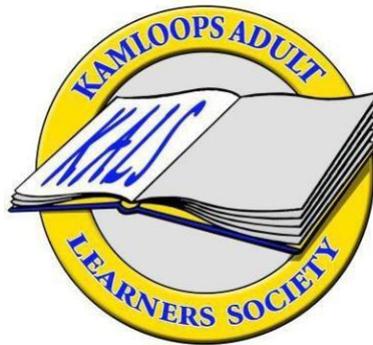


KAMLOOPS ADULT LEARNERS' SOCIETY

KALS



2022

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

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.

To attend all KALS classes, inside and outside, you must be fully vaccinated against Covid 19. You will be required to show your vaccine passport and ID. For classes held at NSCC, wearing masks is mandatory in all areas of the building even when seated. KALS will follow all Provincial Health Officer rules and protocols and will adjust rules to comply when there are changes.

All classes have a minimum and maximum number of registrants. Classes with low enrollment are in danger of being cancelled. Maximum numbers have been reduced to ensure social distancing seating. Popular classes might have a wait list. Register early to avoid disappointment.

Parking at NSCC is at the back of the building in stalls on the north side that are marked
"Community Centre & Moose Lodge Patron Parking Only".

Do not park at the front in the roundabout and not in the fire lane in the roundabout as this area is designated for Cottonwood guests, care aids and the Moose bar staff.

At the back please do not park in any stalls on the north side parking lot facing the Christian school that are designated for numbered Cottonwood residences or stalls marked "staff parking only".

There is also parking on Cottonwood Ave.

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.

2022 WINTER SPRING REGISTRATION BEGINS December 13th at 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 | Come to the Concert | January 13, 2022 | \$30.00 |
| 11 Weeks | News & Views | January 14, 2022 | \$50.00 |
| 4 Weeks | Rediscovering Children's Literature (Zoom Class) | January 27, 2022 | \$30.00 |
| 1 Class | Beneficial and Predatory Insects | January 27, 2022 | \$10.00 |
| 8 Weeks | Then and Now: "A Journal of the Plague Year" by Daniel Defoe | February 2, 2022 | \$50.00 |
| 1 Class | Canada and the Indo-Pacific | February 2, 2022 | \$10.00 |
| 1 Class | The Senior's Living and Care Journey in BC | February 3, 2022 | FREE |
| 2 Weeks | Exploring the Personal Essay: Weaving Time, Memory, and Text | February 4, 2022 | \$15.00 |
| 3 Weeks | Composers: Finzi, Mahler and Harty | February 7, 2022 | \$20.00 |
| 1 Class | Climate Change, Ecosystem Resilience and Local Implications | February 7, 2022 | \$10.00 |
| 2 Weeks | Who Do We Think She Is? Revisiting Alice Munro (Zoom Class) | February 8, 2022 | \$15.00 |
| 4 Weeks | Art & Conversation | February 8, 2022 | FREE |
| 1 Class | Reduction Tech Offsets: Disrupting Climate Collapse | February 8, 2022 | \$10.00 |
| 1 Class | Collective Memories-Japanese Canadians | February 9, 2022 | \$10.00 |
| 1 Class | Dealing with Difficult People (Zoom Class) | February 17, 2022 | \$10.00 |
| 1 Class | Science in a Changing World | February 22, 2022 | \$10.00 |
| 1 Class | A Fish Tale: Managing Invasive Fish | February 23, 2022 | \$10.00 |
| 1 Class | Growing Forests in BC: Today, Tomorrow, The Future | February 23, 2022 | \$10.00 |
| 6 Weeks | Benjamin Fondane and the Existential Revolt Against Reason, 1929-1944 | February 24, 2022 | \$40.00 |
| 1 Class | Saving Humanity by Working Together: Collaborative Approaches to Climate Action | February 28, 2022 | \$10.00 |
| 1 Class | Life as a Conservation Officer | March 1, 2022 | FREE |
| 2 Weeks | Bridging the Gap Between People and Cyber Security | March 4, 2022 | \$15.00 |
| 1 Class | James Teit: An Extraordinary Person | March 8, 2022 | \$10.00 |
| 1 Class | Learning in Retirement: In-person and Online Ways to Stay Engaged in Your Interests | March 30, 2022 | \$10.00 |
| 4 Weeks | Skills in Intercultural Communications: Challenges and Rewards (Zoom Class) | April 5, 2022 | \$25.00 |
| 2 Weeks | The Flaneur: Impressionism and its Legacy. | April 6, 2022 | \$15.00 |
| 1 Class | Hidden History of the BC Interior | April 8, 2022 | \$10.00 |
| 1 Class | Pathways into Homelessness and Local Solutions | April 14, 2022 | FREE |
| 1 Class | Wildlife Park Tour | April 20, 2022 | \$15.00 |
| 1 Class | Gardengate Horticultural Program Expansion | April 22, 2022 | \$10.00 |
| 1 Class | Organize Your Closet, Organize Your Life | April 26, 2022 | \$10.00 |
| 1 Class | Regenerative Farming at Notch Hill Community Growers Farm | April 27, 2022 | FREE |
| 1 Class | Heritage Railway Backshop Tour | April 28, 2022 | \$10.00 |
| 6 Weeks | Indigenous-Settler Relations in Canada – how we all got here and where do we go from here... | May 2, 2022 | \$40.00 |
| 3 Weeks | Ways of Seeing: To See What Others Miss | May 2, 2022 | \$20.00 |
| 1 Class | Language Sounds and How We Make Them | May 10, 2022 | \$10.00 |
| 4 Sessions | Learn to Lawn Bowl | May 10, 2022 | \$15.00 |
| 1 Class | Thistle Farm Tour | May 11, 2022 | \$10.00 |
| 1 Class | Hope and Resilience on the Labyrinth | May 12, 2022 | \$10.00 |
| 2 Sessions | Bird Behaviour | May 17, 2022 | \$15.00 |
| 1 Class | Tranquille Creek Nature Experience I | June 2, 2022 | \$10.00 |
| 1 Class | Tranquille Creek Nature Experience II | June 2, 2022 | \$10.00 |

WINTER SPRING 2022 SINGLE SESSION COURSE DESCRIPTIONS

Beneficial and Predatory Insects

\$10

Thompson Shuswap Master Gardener Elaine Sedgman will introduce you to the world of tiny, beneficial insects: assassin bugs, lacewings, lady beetles, hover flies and parasitoid wasps are only a few. She will show you how to delegate the pesticide work to them and become a lazy gardener.

Instructor: Elaine Sedgman

Min. 8 Max. 20

Dates: Thursday January 27, 2022 10AM – 12PM

Location: Kamloops Sports Council

Canada and the Indo-Pacific

\$10

A political construct, the 'Indo-Pacific' region is a strategic environment that will shape the 21st century. Home to both India and China, the term is being adopted by governments who see the region as holding both unparalleled economic opportunities along with deeply concerning security challenges. While the 'Indo-Pacific' as a term has been favored by India and the United States, it has also been met with skepticism in Australia and China. Despite the controversy, the Indo-Pacific is an important term that captures and defines a vast region that is strategically important for Canada. Yet is Canada prepared for engaging this region at a time of increased global populism, trade protectionism, and political challenges to the liberal order?

Instructor: Rob Hanlon

Min. 10 Max. 25

Dates: Wednesday February 2, 2022 10:00AM- 12:00PM

Location: North Shore Community Centre- Oak Room

The Senior's Living and Care Journey in BC

FREE

Options for seniors for living, supports and care can be confusing and difficult to navigate. Terry Lake, CEO of the BC Care Providers, will outline these options and how they are addressed by the province and health authorities.

Instructor: Terry Lake

Min. 8 Max. 30

Dates: Thursday February 3rd, 2022 1:30pm-3:30pm

Location: North Shore Community Centre- Dogwood Room

Climate Change, Ecosystem Resilience and Local Implications

\$10

Join Dr. John Karakatsoulis for a presentation/discussion on what ecosystem resilience means considering a changing climate. How will our current forested and non-forested (ie. 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.25

Dates: Monday February 7, 2022 1:30 PM- 3:30 PM

Location: North Shore Community Centre- Oak Room

Reduction Tech Offsets: Disrupting Climate Collapse**\$10**

This technology uses oxidation, like nature, to reduce climate heating gases in the atmosphere. Viva will walk through the 4-billion-year-old oxidative system that came standard with the planet after the great oxygenation event from algae, then onto a relatively undisturbed pathway for this until modern man and combustion caused biomass destruction. Viva pioneered the idea of a hydroxyl dispersal to extend natural GHG removal with a simple technology that is being billed as globally scalable and cost effective. This will be introduced, along with the new developments that will help it succeed in mitigating worsening climate impacts.

Instructor: Viva Cundliffe**Min. 8 Max. 20****Dates:** Tuesday February 8, 2022 1:30 PM- 3:30 PM**Location:** North Shore Community Centre- Oak Room

Collective Memories-Japanese Canadians**\$10**

Join the educator at the KMA to tour the current Collective Memories exhibition. Through the perspective, memories, and objects of the members of the Kamloops Japanese Canadian Association (KJCA), you will see the history of early settlement in the Kamloops region, the internment of Canadian citizens of Japanese heritage during World War II, the fight for redress, and the establishment of a cultural legacy that lives on today. One aspect of the display considers how sports can be a means of dealing with race and racial politics, the realities of everyday bigotry, and a way of accessing kinship for historically marginalized peoples. The tour invites participants to consider sports as a medium for thinking through race and politics, as they engage with the objects featured in the exhibition, including the history of the Vancouver Asahi baseball team. Masks are required inside the museum building, and museum entrance included in registration.

Instructor: Kamloops Museum Staff**Min. 8 Max. 12****Dates:** Wednesday February 9, 2022 1:30 PM – 3:30 PM**Location:** Kamloops Museum & Archives

Dealing with Difficult People**\$10**

We all find ourselves dealing with difficult people at some point. The experience can be unpleasant and lead us to worry or feel anxious. This workshop will help participants to understand why some people are difficult and to learn effective ways of responding to this unique challenge. Participants will be invited to share experiences of dealing with difficult people and to practice communications skills with each other.

Instructor: Michael Crawford & Kathy Kendall**Min. 8 Max. 18****Dates:** Thursday February 17th, 2022 10AM – 12PM**Location:** ZOOM

Science in a Changing World**\$10**

Science impacts our lives, what we think, and even what we believe. Longevity and the quality of life have risen globally. Never have there been such high levels of education and affluence, with rights for so many. But we still face monumental challenges. Where can we go from here? This class will present a brief perspective from four different scientists, followed by a Q&A session.

Instructor: Dr. Janice Joneja, Dr. Lorraine Maclauchlan, Dr. Dave McKinnon, Dr. Nancy Van Wagoner**Min. 10 Max.40****Dates:** Tuesday February 22, 2022 10:00AM- 12:00PM**Location:** North Shore Community Centre- Dogwood Room

A Fish Tale: Managing Invasive Fish**\$10**

Everything in this world has a home. What happens when aquatic species are moved? What has the province done about this movement in some areas of BC? If you move something from its home, one of three things is going to happen: it will die as it doesn't have the proper habitat to survive, it will muddle along but not thrive, or it will explode in numbers, take over and displace native species. This presentation deals mostly with invasive fish species in lakes in the Interior of BC. It will cover what the province did prior to 1987 and from 2007 to the present. Marge will also relate her experience on an international project this year with the Atlantic Salmon Federation in the Miramichi area of New Brunswick.

Instructor: Marge Sidney**Min. 8 Max. 20****Dates:** Wednesday February 23, 2022 1:30 PM- 3:30 PM**Location:** North Shore Community Centre- Oak Room

Growing Forests in BC: Today, Tomorrow, The Future**\$10**

British Columbia prides itself on being a world leader in sustainable forest management. Since specific reforestation programs began in the 1930s, over 7.5 billion trees have been planted. Join professional forester Andy Slizak, RPF, to learn more about the makeup of the Southern Interior's unique forest ecosystems, mitigating both natural and planned harvesting disturbances through reforestation practices and the opportunities and challenges faced to ensure a healthy forest for the future. A field trip, in May 2022, will be offered to interested students to see firsthand the concepts outlined in the classroom.

Instructor: Andy Slizak**Min. 8 Max. 25****Dates:** Wednesday February 23, 2022 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

Saving Humanity by Working Together: Collaborative Approaches to Climate Action**\$10**

We can't force political will to address climate action. We must work diligently to build it. Almost all the technical solutions to reduce greenhouse gas emissions exist today. Arjun will share his experiences about how to engage citizens to implement these solutions.

Instructor: Arjun Singh**Min. 8 Max. 25****Dates:** Monday February 28th, 2022 1:30 pm – 3:30 pm**Location:** North Shore Community Centre- Willow Room

Life as a Conservation Officer**FREE**

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. 25****Dates:** Tuesday March 1, 2022 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

James Teit: An Extraordinary Person**\$10**

James Teit was a Shetlander who came to British Columbia in 1884 to work on his uncle's farm at Spences Bridge. He soon tired of that and became involved with the local Nlaka'pamux people. His marriage to Lucy Antko in 1892 began a deep interest in the native world. He learned Interior First Nations languages and began collecting stories, songs, and artifacts for Franz Boas, an American anthropologist. Boas called him a "treasure." Among Teit's writings was a monograph on the Thompson published in 1900, followed by one on the Shuswap in 1909. He became an ally of the Interior nations, helping to take their grievances to the government. We would not have as much knowledge of First Nations history and culture of the Interior if it were not for Teit. Ken's presentation will tell the story of Teit's fascinating life through photographs and passages from his writings.

Instructor: Ken Favrholt**Min. 8 Max. 40****Dates:** Tuesday March 8, 2022 10AM- 12PM**Location:** North Shore Community Centre- Dogwood Room

Learning in Retirement: In-person and Online Ways to Stay Engaged in Your Interests**\$10**

Ever wondered about what learning options are available for you to consider, found out about something too late, or found a course you'd love but it's not in Kamloops? Come to this session and learn some new stuff and share what you know. Each of us is a unique learner, and what fits one might not fit all, but there is much more available than you might think. We will cover online courses, what TRU and other organizations have to offer, how you can access them, and what you need to know about cost, time, and commitment.

Instructor: Janet McChesney**Min. 8 Max. 20****Dates:** Wednesday March 30, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

Hidden History of the BC Interior**\$10**

Learn about the first 100 years of Indigenous/Settler relations in the Kamloops area between 1820 and 1920: Chief Nicola's unprecedented war against the Lillooet, which unified the Nlaka'mux, Secwepemc and Okanagan nations; Chief Spintlum's freeing of the slaves in 1850, which restored the Lillooet to Nicola's interior alliance; the Gold Rush; the devastating smallpox epidemics of the 1860s, and the amazing tale of John Freemont Smith, Canada's first (and perhaps only) black Indian Agent, who still has a building named after him on Victoria Street. All these things, and many more defining early moments in BC (and Canadian) history occurred within our immediate vicinity and resonate to this day. And yet we know only vaguely about a few of them. Here, Professor Jones shares some of the fascinating revelations of his readings through archival and historic material. Kamloops will never have seemed so exciting!

Instructor: Craig Jones**Min. 8 Max. 50****Dates:** Monday April 8th 10AM- 12PM**Location:** North Shore Community Centre- Dogwood Room

Pathways into Homelessness and Local Solutions**FREE**

There are several pathways that lead people into homelessness. These include the lack of affordable housing, for renters; inadequate supports in the foster care system; and intergenerational trauma combined with cultural erasure that Indigenous peoples face as a legacy of colonization and the residential school system. Addressing these broader pathways into homelessness will require systemic and concrete changes by all levels of government. While housing and health care are under the jurisdiction of the province, there are things that can be done at the local level to help communities reduce and end homelessness. This presentation will start with a discussion on pathways into homelessness, before turning to promising practices and effective interventions and tools that municipalities and community partners can take to make a positive difference for the most vulnerable members of our community.

Instructor: Carmin Mazzotta**Min. 8 Max. 30****Dates:** Thursday April 14, 2022 1:30PM- 3:30 PM**Location:** North Shore Community Centre- Dogwood Room

Wildlife Park Tour**\$15**

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

Instructor: Lisa Prime**Min. 10 Max. 20****Dates:** Wednesday April 20, 2022 1PM -2 PM**Location:** Wildlife Park- 2077 Trans Canada Highway

Gardengate Horticultural Program Expansion**\$10**

Participants in this on-site tour will have an opportunity to explore the grounds of this horticultural garden and learn about Gardengate's use of sustainable practices for growing. The tour will enhance your understanding of the program, which entails mental health, volunteerism, and food security. The tour will also include the new building, which will incorporate the new Food hub program, the existing programming and future social enterprise.

Instructor: Robert Wright**Min. 8 Max.12****Dates:** Friday April 22, 2022 1:30 PM – 3:30 PM**Location:** Gardengate- 915 Southill Street

Organize Your Closet, Organize Your Life**\$10**

As we adapt and change our activities and living spaces, we need to sort, purge, and give away stuff. Stop putting it off. Come and learn easy, pain free methods to decide what's important and how to sort and get rid of what is weighing you down. Leave less for the children to dispose of and find joy in the items you love.

Instructor: Diane Forster**Min. 8 Max. 20****Dates:** Tuesday April 26, 2022 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

Regenerative Farming at Notch Hill Community Growers Farm**FREE**

On the tour of Notch Hill Community Growers Farm you will hear the story of how Ron and Jennifer came to be there and how the first year and a half has gone. You will become familiar with how they are addressing the 5 goals that they aspire to on the farm. They are: 1. Practice regenerative agriculture 2. Increase biodiversity 3. Increase local food security 4. Address climate change 5. Create community. The group will walk the land and point out potential key locations to make substantial changes to address these objectives and the steps needed to realize them.

Instructor: Ron & Jennifer Ste. Marie**Min. 8 Max. 20****Dates:** Wednesday April 27, 2022 1:00 PM- 3:00 PM (Carpool at 11:45am)**Location:** Notch Hill Community Farm- 1962 Notch Hill Road, Sorrento

Heritage Railway Backshop Tour**\$10**

Kamloops Heritage Railway's mission is to maintain railway history including steam locomotive 2141 and other rolling stock. KHRS Volunteers will walk you through the historic rolling stock and decommissioned cars and get you up close and personal with steam locomotive 2141, the last of its kind in Canada. You will hear the story behind the recovery of these historic transportation vehicles and be transported back to a time when a railway helped build a country. As this is an active industrial site, and due to Covid 19, the following guidelines are mandatory: everyone must wear closed-toed shoes, or you will not be permitted to enter the site, and masks are required for everyone within the enclosed space of a railcar. KHR Backshop Facility is a short walk from the Parking Lot at the west end of Pioneer Park and the site is not yet suitable for wheelchairs.

Instructor: Kamloops Heritage Railway**Min. 8 Max. 12****Dates:** Thursday April 28, 2022 1:30 PM- 3:30 PM**Location:** KHR Backshop Facility- West end of Pioneer Park

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 the symbols on it 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: Dr. Annette Dominik**Min. 8 Max. 25****Dates:** Tuesday May 10, 2022 10AM- 12PM**Location:** North Shore Community Centre- Oak Room

Thistle Farm Tour**\$10**

Thistle Farm has been a staple of the organic food scene in Kamloops since the 1980's. Situated on 10 acres, a stone's throw from the North Thompson River, the farm has several fields under cultivation, as well as greenhouses that produce an astonishing variety of common and unusual vegetables. The farm has hosted young workers from around the globe through the WOOF (Working on Organic Farms) and Farm Stay programs. Many people may also remember year-round door-to-door deliveries of fresh produce. Of course, Thistle Farm displays an array of fresh vegetables every Saturday at the Farmers Market. The local food bank and meal programs have also benefited tremendously from donations of healthy food; this past year alone, Thistle Farm donated over 10,000 pounds of vegetables.

Instructor: Dieter Dudy**Min. 5 Max. 15****Dates:** Wednesday May 11, 2022 10AM- 11:30 AM**Location:** Thistle Farm- 710 Dairy Road

Hope and Resilience on the Labyrinth**\$10**

Would you like to learn strategies for coping with stress and anxiety? We're living in challenging times, coping with the everchanging conditions of COVID, summers of wildfire uncertainty, and the ongoing stressors of climate change. There are, however, pathways to hope and resilience which can be learned at any age. Mindfulness practices such as the labyrinth are ancient techniques for fostering a sense of calm and equanimity. Please join us for a morning session where we will explore the origins of the labyrinth as a form of moving meditation, outline the physical and emotional benefits of mindfulness practices, and share a walking experience on a labyrinth.

Instructor: Nina Johnson**Min. 8 Max. 20****Dates:** Thursday May 12, 2022 10AM – 12PM**Location:** Kamloops United Church- 412 St. Paul Street

Tranquille Creek Nature Experience I**\$10**

(This field trip will be held twice in one day, so you can register for the morning or afternoon session.) Join BIG Little Science Centre staff for a nature walk up Tranquille Creek. We will see the flora and fauna of the valley as we explore. Discover the geology of the area and enjoy stories about this valley's unique gold mining history. Expect to see many birds, a beaver pond, evidence of other animals, and many types of trees and shrubs. Learn about the salmon that live in this creek; we will release live young Coho salmon as part of this program. The area is very photogenic, so bring your camera as well as drinking water and binoculars, and wear comfortable walking shoes (there could be water on part of the trail). Be prepared to walk along a flat unpaved trail. Dress for the weather, as this program will go ahead rain or shine.

Instructor: Susan Hammond & Gord Stewart**Min. 8 Max. 15****Dates:** Thursday June 2, 2022 10AM – 12PM**Location:** Tranquille Creek- 1.2 km past RR crossing on Tranquille- Criss Creek Road

Tranquille Creek Nature Experience II**\$10**

(This field trip will be held twice in one day, so you can register for the morning or afternoon session.) Join BIG Little Science Centre staff for a nature walk up Tranquille Creek. We will see the flora and fauna of the valley as we explore. Discover the geology of the area and enjoy stories about this valley's unique gold mining history. Expect to see many birds, a beaver pond, evidence of other animals, and many types of trees and shrubs. Learn about the salmon that live in this creek; we will release live young Coho salmon as part of this program. The area is very photogenic, so bring your camera as well as drinking water and binoculars, and wear comfortable walking shoes (there could be water on part of the trail). Be prepared to walk along a flat unpaved trail. Dress for the weather, as this program will go ahead rain or shine.

Instructor: Susan Hammond & Gord Stewart**Min. 8 Max. 15****Dates:** Thursday June 2, 2022 1:30 PM – 3:30 PM**Location:** Tranquille Creek- 1.2 km past RR crossing on Tranquille- Criss Creek Road

WINTER SPRING 2022 MULTI SESSION COURSE DESCRIPTIONS

Come to the Concert

\$30

Come to the Concert introduces the music of 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. 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. This class is hosted in the Games room on Jan. 13, Feb. 10, Mar. 10, Apr. 14.

Instructor: Rod Michell

Min. 8 Max. 15

Dates: Thursdays January 13th- April 14th, 2022 10AM- 12PM

Location: North Shore Community Centre- Games Room

News & Views

\$50

Do you like to talk about the news stories of the week? If you do, we invite you to join moderator Ray Pillar for lively, thought-provoking discussion and debate about local, provincial, national and world issues. Participants introduce topics followed by general discussion. Outside experts are occasionally invited for short presentations and questions. This is a time to learn more about the problems of the world today, and our sessions are respectful, welcoming, and engaging. Whatever the news, we look forward to a range of views and great discussions.

Instructor: Ray Pillar

Min. 8 Max. 15

Dates: Fridays January 14th- March 25th, 2022 1:30 PM- 3:30 PM

Location: Kamloops Sports Council

Rediscovering Children's Literature

\$30

What do you remember about the stories you encountered as a child? How did they influence you, and how would you view them today? In this course, we will explore selections from stories that many consider to be classics of children's literature, as well as newer favorites that challenge those stories. We will consider how children's literature grapples with some of the same issues as literature aimed at other age groups: political change, social and cultural identities, family conflict, the need for humor and hope, among others. We will think about what kind of world these texts may be trying to depict and shape, as well as how our own values and memories affect how we read and understand them.

Instructor: Sunnie Rothenberger

Min. 8 Max. 20

Dates: Thursdays January 27th- February 17th, 2022 1:30 PM – 3:30 PM

Location: Zoom Online

Then and Now: "A Journal of the Plague Year" by Daniel Defoe**\$50**

The outbreak of bubonic plague in the city of London in 1665 took close to 100,000 lives in about 12 months. A Londoner, Daniel Defoe was only five years old at the time, and some sixty years later he researched and recorded the onset and progress of this catastrophic epidemic in his "A Journal of the Plague Year". We will read his "Journal" over several weeks, examining his experiences and his often-agonizing observations of the relentless advance of the disease. While Defoe is at heart a journalist it is not for nothing that he is called "the father of English fiction." The substance of his writing is nearly always the materials of real life, whether on a deserted island or in a plague-ridden city. But as a novelist his literary imagination probes behind the factual surface, bent on revealing how the beleaguered man or woman (or, in this case, a collective City) can confront and conquer the profoundest threats to life and identity. Our own still unresolved medical emergency has brought us to much the same place. Beyond its considerable value as history, Defoe's "Journal" has much to offer us as we seek to reflect on our own condition three and a half centuries later.

Instructor: Rod Michell**Min. 8 Max. 15****Dates:** Wednesdays February 2nd- March 23rd, 2022 10AM- 12 PM**Location:** North Shore Community Centre- Games Room

Exploring the Personal Essay: Weaving Time, Memory, and Text**\$15**

In our first session, we'll explore the challenges of the flash essay, or those personal essays that fit on a page or two. Even as they remain grounded in lived experience, flash memoir can capture the surreal quality of everyday life. These can stand alone or serve as foundation for longer works (essay collections or memoir)—or can simply inspire that creative energy. In the second session, we'll consider other forms of the essay, from lyric to braided, sharing examples, and trying out some of the techniques. Both classes will include short writing exercises, and both will explore the challenges of revising. Strategies for forming and sustaining a writing group will be shared, and some tips for submitting essays for publication.

Instructor: Elizabeth Templeman**Min. 8 Max. 20****Dates:** Fridays February 4th- February 18th, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

Composers: Finzi, Mahler and Harty**\$20**

These presentations explore the lives and compositions of composers not well known to the music-loving public. Their lives, however, are a treasure trove of interesting details, pursuits, and accomplishments. Each presentation will include biographical information delivered in an informal and entertaining way with many examples of the works written by the composer. Each presentation should leave the listener with a complete picture of the musician and the man.

Instructor: Bruce Dunn**Min. 8 Max. 15****Dates:** Mondays February 7th- April 4th, 2022 10AM – 12 PM**Location:** Kamloops Sports Council Meeting Room – 101 1550 Island Parkway, McArthur Island

Who Do We Think She Is? Revisiting Alice Munro**\$15**

Despite having published over a dozen books, being widely acknowledged as the best short story writer alive today and winning the Man Booker International Prize and the Nobel Prize (among others) Alice Munro is something of an enigma. Like their famous-for-eschewing-the-limelight creator, her apparently simple stories are elusive – hard to pin down. We will take on the enjoyable challenge of interacting with a few of the stories that put small-town Canada on the global literary map.

Instructor: Ginny Ratsoy**Min. 8 Max. 20****Dates:** Tuesday February 8th- February 15th, 2022 10AM-12PM**Location:** ZOOM

Art & Conversation**FREE**

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibitions and engage in lively explorations of some of the relevant themes. In February and March, we explore the exhibition Halcyon Fog. This selection of work by Canadian artist Kelly Richardson presents sublime photographs and videos of landscapes that contain a tension between the beautiful and the terrible, raising questions about how we arrived at such a moment of environmental crisis and where we might go from here. In May and June, the exhibition Here Elsewhere Other Hauntings offers opportunities to engage with videos and photographs that explore the artist Jin-Me Yoon's Korean heritage, her experience of migration and her entangled relationship to Canada as a settler-colonial state.

Instructor: Emily Hope**Min. 8 Max. 20****Dates:** Tuesday February 8th, March 8th, May 10th, June 7th 10:00 AM- 11:30 AM**Location:** Kamloops Art Gallery- 465 Victoria Street

Benjamin Fondane and the Existential Revolt Against Reason, 1929-1944**\$40**

In a world governed by deterministic laws of cause and effect, what room is there for human freedom? In the modern world ruled over by logic and science, what room is there for passion and dreams? In the 1930s and 40s, Benjamin Fondane sought answers to those questions by looking to the philosophy of his mentor, Lev Shestov, and thinkers such as Blaise Pascal, Soren Kierkegaard, Fyodor Dostoyevsky, and Friedrich Nietzsche. A Romanian Jew who moved to France in 1923 because of his love of French poetry, Fondane was both a poet and a philosopher. His philosophical thought brought him into debates with the leading French Marxists, Surrealists, existentialists, and Christians of his time.

Instructor: Bruce Baugh**Min. 8 Max. 20****Dates:** Thursdays February 24th- March 31st, 2022 10:00 AM- 12:00 PM**Location:** North Shore Community Centre- Oak Room

The Flaneur: Impressionism and its Legacy**\$15**

Flaneur/Flaneuse. The artist as a wandering observer: being a tourist in familiar territory. This pastime reflects a growing middle class in the 19th Century in Paris when the city was transformed into a walkable space. The flaneur, Baudelaire's "dilettante observer," is present in many Impressionist paintings. Artists in the following centuries have embraced the notion of random wanderings as an idea in art. Sophie Calle, Francis Alys, Lucy Gunning, Maxwell Hawkins, and Janet Cardiff are examples of artists and citizens who have embraced novel ways of interacting with environments. This KALS offering will look at how flaneurism makes for interesting art.

Instructor: Ila Crawford**Min. 8 Max. 15****Dates:** Wednesdays April 6 & 13, 2022 10AM – 12PM**Location:** North Shore Community Centre- Games Room

Bridging the Gap Between People and Cyber Security**\$15**

Cybersecurity is an important topic because of the risk of identity theft and fraud. Thelma Muronzi and her partner, Naalphatu Toure, have created a company called CyPeeps and are using their collective cybersecurity expertise to address people's behaviour online. Their aim is to minimize risk of private data exposure, increase users' technological understanding, improve cybersecurity awareness, and better online practice. Topics to be addressed: Day 1. You are the target: Why should you care about Cybersecurity? Day 2. Phishing emails: Proactive Tips to Recognize Phishing Emails and Instant Messages.

Instructor: Thelma Muronzi**Min. 8 Max. 25****Dates:** Fridays March 4th – March 11th, 2022 10:00 AM- 12:00 PM**Location:** North Shore Community Centre- Dogwood Room

Skills in International Communications: Challenges and Rewards**\$25**

We face growing challenges across our communities to identify and break down structures of systemic racism. Within this immense project, we can focus on our individual communication skills. In this short course, students consider concepts and techniques useful to build skills in effective intercultural communication.

Instructor: Shannon Smyrl**Min. 8 Max. 30****Dates:** Tuesdays April 5th- April 26th, 2022 1:30 PM – 3:00 PM**Location:** ZOOM

Ways of Seeing: To See What Others Miss**\$20**

For photographers and those who enjoy seeing their world through images, there will be three sessions: 1. Landscapes, Portraits and Abstracts – An historical and contemporary overview – Indoors. 2. Lab: McArthur Island, bring camera if you have one; if not, we can accommodate the non-photographer as well. 3. Back indoors – sharing our discoveries – looking to our personal and collective future. We all “see” the world differently. From the moment we rise from sleep till our eyelids close at nightfall, we are deluged by images which connect with daily experiences. Some are beautiful, some less so. Some we want to hang on to and others we hope to discard, like a bad dream. Concerning the images, we wish to retain and given our memory of images throughout the history of art and photography, we pay special attention and give respect to what we cherish. In this reflective and hands-on course, we will take a spiritual and technical look at different ways of “seeing” images, our own and those we love. This course is designed with photographers, art students and those who simply love browsing through books and displays of images in mind. All are welcome.

Instructor: Ken Gray**Min. 8 Max. 20****Dates:** Mondays May 2nd- May 16th, 2022 1:30 PM – 3:30 PM**Location:** North Shore Community Centre- Oak Room

Indigenous-Settler Relations in Canada – how we all got here and where do we go from here...**\$40**

In this course, students are invited to consider how the place most dominantly known as Canada came to be and their place in it. Taking an Indigenous and Settler Colonial Studies approach, we will explore how colonialism operates as project of cultural domination and how settler colonialism presents as a particular articulation of it. Looking to an Indigenous Studies framework to ground this course, we understand all ways of knowing and being on equal footing as we consider how Canada happens as a structure of cultural domination premised on the historical and ongoing dispossession of Indigenous peoples from land. To that end, we will examine how technologies such as treaties, the reserve system, the Indian Act, residential schools, the 60s-Millennial scoop, and forced relocations work as articulations of settler colonial power, dispossession, domination, and racism. We cannot understand how we might as a collective want to move forward differently if you do not understand how we got here. When we know better, we can do better. This course aims to nurture a conversation about how we got here, and where we might want to go as a collective from here. We will close the course pondering what the notions of “Truth” and “Reconciliation” mean to us as individuals and as a collective.

Instructor: Lisa Cooke**Min. 8 Max. 25****Dates:** Mondays May 2nd- June 13th, 2022 10AM- 12PM**Location:** North Shore Community Centre- Willow Room. This class can also be accessed online. The link will be provided to you upon registration and again in your reminder email. (Please ensure you registered for your preference on the system)

Learn to Lawn Bowl**\$15**

Join Kamloops Riverside Lawn Bowling coaches who will introduce you to the game of lawn bowling.

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. 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: Bruce Clary**Min. 10 Max. 12****Dates:** Tuesday & Thursday May 10, 12, 17, 19, 2022 12PM- 2PM**Location:** Riverside Park Lawn Bowling Facility

Bird Behaviour**\$15**

Birds are fascinating creatures and one of the most intriguing things about their biology is their behavior! This course will discuss several aspects of bird behavior including their mating strategies, their territorial defense and how they communicate with each other. The sessions will include classroom time and a field trip.

Instructor: Tom Dickinson**Min. 8 Max. 15****Dates:** Tuesday/ Wednesday May 17th 10AM – 12PM May 18th 9AM- 11AM**Location:** North Shore Community Centre- Oak Room

Kamloops Adult Learners Society

WINTER SPRING 2022 MEET OUR PRESENTERS

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| Baugh, Dr. Bruce | Bruce Baugh has taught philosophy at a half-dozen universities, including 28 years at TRU. He obtained his Ph. D. in philosophy from the University of Toronto in 1986. Since then, he has authored two books, "French Hegel: From Surrealism to Postmodernism" (Routledge, 2003) and "Philosophers' Walks" (Routledge, 2021), as well as editing and translating Benjamin Fondane's "Existential Monday: Philosophical Essays" (NYRB Classics, 2016). He has published articles on Fondane in French, English and Romanian. At TRU, he taught a wide range of courses, from the philosophy of rock music to courses on Heidegger, Sartre, Nietzsche, Deleuze, Kierkegaard and Foucault. In addition to being a passionate fan of the blues and rock music, he is also an avid walker. |
| Clary, Bruce | Bruce Clary has been lawn bowling for seven years and has been a certified instructor for five years at Riverside Park. |
| Cooke, Lisa | Lisa Cook is an associate professor of cultural anthropology at Thompson Rivers University. Her teaching and research centre around Indigenous-Settler relations in settler colonial Canada. Scanning contemporary Canadian culture-scapes for moments where these relations make themselves visible, she is often drawn to contemplate land, space, and place. From ski resorts to camp sites, she is interested in how meaning gets inscribed into spaces to produce the places where settler lives happen and how most of us never consider that this happening is premised on the ongoing dispossession of Indigenous peoples from those lands. As a mother, partner, neighbour, friend, and colleague living, parenting, working, and playing on unceded Secwépemc lands, she is committed to nurturing conversations about the "Truth" in "Truth and Reconciliation" as a settler responsibility. |
| Crawford, Ila | 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. |
| Crawford, Michael | Michael Crawford is retired from teaching social work at Thompson Rivers University. He also worked as a social worker in mental health, corrections, and family therapy. |
| Cundliffe, Viva | Viva Cundliffe is the CEO for Reduction Tech Inc. She is an environmental engineer -- a focused, energetic scientist who identified the thermostat of the planet in 2018. She brings a broad knowledge of Earth Systems, Environmental Science and Technology leadership to her development teams. She owns a start-up company (2010) and has completed five successful prototype developments that led to a final design for hydroxyl radicals' production. |
| Dickinson, Dr. Tom | 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. |
| Dominik, Dr. Annette | A long-time faculty member at TRU, Annette 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. |

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| Dudy, Dieter | Dieter Dudy went from a career in business to the business of organic farming via a keen interest in gardening. He is a two-time city councillor who manages to juggle running the farm with twice-weekly farmers' markets and civic duties -- all with the help of friends, family, volunteers, and an eclectic workforce. |
| Dunn, Bruce | For 27 years, Bruce Dunn was the music director and conductor of the Kamloops Symphony Orchestra. Under his artistic direction, the orchestra improved in quality, expanded its repertoire, and maintained a large supportive audience. During this time, Bruce also taught Orchestral Conducting at UBC, served as music director and conductor for the Symphony of the Kootenays for 14 seasons, and for 13 summers, he was a faculty member for the summer music program, Summer Music On The Shannon, which took place in Limerick and Galway. His composition, "Songs of the Shamrock" premiered there, highlighting his developing passion for composing and arranging. Bruce's commitment to music education extended to all levels: he initiated the Primarily Music Series for young children from kindergarten to grade 3 and the Kamloops Symphony Music School. |
| Favrholdt, Ken | Ken Favrholt is a freelance writer, historical geographer, and museologist. Born in Denmark, he emigrated to Vancouver with his family when he was four. Ken attended UBC, where he earned a BA, and then SFU, where he obtained a teaching certificate. For two years, he taught elementary school on the north coast, 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". |
| Forster, Diane | Born organized! She's been passionate about helping others stuck with lifetimes of clutter and feeling helpless |
| Gray, Ken | A resident of Kamloops since 2016, Ken grew up on Vancouver Island, where he recalls, he took his first pictures from his first camera, a Kodak Instamatic 104. Subsequent travels to Europe, the South Pacific, Southern Africa, South America, and many locations throughout Canada have given him opportunity to see many people, places, events, and subjects. He loves still life, flora and fauna, architecture, portraiture and, more recently, abstract genres. He is president of the Kamloops Photo Arts Club. He has created special studies in spirituality and photography and has a special interest in meditation and photography. His influences include Ansel Adams, Freeman Patterson and, more locally, Chris Harris. A recently retired Anglican priest and Dean of St. Paul's Anglican Cathedral in downtown Kamloops, Ken loves living the retirement life, through which he increasingly shares his love of photography at every opportunity. |
| Hammond, Susan | Susan 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. |

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| Hanlon, Dr. Robert | Dr. Robert J. Hanlon is an Assistant Professor of politics at Thompson Rivers University and an associate faculty member in the School of Humanitarian Studies at Royal Roads University. His research explores the links between corporate social responsibility, corruption, and human security in emerging Asian economies. After completing his Ph.D. at City University of Hong Kong, Dr. Hanlon served as a postdoctoral research fellow at the Institute of Asian Research, University of British Columbia. Outside academia, Dr. Hanlon has worked for the Asian Human Rights Commission, the Canadian Chamber of Commerce in Hong Kong, as well as the High Commission of Canada in Australia. He has been a visiting scholar at the Centre for Socio-Legal Studies (Oxford), the Liu Institute for Global Issues (University of British Columbia), the Sasin Graduate Institute of Business Administration (Chulalongkorn), the Balsillie School of International Affairs and most recently the Kadoorie Institute at the University of Hong Kong. |
| Hope, Emily | Emily Hope is Education and Public Programs director for the Kamloops Art Gallery. |
| Johnson, Nina | Nina Johnson is an Associate Teaching Professor at TRU in the English and Modern Languages department, recently leading a course called Pathways to Hope and Resilience. She is a certified Veriditas Labyrinth Facilitator and has conducted research studies on the benefits of using finger labyrinths. She is grateful for the opportunity to share her findings with you and hopes that the experience may serve you well. |
| Joneja, Dr. Janice | Dr. Janice Joneja holds a Ph.D. in medical microbiology and immunology. Dr. Joneja has held faculty positions at several universities, including the University of British Columbia, and has taught at universities and colleges throughout Canada, the U.S.A., the U.K. and other English-speaking countries. For 13 years she was head of the Allergy Nutrition Clinic at the Vancouver General Hospital (VGH). She is the author of ten books and dietetic practice manuals on immunology and food allergy, several distance education courses, and instructional videos. Her work has been published in peer-reviewed scientific and medical journals, as well as in popular magazines. |
| Jones, Craig | Professor Craig E. Jones, Q.C., is Professor of Law at Thompson Rivers University. Raised in Vernon, he has degrees from UBC and Harvard Law School. His lectures at KALS are offbeat, interesting, and always well-attended. |
| Kamloops Museum Staff | Museum staff will lead the tour of the exhibit. |
| 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. |
| Kendall, Kathy | Kathy Kendall is a family law lawyer who has lived and worked in Kamloops for over 35 years. She volunteers with social justice and anti-poverty organizations, both at home and internationally. |
| KHR Volunteers | A KHR volunteer will lead the back shop tour |
| Lake, Terry | Terry is the CEO of the BC Care Providers Association and EngAge BC, which represents the majority of contracted providers of long-term care and assisted living in British Columbia and private providers of independent living and home health services. Terry trained and practiced as a veterinarian and taught animal health technology before entering public life as an elected representative. He served as councillor and then Mayor of the City of Kamloops and then was elected Member of the Legislature for the riding of Kamloops North Thompson in 2009. He served as Minister of the Environment from 2011-2013 and Minister of Health from 2013-2017. Terry was Vice President of Corporate Social Responsibility for Hexo Corporation, one of Canada's largest cannabis producers, from 2017-2019. He ran as a candidate in the 2019 federal election prior to taking up his current position. Terry and his spouse, Lisa, have three grown daughters and live in Kamloops. |

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| Maclauchlan, Dr. Lorraine | Dr. Maclauchlan is the Forest Health contact for the Kamloops Region, with expertise in forest entomology. Lorraine provides technical and professional advice on entomological issues to all levels of government and forest licensees. She develops and reviews strategic plans and provincial-level strategies, conducts research, writes scientific and technical articles, and provides training. Lorraine also plans, organizes, and conducts the annual defoliator spray program for the southern portion of the province. |
| Mazzotta, Carmin | Carmin Mazzotta is the City's Social, Housing, and Community Development Manager. Over the past decade, he has worked for the city in the areas of social and community development as well as community and land use planning. He led the development of the city's first urban agriculture plan and led work on the A Way Home youth homelessness plan. Carmin helped develop the future growth strategy as well as land use policies for the 2018 update of the City's Official Community Plan (KAMPLAN). He led a zoning and policy update to allow residential suites in more areas of the city, was part of the team that developed the Downtown Plan (2019) and contributed to the engagement process for the North Shore Neighbourhood Plan update. Carmin's current portfolio is focused on social issues -- including social and affordable housing, the homelessness crisis, food security, childcare, accessibility, diversity and inclusion, and equity. |
| McChesney, Janet | Janet McChesney likes to learn stuff, both on her own and, mostly, by sharing ideas with others. Not content to just read, she likes doing things, whether she gets better at doing them or has fun failing to produce the perfect whatever. A fan of KALS, Janet finds that some KALS topics spark an interest in finding more "learning and doing" opportunities. |
| McKinnon, Dr Dave | Dr. McKinnon holds B.Sc. (Hons.) (1960) and Ph.D. (1963) degrees in Chemistry from the University of Edinburgh, Scotland. From 1965-2001, he was a faculty member in the Chemistry Department at the University of Manitoba. He maintained an active research program and authored or co-authored 74 refereed papers, two reviews and three book chapters, and presented papers at international conferences. He has taught courses, mainly Organic Chemistry, at all university levels and received the Stanton Teaching Award from the University of Manitoba in 1995. He has a continuing interest in scientific education and a wide range of hobbies, including travel, playing the clarinet, genealogy, woodworking, and gardening. |
| Michell, Rod | Rod Michell has an 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. |
| Muronzi, Thelma | Thelma Muronzi holds a Master of Science in Applied Information Technology, Post-Baccalaureate Certificate in Information Security and Assurance from Towson University, Maryland, and a Bachelor of Commerce in Informatics from the University of South Africa. She is a Certified CompTIA Security+ professional and a member of Cyversity and she was featured on Epic Women in Cyber 2019. Thelma is currently enrolled in an MBA at TRU. |
| Pillar, Ray | Ray Pillar was an administrator and instructor 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 the KALS Volunteer Award for dedicated service. |
| Ratsoy, Ginny | Ginny Ratsoy has been studying and teaching Canadian literature for half a century. Most of her teaching career was at Thompson Rivers University, where she is Professor Emerita, although she has also taught at German universities and, since 2007, at KALS. As well as editing and co-writing books, she has created courses and published articles on British Columbia fiction and drama and small- city literature in Canada. Her publications have also focused on the scholarship of teaching and learning and third-age learning. Her current writing project is a retrospective on her Can Lit experiences. |

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| Rothenberger, Sunnie | Sunnie Rothenberger has worked as an editor, grant writer, workplace trainer, and university English instructor. Currently, she writes for a software company, where she creates content about the future of technology and business leadership trends. Sunnie holds a certificate in Adult Learning from Conestoga College and a PhD in English from Dalhousie University and has published writing in several academic journals and business blogs, as well as The Halifax Chronicle Herald and Geist magazine. Sunnie has recently moved back to Kamloops after 20 years living in Ontario and Nova Scotia, and she is thrilled to be back in her hometown. |
| Sedgman, Elaine | Thompson Shuswap Master Gardener Elaine Sedgman is bee-sotted by our native bees. She'll do anything to help them, including using lazy gardening techniques that attract beneficial insects. |
| Sidney, Marge | Marge is a RPBio who had a 40+ career with the Ministry of Environment, mostly in Kamloops. She is a grad of the Fish, Wildlife and Recreation program from BCIT (1976) and has a BSc in Biology from SFU (1980). She has worked on lakes her whole career, both in Fisheries and Water Quality, in many parts of BC. In addition, the last 10 years of her career were spent learning about wetlands-- their importance, how they have been abused and their restoration, particularly in Logan Lake and at Gardom Lake. She is passionate about the outdoors and loves teaching the public about what she has learned in her career, the importance of stewardship and having a light footprint in our world. |
| Singh, Arjun | Arjun has spent 13 years as a Kamloops Councillor. He is very appreciative of Kamloopsians for the opportunity to work on a very broad range of issues and opportunities. Arjun has recently been quite active on climate action policy. He served as Chair of the Union of BC Municipalities Special Committee on Climate Action, and currently chairs both the BC Municipal Climate Leadership Council and the Federation of Canadian Municipalities Standing Committee on Environment and Sustainable Development. Arjun was appointed a year ago to the BC Government's Climate Solution Council. He is fond of good milk chocolate. |
| Slizak, Andy | Andy Slizak is a registered professional forester who began his career in Kamloops with Weyerhaeuser in 1989 and moved to work in silviculture in 1993. He currently works for Atlas Information Management, a local, independent consulting firm providing a broad range of professional forestry and geospatial services across British Columbia. Ask him about their team of dogs. He and his wife enjoy travelling, especially trips to all parts of northern Canada to see wildlife, the people and the environment! They have two lovely daughters who are at the start of their careers. |
| Smyrl, Shannon | Shannon Smyrl teaches in the Department of Journalism, Communication and New Media at Thompson Rivers University. |

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| Ste. Marie, Ron & Jennifer | Jennifer and Ron Ste. 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 recently sold their house and purchased a farm in Notch Hill, near Sorrento B.C., where they live in community and farm co-operatively. |
| Stewart, Gord | Gord 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 interesting program. |
| Templeman, Elizabeth | Elizabeth Templeman works at TRU and lives by Heffley Lake. She loves to read, to run (ever more slowly), to hike and bicycle, and to write--mostly personal essays. She's grateful to have published two books of essays, "Notes from the Interior: Settling in at Heffley Lake" (2003), and "Out and Back, Family in Motion" (2021). You can find out more about her at elizabethtempleman.trubox.ca . |
| Toure, Naalphatu | Naalphatu Toure holds a Master of Science in Cybersecurity, Master of Business Administration from University of Maryland University College, and a Bachelor of Science degree in Information Systems from IPAM University of Sierra Leone. She is a Certified CompTIA Security+ professional and a CyberForce19 guest speaker as a member of CyberDivas. She is also a member of Cyversity. Naalphatu is currently working and living in Maryland, USA. |
| Van Damme, Kevin | 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. |
| Van Wagoner, Dr. Nancy | Dr. Nancy Van Wagoner is well-known for both her talks on geology and her artwork, which explores the boundaries of where science meets art. With a doctorate in Geology and a master's degree in fine arts, she provides intriguing ways of seeing the world around us |
| Wildlife Park Guide | A Wildlife Park guide will lead the group on a tour of the park. |
| Wright, Robert | Rob has worked in the social service field since 1997. During his youth, his family owned a small farm in the Fraser Valley, and generations of both sides of his family have been farmers. Those two parts of his life came together at Open Door Group's program Gardengate. Since Rob began working at Gardengate in 2006, he has seen the program undergo huge changes -- in the community development work they do, mental health awareness and the construction of their new building. Rob has a passion for growing, eating, and helping to ensure others in our community can do so. He has been actively involved with the Kamloops Food Policy Council as a board member from 2015-2021 and will remain connected to the community food action programs they currently operate. He hopes to see the next chapter at Gardengate, continue to meet more dynamic people through Gardengate's programming, and observe the increase in local, sustainable food production and processing. |

Kamloops Adult Learners Society

WINTER SPRING 2022 VENUES

North Shore Community Centre

730 Cottonwood Avenue, Kamloops BC

Parking at NSCC is at the back of the building in stalls on the north side that are marked "Community Centre & Moose Lodge Patron Parking Only."

Do not park at the front in the roundabout and definitely not in the fire lane in the roundabout as this area is designated for Cottonwood guests, care aids and the Moose bar staff.

At the back please do not park in any stalls on the north side parking lot facing the Christian school that are designated for numbered Cottonwood residences or stalls marked "staff parking only". There is also parking on Cottonwood Ave.

Kamloops Sports Council Meeting Room

1550 Island Parkway, McArthur Island. Enter the door on the south side of the building, closest to the mini golf course with the ramp.

Kamloops Art Gallery – 465 Victoria Street, Kamloops

Kamloops Museum – 207 Seymour Street, Kamloops

Kamloops United Church – 421 St. Paul Street, Kamloops

Kamloops Heritage Railway Backshop Tour - The KHR Backshop facility is a short walk from the parking lot at the west end of Pioneer Park, under the Red Bridge.

Kamloops Wildlife Park

2077 Trans Canada Highway

Tranquille Creek

Follow Tranquille Road past the Kamloops Golf course and turn right where the road forks, up the Tranquille-Criss Creek Road. After 1.2 km past the RR crossing, turn right onto the dirt road which leads to the entry to Pine Park. If you want to carpool to Tranquille Creek, see below:

Tranquille Creek I - Meet in the parking lot of NorBrock stadium at McArthur Island near picnic tables on the ring road for **carpooling at 9:30**.

Tranquille Creek II - Meet in the parking lot of NorBrock stadium at McArthur Island near picnic tables on the ring road for **carpooling at 1:00**.

Gardengate – 915 Southill Street, Kamloops, BC

Notch Hill Farm 1962 Notch Hill Rd, Sorrento, BC

The farm is an hour east of Kamloops on Hwy 1. Turn right at Notch Hill Rd when you first come to Sorrento and drive about 5 minutes. The farm is on the right side of Notch Hill Rd with a big red roof.

To carpool for the Notch Hill Farm tour, meet at the Valleyview Hall, 2288 Park Drive at 11:45. It has a parking lot that abuts some playing fields and is adjacent to the highway. You can turn off the highway at Highland Drive and then onto the frontage road to Park Drive, or travel along Valleyview Drive to Park Drive.

Thistle Farm – 710 Dairy Road, Kamloops. **To carpool, meet at NSCC at 9:30.**