dates:** Wednesdays October 14th- November 4th, 2020 1:30PM-2:45PM**Location:** Zoom Online

Social Inequities, Systemic Racism and Human Rights in Canada**\$15**

In these sessions participants are invited to develop a deeper understanding of how complex and intersecting socially constructed realities work to advantage and disadvantage individuals and groups. Through presentations, dialogue and reflection, we will explore the notions of equality, opportunity, access, and the "level playing field" with notions of equity, social justice and human rights.

Part one will set the foundation by defining terms, exploring bias, stereotypes, and privilege, and reflecting on systemic maintenance and perpetuation of inequities. In part two, participants will learn more about provincial and federal human rights, responsibilities, and citizen activism. Together, the sessions aim to provide participants with opportunities for self-reflection, expanded knowledge, and enhanced agency to work toward inclusion and equity.

Instructor: Kyra Garson & Alejandro Campos-Garcia**Min. 8 Max. 20****Dates:** Mondays October 19th- October 26th, 2020 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/Willow Room

What's Up with the Indian Act?**\$15**

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 consider four historical eras as they pertain to the Indian Act; 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. 20****Dates:** Wednesdays October 21st- October 28th, 2020 10AM-12PM**Location:** North Shore Community Centre – Oak/Willow Room

Creative Memoir Writing**\$30**

You have a story that's haunting you to tell, but you wonder; is it worth telling? 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, beyond a doubt, telling your story is worthwhile.

Instructor: Janet Whitehead**Min. 8 Max. 10****Dates:** Monday November 2nd – November 23rd, 2020 10AM-12PM**Location:** North Shore Community Centre – Games Room

The North Shore: From Fort to Town, 1843-1967**\$15**

The North Shore of Kamloops is often forgotten or neglected in the history of the City, yet, it is an important part of Kamloops which has many historical facets including the Hudson's Bay Company fort established in 1843; a settler among the Overlanders of 1862, William Fortune, who settled at Tranquille; the development of an agricultural estate known as B.C. Fruitlands; the settlement of Germans in Brocklehurst; the creation of the airport; and the formation of the Village of Kamloops in 1946 which was a Town for a short time until 1967. These are just some of the topics that will be covered in a free-wheeling presentation by Ken Favrholt, historical geographer and former curator/archivist of the Kamloops Museum and Archives.

Instructor: Ken Favrholt**Min. 10 Max. 30****Dates:** Tuesdays November 17th- November 24th, 2020 10AM-12PM**Location:** North Shore Community Centre – Dogwood Room

Meditation # 3**\$20**

Kim will offer three sets of Zoom meditation classes of four classes per session and with classes only 75 minutes long. The classes will consist of a check in, two short meditations to begin with, some information on meditation shared in between, and then brief instructions for home practice for the week. As we know, COVID is affecting us not only at a physical level but at a mental and spiritual level as well. Kim is offering these classes to hopefully help people to not only survive in these times but to thrive and to continue to learn and grow and just BE, as well as live life to the fullest even during times of extreme changes.

Instructor: Kim Jensen**Min. 5 Max. 10****Dates:** Wednesdays November 25th- December 16th, 2020 1:30PM-2:45PM**Location:** Zoom Online

Kamloops Adult Learners Society

FALL 2020 MEET OUR PRESENTERS

Burton, Hugh	Hugh Burton is a university professor specializing in electron microscopy. His experience includes teaching course development, electron microscope maintenance and rebuilding.
Campos-Garcia, Alejandro	Alejandro Campos-Garcia's doctoral research focuses on activist responses to racism and racial discrimination with an emphasis on the discourse of human rights. He works as a consultant on equity, diversity and inclusion in higher education and has worked with TRU on policies, governance systems and organizational culture.
Crawford, Ila	Ila taught in the department of visual art at Thompson Rivers University from 1992 to 2018. She holds a BFA, BSW, and an MFA. She is currently a member of the Kamloops PrintMakers Society, a shared studio that offers facilities in screen printing, etching (intaglio), and relief printing. Ila has recently hosted workshops in Kitchen Litho, Photo intaglio Collagraph, Tetra Pak dry point, and Bookbinding. She has a keen interest in making printmaking opportunities available to people in the Kamloops region and especially to visual arts alumni from Thompson Rivers University.
Crawford, Michael	Michael retired from Thompson Rivers University where he taught social work for more than 25 years. His research interests include homelessness, violence against women, and sexual assault. He is currently President of the BC Association of Social Workers.
Dickinson, Dr. Tom	Dr. Tom Dickinson is newly retired Dean of Sciences at TRU. While birds are his specialty, Tom has a wealth of information on the biology and habits of local fauna.
Gardner, Dr. Wendy	Dr. Wendy Gardner is an associate professor in the faculty of Natural Resources at TRU. She coordinates the Masters Students program and is an expert in the field of rangeland management and ecology. Wendy has received local, regional, and world-wide recognition for her tireless research and natural resource publications.
Garson, Dr Kyra	Dr. Kyra Garson is the Intercultural Coordinator at TRU. As an intercultural trainer and researcher, Dr. Garson has developed and delivered professional development programs to educational institutions both nationally and internationally, as well as organizations and community groups committed to diversity initiatives. Her award-winning research has been recognized by leaders in the field.

<p>Gawa Khandro, Venerable</p>	<p>Venerable Gawa Khandro is a Buddhist nun and has recently achieved her Dharmacharya ordination as a qualified Master Teacher of Dharma. Her teachers, from whom she has received direct transmission, include HH Dalai Lama, Venerable Thich Nhat Hanh, VV Kenchen Thrangu Rinpoche, and Acharya Pema Choedron. She is a member of United Sangha Vancouver, Sakyadhita Canada, Zen Peacemakers International, and Interfaith Kamloops. She offers teachings in Kamloops and other areas as well as serving as Buddhist Chaplain at TRU Kamloops. Ven. Gawa Khandro is Spiritual Director of GawaLing Buddhist Centre and a member of the Thrangu Monastery monastic family.</p>
<p>Good, Michelle</p>	<p>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 labour 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.</p>
<p>Harrison, Brad</p>	<p>Brad Harrison is the Executive Director of the Backcountry Lodges of BC Association and is responsible for marketing & administration. Brad spent 5 years in the Faculty of Adventure, Culinary and Tourism at TRU. He owned and operated Golden Alpine Holidays and managed the Alpine Club of Canada's General Mountaineering Camp from 1985 – 2008. He currently owns and operates Colwest Alpine Adventures. Brad currently serves on the Ministry of Tourism, Arts and Culture's Engagement Council, and the Ministry of FLNRORD's Forest Range Practices Act Advisory Council. Previously he served as a board member of the Tourism Industry Association of BC, the Canadian Avalanche Association, and the Wilderness Tourism Association of BC.</p> <p>Brad is the current chair of the Adventure Tourism Council (ATC), an unprecedented, collaborative effort initiated by a coalition of 18 diverse adventure tourism sectors engaging with public recreation, governments and industrial user groups. He will provide a brief overview of the value that adventure tourism provides to the socio-economic well-being of BC, particularly rural BC.</p>
<p>Hatch, Ron</p>	<p>Author Ron Hatch has, at various times, been a retail clerk, tour bus driver, secondary school history teacher, elementary principal, registered psychologist, and supporter of local history. Ron enjoys reading murder mysteries and theology, and doing local historical research.</p>

Jensen, Kim	Kim Jensen 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.
Kamphuis, Charis	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 & Resources."
Karakatsoulis, Dr. John	Dr. John Karakatsoulis is an Associate Teaching Professor and forest ecologist at Thompson Rivers University, Department of Natural Resource Sciences and has 33 years of teaching and research experience in the field of forest ecology.
Favrholdt, Ken	Ken Favrholdt is a freelance writer, historical geographer, and museologist. Born in Denmark, his family emigrated to Vancouver when he was four. He remembers when Vancouver was a sleepy town. Ken went to UBC where he earned a BA and then went to SFU to obtain a teaching certificate. He taught elementary school on the north coast for two years where he became immersed in Indigenous culture. He then moved to Kamloops for the position of assistant archivist at the Kamloops Museum. Following the retirement of Mary Balf, he became Curator/Archivist and managed the museum for a decade. He later became museum coordinator of the Secwepemc Museum and Heritage Park. He returned to UBC to undertake his MA in Geography. Many other museum positions appeared on the horizon -- on the Sunshine Coast, Osoyoos, and in Alberta, at Donald and Claresholm. While there, he took up writing for Alberta History and the Canadian Cowboy Country magazine. He still writes monthly history articles for Kamloops This Week.
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 practises 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

	<p>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 and since he spoke to us last year Matt & his wife have welcomed a daughter to their life.</p>
McKinnon, Dr. David	<p>Dr. McKinnon holds a 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, where he attained the rank of Full Professor. He maintained an active research programme 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.</p>
Neave, Roland	<p>Roland Neave wrote his first book, Hiking the High Points, at age 17, 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. Roland and his wife Anne travel extensively with their tours and to research new destinations, and the Arctic is one of their favourite places.</p>
Oyler, Dr. Ron	<p>Dr. Oyler practised as a Kamloops Family Physician for 40 great years, -- 1971- 2011. (M.D.1970 University of Alberta). He is married to Louise (community volunteer and retired teacher) for 52 wonderful years, has 3 awesome children; eldest is a Neurologist in Kamloops, another has Down Syndrome and lives at home; and all add perspective on the subject of advanced care planning. Ron is a long time volunteer on professional and community boards and committees and enjoyed coaching for many years and is still active playing sports and wielding a chainsaw</p>
Pillar, Ray	<p>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.</p>
Sanchez-Flores, Dr. Monica	<p>Dr. Monica Sanchez-Flores is Associate Professor in the Department of Sociology and Anthropology at TRU. She has taught in Mexico, India and Canada since 2000. Her published books are Philosophy for the Global age and Cosmopolitan Liberalism:Expanding the Boundaries of the Individual. Monica is proud of her Mexican origin and heritage, is an avid reader of</p>

	<p>mystical writings, an enthusiastic dancer and yoga practitioner. She is cosmopolitan with a love for languages, travel and international food.</p>
<p>Schemenauer, Elma</p>	<p>Elma (Martens) Schemenauer was born near the village of Elbow, Saskatchewan. After teaching in Saskatchewan, Montana, and Nova Scotia, she moved into a publishing career in Toronto. She's the author of 70-plus books including the 1940s-era Mennonite novel, Consider the Sunflowers and YesterCanada: Historical Tales of Mystery and Adventure. Elma and her husband now live in Kamloops, where she writes, edits, and hikes up sagebrush-dotted mountainsides.</p>
<p>Schmid, Mary</p>	<p>Mary Schmid came to Kamloops "for a year" in 1971 and never left. She holds a Bachelor of Education from UBC and a Masters from UVic, and she focused her high school teaching on senior English. Having enjoyed volunteering, coaching, and a rewarding teaching career, Mary continues to enjoy sharing her love of Shakespeare, believing sharing knowledge and ideas enhance our understanding of the Bard.</p>
<p>Sedgman, Dr. David</p>	<p>Dr. David Sedgman graduated from the Western College of Veterinary Medicine in 1973 and he is still paying dues. David has worked with many species of animals over his career. After graduation, he spent three years in New Zealand in a large dairy cattle practice. On returning home he became a partner in the Shuswap Veterinary Clinic in Salmon Arm which eventually grew to a seven-veterinarian practice.</p>
<p>Van Damme, Kevin</p>	<p>Kevin has been a BC Conservation Officer for over 25 years. He leads the Wildlife Conflict instructor team which delivers training in predator response, K-9 predator tracking and the Predator Attack Team which responds to animal attacks on people. He has testified as an expert in numerous cases and taught other professional groups across Canada and the US.</p>
<p>Weyers, Samantha</p>	<p>Samantha Weyers is an intuitive healer and an integrated massage practitioner as well as a professionally certified laser therapist. Her interest in LED Therapy was initiated by her desire to help her clients suffering from chronic pain. With a friend who suffered from chronic pain, she researched other healing modalities. Her research, training and practitioner experiences as well as client feedback has been very impressive. She has found LED therapy really does work.</p> <p>Currently Sam is the sole proprietor of Sam Chi Health. She offers a variety of services and techniques to help reconnect to the wisdom of the body and one's natural alignment towards health and wellness. She specialized in LED light therapy, offering customized individual sessions or packages.</p>

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.
Wildlife Park Guides	Wildlife Park Guides will lead two different group tours of the park with 10 people in each group

Kamloops Adult Learners Society

FALL 2020 VENUES

North Shore Community Centre

452 - 730 Cottonwood Avenue, Kamloops, BC

KALS Office

On McArthur Island 1550 Island Parkway Dr, Kamloops, BC

Wildlife Park

9077 Dallas Dr Kamloops BC, V2C 6V1

Tranquille Entrance

Drive Tranquille Road to the Y in the road to Tranquille and gather at the wildlife viewing pullout on the left side, before the railroad tracks, near the entrance to the Tranquille property.