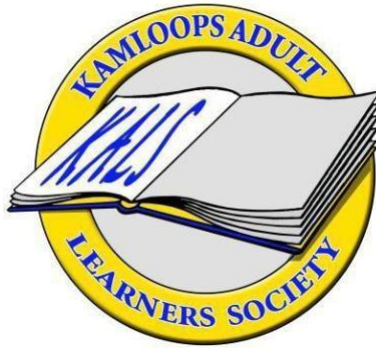


# KAMLOOPS ADULT LEARNERS' SOCIETY

# KALS



## 2022 FALL COURSE CALENDAR

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

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

**KAMLOOPS ADULT LEARNERS' SOCIETY**

**PHONE: 250-376-1525 WEBSITE: [www.kals.ca](http://www.kals.ca)**

**OFFICE LOCATION: 1550 Island Parkway (McArthur Island Old Golf Course Building)**

**MAILING ADDRESS: Unit # 101 1550 Island Parkway, Kamloops BC, V2B 0H7**

**OFFICE Hours: 9 am – 4 pm, Monday – Friday (closed from 12 pm – 1 pm)**

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

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

**The wearing of masks in public indoor settings is no longer required by the Provincial Health Officer. The wearing of a mask is a personal choice. KALS will continue to follow all PHO 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. 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 FALL REGISTRATION BEGINS August 15<sup>th</sup> at 9AM**

**REGISTRATION OPTIONS**

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

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

**A NOTE ON COURSE COSTS:** KALS courses are inexpensive because KALS volunteers and presenters donate their services. We want all seniors to benefit from KALS but recognize cost may be a barrier.

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

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

1 Class	Let's Go Geocaching	September 8, 2022	\$ 10.00
1 Class	Tour of Walkhachin – Gold Country's Ghost Town	September 9, 2022	\$ 15.00
1 Class	A trip to Central Asia and the Silk Road	September 12, 2022	\$ 10.00
1 Class	Not Quite a Hippie: Producing the Eco-comedy Boomerangst	September 12, 2022	\$ 10.00
1 Class	Literacy for All	September 13, 2022	\$ 10.00
1 Class	Art & Conversation: Reading the Land	September 13, 2022	\$ 5.00
1 Class	Logan Lake Wetland Restoration	September 14, 2022	\$ 10.00
2 Classes	An introduction to Invasive Species	September 14, 2022	\$ 15.00
1 Class	Wealth Transfer to the Next Generation	September 15, 2022	\$ 10.00
10 Weeks	News & Views	September 16, 2022	\$ 50.00
1 Class	Flaneur/Flaneuse. The artist as a wandering observer: being a tourist in familiar territory.	September 18, 2022	\$ 10.00
1 Class	Gardengate Tour	September 23, 2022	\$ 10.00
1 Class	Kamloops' Natural Wonders	September 26, 2022	\$ 10.00
1 Class	From Field to Plate: Optimizing your Nutrition and Health	September 27, 2022	\$ 10.00
1 Class	Optimizing Retirement Pay	September 27, 2022	\$ 10.00
1 Class	Emergency Support Services? Emergency Preparedness - Are you ready?	September 28, 2022	FREE
1 Class	Come to the Concert - Dvorak's New World	September 29, 2022	\$ 10.00
1 Class	Kamloops Hospice – A View Behind the Scenes	September 29, 2022	\$ 10.00
1 Class	Walking Tour of Downtown Kamloops I	October 1, 2022	\$ 10.00
1 Class	Walking Tour of Downtown Kamloops II	October 2, 2022	\$ 10.00
1 Class	Tour of Stained-Glass Studio	October 3, 2022	\$ 10.00
1 Class	Fit & Fun at Any Age	October 3, 2022	\$ 10.00
1 Class	Green Burial Options & Aquamation	October 4, 2022	\$ 10.00
3 Weeks	A Taste of Margaret Atwood: Icon, Iconoclast, and Engaged Citizen.	October 5, 2022	\$ 20.00
1 Class	Fantastic Fungi: Wild Mushrooms in the Kamloops Area	October 5, 2022	\$ 10.00
1 Class	Elderdog Canada: Aging People, Aging Dogs and Keeping Love in the Home	October 6, 2022	\$ 10.00
1 Class	The Story of a Play	October 7, 2022	\$ 10.00
1 Class	Traditional Linear Economy vs. Sustainable Economy	October 11, 2022	\$ 10.00
1 Class	The Corkscrew Road – Guided Walk with Ernie Kroeger	October 12, 2022	\$ 10.00
1 Class	Current Issues Driving Estate Disputes	October 13, 2022	\$ 10.00
1 Class	Knowledge, Epistemic Injustice, and the Politics of Credibility	October 14, 2022	\$ 10.00
1 Class	HeartMath - The Heart Brain Connection	October 17, 2022	\$ 10.00
2 Sessions	A Tour of Kamloops Area Geology	October 18, 2022	\$ 15.00
1 Class	Managing Climate Anxiety through Action	October 18, 2022	\$ 10.00
1 Class	Life in the Age of COVID-19. Where are we now – and where are we going?	October 19, 2022	FREE
1 Class	Language Sounds and How We Make Them	October 24, 2022	\$ 10.00
1 Class	Natural Wonders of Iceland	October 25, 2022	\$ 10.00
1 Class	Medical Assistance in Dying: Where are We at & What Does it Mean for Me? (ZOOM)	October 25, 2022	FREE
1 Class	Invasive Fauna in BC	November 1, 2022	\$ 10.00
3 Weeks	Investment 101	November 2, 2022	\$ 20.00
1 Class	Chemistry of Colour	November 3, 2022	\$ 10.00
1 Class	How Do We Make Sentences?	November 7, 2022	\$ 10.00
4 Weeks	Creative Memoir Writing	November 8, 2022	\$ 30.00
1 Class	Come to the Concert – Evocative Elegance	November 10, 2022	\$ 10.00
1 Class	Art & Conversation: Witnessing	November 15, 2022	\$ 5.00
1 Class	Busting Myths About Electrification of the Transportation Sector: EV's Are A Gamechanger.	November 16, 2022	\$ 10.00
1 Class	An Armchair Trip to Colombia	November 30, 2022	\$ 10.00
1 Class	TRU Nursing Lab and Simulations	December 5, 2022	\$ 10.00
1 Class	Art & Conversation: Drawn from the Collection	December 13, 2022	FREE
1 Class	Come to the Concert - Christmas with the KSO	December 15, 2022	\$ 10.00

# FALL 2022 SINGLE SESSION COURSE DESCRIPTIONS

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## Let's Go Geocaching

\$10

Come out and learn about Geocaching -- a real-world, outdoor adventure that is happening all the time, in 190 countries. To play, participants use the Geocaching app and/or a GPS device to navigate to cleverly hidden containers called geocaches. McArthur Island is a geo-training playground for new geocachers with a variety of cache types and difficulty levels. Come to this and meet indoors for a brief introduction to the sport and then we will go for a sensible walk (rain or shine). We will find some caches.

**Instructor:** Linda Kehoe

**Min. 8 Max. 15**

**Dates:** Thursday September 8, 2022 1:30PM- 3:30PM

**Location:** Kamloops Sports Council

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## Tour of Walhachin – Gold Country's Ghost Town

\$15

The little town of Walhachin is perched on the south side of the Thompson River 65 km west of Kamloops. It has attracted attention for decades after it became a little community of the British aristocracy (in 1909) who imported their luxurious style of living to the dry interior of BC in the hopes of establishing lush orchards and agricultural lands. The dream was broken when most of the men of the town volunteered to serve in the First World War and there was no one left to maintain the infrastructure and manage the land. Bring your lunch and join us at the Walhachin museum to learn about the history of the town. Following the presentation, there will be a walking tour of the townsite (approx. 1 km). The cost of the tour includes dessert, tea, & coffee hosted by the Friends of Walhachin Society. They would welcome any photos, artifacts or stories you might be able to contribute to their collection. (Carpooling is recommended. Meet at 10 am in the Cineplex parking lot at Aberdeen mall. Bring your lunch, walking shoes, and dress for the weather.)

**Instructor:** Assu Nydam

**Min. 10 Max. 30**

**Dates:** Friday September 9, 2022 10:00AM- 3:00PM

**Location:** Walhachin Soldiers Memorial Hall and Museum

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## A trip to Central Asia and the Silk Road

\$10

This presentation will give participants a brief introduction to a seldom visited part of the world – Central Asia – the Stans: Kyrgyzstan, Kazakhstan, Tajikistan and Uzbekistan through a blend of photos, videos and anecdotal historical and geographic description of the area. The presenter toured these countries for about a month this May as part of an adventure tour group. While this area is too vast in both size and history to offer a full description, it is hoped that this session will provide participants with a general idea of the area as well as some specific information.

**Instructor:** Bruce Thomson

**Min. 8 Max. 20**

**Dates:** Monday September 12, 2022 10AM-12PM

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

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## Not Quite a Hippie: Producing the Eco-comedy Boomerangst

\$10

Strap on your headbands, climb onto your platform shoes, and come out to discover why and how I created an eco-comedy play called Boomerangst, being produced this fall by Chimera Theatre. In Boomerangst, an impulsive baby boomer forms a retirement commune with former high school rock band mates to get back to the garden of their youthful green ideals, but they dig up more dirt almost than they can handle before uniting against a common foe. I'll pepper the discussion with examples from the play and the original rock music created for it with my teenaged son, Ben.

**Instructor:** George Johnson

**Min. 8 Max.20**

**Dates:** Monday September 12, 2022 1:30 PM- 3:30 PM

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

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**Literacy for All****\$10**

We know that literacy matters. It impacts every area of modern life - health care, education, employment, civic engagement and economy. While most of us have adequate literacy skills, too many simply don't. Literacy in Kamloops (LinK) aims to correct this. We envision a community where everyone has the literacy skills they need, and access to programs that will help them maintain and increase their skills so that they can reach their life goals. Come and learn about what LinK is doing in Kamloops to help reach this vision with programs like the Bright Red Book Bus and The Storybook Program at KRCC. Learn about how you can get involved to support literacy for all ages in our community.

**Instructor:** Fiona Clare**Min. 8 Max. 25****Dates:** Tuesday September 13, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Art & Conversation: Reading the Land****\$5**

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, "Reading the Land: Ten Years of Collecting", and engage in lively explorations of some of the relevant themes. Offering a view into the Kamloops Art Gallery's collection through its acquisitions over the past ten years, "Reading the Land: Ten Years of Collecting" shares the expanse of artists and artworks that have come into the Gallery's care since 2012. The selection of works centers on a range of approaches to representing the landscape and critically exploring the idea of land. Spanning wide-ranging art-historical epochs and diverse approaches, this exhibition offers a view into artmaking over the past 100 years in the context of shifting worldviews and conversations about land use and cultural implications. The works in "Reading the Land: Ten Years of Collecting" present a reading of the land that is inseparable from culture. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate.

**Instructor:** Emily Hope**Min. 8 Max. 15****Dates:** Tuesday September 13, 2022 10AM- 11:30PM**Location:** Kamloops Art Gallery

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**Logan Lake Wetland Restoration****\$10**

In what has become known as the best wetland restoration teaching program in North America, students of the Environmental Restoration Program at BCIT have been working on remediation of a large area adjacent to the golf course and lake at Logan Lake every fall. This year participating students will be a mix of those working on their Masters degrees, as well as a group from the Civil Engineering program. There is no open house as has been the case in past years, but KALS has been invited to observe and discuss the project with the students. Our guide will be Marge Sidney, the biologist who has led past sessions. Students this year will be constructing two new wetlands. We will meet at the Aberdeen Cineplex parking lot at 9:30 AM and carpool from there. Dress for the weather and bring any food or drinks required. There will be portable toilets on site and a small amount of walking on flat ground.

**Instructor:** Marge Sidney**Min. 8 Max. 20****Dates:** Wednesday September 14, 2022 10AM- 12:00 PM**Location:** Logan Lake Wetland Restoration

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**Wealth Transfer to the Next Generation****\$10**

Many Canadians are not adequately prepared to transition or inherit wealth. This is often due to lack of communication, complex financial planning decisions, and ultimately not having the right plan in place. During this presentation, we will cover the multi-faceted and extremely nuanced topic of family wealth—managing, transferring and inheriting.

**Instructor:** Kelsey Boudreau**Min. 8 Max. 20****Dates:** Thursday September 15, 2022 10AM – 12PM**Location:** North Shore Community Centre- Oak Room

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**Flaneur/Flaneuse. The artist as a wandering observer: being a tourist in familiar territory.****\$10**

Have you ever walked down a grocery store aisle and studied the person walking toward you? How did we learn when it is appropriate to look, and where it is acceptable to look? Flaneurism is a behaviour that begins to break through the taboos of where and when to look, and how to interpret the scenes in front of us. Flaneurism has its origins in the 1800's, and it has inspired numerous artists to wander creatively in familiar environments. Janet Cardiff and George Burris Miller, Agnes Varda, and Lucy Gunning are a sampling of artists that this presentation will highlight.

**Instructor:** Ila Crawford**Min. 8 Max.15****Dates:** Sunday September 18, 2022 10:00AM- 12:00PM**Location:** The Smorgasbord

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**Gardengate Tour****\$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 Foodhub program, the existing programming and future social enterprise.

**Instructor:** Robert Wright**Min. 8 Max. 15****Dates:** Friday September 23, 2022 1:30 PM- 3:30 PM**Location:** Gardengate

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**Kamloops' Natural Wonders****\$10**

Kamloops is blessed with a rich natural diversity because of its geology, physical geography, and natural history. In the autumn trees are turning colour, migrating birds are passing through and lots of things are getting ready for winter. One of the best ways to experience this season is to take a drive up—from valley bottom to tree line. This session will be a full day field trip to take in Kamloops' Natural wonders! Bring a lunch, dress for the weather and meet at the North Shore Community Centre for carpooling at 10 am.

**Instructor:** Dr. Tom Dickinson**Min. 8 Max. 15****Dates:** Monday September 26, 2022 10AM- 4PM**Location:** Field Trip

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**From Field to Plate: Optimizing your Nutrition and Health****\$10**

Laura's presentation will show how the industrial food system is compromising our health. In addition to sharing information about local food action projects, she will highlight topics including: Eating to Attain & Maintain YOUR Healthy Weight; The Glycemic Index - What it is and how to make it work for you for long term weight management/optimal performance; Reduce YOUR Carbohydrate Cravings and improve your energy; Chronic disease prevention – how can you reduce inflammation and boost immunity; “Meals In Minutes Cookbook “– Preparing FAST, healthy, low-glycemic meals in minutes

**Instructor:** Laura Kalina**Min. 8 Max. 20****Dates:** Tuesday September 27, 2022 10Am-12PM**Location:** North Shore Community Centre- Oak Room

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## Optimizing Retirement Pay

**\$10**

Retirees want to make sure their money lasts, to maintain their chosen lifestyle, to protect their hard-earned assets, to spend well and smartly, to stay healthy, and to live and leave a legacy. We look for any and all ways to optimize retirement assets, reduce tax and enhance government programs to meet a retiree's goals.

**Instructor:** Kelsey Boudreau

**Min. 8 Max. 20**

**Dates:** Tuesday September 27, 2022 1:30PM-3:30PM

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

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## Emergency Support Services? Emergency Preparedness - Are you ready?

**FREE**

Severe events can leave many people displaced and homeless for long periods of time. The Emergency Support Services organization is there to help evacuees. The program is based on a team of trained volunteers. Through planning, training, practice and social time, the team learns to respond when there are evacuees in need. This session will provide some interesting information about evacuations. Lyn Arikado will share her experience of working with ESS and what it was like in 2021 when the Emergency Services organization was challenged to respond to two significant and unique situations-- Wildfires and then Flooding.

**Instructor:** Lyn Arikado

**Min. 8 Max. 25**

**Dates:** Wednesday September 28, 2022 10AM- 12PM

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

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## Come to the Concert - Dvorak's New World

**\$10**

The 2022-2023 Season of the Kamloops Symphony Orchestra is ready to launch, and that means KALS is ready too with a fresh set of "Come to the Concert" courses to enrich your concert-going experience. Familiar or unfamiliar with classical music, a "Come to the Concert" class will provide you with background to the musical works, to their composers, their genres, time-periods and historical associations, with musical excerpts to illustrate many of these elements. The Kamloops Symphony's season begins with works by the widely admired Czech composer, Dvorak (1841-1904). Some of the melodies you will hear from his Symphony No.9 "From the New World" as well as from his Cello Concerto and his Slavonic Dances will likely have you exclaiming . . . "so that's where that tune comes from . . .". Join us to explore what musical treasures emerge when European and American cultural influences combine. Concert tickets are not included.

**Instructor:** Rod Michell

**Min. 8 Max. 15**

**Dates:** Thursday September 29, 2022 10AM-12PM

**Location:** Kamloops Sports Council

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## Kamloops Hospice – A View Behind the Scenes

**\$10**

Shelby Willson's presentation is a view behind the scenes at Kamloops Hospice. She will then 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 Wilson

**Min. 8 Max. 30**

**Dates:** Thursday September 29, 2022 1:30PM-3:30PM

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

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**Walking Tour of Downtown Kamloops I****\$10**

(Choose either Tour I or Tour II.) Join historical geographer Ken Favrholt for a walking tour of downtown Kamloops featuring stories of the buildings that are gone and of the many still standing for over 100 years. Ken will talk about the Memorial to Sir Wilfrid Laurier who met with Secwépemc leaders in 1910, John Freemont Smith, Kamloops' famous black alderman, the Plaza Hotel and its Spanish-American roots, the old Courthouse, the Cigar Factory, and Stuart Wood School, among other notable buildings. You will learn about architectural styles and the growth of Kamloops from the fur trade days to the present. Tour to start at Heritage House in Riverside Park. Be prepared for any weather and walking on the flat for an hour and a half, plus a rest stop.

**Instructor:** Ken Favrholt**Min. 8 Max. 12****Dates:** Saturday October 1, 2022 1:00PM- 3:00 PM**Location:** Heritage House- Riverside Park

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**Walking Tour of Downtown Kamloops II****\$10**

(Choose either Tour I or Tour II.) Join historical geographer Ken Favrholt for a walking tour of downtown Kamloops featuring stories of the buildings that are gone and of the many still standing for over 100 years. Ken will talk about the Memorial to Sir Wilfrid Laurier who met with Secwépemc leaders in 1910, John Freemont Smith, Kamloops' famous black alderman, the Plaza Hotel and its Spanish-American roots, the old Courthouse, the Cigar Factory, and Stuart Wood School, among other notable buildings. You will learn about architectural styles and the growth of Kamloops from the fur trade days to the present. Tour to start at Heritage House in Riverside Park. Be prepared for any weather and walking on the flat for an hour and a half, plus a rest stop.

**Instructor:** Ken Favrholt**Min. 8 Max. 12****Dates:** Sunday October 2, 2022 1PM- 3PM**Location:** Heritage House- Riverside Park

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**Tour of Stained Glass Studio****\$10**

Shiela Dunn will give a description of the properties of glass and the various techniques used to work with it; a description of the tools and equipment used in glass production; a demonstration of glass cutting and shaping; a demonstration of Leaded Glass; a demonstration of Tiffany Method; a demonstration of Fused Glass.

**Instructor:** Shiela Dunn**Min. 6 Max.10****Dates:** Monday October 3, 2022 10AM-11AM**Location:** DUNN LOOKIN GLASS

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**Fit & Fun at Any Age****\$10**

How can you stay active as you age? Join Jodi with PLAYKamloops as she guides us through fun and light physical activity. In this workshop, you will learn about physical literacy and how easy it is to incorporate and apply it to our everyday lives. We focus on discovering FUN, age and stage appropriate movements to help you keep fit and even discover new activities. Come and learn basic movement patterns that will support daily living and independence, including fall and injury prevention. For more information about Physical Literacy: [www.playkamloops.com](http://www.playkamloops.com)

**Instructor:** Jodi Lebourdais**Min. 8 Max. 25****Dates:** Monday October 3, 2022 10AM- 12PM**Location:** North Shore Community Centre- Dogwood Room



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**Green Burial Options & Aquamation****\$10**

Most of us have probably never considered how decisions about our death could impact the planet. Don't wait until you're in a stressful situation: know your options and discuss your plans ahead of time with your loved ones. Learn about aquamation, a greener alternative to flame-based cremation, and what's needed to make it available in BC.

**Instructor:** Gisela Ruckert**Min. 8 Max. 20****Dates:** Tuesday October 4, 2022 10AM- 11:30AM**Location:** North Shore Community Centre- Oak Room

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

Join us for a fun and information-filled session about our local wild mushrooms. How can you tell a poisonous mushroom from an edible one? What are the deadliest mushrooms in BC? Where can we find edible mushrooms in Kamloops? What are the most common mushrooms in our yards and gardens? Do we have edible truffles in our area? Do we have "magic" mushrooms around here and what happens if we eat them? How do mushrooms benefit natural ecosystems? Bring your curiosity and your questions and you will leave with a renewed interest in exploring these fascinating organisms. If conditions permit, a field trip will follow the presentation, day and location to be announced during the class.

**Instructor:** Gary Hunt**Min. 8 Max. 30****Dates:** Wednesday October 5, 2022 1:30 PM- 3:30 PM**Location:** North Shore Community Centre- Oak Room

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**ElderDog Canada: Aging People, Aging Dogs and Keeping Love in the Home****\$10**

ElderDog Canada is a national community-based, non-profit organization with a vision to honour and preserve the animal-human bond through care, companionship, commemoration, and education. During this presentation you will learn what volunteer opportunities are available and how seniors can benefit from the services ElderDog provides for free.

**Instructor:** Sandi Ceccon**Min. 8 Max. 25****Dates:** Thursday October 6, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**The Story of a Play****\$10**

Do you ever wonder how a professional play comes to be – the process of taking it from page to stage? See what happens as a play gets its legs – from choosing a script, to designers, to casting, rehearsals and a final performance. This class will be set in a fun and creative way, making room for you to discover the "play" within a play, how theatre changes lives and the process of creation!

**Instructor:** Terri Runnals**Min. 8 Max. 20****Dates:** Friday October 7, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Traditional Linear Economy vs. Sustainable Economy****\$10**

Through this short course you will become more familiar with the differences between our current traditional “linear economy” and a sustainable economy. You will be introduced to concepts such as “an ecosystems carrying capacity”, “overshoot”, our “ecological footprint,” “slavery footprint,” a “linear economy,” “circular economy,” “negative externalities” and “conscientious consumption”.

**Instructor:** Paul Clark**Min. 8 Max. 25****Dates:** Tuesday October 11, 2022 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**The Corkscrew Road – Guided Walk with Ernie Kroeger****\$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.

**Instructor:** Ernie Kroeger**Min. 6 Max. 10****Dates:** Wednesday October 12, 2022 10AM- 12PM**Location:** Meet at SW corner of Columbia and 6th Ave.

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**Current Issues Driving Estate Disputes****\$10**

In the ever-evolving legal landscape, recent court decisions shape the possibilities for future estate disputes. With a focus on reducing risk, Jessica and Tyson will explain and discuss how specific topics, including beneficiary designations, wills variation, and recent developments in the law of joint tenancy/ownership, can impact even the most thorough estate planning.

**Instructor:** Jessica Vliegenthart & Tyson McNeil-Hay**Min. 8 Max. 30****Dates:** Thursday October 13, 2022 10AM – 12PM**Location:** North Shore Community Centre- Dogwood Room

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**Knowledge, Epistemic Injustice, and the Politics of Credibility****\$10**

This course will introduce students to the topic of Epistemic Injustice and the Politics of Credibility. The class will take on the concept of Epistemic Injustice—being harmed in one’s capacity as a knower—focusing on how social power plays out in economies of credibility. We will look at two kinds of epistemic injustice: Credibility Injustice and Conceptual Injustice which articulate the challenges of the oppressed in gaining and expressing knowledge of their experiences.

**Instructor:** Dr. Jenna Woodrow**Min. 8 Max. 15****Dates:** Friday October 14, 2022 10AM – 12PM**Location:** North Shore Community Centre- Oak Room

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

HeartMath was born out of a deep sense of caring for people and our planet. Founded in 1991 by Doc Childre, HeartMath has developed a system of effective, scientifically-based tools and technologies to bridge the intuitive connection between heart and mind and deepen our connection with the hearts of others. The HeartMath system empowers people to self-regulate their emotions and behaviors to reduce stress, increase resilience, and unlock their natural intuitive guidance for making more effective choices. This enables people to break through to greater levels of personal balance, creativity, insight and health.

**Instructor:** Kent Watson**Min. 8 Max. 20****Dates:** Monday      October 17, 2022      1:30 PM – 3:30 PM**Location:** North Shore Community Centre- Oak Room

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**Managing Climate Anxiety through Action****\$10**

Wildfires. Flooding. Heat domes. BC saw it all in 2021, and scientists tell us that things are not going to get any better in the short term. Climate anxiety is a natural response, but how we handle that can have big impacts, both for ourselves and the world around us. Transition Kamloops works to build resilience within our community, but also at a personal level. Join this session to become more engaged, encouraged, and empowered while facing your concerns about the world.

**Instructor:** Gisela Rickert and Jennifer St. Marie**Min. 8 Max. 20****Dates:** Tuesday      October 18, 2022      10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Life in the Age of COVID-19. Where are we now – and where are we going?****FREE**

For more than two years our lives have been governed by Covid-19. More than 6 million people have died, and cases in excess of 500 million have been reported. In this session we will look at what we are learning about the virus and how the immune system responds in attempting to fight the infection. Although mortality and morbidity have been significantly reduced as a result of vaccines and antiviral therapies, a further outcome of Covid-19 remains to be explored, namely the post-viral condition known as long Covid, which may have dire consequences beyond the immediate effects of infection. We will look at the diverse causes and effects of long Covid, and some dietary strategies for management of the condition will be discussed. The bottom line: like influenza and the various viruses that cause the common cold, Covid and long Covid are here to stay and we have to learn to live with them.

**Instructor:** Dr. Janice Joneja**Min. 8 Max. 25****Dates:** Wednesday      October 19, 2022      1:30PM- 3:30PM**Location:** North Shore Community Centre- Oak Room

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

We will explore the human vocal tract and how we use it to make language sounds. From there, we will delve into the International Phonetic Alphabet (IPA) and discover how 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. This session is a repeat of the Winter 2022 session and is focused on phonics. It is a stand-alone session that is helpful but not required if you are interested in the session on syntax called "How Do We Make Sentences?"

**Instructor:** Dr. Annette Dominik**Min. 8 Max. 20****Dates:** Monday      October 24, 2022      1:30PM-3:30PM**Location:** North Shore Community Centre- Oak Room

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

Iceland offers unspoiled nature, breathtaking landscapes, and vibrant culture. Everywhere you turn, there are glaciers, waterfalls, lava fields, ocean beaches, and rugged mountains. This course explores Iceland along the Ring Road, travelling all around the island with highlights such as Reykjavik, Blue Lagoon, the eruptions of Geysir, the birdlife of Breiðarfjörður, the Island of Hrisey, stunning waterfalls such as Dettifoss and Skogafoss, Vatnajökull, the largest glacier in Europe; and the Jökulsárlón Glacial Lagoon.

**Instructor:** Roland Neave **Min. 8 Max. 50**

**Dates:** Tuesday            October 25, 2022                            10AM-12PM

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

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**Medical Assistance in Dying: Where are We at & What Does it Mean for Me?** **FREE**

This zoom class from the regional MAiD office in Kelowna will provide the following: 1. Background on Medical Assistance in Dying in Canada: Legislative History and New Legislation (Eligibility Criteria & Safeguards). 2. Interior Health and Provincial Data on MAiD. 3. The Place of MAiD in End of Life Care. 4. Is MAiD a Right Decision? 5. IH MAiD process: Request, Eligibility, Assessments and Provision. 6. Planning for MAiD Day 7. Resources & Questions.

**Instructor:** Jaclyn Falck, Olga Kyashas, and Dr. Keeve DeVilliers **Min. 8 Max. 20**

**Dates:** Tuesday            October 25, 2022                            2-3PM

**Location:** ZOOM

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**Invasive Fauna in BC** **\$10**

Emily Lomas will give an overview of invasive animal management in BC, with a focus on terrestrial species.

**Instructor:** Emily Lomas **Min. 8 Max. 25**

**Dates:** Tuesday            November 1, 2022                            10AM-12PM

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

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**Chemistry of Colour** **\$10**

Colour adds variety and information to our lives. This course will look at how colour is perceived, how it shows up in many natural phenomena, and how it can be generated by a variety of means.

**Instructor:** Dr. Dave McKinnon **Min. 8 Max. 30**

**Dates:** Thursday            November 3, 2022                            10AM-12PM

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

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**How Do We Make Sentences?** **\$10**

We will explore one linguistic model of how our brains might assemble sentences from the vast amount of language knowledge we store in our brains. How do we know what works and what doesn't? Why is "Cat the up tree climbed" a "mistake" that no one makes? What do we mean by language "rules"? How do we know which words can go together in which order? To paraphrase noted linguist, Noam Chomsky: when you begin to ask the simple questions, you have science.

**Instructor:** Dr. Annette Dominik **Min. 8 Max. 25**

**Dates:** Monday            November 7, 2022                            1:30PM-3:30PM

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

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**Come to the Concert – Evocative Elegance****\$10**

The Kamloops Symphony's 2022-23 Masterworks season continues with "Evocative Elegance," a concert that presents music of a number of different forms and styles but all composed within the last 100 years or so, from Claude Debussy and Lili Boulanger in 1890s Paris to Samy Moussa in Montreal today. "Come to the Concert" can help clarify differences and similarities in form, for example, help distinguish the "concerto" ("Violin Concerto" 1935 by Ina Boyle) from the "concerto grosso" ("Concerto Grosso" 1992 by Philip Glass), and also provide the opportunity to hear and discuss excerpts that may be hauntingly familiar (Debussy's "Prelude à l'après midi d'un faun") or strangely new to our ears (Boulanger's "D'un matin de printemps"). Concert tickets are not included.

**Instructor:** Rod Michell**Min. 8 Max. 15****Dates:** Thursday November 10, 2022 10AM-12PM**Location:** Kamloops Sports Council

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**Busting Myths About Electrification of the Transportation Sector: EV's Are A Gamechanger.****\$10**

This talk will explore several of the leading myths regarding electric vehicles. We will look at issues of energy supply to power these vehicles, charging infrastructure, battery technology and the supply of lithium, range and reliability, cost, and other issues including how road taxes are allocated.

**Instructor:** Dr. Michael Mehta**Min. 8 Max. 30****Dates:** Wednesday November 16, 2022 2:00PM-4:00PM**Location:** North Shore Community Centre- Dogwood Room

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**Art & Conversation: Witnessing****\$5**

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, "Alicia Henry: Witnessing", and engage in lively explorations of some of the relevant themes. For the last two decades, Alicia Henry has explored unconventional approaches to portraiture, using the face to represent something that is hidden, revealed, and performed. In "Witnessing", Henry's compelling compositions are drawn from a multitude of references: the artist's own memories, her collection of West African masks, and events on the street or on television. Imbued with her perspective as an African American woman, the figures assert themselves as timeless witnesses reflecting a variety of personal and social histories. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate

**Instructor:** Emily Hope**Min. 8 Max. 15****Dates:** Tuesday November 15, 2022 10AM-11:30AM**Location:** Kamloops Art Gallery

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**An Armchair Trip to Colombia****\$10**

Learn about the 4th largest country in Latin America. Join a seasoned traveller on a tour of this beautiful country full of contrasts. It is everything you have heard about and more.

**Instructor:** Helen Parkyn**Min. 8 Max. 40****Dates:** Wednesday November 30, 2022 10AM-12PM**Location:** North Shore Community Centre- Dogwood Room

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**TRU Nursing Lab and Simulations****\$10**

Are you interested in seeing the new Nursing and Population Health building at TRU and learning about the fully accredited Bachelor of Science in Nursing program? Ever wondered what it's like for students preparing for a career in nursing? Come and meet our newest mannequins including Vivien, Apollo, Alex and baby Super Tory and learn more about their capabilities. Enjoy a tour of our state-of-the-art simulation rooms which have some of the latest technology and meet a few of the students.

**Instructor:** Shari Caputo**Min. 8 Max. 15****Dates:** Monday December 5, 2022 10AM-12PM**Location:** TRU Nursing Lab

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**Art & Conversation: Drawn from the Collection****FREE**

Join us at the Kamloops Art Gallery for an interactive guided discussion and exploration of works drawn from the Gallery's permanent collection. Learn how to properly handle and store works on paper, and discover some of the artists and art works in the Kamloops Art Gallery's permanent collection in this special one-hour program. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate

**Instructor:** Emily Hope**Min. 8 Max. 15****Dates:** Tuesday December 13, 2022 10AM-11AM**Location:** Kamloops Art Gallery

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**Come to the Concert - Christmas with the KSO****\$10**

The Kamloops Symphony's "Christmas with the KSO" is always a joyful occasion that brings together the orchestra and soloists along with the KSO Chorus and chorusmaster Tomas Bijok. The Chorus is featured in a performance of Benjamin Britten's "Ceremony of Carols", which sets to music a variety of sacred texts, mainly medieval. "Come to the Concert" can help introduce you to this delightful but less well-known Christmas work, and can provide background on the excerpts from Handel's "Messiah" and from Tchaikovsky's equally enduring Christmas favourite, "The Nutcracker", that are also on the programme. But as for the popular carol sing-along portions of the concert — for that you are on your own. Concert tickets are not included.

**Instructor:** Rod Michell**Min. 8 Max. 15****Dates:** Thursday December 15, 2022 10AM-12PM**Location:** Kamloops Sports Council

# FALL 2022 MULTI SESSION COURSE DESCRIPTIONS

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## News & Views

\$50

Do you like to talk about the news stories of the week? If you do, we invite you to join moderator Ray Pillar for lively, thought-provoking discussion and debate about local, provincial, national and world issues. 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; 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. 20**

**Dates:** Fridays September 16-November 25, 2022 1:30PM-3:30PM

**Location:** Kamloops Sports Council

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## An introduction to Invasive Species

\$15

Invasive species affect our lives in many ways. They are very difficult to control, and their spread can negatively impact our homes, our communities, and the environment. It is important to know what to look for, how to report, and what you can do to help stop the spread of invasive species.

**Instructor:** Megan Blackmore

**Min. 8 Max. 20**

**Dates:** Wednesday September 14-September 15, 2022 1:30 PM- 3:30 PM

**Location:** Day 1- NSCC Oak Room Day 2- Field Trip

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## A Taste of Margaret Atwood: Icon, Iconoclast, and Engaged Citizen.

\$20

Few living writers have equalled the influence of Margaret Atwood. Not only have her best-selling novels won global acclaim and been adapted to television and film, but her poetry, short stories, essays, children's literature, and graphic novels – not to mention her social justice, literary, and environmental activism – have kept her in the public eye for almost 60 years. In these three classes, we will examine her illustrious career, engage with some of her short pieces of writing, and cast our eyes upon recurring themes in her work.

**Instructor:** Ginny Ratsoy

**Min. 8 Max. 20**

**Dates:** Wednesday October 5- October 19, 2022 10AM-12PM

**Location:** NSCC- Willow Room

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## A Tour of Kamloops Area Geology

\$15

This class will begin with a session at the North Shore Community Centre, to provide context and give an overview of stops to be visited on an all-day field trip two days later. The field trip will depart at 10:00 am sharp from the Odeon parking lot at Aberdeen mall on Thursday, Oct. 20. The first stop will be the lookout at Highland Valley mine, near Logan Lake. From there we will work our way forward through time, looking at important geological features of our area, and ending at the Monte Creek Winery. At Monte Creek we will be given a tour of the operation including a discussion of soils and their impact on the wines produced there. A wine tasting will be included, for those who would like to partake. Please bring a lunch, snacks, walking shoes and dress for the weather. There will be short outings at the different stops. Car pooling is recommended. Arrival time back in Kamloops approximately 4:30 pm.

**Instructor:** Nancy Van Wagoner

**Min. 8 Max. 15**

**Dates:** Tuesday October 18- October 20, 2022 Oct. 18 (10AM- 12 PM) Oct 20(10AM-4:30PM)

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

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**Investment 101****\$20**

Assu Nydam will help you to understand some of the basics of investing: what is a stock, a bond, a mutual fund, ETF, etc; how to diversify and invest; how to find a good financial advisor; what factors to consider when investing. This course will give you a better understanding of the markets and help you feel comfortable with daily news reports on finances and investing.

**Instructor:** Assu Nydam**Min. 8 Max. 15****Dates:** Wednesday November 2- November 16, 2022

10AM-12PM

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

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**Creative Memoir Writing****\$30**

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

**Instructor:** Janet Whitehead**Min. 8 Max. 15****Dates:** Tuesday November 8-November 29, 2022

10AM – 12 PM

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



# Kamloops Adult Learners Society

## WINTER SPRING 2022 MEET OUR PRESENTERS

Arikado, Lyn	Lyn Arikado has been with the Kamloops Emergency Support Team since 2003, and before that was involved with ESS in the Kootenays. She has been a director since 2008 and was recently awarded the Queen's Jubilee pin for community service. When not working with ESS, she enjoys gardening, crafting, sewing and baking.
Blackmore, Megan	Megan is a Learning Coordinator with the Invasive Species Council of BC, certified horticulturalist and passionate naturalist born and raised in Kamloops, BC. She continually strives to find new ways to bring awareness of invasive species and their impacts to those around her.
Boudreau, Kelsey	With a desire to guide people to enhance their financial outcomes, Kelsey joined IG Private Wealth Management in 2016. Kelsey's core value is to help clients realize their dreams and achieve their goals through sound financial planning and personalized service. Kelsey and her husband have two young children and they enjoy spending time on the Shuswap, travelling, exploring the outdoors and yoga. Kelsey believes strongly in giving back, supporting and helping people in the community.
Caputo, Shari	Shari Caputo, RN MSN, CCNE, graduated with her BscN in 2001 from TRU (formerly UCC - University College of the Cariboo) and worked for 15 years at Royal Inland Hospital on the maternity and medical floors. She has taught in the nursing program at TRU for 10 years and primarily works with second- and third-year students, teaching psychomotor skills lab, simulation and clinical practice at RIH.
Ceccon, Sandi	Sandi Ceccon has spent a lifetime working with and loving dogs. She has worked as a dog training instructor and a doggie day care supervisor. She joined ElderDog volunteers because of their community-minded compassion and passion for seniors - both human and canine. She values the growing relationships created at ElderDog - the organization, their volunteers and their clients, and of course, the dogs. "We value the dogs!"
Clare, Fiona	Fiona Clare is the Literacy Outreach Coordinator for Literacy in Kamloops. Her community literacy work began in 1998, when she coordinated the ONE TO ONE reading program at her children's school. Building on the success of ONE TO ONE, she later wrote "Reading Success at Home", a parent handbook for Come Read with Me workshops, which offers simple strategies to support children's reading. Recently recognized by the Kamloops/Thompson School District with the Award for Excellence in Public Education, Fiona continues to work with many community partners on literacy initiatives. She has had success facilitating Plain Language workshops for businesses and organizations in the Kamloops area and being an advocate for Plain Language. Fiona is motivated by Maya Angelou's words, "When we know better, we do better."

Clark, Paul	I was born in Oliver, BC, and grew up in Tsawwassen. I have worked both domestically and internationally. Internationally, I lived in Asia between 1991 and 2002, and continue to travel there as frequently as possible. In Asia, my career has focused on the "the fast-moving consumer goods (FMCG)" industry. I have served as an Instructor at TRU in the Rob Gaglardi School of Business and Economics for the last 15 years, delivering courses in marketing, international business, and strategy. My wife and I have two daughters; we also have laying hens and bee hives in our backyard.
Crawford, Ila	Ila Crawford, Educator Emerita, taught Visual Arts at TRU. She is active with the Kamloops Printmakers, as both a producer and instructor of art. She also curates the art on the walls of the Smorgasbord.
DeVilliers, Dr. Keeve	Dr. Keeve De Villiers is a South African-trained family physician based in Kamloops. He has been performing medically-assisted death procedures and working in palliative care over the last six years. He works in a number of roles in the community including as a hospitalist at Royal Inland Hospital. He continues to do family practice obstetrics in Kamloops and regularly works in rural emergency and obstetric care within the Interior Health Region. Personally, he is a childhood cancer survivor and is a passionate advocate of Canadians' right to choose how they would like to live and, equally, how they wish to die. He lives with his physician partner, their two unruly cats and two long suffering dogs.
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 is recently retired from teaching 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.
Dunn, Shiela	Shiela spent the better part of her adult life working as an accountant, though she tried many crafts and forms of art to express her buried creativity. A class in stained glass freed that creativity, and when she was introduced to fused glass she knew she'd found the enduring love of her life. Shiela has been an active member of the Courthouse Gallery Artists' Co-op since its inception in 2007. She cannot overstate the positive influence that talented group of artists has had on her creative process and inspiration.

Falck, Jaclyn	<p>Jaclyn Falck is a Regional End of Life (MAiD) Coordinator for the Interior Health MAiD Coordination Centre. Jaclyn is a Registered Social Worker (RSW) who completed her undergraduate degree at the Vancouver Island University (BSW) and her graduate degree at Wilfred Laurier University (MSW). Jaclyn has a background in palliative and end-of-life care and finds working within the Medical Assistance in Dying Portfolio very rewarding. In her free time, Jaclyn enjoys spending time outdoors, hiking, camping, and exploring all that the Okanagan Valley has to offer with her husband Colin and their pets, Bowen and Binx.</p>
Favrholdt, Ken	<p>Ken Favrholdt is a freelance writer, historical geographer, and museologist. After obtaining a teaching certificate at SFU, he taught elementary school for two years on the north coast, where he became immersed in Indigenous culture. Ken has held many museum positions in BC and Alberta and is currently the archivist at the Secwépemc Museum and Heritage Park. He has contributed articles to many magazines and still writes occasional articles for Kamloops This Week.</p>
Hope, Emily	<p>Emily Hope is Education and Public Programs director for the Kamloops Art Gallery</p>
Hunt, Dr. Gary	<p>Dr. Gary Hunt is Professor Emeritus at Thompson Rivers University and taught in the Department of Natural Resource Sciences.</p>
Johnson, George	<p>George M. Johnson first became an activist in Grade Five, when he and his class raised awareness about pollution and removed rubbish from Grindstone Creek in Waterdown, Ontario. Since moving to Kamloops in 1991, he has continued his grassroots activism as the Chair of Global and Community Action at Kamloops United Church and as a co-organizer, recently, of the Kamloops Blue Dot campaign and the COP26 Climate Justice Rally in November, 2021. His award-winning writing often draws on his activism, notably on peace and environmental issues, for which he received the Y.M.C.A. Peace Medal in 2019. His passion is to tell and teach stories with humour to create empathy and provoke change. George is Professor in the Literatures, Languages, and Performing Arts Department at TRU.</p>

<p>Joneja, Dr. Janice</p>	<p>Dr. Janice Joneja holds a Ph.D. in medical microbiology and immunology. She 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). Dr. Joneja 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.</p>
<p>Kalina, Laura</p>	<p>Laura Kalina is a Registered Dietitian (McGill University) with a Master's degree in Adult Education. She currently works as the Food Sovereignty lead with Q'wemtsin Health Society, which serves Skeetchestn, Tk'emlups te Secwépemc and Whispering Pines. Laura's passion for indigenous food sovereignty extends from 32 year as a Public Health Dietitian with Interior Health and as a pioneer in the food security movement in Canada. Laura's commitment to building capacity for sustainable food systems and healthy eating is showcased by the success of the Kamloops Food Policy Council, which she founded over 25 years ago and the "Shop Smart" Nutrition Tour program led by Dietitians in Supermarkets across Western Canada. Sharing and mentoring others is high priority for Laura; she has authored numerous books on food security and healthy eating, including, "Building Food</p>
	<p>Security in Canada: From Hunger to Sustainable Food" and the International Best Seller "Low-Glycemic Meals in Minutes."</p>
<p>Kehoe, Linda</p>	<p>Linda Kehoe is an avid Geocacher (with over 7000 finds and 135 hides), a cyclist, and outdoor enthusiast.</p>
<p>Kroeger, Ernie</p>	<p>Local artist and walking enthusiast Ernie Kroeger will be your guide. He is 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 Fine Arts Degree from the University of Calgary. His artwork has been exhibited across Canada and in Europe.</p>
<p>Kyashas, Olga</p>	<p>Olga Kyaushas is a Regional End of Life (MAiD) Coordinator who completed her Medical Doctor Degree in Russia in 1992, obtained a Master of Public Health Degree with specialization in Health Policy and Management from the University of Alberta in 2010 and received professional designation of the Certified Health Executive (CHE) with the Canadian College of Health Leaders (CCHL) in 2013. Olga has been working with the IH MAiD program since the MAiD Legislation in Canada came into effect in 2016 and is very passionate about MAiD.</p>

Lebourdais, Jodi	Jodi has a background in Kinesiology and is the Coordinator for PLAYKamloops, a local network of organizations committed to building a healthy, active, and physically literate community. She is a physical literacy coach and mentor for a variety of programs and initiatives within the community. She is dedicated to building a resilient and inclusive community through physical literacy and physical activity initiatives driven by her passion for the outdoors and active play.
Lomas, Emily	Emily is the Terrestrial Invasive Fauna Specialist with the Ministry of Land, Water and Resource Stewardship. Emily joined the provincial government in 2019 and comes from a background of environmental project management in municipal government and wildlife research. During her MSc work, Emily studied the effects of human disturbance on the body characteristics and movement patterns of Western Rattlesnakes in the south Okanagan. In previous positions she has worked on a variety of topics, with a focus on human-wildlife conflict prevention, mitigation strategy development, and field research with a focus on herpetofauna and small mammals.
McKinnon, Dr. Dave	Dr. McKinnon earned a Ph.D. in Chemistry from the University of Edinburgh, Scotland. He has taught courses, mainly Organic Chemistry, at all university levels. He has a continuing interest in scientific education and a wide range of hobbies, including travel, playing the clarinet, genealogy, woodworking, and gardening.
McNeil-Hay, Tyson	Tyson McNeil-Hay earned his Juris Doctor degree from Queen's University in 2012 and joined Fulton in 2012. His law practice focuses on estate, commercial and local government litigation. As a persuasive, successful advocate, he has appeared at all levels of court in BC. He is involved in a variety of professional and
	community organizations and is a presenter at professional & local events. Away from the office, parenting three children under 10 years old keeps Tyson and his spouse busy, but when Tyson can, he loves taking advantage of all the outdoor opportunities in the area, particularly skiing and mountain biking.
Mehta, Dr. Michael	Dr. Michael D. Mehta is a Professor of Environment, Culture, and Society at Thompson Rivers University in Kamloops. He is an environmental social scientist who specializes in science, technology and society with a focus on environmental and health risk issues, and he focuses on air pollution and solar energy.
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.

Neave, Roland	Roland Neave wrote his first book, “Hiking the High Points”, at age 17, then began writing “Exploring Wells Gray Park” which was published in 1974. The book is now in its 6th Edition and has sold over 26,000 copies. Roland’s university summers were devoted to organizing bus tours of Wells Gray Park and, after graduation, he expanded this service into a year-round business called Wells Gray Tours. It is now one of British Columbia’s largest tour operators and arranges group holidays all around the world. 2022 is the 50th Anniversary of his company. Roland and his wife, Anne, travel extensively with their tours and to research new destinations. Iceland and the Arctic are among their favourite places.
Nydham, Assu	Assu Nydam was born in Vienna, Austria and has resided in Canada since 1959. He obtained a BA from UBC in 1974, specializing in Economics and International Finance. He has worked in the financial and investment industry for over 40 years, and for the past 16 years has been self-employed through his company, Nydam Financial Corp. Eight years ago, he and his wife moved to Walhachin, where he has immersed himself in the history of the area. From 2015 to the present, Assu has been the President and Curator of the Walhachin Soldiers Memorial Hall and Museum. A man of many interests, he enjoys travelling, hiking, skiing, horseback riding, camping, sailing, canoeing, and astronomy.
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 other 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 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, Professor Emerita, TRU, has taught Atwood’s novels, short stories, and poetry for over 40 years. She looks forward to sharing her passion for all things Atwoodian with other KALS students.
Ruckert, Gisela	Gisela Ruckert is a grassroots organizer and environmental advocate. She holds a Master’s degree in Environmental Studies & Sustainability Science from Lund University, Sweden. She is one of the founding members of Transition Kamloops, an organization dedicated to building local resilience while reducing our dependence on fossil fuels.

Runnals, Terri	Terri Runnalls is currently the Director of Education and Outreach at Western Canada Theatre. She graduated from TRU long ago with a Bachelor of Arts degree and has taught theatre to all ages in Kamloops for over 15 years. Terri has travelled the country as an actor and director for 25 years. Her true passion lies in teaching others the wonder of theatre – how it can enrich their lives.
Sidney, Marge	Marge is a RPBio who had a 40+ years 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
Ste Marie, Jennifer	Jennifer Ste Marie has been involved in climate activism for more than a decade, through Transition Kamloops and, most recently, through having purchased a farm. She and her husband are practising regenerative agriculture to help address the challenges we are facing environmentally and socially. The last year has impressed on them the importance of building community if we hope to succeed in our attempts to make necessary real and lasting change. Our emotional response to the present crises will greatly affect the outcome of our actions.
Thomson, Bruce	Bruce Thomson is a retired ESL instructor at TRU. In addition to his teaching duties at TRU, Bruce has taught internationally in China, Japan, Latvia, Chile, and Vietnam. In addition to his teaching experiences, Bruce has had a lifelong interest in travel to other cultures and has visited approximately 60 countries on 5 continents. This trip was his latest.
Van Wagoner, Dr. Nancy	Nancy Van Wagoner is well known to KALS 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 Masters degree in Fine Arts, she provides intriguing ways of seeing the world around us.

Vliegenthart, Jessica	After receiving her Juris Doctor degree from the University of Victoria in 2011, Jessica returned home to Kamloops and first joined Fulton in 2012. Focusing her legal practice on estate disputes, personal injury, and workplace law, Jessica brings all of her lived experience to the table when helping clients navigate complex issues. With deep roots in the Kamloops community, Jessica loves making connections and will absolutely try to figure out if she knows one of your relatives. After retiring from international sport, Jessica now spends her free time outside with her young son and daughter, husband, and small flock of chickens.
Watson, Kent	Kent Watson (BSc,MSc), who has 35 years of university teaching and research experience in science, has witnessed the stress the education system puts on students and faculty. As a graduate of the HeartMath Training Centre and a certified HeartMath trainer, he has seen the program work in fields such as education, law enforcement, medicine, business, athletics, and the military, among others. The practical tools and skills Kent has applied to the education system have also afforded him a less stressful, happier life.
Whitehead, Janet	Janet Whitehead is a professional life and creativity coach who has helped numerous authors worldwide get their written works completed and published. She is the author of her own published memoir, "Beyond All Imaginings", and several unique memoirs created within her family. Janet is also the owner/curator of "Writerly Kits" - a subscription box service for writers and those who want to be.
Willson, Shelby	Shelby Willson has been working as a Registered Nurse at Kamloops Hospice for 6 years. She started her nursing career at Kamloops Hospice when she completed her 4th year nursing practicum in 2016. She was later hired there and had been working at the bed side. She is currently in the position of Clinical Lead, where she supports patient care and staff education. She also promotes community education with workshops and programs. In her free time, Shelby loves the outdoors. Running, hiking, biking, and – in pre-pandemic times, of course -- travelling are some of her favourite activities. Shelby is passionate about hospice and palliative care and looks forward to sharing some of her knowledge.



Woodrow, Dr. Jenna	Dr. Jenna Woodrow is an Associate Teaching Professor in Philosophy at Thompson Rivers University. Her teaching and research areas center on knowledge and justice. Her work focusses on how norms evolve, the relationships to land and people that ground justification, meaning, and practices of holding one another responsible, and the roles that gender, oppression, and colonization play in producing knowledge and ignorance. She is also co-chair of the Canadian Philosophical Association Equity Committee, chair of the Canadian Philosophical Association Decolonizing and Indigenizing Committee, chair of the Thompson Rivers University Faculty Association Equity Committee, and Western Regional Director and Founding Member of Ethics Bowl Canada. Jenna is originally from Nunavik, in northern Quebec.
Wright, Rob	Rob has worked in the social service field since 1997. 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 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

## Fall 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

**Walhachin Soldiers Hall and Museum** – 4359 Central Avenue, Walhachin

Driving Directions – Travel west on Trans Canada Hwy 1 and merge right onto Hwy 97 N at exit 362 toward Cache Creek. After 48.4 km, turn left onto Walhachin Station Road. Follow the road downhill, across the bridge, and up the other side until you reach the hall.

**To carpool, meet at 10:00 a.m. in the parking lot at Aberdeen Mall on the Cineplex theatre side closest to the highway. (Bring your lunch, walking shoes, and dress for the weather.)**

**The Smorgasbord** -- 225 7<sup>th</sup> Avenue, across from the curling rink.

**Gardengate** – 915 Southhill Street, Kamloops, BC

**Heritage House in Riverside Park** – 100 Lorne Street

**DUNN LOOKIN GLASS**, Shiela Dunn, 2801 Duck Range Road, Pritchard, 250-371-0494.

Drive East from Kamloops on Hwy 1. Turn Right up the hill toward Vernon at Exit 399.

Approximately 5 km up the hill (past the Brake Check Stop) turn left onto Duck Range Road

Proceed approximately 7.5 km along Duck Range Road. On the left hand side of the road there will be a sign that says: Dunn Lookin. Turn into that drive and go ½ km down driveway to the house and studio. The old mobile home is the studio. Please note that it is NOT handicapped accessible

**To carpool meet at the Valleyview Hall, 2288 Park Drive at 9 am. 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.**

**The Corkscrew Road – Guided Walk with Ernie Kroeger** - Meet at SW corner of Columbia and 6th Ave. The tour will conclude at the Royal Inland Hospital at Columbia and 3rd Ave. Shoes with good grip recommended.

**Geology Tour** - Meet at 10:00 a.m. in the parking lot at Aberdeen Mall on the Cineplex theatre side closest to the highway. Return at 4:30 PM.