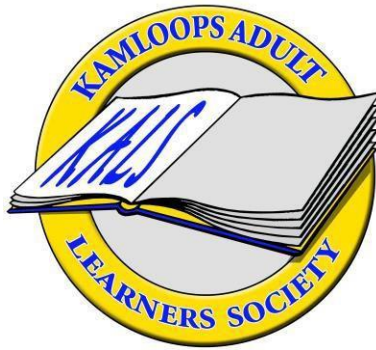


KAMLOOPS ADULT LEARNERS SOCIETY

KALS



2021 WINTER 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.

The wearing of masks is mandatory and required indoors and when you cannot social distance out of doors.

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

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.

2021 WINTER REGISTRATION BEGINS JANUARY 13th , 2021 @ 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	Beat the Winter Blues & Get Creative! (Zoom class)	February 4, 2021	\$ 15
1 Class	History of the Kamloops Heritage Railway	February 10, 2021	\$ 10
7 Weeks	News & Views	February 12, 2021	\$ 50
1 Class	Think Local, Act Local: Climate Action in Kamloops	February 16, 2021	\$ 10
2 Weeks	The Literary Identity of Kamloops: People, Events, History, and Landscape in Works Set in Our Area. (Zoom class)	February 17, 2021	\$ 15
1 Class	Regenerative Agriculture	February 23, 2021	\$ 10
1 Class	Travel Through Mongolia	February 24, 2021	\$ 10
1 Class	Ageing Well - Prevent Your Risk of Falling (Zoom class)	March 1, 2021	\$ 10
2 Weeks	Spirituality & Climate Change	March 2, 2021	\$ 15
1 Class	Printmaking	March 2, 2021	\$ 10
1 Class	More than Just a Meal: A Deeper Dive into Food Security in Kamloops	March 3, 2021	\$ 10
1 Class	A Whirlwind Tour of Mennonite History	March 4, 2021	\$ 10
1 Class	Bumble Bees, Pollen Pants and Hairy Belly Bees (Zoom class)	March 4, 2021	\$ 10
1 Class	One Health (Zoom class)	March 8, 2021	\$ 10
6 Sessions	Filter Bubbles and Civic Engagement: Can we still talk to each other? (Zoom class)	March 15, 2021	\$ 35
4 Weeks	From a Buddhist Perspective	March 19, 2021	\$ 25
1 Class	Kamloops Hospice - a "view" behind the scenes	March 23, 2021	\$ 10
4 Weeks	Poetry and You & Me	April 6, 2021	\$ 25
1 Class	Let's Get Moving!	April 7, 2021	\$ 10
2 Weeks	The Literary Identity of Kamloops - An Examination of Two Works (Zoom class)	April 14, 2021	\$ 15
1 Class	Early Spring Bird Migration: The Basics	April 15, 2021	\$ 5
1 Class	BC Transplant - Organ Donation	April 15, 2021	FREE
1 Class	Tax Planning Strategies for Retirees	April 20, 2021	\$ 10
1 Class	The Corkscrew Rd	April 22, 2021	\$ 10
1 Class	Wildlife Park Tour	April 28, 2021	\$ 15
1 Class	Wetland Wonders I	April 29, 2021	\$ 10
1 Class	Wetland Wonders II	April 29, 2021	\$ 10
1 Class	Injury Prevention For Pickleball (Zoom class)	April 30, 2021	\$ 10
4 Sessions	Lawn Bowling	May 4, 2021	\$ 15
1 Class	What Is A Wild Church?	May 4, 2021	\$ 10
2 Sessions	The North Shore: From Fort to Town, 1843-1967	May 10, 2021	\$ 15
Two Days	Late Spring Bird Migration	May 19, 2021	\$ 15
1 Class	James Buie Leighton - Early Pioneer	May 31, 2021	\$ 10

WINTER 2021 SINGLE SESSION COURSE DESCRIPTIONS

History of the Kamloops Heritage Railway

\$10

The Kamloops Heritage Railway Society operates the 108-year-old steam engine 2141, the "Spirit of Kamloops" for the public, on behalf of the City of Kamloops. They offer SteamRailtours and maintain a museum and archives on the importance of rail to the history of Kamloops. This presentation will cover 1. History of the Railway, 2. History of the Restoration 3. The Society -- what it does now, how it is supported.

Instructor: Cory Clark

Min. 8 Max. 20

Dates: Wednesday February 10, 2021 10AM-12PM

Location: North Shore Community Centre – Oak/ Willow Room

Think Local, Act Local: Climate Action in Kamloops

\$10

The 2019 *Canada's Changing Climate Report* minces no words: "Canada's climate has warmed and will warm further in the future, driven by human influence." Kamloops has had first-hand experience with the effects of widespread warming, including more extreme heat, less extreme cold, shorter snow and ice cover seasons, and earlier spring peak stream flow. This trend is expected to continue and may well be our 'new normal'. Glen Cheetham, Sustainability Services Supervisor with the City of Kamloops, will make a case for 'thinking local, acting local' as a means to catalyze climate action in our community. While outlining the urgency and need to have 'all hands-on deck,' the presentation will also highlight the City's Community Climate Action Plan that is in development, as well as consider some of the economic opportunities as we transition to a lower carbon future and tackle the greatest environmental challenge of our time.

Instructor: Glen Cheetham

Min. 8 Max. 20

Dates: Tuesday February 16, 2021 10AM-12 PM

Location: North Shore Community Centre – Oak/ Willow Room

Regenerative Agriculture

\$10

"To be truly wise is to search for what is coming to birth in an age of death, to search for what is beginning anew in an age when much seems to be ending." Herbert O'Driscoll"

This course will explore the principles of Regenerative Agriculture and its role in reversing climate change, increasing biodiversity and environmental health, while providing food security.

Instructor: Ron & Jennifer Sainte Marie

Min. 8 Max. 20

Dates: Tuesday February 23, 2021 1:30PM-3:30PM

Location: North Shore Community Centre – Oak/Willow Room

Travel Through Mongolia**\$10**

Visit a land of nomads, eagle hunters and reindeer herders. A place of vast expanses of grasslands, singing sands and mountains. Experienced traveler, Helen Parkyn will take you through Mongolia from the Gobi desert, through the steppes to the Altai Mountains.

Instructor: Helen Parkyn**Min. 8 Max. 20****Dates:** Wednesday February 24, 2021 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/Willow Room

Aging Well - Prevent Your Risk of Falling**\$10**

Do you worry about losing your independence due to a fall? This proactive workshop will teach you balance and strength exercises designed to reduce your fall risk. It will also help you to identify factors that contribute to falls.

Instructor: Emiko Ohama**Min. 5 Max. 10****Dates:** Monday March 1, 2021 1:30PM- 3:30PM**Location:** Zoom Online

Printmaking**\$10**

Printmaking: What is an original print, and is it art? This presentation will provide a brief overview of the origins of fine art printmaking such as Rembrandt and Goya produced. We will also briefly cover the origins and development of screen printing, which has become much more popular since the beginning of the 20th century. Recently there have been so many innovations in printmaking – water-based inks, photo-based emulsions, kitchen litho, collagraphs - that making prints is no longer as toxic and difficult, or as mysterious, as it once was.

Instructor: Ila Crawford**Min. 8 Max. 20****Dates:** Tuesday March 2, 2021 10PM – 12PM**Location:** North Shore Community Centre – Oak/ Willow Room

More than Just a Meal: A Deeper Dive into Food Security in Kamloops**\$10**

The Kamloops Food Policy Council is the oldest independent food policy council in Canada, and is well-respected in the food security world. The two presenters will talk about the work of the food policy council, introduce some of the key issues around food security, and discuss the many different ways that people can contribute to our local food system. Fauve Garson will discuss her TRU Masters research project on the Kamloops Food System and share some of her early findings. There will be a short, fun, seed identification activity during the break, with the chance to win a small prize.

Instructor: Fauve Garson & Sandra Frangiadakis**Min. 8 Max. 20****Dates:** Wednesday March 3, 2021 10AM-12PM**Location:** North Shore Community Centre – Oak/ Willow Room

A Whirlwind Tour of Mennonite History**\$10**

Hurricane, earthquake, fire, flood—Mennonites are often among the first to help victims. Who are the Mennonites? The name refers to a Christian denomination started in Europe in the 1500s. Its teachings include loving one's neighbour; working for peace; not bearing arms; separation of church and state; and baptism of believing adults (not babies).

Over the years, Mennonites developed a way of life characterized by thrift, simplicity, practicality, and trust in God. Join Elma (Martens) Schemenauer's whirlwind tour to learn more about Mennonites' beliefs, foods, folkways, and journey through time.

Instructor: Elma Schemenauer**Min. 8 Max. 20****Dates:** Thursday March 4, 2021 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/ Willow Room

Bumble Bees, Pollen Pants and Hairy Belly Bees**\$10**

Did you know that there are almost 20,000 bee species in the world? And, British Columbia has the greatest diversity in North America with almost 500 species! This course will help you to classify our native bees into functional groups: bumble bees, honey bees, hairy belly bees (solitary cavity nesters) and pollen pants bees (solitary ground nesters).

Instructor: Elaine Sedgman**Min. 10 Max. 30****Dates:** Thursday March 4, 2021 10AM-11:30AM**Location:** Zoom Online

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". As it is also very evident that "miracle cures" are few and far between, a holistic approach is crucial.

Instructor: Dr. David Sedgman**Min. 8 Max. 20****Dates:** Monday March 8, 2021 10AM-12PM**Location:** Zoom Online

Kamloops Hospice - A "view" behind the scenes**\$10**

Shelby Willson will go over some general information about palliative care and hospice, and then into some of the special experiences and care that makes Kamloops Hospice unique for their patients and families.

Instructor: Shelby Willson**Min. 8 Max. 20****Dates:** Tuesday March 23, 2021 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/ Willow Room

Let's Get Moving!**\$10**

Tired, achy, and unmotivated after the long winter months? Want to get ready for spring and to enjoy the outdoors? Well then, LET'S GET MOVING! with Nicole Beaugard as our guide to getting moving with gentle movement activities. Join us and 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

Instructor: Nicole Beaugard**Min. 8 Max. 20****Dates:** Wednesday April 7, 2021 1:30PM- 3:30PM**Location:** North Shore Community Centre- Dogwood Room

Early Spring Bird Migration: The Basics

\$5

An introduction to identifying the migratory species and habits of birds in our region. Bring binoculars if you have them, and dress for the weather. We will leave from the Cottonwood Centre back parking lot.

Instructor: Dr. Tom Dickinson

Min. 4 Max. 12

Dates: Thursday April 15, 2021 10AM-12PM

Location: Outdoor

BC Transplant - Organ Donation

FREE

Learn the history about organ donation in BC, understand the importance of organ donation through the story of a lung recipient, and review the organ donation process from start to finish.

Instructor: Karly Marsden

Min. 8 Max. 20

Dates: Thursday April 15, 2021 1:30pm-3:30pm

Location: North Shore Community Centre – Oak/ Willow Room

Tax Planning Strategies for Retirees

\$10

Learn strategies to maximize income and assets today and to minimize taxation. Tax planning is an ongoing, dynamic process so that you seize opportunities such as credits and deductions. Learn what tax minimization and deferral is. Understand investments such as RIF's, RSP's, TFSA's, and investment accounts, as well as government incomes and programs and how they correlate with tax.

Instructor: Kelsey Boudreau & Marilyn Giesbrecht

Min. 8 Max. 20

Dates: Tuesday April 20, 2021 10AM-12PM

Location: North Shore Community Centre- Oak/Willow Room

The Corkscrew Road

\$10

The Corkscrew Road is both real and imaginary: real because it once ran between Kamloops and Knutsford; imaginary because so much of it has disappeared. This guided walk will lead you to a few abandoned sections of the Corkscrew Road. Along the way Ernie will share some of the stories and history he's discovered. Today the road exists in a strange limbo between remembering and forgetting, an in-between state that allows for both historic speculation and creative reconstruction. Come re-experience and re-imagine the Corkscrew Road. Meet at SW corner of Columbia and 6th Avenue where the tour will start. Park along one of the side streets - Nicola, Columbia, Pine, Dominion etc. The tour will conclude at the Royal Inland Hospital and 3rd Ave. Shoes with good grip recommended.

Instructor: Ernie Kroeger

Min. 4 Max. 10

Dates: Thursday April 22, 2021 10AM-12PM

Location: Outdoor walk in lower Sahali area

Wildlife Park Tour

\$15

Enjoy a tour of the wildlife park. There will be an introduction to the park followed by a tour with a member of the park's educational staff. Each group of 10 will have their own guide. Dress for the weather. Meet at the Wildlife Park. Participants must wear a mask in the buildings and during the tour.

Instructor: Wildlife Park Guides

Min. 10 Max. 20

Dates: Wednesday April 28, 2021 9:45AM-11:15AM

Location: BC Wildlife Park

Wetland Wonders I**\$10**

(This course is being offered twice in one day, so you have a choice of a morning OR afternoon field trip.) Join us for an introduction to all things wet and wild at the Dufferin Park Wetlands. From aquatic life in the water to the animals found above, we will have an enjoyable time getting to know a wetland ecosystem. Microscopes, hand lenses, identification keys, and informative leaders will be provided. We will be mostly on the boardwalk and trails; a short walk through the wetland trails will be included. Artists are encouraged to bring their sketchbooks. Some information about the wetlands will be provided ahead of the program. COVID protocols will be followed. Please dress for the weather, as this will go ahead regardless. Bring drinking water, binoculars or scopes to view birds as you wish, and a lawn chair if you would like to sit during the program. Dufferin Wetlands is located at 1840 Hillside Dr., east of Dufferin Elementary School. Meet at the parking lot in front of the wetlands.

Instructor: Susan Hammond and Gord Stewart**Min. 5 Max. 15****Dates:** Thursday April 29, 2021 10AM-12PM**Location:** Field Trip

Wetland Wonders II**\$10**

This course is being offered twice in one day, so you have a choice of a morning OR afternoon class.) Join us for an introduction to all things wet and wild at the Dufferin Park Wetlands. From aquatic life in the water to the animals found above, we will have an enjoyable time getting to know a wetland ecosystem. Microscopes, hand lenses, identification keys, and informative leaders will be provided. We will be mostly on the boardwalk and trails; a short walk through the wetland trails will be included. Artists are encouraged to bring their sketchbooks. Some information about wetlands will be provided ahead of the program. COVID protocols will be followed. Please dress for the weather, as this course will go ahead regardless. Bring drinking water, binoculars or scopes to view birds as you wish, and a lawn chair if you would like to sit during the program. Dufferin Wetlands is located at 1840 Hillside Dr., east of Dufferin Elementary School. Meet at the parking lot in front of the wetlands.

Instructor: Susan Hammond and Gord Stewart**Min. 5 Max. 15****Dates:** Thursday April 29, 2021 1:30PM-3:30PM**Location:** Field Trip

Injury Prevention For Pickleball**\$10**

Participants will be guided through a pre-match warm-up & learn strength exercises specific to preventing common injuries in Pickleball. The session will end with a guided cool down.

Instructor: Emiko Ohama**Min. 6 Max. 10****Dates:** Friday April 30, 2021 1:30PM-3:30PM**Location:** Zoom online

What is a Wild Church?**\$10**

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 believe all of Creator's wisdom is available to us through creation, so we sit on the land to observe and listen. We close our gatherings sitting in 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. We recognize that being active on the land is important for many, so we also offer Wild Pilgrimage monthly, land-based activities to explore "wilder" places.

Instructor: Rev. LeAnn Blackert**Min. 8 Max. 20****Dates:** Tuesday May 4, 2021 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak/Willow Room

James Buie Leighton – Early Pioneer**\$10**

Store clerk, telegraph operator, stagecoach driver, rancher, cattlemen's overseer, fishery overseer, ferryman, Superintendent of the B.C. Express, Indian Agent, writer and raconteur -- James Buie Leighton was the most colourful figure of the B.C. Interior from the 1860s in Barkerville to the 1940s around Kamloops. Ken will trace the life of this remarkable man and recount some of the fascinating but forgotten stories that Leighton told.

Instructor: Ken Favrholt**Min. 8 Max. 20****Dates:** Monday May 31, 2021 10AM-12PM**Location:** North Shore Community Centre- Oak/Willow Room

WINTER 2021 MULTIPLE SESSION COURSE DESCRIPTIONS...
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WINTER 2021 MULTIPLE SESSION COURSE DESCRIPTIONS

Beat the Winter Blues & Get Creative!

\$15

This introductory class welcomes anyone with a passion for creative writing, anyone who has always wanted to convey their feelings and thoughts in story form. It takes as inspiration Bertolt Brecht's assertion that "Art is not a mirror held up to reality but a hammer with which to shape it." Imagination and empathy can shape our world, and we desperately need more of both right now. We begin with some thoughts about the psychology of writing and consider the key elements of craft (image, voice, character, setting, story, and development and revision), before concluding with some tips on publishing. Offered in memory of Susan Duerden, who loved a good story.

Instructor: Dr. George Johnson

Min. 8 Max. 20

Dates: Thursdays February 4, 2021 – February 25, 2021 2:00PM-3:00PM

Location: Zoom Online

News and Views

\$50

If you like to think and talk about the news stories of the day, join moderator Ray Pillar for lively thought-provoking discussion about local, provincial, national and world issues. Bring your burning topic or participate in those of others to hear a range of views to better understand and clarify today's news.

Instructor: Ray Pillar

Min. 10 Max. 18

Dates: Fridays February 12, 2021 – March 26, 2021 1:30PM-3:30PM

Location: North Shore Community Centre – Oak/Willow Room

The Literary Identity of Kamloops: People, Events, History, and Landscape in Works Set in Our Area.

\$15

February sessions, on Zoom, will present participants with an overview of novels, plays, creative non-fiction, and poetry – including works published in 2020 – that depict the Kamloops region. At the end of those sessions, students will select a few works to read for our April sessions, which, if circumstances permit, may be held outdoors.

This course will provide students with a comprehensive look at the themes and events that have intrigued writers in the 20th and 21st centuries.

Instructor: Ginny Ratsoy

Min. 8 Max. 20

Dates: Wednesdays February 17, 2021 – February 24, 2021 10AM-12PM

Location: Zoom online

Spirituality & Climate Change

\$15

Alongside the necessary conversations around our response to the climate crisis there is increasing desire amongst many for a conversation around spirituality in light of climate change. A growing awareness of climate change fosters, for many, unsettling thoughts and feelings. That said, spirit-guides have long wrestled with things-unsettled as a way of embracing a life-giving mystery which may not provide answers, but can provide encouragement along life's way.

Drawing on insights from the late Sallie McFague's *Models of God for an Ecological, Nuclear Age* (1987), a book which fundamentally altered my view of God, the world and the environment, we will connect as best I can with other sacred influences and teachings as we seek to ground ourselves in what feels like an unstable world in deep truths about our origins and our future.

Instructor: The Very Rev. Ken Grey

Min. 8 Max. 20

Dates: Tuesdays March 2, 2021 – March 9, 2021 1:30PM-3:00PM

Location: North Shore Community Centre- Oak/Willow Room

Filter Bubbles and Civic Engagement: Can we still talk to each other?**\$35**

When so much of public life is enacted online, how can we best fulfill our responsibilities as citizens? Information flows in strange ways online, creating “filter bubbles,” in which we sometimes develop quite different realities from those who think differently than we do. In this context, how can we work together to improve our communities? What does civic engagement look like through the networked platforms of the internet?

Instructor: Shannon Smyrl**Min. 10 Max. 30****Dates:** Mondays & Wednesdays

March 15, 2021- March 31, 2021

1:30PM-3:30PM

Location: Zoom online

From a Buddhist Perspective**\$25**

Some of the most useful of the Buddha’s teachings are the Paramitas, or the six perfections. These include generosity, virtue, wisdom, patience, perseverance and honesty. Ani Gawa Khandro will offer 4 sessions on the Paramitas, explore their meaning, discuss their implications in the modern world and invite discussion and questions about the application and implications of their skills. She will also be happy to answer questions about Buddhism in general and some of her experiences as a Buddhist nun.

Instructor: Venerable Ani Gawa Khandro**Min. 8 Max. 10****Dates:** Fridays March 19, 2021- April 16, 2021 10AM-12PM**Location:** North Shore Community Centre- Oak/Willow Room

Poetry and You & Me**\$25**

Our relationship with poetry is very personal. Our reactions are emotional and cerebral, our tastes personal and not always easy to explain, even to ourselves. However, sharing can enrich our and our classmates' enjoyment and, discussion can deepen our understanding and appreciation. Why does that particular poem appeal? What does it even mean? How does the poet achieve that effect? Why are our tastes so eclectic? To begin the discussion, the first class will look at contrasting poems, traditional and modern, chosen simply because I keep returning to them. Please come prepared to share your opinions and your favourites.

Instructor: Mary Schmid**Min. 8 Max. 20****Dates:** Tuesdays April 6, 2021 – April 27, 2021 1:30PM-3:30PM**Location:** North Shore Community Centre – Oak/Willow Room

The Literary Identity of Kamloops: An Examination of Two Works**\$15**

This course will provide students with a close look at the themes and events that have intrigued two writers about Kamloops. In the two sessions in February, participants chose two works set in Kamloops for further discussion. These April sessions will focus on these works. You do NOT have to have attended the February sessions to enjoy these two focused sessions.

Instructor: Ginny Ratsoy**Min. 8 Max. 20****Dates:** Wednesdays April 14, 2021 - April 21, 2021 10AM-12PM**Location:** Zoom online

Lawn Bowling**\$15**

The Kamloops Riverside Lawn Bowling Club will once again introduce the game of lawn bowling to KALS members. Lawn bowls is a low impact activity and a great way to stay healthy and have fun. It helps strengthen muscles as you walk with the extra weight of a bowling ball in your hands and you flex and stretch muscles to improve flexibility, mobility and core strength. It can improve a sedentary lifestyle as it helps your body better utilize oxygen and contributes to good blood circulation and blood pressure. It also involves concentration and enhances hand-eye coordination and precision skills. Physical activity relieves stress and improves your mood as you release endorphins, which trigger a positive feeling in your body. The simplicity of the game and the low-impact exercise it involves ensures it can be enjoyed by anyone, regardless of age, gender or physical condition.

Classes will be held on 4 days over 2 weeks at the Riverside Park facility next to Heritage House. Over the 4 sessions you will learn the basics of the game, participate in active lawn bowling, meet new people and try a new way to keep healthy and have fun. 8 Instructors are all certified, each has 3 or more years of teaching experience and will be in attendance throughout. Wear comfortable flat shoes. Bowling balls will be provided.

Instructor: Kamloops Lawn Bowling Club/Bruce Clary**Min. 10 Max. 12****Dates:** Tuesdays & Thursdays May 4, 2021 – May 13, 2021 10AM-12PM**Location:** Riverside Park Lawn Bowling Facility

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 North 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. 8 Max. 20****Dates:** Monday & Wednesday May 10, 2021 – May 12, 2021 10AM-12PM**Location:** North Shore Community Centre- Oak/Willow Room

Late Spring Bird Migration**\$15**

Building on basics, Tom will discuss the annual bird count, the Cornell Ornithology website and the habits and identification of late spring migratory birds in our region. Day 2 will be in the field, so dress for the weather. Bring binoculars if you have them.

Instructor: Dr. Tom Dickinson**Min. 8 Max. 12****Dates:** Wednesday & Thursday May 19, 2021 – May 20, 2021 10AM-12PM**Location:** North Shore Community Centre- Oak/Willow Room

Kamloops Adult Learners Society

WINTER 2021 MEET OUR PRESENTERS

Beauregard, Nicole	<p>Nicole Beauregard is a Sport for Life and National Coaching Certification Program (NCCP) Learning Facilitator. She has worked in sport development with municipal government for the past 10 years. Committed to advancing Physical Literacy, Nicole sits on the PLAYKamloops 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. AND In her spare time she travels wherever the flight sales take her.</p>
Blackert, Rev. LeAnn	<p>Rev. LeAnn Blackert is the minister for Wild Church plants in Kamloops, Sorrento and the Okanagan area. She is joined in the Wild Church ministry by Lesly Comrie and Michele Walker. LeAnn was originally ordained and serving in the United Church of Christ in the USA, but love and a call nudged her over the border and ultimately into ministry here in Kamloops. 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. Ask LeAnn about the names of the four leggeds whose world she shares.</p>
Boudreau, Kelsey	<p>Kelsey Boudreau, Associate Consultant, CFP, RRC, works with multiple generations of clients to realize their dreams through sound financial planning. She specializes in guiding families to enhance their financial results beyond what they have been able to accomplish on their own. Kelsey develops long-term relationships with her clients to accumulate and maintain wealth and protect their loved ones, so they can spend more time doing the things they enjoy. Kelsey is passionate about providing business owners, retirees, and professionals with financial confidence and clarity through in-depth planning strategies. She believes deeply in empowering people through personalized service and the trusted advice that they deserve.</p>

<p>Cheetham, Glen</p>	<p>Glen Cheetham holds a BA from UBC (2000) and an Advanced Certificate in Sustainable Energy Management from BCIT (2016). As Sustainability Services Supervisor with the City of Kamloops, Glen leads a team focused on advancing the City's climate action goals, from measuring and reporting on corporate and community greenhouse gas (GHG) emissions, to developing initiatives that promote energy efficiency and emissions reductions, to engaging the community on fostering sustainable behaviour at home, work and play. Glen and his team are currently developing a Community Climate Action Plan, which will serve as a road map to reducing community-wide GHG emissions and limiting the impacts of climate change.</p>
<p>Clark, Cory</p>	<p>Cory Clark is the current Executive Director for the Kamloops Heritage Railway(KHR). He holds a B.A. in history as well as a Masters in Education. His background is varied; he has spent time as a business owner, a high school history teacher, and a commercial brewer before landing in tourism, first with Rocky Mountaineer and finally with KHR. His specialties lie in document management, change management and team building. He has been in Kamloops for only three years after moving from his adopted home in Tasmania.</p>
<p>Crawford, Ila</p>	<p>Ila Crawford taught in the Department of Visual Arts 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.</p>
<p>Dickinson, Dr. Tom</p>	<p>Dr. Dickinson, recently retired Dean of Sciences at TRU, is an avid birder who has pursued this lifelong interest across many continents. He is a biologist, ecologist, scientist, and teacher with a wealth of information on birds and the natural world around us.</p>

<p>Favrholdt, Ken</p>	<p>Ken Favrholdt is a freelance writer, historical geographer, and museologist. Born in Denmark, he emigrated to Vancouver with his family 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.</p>
<p>Frangiadakis, Sandra</p>	<p>Sandra Frangiadakis was the KFPC Food Action Lead from 2014 to 2020, in which capacity she helped develop and implement several community food action initiatives including the Gleaning Abundance Program and the Kamloops Community Seed Library. She is also a long-time gardener with a keen interest in permaculture, food forestry, and food preservation.</p>
<p>Garson, Fauve</p>	<p>Fauve Garson is a Kamloops Food Policy Council (KFPC) Board Director and 2nd year Masters of Environmental Sciences student at TRU. Her research investigates regional food security in Kamloops and is titled “More than just a Meal”. This research seeks to identify the inequalities present within our regional food systems. Fauve’s passion for meaningful intercultural experiences and anti-racism awareness has led to her extensive involvement in community social justice advocacy and social sciences research. Fauve plans to complete her thesis in the fall of 2021 and aspires to complete her PhD in Gender, Race, Sexuality, and Social Justice at UBC in the near future.</p>
<p>Giesbrecht, Marilyn</p>	<p>Marilyn Giesbrecht, Executive Financial Consultant, CFP, RRC, is proud to be associated with IG Private Wealth Management for over 23 years. During her time with IG, she has helped hundreds of families structure their income for a prosperous tax-efficient retirement, while also ensuring they transfer as much wealth as possible to the next generation. Marilyn works with a select group of high net worth clients and business owners, managing their wealth and implementing strategies to enhance their legacy. As a widow, she deeply understands the importance of planning for all situations, including the unexpected.</p>

<p>Grey, Very Rev. Ken</p>	<p>Since 2016 the Very Rev. Ken Gray has been the Dean and Rector of St. Paul's Anglican Cathedral in downtown Kamloops. Since 2001 he has been active in global, national and regional environmental initiatives. A musician by training, and a photographer by avocation, he is active in Transition Kamloops and other local activist organizations. This is his second course for KALS, to which he is most grateful for the invitation to share with other spiritual seekers.</p>
<p>Hammond, Susan</p>	<p>Susan Hammond is an Operator at the BIG Little Science Centre. She is a naturalist, biologist and science educator who enjoys introducing people to, and creating a passion for nature and science.</p>
<p>Johnson, Dr. George</p>	<p>Dr. Johnson writes stories of positive change based on his social justice work over 30 years, for which he received the Y.M.C.A. Peace Medal in 2019. His play <i>Mockus</i>, about a clown who provokes a desperate Mayor into trying playful approaches to his city's environmental ills, was successfully produced in Kamloops in 2017 and will be produced by Jupiter Theatre in Calgary when safe to do so. His picture book, <i>How Hope Became An Activist</i> has just been published. George teaches creative writing and modern literature at Thompson Rivers University where he is Chair of the English and Modern Languages Department. He and his wife have two teenagers.</p>
<p>Khandro, Venerable Gawa</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>Kroeger, Ernie</p>	<p>Local artist and walking enthusiast Ernie Kroeger will be your guide. He is a recently retired Professor at Thompson Rivers University where he taught in the Visual and Performing Arts program. He holds a Bachelor of Fine Arts degree from the University of Manitoba and a Master of Fines Arts degree from the University of Calgary. His artwork has been exhibited across Canada and in Europe.</p>
<p>Lawn Bowling Certified Instructors</p>	<p>All 8 instructors - Bonnie Christison, Ray Arnott, Ron McColl, Bob Gamble, Bob Taylor, Karen Brown, Laurel Hunt and Bruce Clary - are certified coaches and each has a minimum of 3 years coaching experience.</p>

Marsden, Karly	Karly Marsden is an organ donation coordinator with BC Transplant. Previously, she was an RN for ten years in an emergency department in the lower mainland. When she is not busy with organ donation duties she is rock climbing, skiing or running in the mountains.
Ohama, Emiko	Emiko Ohama enjoys serving as a Kinesiologist in Kamloops. She is a member of the BC Association of Kinesiologists (BCAK) and affiliated with the Canadian Kinesiology Alliance (CKA). Emiko holds a Bachelor of Human Kinetics (Clinical Exercise Physiology and Health Promotion) from the University of British Columbia.
Parkyn, Helen	Born in England and trained as a nurse and midwife, Helen Parkyn spent 3 years working her way around the world and could find nowhere better to live than BC. After various postings, two years of University work, and a posting with the BC Health Service, she retired from work but not from travelling. Helen is one of the few people who has visited over 100 countries and still loves to travel.
Pillar, Ray	Ray Pillar was an administrator and teacher in Political Science at Thompson Rivers University as well as a teaching assistant at the University of Victoria and York University. He continues to be a political commentator and is a keen follower of Canadian and international politics. Ray has led the KALS News & Views class for over 10 years and in 2020 received KALS Volunteer Award for dedicated service.
Ratsoy, Ginny	Ginny Ratsoy, who recently retired from a position as Associate Professor of English at TRU, 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.
Schemenauer, Elma	Elma (Martens) Schemenauer is a first-generation child of Mennonite immigrants to Saskatchewan. Stories her Mennonite relatives told inspired her to write the 1940s-era novel, <i>Consider the Sunflowers</i> . It's about a Mennonite woman pursuing happiness with a charming but troubled man haunted by racism and an unsolved mystery from his past. A former teacher, Elma is the author of many published books. She and her husband lived in Toronto for 30-plus years before moving to Kamloops in 2006.
Schmid, Mary	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 teaching and sharing her love of the written word.

Sedgman, Dr. David	Dr. 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.
Sedgman, Elaine	Elaine Sedgman is bee-sotted with our wild native bees. She has taken numerous taxonomy workshops to learn how to identify them. She organized the Thompson Shuswap Master Gardeners (TSMG) Citizen Science bee surveys from 2017- 2019. Elaine also partnered with TRU botanist Dr. Lyn Baldwin to teach bee literacy to middle school students in Kamloops. She helped develop the “Common Bees of the Southern Interior of BC” and “Gardening for Pollinators” brochures for the TSMG. She wrote and illustrated the book, <i>A Bee Named Bob</i> when all she could find in our library system were books on honey bees.
Smyrl, Shannon	Shannon Smyrl is a faculty member in the Department of Journalism, Communication and New Media at Thompson Rivers University. Before arriving at TRU 12 years ago, Shannon completed a PhD at Queen’s University and then spent a number of years enjoying the beaches of New Zealand. Her research and teaching interests focus around questions of civic engagement and community identification, both in the areas of intercultural communication and new media studies. She is currently wondering a lot about how we can improve media literacy so we can have more functional community debate.
St. Marie, Ron & Jennifer	Jennifer and Ron St. Marie have lived in Kamloops, where they raised their 5 children, for 30 years. She is an Occupational Therapist by training. He is a high school language teacher. Jennifer has been involved with Transition Kamloops since its formation 8 years ago. Ron has been involved with the international development arm of the Anglican Church of Canada. Their interest in all things sustainable began after watching a film on urban agriculture. They have been learning about food security, permaculture and regenerative agriculture for the last 9 years. It is their 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. To this end, they have recently sold their house and purchased a farm in Notch Hill, near Sorrento B.C., where they plan to live in community and farm co-operatively.
Stewart, Gord	Gord Stewart is the Executive Director of the BIG Little Science Centre. He has an extensive background in fisheries and environmental science and loves everything outdoors. His experience and stories always make for an entertaining program.

Willson, Shelby	Shelby Willson has been working as a Registered Nurse at Kamloops Hospice for 4 ½ years. She started her nursing career at Kamloops Hospice when she completed her 4th year nursing practicum in 2016. She was later hired and had been working at the bed side. She is currently in a temporary position as Learning and Development Coordinator where she supports staff education as well as promotes community education with workshops and programs. In her free time, Shelby loves the outdoors; running, hiking, biking, and skiing are some of her favourites! As well as travelling - of course in pre pandemic times! Shelby is passionate about hospice and palliative care and looks forward to sharing some of her knowledge.
Wildlife Park Guides	Two qualified Wildlife Park Guides will lead two different group tours of the park with 10 people in each group. Participants are to wear a mask in the buildings and during the tour.

Kamloops Adult Learners Society

WINTER 2021 VENUES

North Shore Community Centre

452-730 Cottonwood Avenue, Kamloops, BC V2B 8M6

KALS Office

On McArthur Island 101-1550 Island Parkway Dr, Kamloops, BC V2B 0H7

Wildlife Park

9077 Dallas Dr Kamloops, BC V2C 6V1

Riverside Park Lawn Bowling Club

100 Lorne St, Kamloops, BC V2C 3K6

Dufferin Wetlands

1840 Hillside Drive, Kamloops, BC