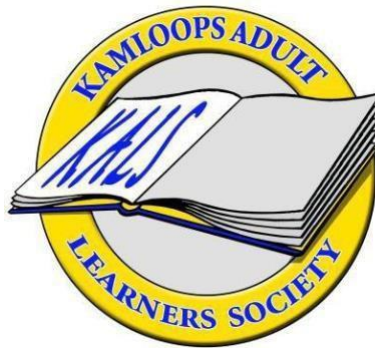


# KAMLOOPS ADULT LEARNERS' SOCIETY

# KALS



## 2023 WINTER COURSE CALENDAR

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

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

**KAMLOOPS ADULT LEARNERS' SOCIETY**

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

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

**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.

**2023 WINTER REGISTRATION BEGINS December 12<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**

3 Weeks	A History of Everyday Things	January 10, 2023	\$20.00
1 Class	Discover Kinetic Art at BIG Little Science Centre	January 11, 2023	\$12.00
12 Weeks	News & Views	January 13, 2023	\$50.00
3 Weeks	The Art of the Interview	January 16, 2023	\$20.00
1 Class	Introduction to Plant Based Eating: Why & How-to	January 17, 2023	\$10.00
1 Class	E-Bikes, Anyone?	January 18, 2023	\$10.00
1 Class	Music is Medicine	January 23, 2023	\$10.00
1 Class	The Energy Transition - Is It Feasible?	January 25, 2023	\$10.00
2 Weeks	What Would Jane Austen Do? Reading "Pride & Prejudice"	January 31, 2023	\$15.00
1 Class	Come to the Concert – Mozart’s Dark Side	February 2, 2023	\$10.00
2 weeks	Exploring the Personal Essay: Weaving Time Memory and Text	February 2, 2023	\$15.00
1 Class	Why Every Business Should Be a Social Enterprise	February 3, 2023	\$10.00
1 Class	Medical Cannabis Facts: Research and Patient Experiences	February 6, 2023	\$10.00
1 Class	What is Campus/Community Radio? I	February 6, 2023	\$10.00
1 Class	Art & Conversation: Glacial Resonance	February 7, 2023	\$ 5.00
1 Class	Light and Colour Science at BIG Little Science Centre	February 13, 2023	\$12.00
1 Class	What is Campus/Community Radio? II	February 13, 2023	\$10.00
1 Class	Navigating on the Ice and Snow	February 14, 2023	FREE
1 Class	Indigenous North America on the Eve of First Contact (Zoom Class)	February 15, 2023	\$10.00
1 Class	Building Personal Resilience in a Changing Climate	February 16, 2023	FREE
1 Class	Life As A Conservation Officer	February 21, 2023	\$10.00
1 Class	Kamloops Heritage from the Armchair	February 21, 2023	\$10.00
6 Weeks	Walking, Thinking and Creativity	February 28, 2023	\$40.00
3 Weeks	Public Policy-How It Is Created, Measured and Changed	March 2, 2023	\$20.00
1 Class	Fit & Fun at Any Age	March 7, 2023	\$10.00
1 Class	Art + Conversation: Queer Newfoundland Hockey League (QNHL)	March 7, 2023	FREE
1 Class	Lady Franklin's Revenge (Zoom Class)	March 8, 2023	\$10.00
1 Class	Coastal Black Bears of the Great Bear Rainforest	March 8, 2023	\$10.00
1 Class	Amazing Pollinators at BIG Little Science Centre	March 13, 2023	\$12.00
4 Weeks	Canadian Short Fiction: National Literature and Serving the Story	March 23, 2023	\$30.00
2 Weeks	Navigating Digital Citizenship: Do we have the information literacy we need to be good digital citizens?	March 27, 2023	\$15.00
1 Class	Kamloops Centre for Water Quality Tour	March 28, 2023	FREE
1 Class	Come to the Concert - Brahms’ German Requiem	March 30, 2023	\$10.00

# WINTER 2023 SINGLE SESSION COURSE DESCRIPTIONS

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## Discover Kinetic Art at BIG Little Science Centre

\$12

Lily Dalley's exhibition, 3D Art in High Gear, is currently on display at BIG Little Science Centre. These amazing sculptures are examples of kinetic sculpture. By turning each handle, you create magic and bring the tableau to life. You will be amused and delighted by Lily Dalley's astonishing Kinetic Sculptures. In this program we will discover how Lily Dalley uses simple machines to create her art. Explore her use of innovative materials to represent whimsical stories and situations. Depending on the group, we will also enjoy scavenger hunts, and make a craft based on simple machines and your imagination. Paid parking only close to BLSC or 2-hour free parking on streets further away.

**Instructor:** Susan Hammond, Gord Stewart

**Min. 8 Max. 15**

**Dates:** Wednesday January 11, 2023 10AM- 12PM

**Location:** Big Little Science Centre 458 Seymour Street

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## Introduction to Plant Based Eating: Why & How-to

\$10.00

With so many differing opinions on diet, it's hard to know which one to follow. However, if you want a diet of compassion, that maximizes brain health, with maximum health benefits, that will reduce your risk of disease, that will aide in reversing a multitude of symptoms and diseases, that will aide in health promotion, and where you can eat deliciously until full and still maintain or lose weight, there is no better diet out there than a whole food, plant-based diet (WFPBD). Dr. Janie Unruh will share the many reasons why a plant-based diet is the diet of choice for a large and quickly-growing number of people in North America and around the world; the components of what makes the WFPBD so valuable; and how to transition to more whole foods. Questions encouraged. Invite a friend and share the value of a gift worth more than any amount of money.... our health.

**Instructor:** Dr. Janie Unruh

**Min. 8 Max. 40**

**Dates:** Tuesday January 17, 2023 1:30PM- 3:30PM

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

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## E-Bikes, Anyone?

\$10.00

Have you been thinking about buying an electric bike? Learn about the different E-bike options and how to choose the right bike for you. E-bike maintenance; bicycle safety and etiquette; and even exercises pre and post ride will be discussed.

**Instructor:** Dave Mcinnes

**Min. 8 Max. 20**

**Dates:** Wednesday January 18, 2023 10AM-12PM

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

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## Music is Medicine

\$10.00

People often refer to music as a type of "therapy". Music is used as a way to express how you're feeling, as a source of comfort, as a way to take you back to moments in your life, as a source of distraction and so much more. Have you ever been amazed at how you can somehow remember every word to an old song? In this class we are going to explore the world of Music Therapy and learn what is actually happening in our body and our brain when we experience music. You will leave the class knowing how incorporating music into everyday life can maintain/improve brain function throughout the natural aging process.

**Instructor:** Sierra Gladu

**Min. 8 Max.30**

**Dates:** Monday January 23, 2023 1:30 PM- 3:30 PM

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

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**The Energy Transition - Is It Feasible?****\$10.00**

The energy transition from fossil fuels to green electricity is a slow process, with most industrialized nations failing to meet CO2 reduction targets. Why? Politicians seem willing, public opinion is largely behind green initiatives, but CO2 emissions remain stubbornly high. Is it the inevitable fate of so-called intelligent, sentient beings to foul their own nest? This talk will explore some of the reasons that have led to our dependence on fossil fuels, such as industrialization starting in the late 19th century, population growth, increasingly sophisticated infrastructure, globalized food supply, and our inexorable desire to increase living standards and life expectancy. Such discussion and analysis do not make for catchy political slogans because they underscore our dependency on fossil fuels. Maintaining adequate nutrition for a growing population -- the absolute and first priority of organized, civil society -- requires increased use of fossil fuels, as well as expansion of green energy production. Living with climate disruption may be humankind's only option.

**Instructor:** Dr. Peter Clark**Min. 8 Max. 35****Dates:** Wednesday January 25, 2023 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak Room

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**Come to the Concert – Mozart's Dark Side****\$10.00**

The next concert in the Kamloops Symphony's 2022-23 Masterworks season is "Mozart's Dark Side," the central work of which is the piano concerto No.20 in D minor by Mozart. To explore the background to this deeply felt and sometimes foreboding masterpiece, and to hear excerpts from it and the concert's other two works — "In the Time of Our Disbelieving" by Canadian composer Kelly-Marie Murphy and the incidental music by Sibelius for the tragic play "Pélleas and Mélisande"—join Come to the Concert. Concert tickets are not included.

**Instructor:** Rod Michell**Min. 8 Max. 20****Dates:** Thursday February 2, 2023 10AM- 12PM**Location:** Kamloops Sports Council

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**Why Every Business Should Be a Social Enterprise****\$10.00**

Social enterprise is growing in Canada and around the world, but many people are not aware that social enterprises exist in their community or even in Canada. Yet this new type of organization appears to hold great promise for society. In this session we will learn what a social enterprise is and examine a number of examples from around the world and here in BC. We will also consider and discuss whether we should be encouraging more social enterprises to start up and grow in our community, and across Canada.

**Instructor:** Bruce Martin**Min. 8 Max. 25****Dates:** Friday February 3, 2023 10AM- 12:00 PM**Location:** North Shore Community Centre -  
Oak Room

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**Medical Cannabis Facts: Research  
and Patient Experiences****\$10.00**

Dr. Koehn will explain how medical cannabis can be used to improve pain management and psychological function of patients with complex health concerns.

**Instructor:** Dr. Michael Koehn**Min. 8 Max. 25****Dates:** Monday February 6, 2023 1:30PM – 3:30PM**Location:** North Shore Community Centre- Oak Room

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**What is Campus/Community Radio? I****\$10.00**

People are to sign up for only one class because they are both the same. This brief introduction to campus/community radio will enlighten students on the importance of this grass roots organization and how it supports and shapes the local community. Students will be invited to tour the radio station and co-host a radio show with veteran programmers and feel the thrill of being live on the radio. Students will be presented with a recording of their show at the end of the course. The first segment of this course will run for one hour, with another 1.5 hour commitment for co-hosting a live radio show which students can schedule themselves. Steve Marlow will provide the introduction and basics for the class and Bart Cummins will be the guest speaker. Students will have input as to the show they are interested in co-hosting. This course will be conducted at the CFBX radio station located on the Thompson Rivers University Campus in House 8, behind the Campus Activity Centre. For directions and parking, see the last page of the KALS calendar.

**Instructor:** Faith Bateman, Steve Marlow,  
Bart Cummins**Min. 4 Max.6****Dates:** Monday February 6, 2023 1:30AM- 2:30PM**Location:** CFBX radio station at TRU

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**Art & Conversation: Glacial Resonance****\$5**

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, "Paul Walde: Glacial Resonance", and engage in lively explorations of some of the relevant themes. Presenting the glacier as a central protagonist, "Glacial Resonance" shares the artist's enduring concern about environmental crises, channelled through sound and video. Best known for his interdisciplinary performances staged in the natural environment, Walde's work often involves music and choreography. His immersive installations materialize from projects on mountain sides and from deep in old growth forests that involve myriad volunteers and performers, and technically and geographically challenging logistics. The splendour and sense of awe evoked by these landscapes, emphasized through the embodied sound experience of Walde's installations, offer alternative modes in which to traverse the overwhelming scale of climate change. 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 February 7, 2023 10AM - 11:30AM**Location:** Kamloops Art Gallery – 465 Victoria Street

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**Light and Colour Science at BIG Little Science Centre****\$12.00**

Put some colour into your life with beautiful demonstrations and fun activities in this interactive program. Explore light and some of its properties, through cool special effects and hands on science. You won't be left in the dark! Paid parking only close to BLSC or 2-hour free parking on streets further away.

**Instructor:** Susan Hammond, Gord Stewart**Min. 8 Max. 15****Dates:** Monday February 13, 2023 10AM- 12PM**Location:** Big Little Science Centre 458 Seymour Street

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**What is Campus/Community Radio? II****\$10.00**

People are to sign up for only one class because they are both the same. This brief introduction to campus/community radio will enlighten students on the importance of this grass roots organization and how it supports and shapes the local community. Students will be invited to tour the radio station and co-host a radio show with veteran programmers and feel the thrill of being live on the radio. Students will be presented with a recording of their show at the end of the course. The first segment of this course will run for one hour, with another 1.5 hour commitment for co-hosting a live radio show which students can schedule themselves. Steve Marlow will provide the introduction and basics for the class and Bart Cummins will be the guest speaker. Students will have input as to the show they are interested in co-hosting. This course will be conducted at the CFBX radio station located on the Thompson Rivers University Campus in House 8, behind the Campus Activity Centre. For directions and parking, see the last page of the KALS calendar.

**Instructor:** Faith Bateman, Steve Marlow, Bart Cummins**Min. 4 Max. 6****Dates:** Monday February 13, 2023 1:30-2:30PM**Location:** CFBX radio station at TRU

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**Navigating on the Ice and Snow****FREE**

Learn to improve and practice movement patterns in winter conditions with PLAYKamloops. Join us to build your motivation and confidence, learning to balance, slide, and walk on the ice and snow. Tips to navigate with canes, walkers, wheelchairs, strollers, and walking poles are included. Offered in partnership with the City of Kamloops. Note: There will be an optional short walk outside after the class for those interested in trying out the techniques of walking on ice and snow and getting feedback.

**Instructor:** Jodi Lebourdais**Min. 8 Max. 20****Dates:** Tuesday February 14, 2023 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Indigenous North America on the Eve of First Contact****\$10.00**

Speaking to us from Toronto, Frank Nicholson will give an overview of what life was like for the hundreds of First Nations in what is today Canada, the U.S. and northern Mexico when Columbus set sail in 1492. We'll visit all ten of the continent's Indigenous cultural areas, from the temperate Northeast Woodlands to the resource-rich Northwest Coast, from the arid Southwest to the frigid Arctic, passing through the vast Great Plains. Frank will conclude with the fascinating story of the Huron-Wendat, who were the dominant nation in what's now Ontario before being driven out to Quebec, where they are a vibrant community today. There will be lots of time for Q&A, discussion, and comparison with the situation in B.C. **\*\*This lecture will be offered by Zoom. For those who are not able to access Zoom from their home computers, you can watch the presentation in the Oak Room at NSCC on February 15 from 10 am - 12 pm. The link will be sent out prior to the class**

**Instructor:** Frank Nicholson**Min. 8 Max. 30****Dates:** Wednesday February 15, 2023 10AM- 12PM**Location:** Zoom & North Shore Community Centre- Oak Room

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**Building Personal Resilience in a Changing Climate****FREE**

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:** Geisla Ruckert**Min. 8 Max. 25****Dates:** Thursday February 16, 2023 10AM-12PM**Location:** North Shore Community Centre- Oak Room

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**Life As A Conservation Officer****\$10.00**

From cities to wilderness, raccoons to cougars, from garbage scrounging to lethal encounters. Conservation Officers deal with all manner of human-wildlife interactions. This talk will look at the habits of different wildlife species and how we co exist with each other.

**Instructor:** Kevin Van Damme**Min. 8 Max. 35****Dates:** Tuesday February 21, 2023 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak Room

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**Kamloops Heritage from the Armchair****\$10.00**

It is no coincidence my talk falls in Heritage Week, as an archivist and museologist. We will be looking at historic buildings and discussing events that comprise some of the unique aspects of Kamloops' heritage. From the armchair, we will be exploring sites from the riverfront to the heart of downtown, and from the fur trade period to the era of paddle wheelers and the arrival of the CPR, to the boom years of urban development and the legacy of architectural styles. There is much to learn about the present from a better understanding of the past.

**Instructor:** Ken Favrholt**Min. 8 Max. 50****Dates:** Tuesday February 21, 2023 10AM- 12PM**Location:** North Shore Community Centre Dogwood Room

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**Fit & Fun At Any Age****\$10.00**

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:** Tuesday March 7, 2023 10AM- 12PM**Location:** North Shore Community Centre  
Dogwood Room



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**Art & Conversation: Queer  
Newfoundland Hockey League (QNHL)**

FREE

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, "Queer Newfoundland Hockey League (QNHL)", and engage in lively explorations of some of the relevant themes. Playfully and provocatively challenging the prevalence of homophobia and hyper-masculinity in the culture of team sports, Lucas Morneau's "Queer Newfoundland Hockey League (QNHL)" proposes 14 fictional teams that reclaim, empower, and amplify LGBTQIA2S+ voices (Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, Two-Spirit, and the countless affirmative ways in which people choose to self-identify). With team names that include the St. John's Sissies, Bonavista Buggers, and Ferryland Fairies, Morneau subverts pejoratives used against the LGBTQIA2S+ community, paired with places historically associated with senior hockey league teams in Newfoundland and Labrador. 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 March 7, 2023 10AM-11:30AM**Location:** Kamloops Art Gallery – 465 Victoria Street

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**Lady Franklin's Revenge****\$10.00**

This illustrated lecture deals with the lives of the Arctic explorer John Franklin and his wife, Jane Franklin. After a stay in Tasmania, where he was Lieutenant Governor, they returned to England, where John Franklin undertook Arctic exploration, searching for the Northwest passage. The two ships, Erebus and Terror, never returned. Lady Franklin organized several searches to locate the lost expedition. Later searches found the ships and some of the remains, but it was not until very recently that a Canadian group found definite proof of what happened more than 150 years ago. **\*\*This lecture will be offered by Zoom. For those who are not able to access Zoom from their home computers, you can watch the presentation in the Oak Room at NSCC on March 8 from 10 am - 12 pm. The link will be sent out by the KALS office prior to the class.**

**Instructor:** John Felvinci**Min. 8 Max. 30****Dates:** Wednesday March 8, 2023 10AM- 12PM**Location:** Zoom & NSCC - Oak Room

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**Coastal Black Bears of the Great Bear Rainforest****\$10.00**

This class will look at rare colour morphs of the American Black Bear from the Kermode, or spirit bear, to the rare Glacier Blue Bear. What are the genetic and ecological advantages of "sticking out like a sore thumb"? Marcus will also discuss how salmon drastically impact bear ecology and the connectedness of the Great Bear Rainforest ecosystem.

**Instructor:** Marcus Atkins**Min. 8 Max. 35****Dates:** Wednesday March 8, 2023

1:30PM-3:30PM

**Location:** NSCC Oak Room

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**Amazing Pollinators at BIG Little Science Centre****\$12.00**

Discover the world of pollinators using microscopes, hand lenses and your imagination. Learn about flowers, pollination, the role of the birds and the bees (and more) as pollinators. Leave buzzing with a new appreciation of the hard work needed to successfully grow our food. Paid parking only close to BLSC or 2-hour free parking on streets further away.

**Instructor:** Susan Hammond and Gord Stewart**Min. 8 Max. 15****Dates:** Monday March 13, 2023

10AM-12PM

**Location:** Big Little Science Centre 458 Seymour Street

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**Kamloops Centre for Water Quality Tour****FREE**

Have you ever wondered where your water comes from when you turn on your kitchen tap? Find out how the City of Kamloops treats the water with their innovative membrane filtration system before it enters your house. The tour lasts less than 1 hour. Park on the west side of the Kamloops Centre for Water Quality (KCWQ) at 1315 River Street 15 minutes before the start of the tour. Please read the safety instructions (Pages 2-4) located at the Request A Tour link on the City of Kamloops KCWQ Website. **\*\*Please be aware that this tour involves going up and down flights of stairs, walking on grated flooring and may be noisy.\*\***

**Instructor:** Ryan Booth**Min. 8 Max. 14****Dates:** Tuesday March 28, 2023

1:30PM-2:30PM

**Location:** Kamloops Centre for Water Quality at 1315 River Street

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**Come to the Concert - Brahms' German Requiem****\$10**

The Kamloops Symphony's 2022-23 Masterworks season continues with a performance of Brahms' "German Requiem." This class is an opportunity to examine the traditional form of the Requiem and Brahms' choice to avoid the traditional Latin requiem texts in favour of his own selections in German drawn from the Lutheran Bible. We will listen to excerpts from the Requiem, some sections of which are quite well known as they often appear independently in choral concerts. Concert tickets are not included.

**Instructor:** Rod Michell**Min. 8 Max. 20****Dates:** Thursday March 30, 2023

10AM-12PM

**Location:** Kamloops Sports Council Meeting Room on McArthur Island

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## WINTER 2023 MULTI SESSION COURSE DESCRIPTIONS

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**A History of Everyday Things****\$20**

There are more than 350 spices. Why are the same two on every table in North America? · What does a can of Pepsi tell us about racism? · Why is standing in line one of the pinnacles of human evolution? Why do we work more than medieval peasants? As we go about our daily lives, everything we do, use, touch, see, and consume has a history. This course is designed to help us understand the complex histories that underpin even the most basic features of everyday life; to point out the sometimes radically different ways people lived and thought in the past; and to open up a sense of possibility, an awareness of the contingency of our everyday life, how it is the result of an ongoing process of historical creation. History is not just something that happened in the past. We are living it now.

**Instructor:** Michael Gorman**Min. 8 Max. 40****Dates:** Tuesdays January 10 – January 24, 2023

10AM- 12PM

**Location:** NSCC – Dogwood Room

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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. 10 Max. 20****Dates:** Fridays January 13 - March 31, 2023

1:30 PM- 3:30 PM

**Location:** NSCC Oak Room

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**The Art of the Interview****\$20**

This introductory course on the art of interviewing will teach participants the basics of interviewing, how to draw out the best of the interviewee and to tell an effective and compelling story. Students will have the opportunity to apply and practice with live interviews. All interviews will be recorded and then played on CFBX 92.5 The X as part of the programming segment, "Locally Produced". The course will be run for 6 hours in three 2-hour blocks over a three-week period. Please note that a week is needed between each class to provide ample time for students to conduct out-of-class interviews. Steve Marlow will provide the introduction and basics for the class. Guest speakers include Mike Weddell, Rob Wiens, and Radhika Tabrez.

**Instructor:** Faith Bateman, Steve Marlow**Min. 8 Max. 15****Dates:** Mondays January 16 – January 30, 2023

1:30PM-3:30PM

**Location:** NSCC Oak Room

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**What Would Jane Austen Do? Reading "Pride & Prejudice"****\$15**

Jane Austen's "Pride and Prejudice" has been the subject of a startling number of contemporary retellings—from the much-loved BBC miniseries, to modern versions such as "Bridget Jones's Diary", to the genre-bending "Pride and Prejudice and Zombies". By reading (or re-reading) Austen's original novel, we will delve into the reasons for its influence, as well as some of its complexities. How does Austen challenge ideas about marriage, even as she spins one of the most memorable romances in fiction? Why are her characters, almost without exception, deeply preoccupied with money? And how might Austen's observations about her world reveal new insights into our own?

**Instructor:** Sunnie Rothenburger**Min. 8 Max. 15****Dates:** Tuesdays January 31- February 7, 2023

1:30PM-3:30PM

**Location:** NSCC Oak Room

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

In these two sessions, we'll talk about what makes a personal essay, exploring some of the variations of the genre. We'll try out some of the approaches to essay writing, and the stages from drafting to editing. Strategies for revision will be explored and shared, along with approaches to collecting or combining individual pieces into longer works. Both classes will include short writing exercises. The second session will delve into the sentence level approach to writing, useful for writing that extends beyond the essay.

**Instructor:** Elizabeth Templeman**Min. 8 Max. 20****Dates:** Thursdays February 2 - February 9, 2023

10AM-12PM

**Location:** NSCC Oak Room

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**Walking, Thinking and Creativity.****\$40**

For some philosophers, poets and novelists. creative writing and thinking are inseparable from walking; as they walked, so they thought. So, if we want to understand what they thought and wrote, we need to walk in their footsteps. In this course, we will imaginatively follow in the footsteps of the philosophers Jean-Jacques Rousseau, Friedrich Nietzsche, Jean-Paul Sartre, Simone de Beauvoir and Soren Kierkegaard, as well as the poet Samuel Taylor Coleridge, the Surrealist writer Andre Breton and the novelist Virginia Woolf. What is the relationship between walking and memory, imagination, the way we relate to ourselves and to nature? This course will make use of walks the instructor took to look at some philosophical ideas, some biographical details about the authors discussed, and some literary texts. Images from walks in the footsteps of the authors discussed will be presented along with their ideas. If possible, we will also go on a walk or two.

**Instructor:** Bruce Baugh**Min. 8 Max. 20****Dates:** Tuesdays February 28 - April 4, 2023

10AM-12PM

**Location:** NSCC Oak Room

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**Public Policy-How It Is Created, Measured and Changed****\$20**

From potholes and homelessness to climate change and international conflicts, the making and monitoring of public policy is a topic most people have an opinion about. We hear comments that “those in charge” are incompetent without understanding the complexity of how public policy develops, how it is measured and monitored and what makes it change. In this class Lois Hollstedt, former Kamloops councillor, and Ray Pillar, retired political science professor, will outline how public policy develops in our public systems, and we will see video examples of policy from around the world that is innovative and has outcomes that resolve issues. The class will include an overview of the Inquiry into the use of the Canada Emergency Act.

**Instructor:** Lois Hollstedt and Ray Pillar**Min. 8 Max. 30****Dates:** Thursdays March 2 - March 16, 2023

10AM-12PM

**Location:** NSCC Oak Room

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**Canadian Short Fiction: National Literature and Serving the Story****\$30**

What is Canadian literature? The answer, as you might expect, is complicated and elusive. However, we will have fun and give our brains a workout by exploring the question – with considerable help from work (short stories and articles available online) by Mavis Gallant, Miriam Toews, Maria Reva, and others.

**Instructor:** Ginny Ratsoy**Min. 8 Max. 20****Dates:** Thursdays March 23 - April 13, 2023

10AM-12PM

**Location:** NSCC Oak Room

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**Navigating Digital Citizenship: Do we have the information literacy we need to be good digital citizens?****\$15**

In this course, we will explore some challenges we face in gathering quality information in the digital world and how this might affect our ability to fulfil our responsibilities as digital citizens. We will also look at some models being offered for a stronger commitment to a public-oriented online space.

**Instructor:** Shannon Smyrl**Min. 8 Max. 15****Dates:** Mondays March 27 - April 3, 2023

1:30PM – 3:30PM

**Location:** NSCC- Oak Room

# Kamloops Adult Learners Society

## WINTER 2023 MEET OUR PRESENTERS

Atkins, Marcus	Marcus graduated from the MSc program at TRU, where he specialized in the study of rattlesnakes. He has previously worked on projects investigating population sizes, genetic relatedness, and geographic differences in salmon-derived nutrients in coastal Black Bears. He has spent several years as a Commercial Bear Viewing Guide in the Great Bear Rainforest and Churchill, Manitoba. He is currently investigating PhD. opportunities.
Bateman, Faith	Faith Bateman is the Station Manager at CFBX 92.5 FM.
Baugh, Bruce	Bruce Baugh taught philosophy at TRU for 28 years. He has a Ph. D. in philosophy and is the author of two books ("French Hegel", 2003; "Philosophers' Walks", 2021) and the translator of Benjamin Fondane, ("Existential Monday: Philosophical Essays", 2016). He has published numerous articles and book chapters on philosophy. He is an avid walker.
Booth, Ryan	Ryan Booth is the Chief Operator for Water Quality. The tour may be led by other City of Kamloops employees who work at the treatment plant.
Clark, Peter	Peter D. Clark, Professor Emeritus, The University of Calgary. Peter was born in London, UK, and emigrated to Canada in 1980. He studied chemistry at the University of Hull (BSc, PhD), and undertook postdoctoral studies at the Universities of Toronto and Manitoba (PDFs). He held the position of Professor of Chemistry at the University of Calgary from 1986 to 2015 and, concurrently, was Director of Research of Alberta Sulphur Research Ltd from 1986 - 2017, an organization based at UC. In retirement Peter enjoys gardening and playing the sax (badly). To slow the advance of neuronal chaos, Peter is studying materials supply with respect to energy transitions and molecular processes that lead to initiation of life on new planets.
Cummins, Bart	Bart Cummins is a long-time veteran of Campus/community radio.
Favrholdt, Ken	Ken Favrholdt has worked for many years in the heritage field. He was former curator/archivist of the Kamloops Museum, a sessional instructor at TRU, museum coordinator at the Secwépemc Museum, and executive director of both the Osoyoos Museum and the Claresholm Museum in Alberta. He has been a historical consultant for several First Nations over the years, and is again employed at the Secwépemc Museum as Archivist for Tk'emlups te Secwépemc.

Felvinci, John	John Felvinci was born in Hungary in 1934 and came to Canada after the 1956 revolution. After receiving a doctoral degree in nuclear physics at McGill, John left for the US in 1965 to teach and do research at Columbia University in New York. He returned to Montreal and worked in telecommunications until 1994 when he retired. He joined the McGill Community of Lifelong Learning, where he has been very active in moderating study groups, giving lectures and taking part in the administration. He also gives lectures at the Cummings Centre, Encore and other selected venues. Besides science and music, his hobby is the study of history and cultural history of Europe and North America.
Gladu, Sierra	Sierra Gladu is a certified practicing music therapist from Kamloops, British Columbia. After graduating with her Bachelor of Music Therapy from Capilano University in 2019, Sierra returned to her hometown of Kamloops, BC to establish her private practice. Sierra works at multiple long term care facilities throughout her community, providing music therapy to older adults and to adults with developmental and physical disabilities. Sierra uses her personal ideology of social justice and feminism to guide her practice, and she is deeply passionate about advocating for her clients and the benefits of music therapy.
Gorman, Michael	Michael Gorman has a Ph.D from University of California, San Diego. He recently retired from Thompson Rivers University, where he taught American history, specializing in 20th Century popular culture, the South, and political history. Michael was known as a passionate teacher who engaged his students through role-playing games and entertaining lectures.
Hammond, Susan	Susan Hammond is an Operator at the BIG Little Science Centre. She is a naturalist, biologist and science educator who enjoys introducing people to, and creating a passion for, nature and science.
Hollstedt, Lois	Lois Hollstedt worked developing public policy at the local, regional, provincial and national levels for over 50 years. She was the CEO of a large social agency, Chair of a provincial crown corporation and a provincial hospital, an elected city councillor, founder of the local YWCA-YMCA and served with multiple federal, provincial and local groups and organizations developing policy about charities, health care, social justice, children, family and women's issues. She is a KALS Past President & Treasurer and current member of the Program Committee.
Hope Emily	Emily Hope is Education and Public Programs Director for the Kamloops Art Gallery.

Koehn, Dr. Michael	Dr. Michael Koehn is a cannabis researcher, educator, and the owner of The Cannsolve Clinic, a unique medical clinic that specializes in the authorized use of medical cannabis. From his start as the founder of the Welcome Back MRI and Pain Management Centre, Michael has worked alongside many different types of health care providers and patients alike. His unique approach to health care is based on a “You Matter” approach that respects people and is focused on improvements in symptom control, function, and quality of life improvements. Michael’s research involves the study of novel cannabis compounds used in the treatment of chronic diseases with a focus on reducing suffering and thriving.
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.
Marlow, Steve	Steve Marlow is a 20-year veteran of campus/community radio with extensive interviewing training and practice.
Martin, Bruce	Bruce Martin is Professor of Human Enterprise and Innovation at Thompson Rivers University (TRU), where his teaching and research centers on entrepreneurship and innovation for social good. After arriving in Kamloops in 2018, Bruce and his colleagues created the Innovation for Social Good Cluster at TRU, where they study Interior BC social enterprises to identify ways to help them create, sustain, and grow their ventures. His latest international research examines how social enterprises succeed - and fail - when attempting to scale up globally. In addition to extensive published research, Bruce has experience creating, managing, and leading innovation in for-profit, non-profit, government, and academic organizations, including 20 years living and working in Asia and Europe.
McInnes, Dave	Dave McInnes is the General Manager of the District Bicycle Company. He is passionate about biking and ran his own shop in North Vancouver before moving to Kamloops. With locations in both Kamloops and Valemount, District is ready to help get you going, on snow or dirt, all year round.
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.

Nicholson, Frank	<p>Frank Nicholson, PhD (history), is a retired civil servant and association executive and long-time Francophile and history addict, who has travelled widely in France and taught a variety of history-related courses to later-life learners across Canada and internationally. Frank Nicholson lives in Toronto, where he earned a PhD in British history from the University of Toronto. Since retiring, he's been very active in Canada's later life learning movement, leading twenty peer-learning study groups at two organizations, one in Toronto, the other (by Zoom) in Montreal. Long interested in Indigenous history, Frank has read widely in the subject, completed An Indigenous Canada course at the University of Alberta, led a study group on Indigenous Histories of North America and done the presentation he's doing for KALS three times before. Frank was an early advocate of using internet videoconferencing to collaborate across provincial and international boundaries. For the past five years, he's mounted a monthly transatlantic public affairs discussion forum with participants from Canada, the UK, the USA and Ireland.</p>
Pillar, Ray	<p>Ray Pillar is a retired Thompson Rivers University administrator and Political Science instructor and former 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. In addition to teaching KALS classes in various political science topics including China and Public Policy, Ray has led the KALS weekly News &amp; Views class for over 11 years and in 2020 received KALS Volunteer Award for dedicated service.</p>
Ratsoy, Ginny	<p>TRU Professor Emerita Ginny Ratsoy has been teaching for KALS for 15 years, her most recent offerings being courses on Alice Munro and Margaret Atwood. The enthusiasm, wit and wisdom of KALS members keep her brain active. She also enjoys writing for the "British Columbia Review" and working as a coordinator, newsletter editor, and board member for KALS.</p>
Rothenburger, Sunnie	<p>Sunnie Rothenburger has worked as an editor, grant writer, trainer, and university English instructor. Currently, she writes for a software company, where she creates content about the future of technology and business leadership. 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 recently moved back to Kamloops after 20 years living in Ontario and Nova Scotia. She is a novice gardener, novice dog owner, and expert maker of pancakes.</p>
Ruckert, Gisela	<p>Gisela Ruckert is a grassroots organizer and environmental advocate. She holds a Master's degree in Environmental Studies &amp; 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.</p>



Smyrl, Shannon	Shannon Smyrl is an Associate Teaching Professor in the Department of Communication and Visual Arts at TRU. I'm very curious about how as communities we can rethink how we use the potential for social media communication in the interests of the public good.
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.
Stewart, Gord	Gord Stewart is the Executive Director of the BIG Little Science Centre. He has an extensive background in fisheries and environmental science and loves everything outdoors. His experience and stories always make for an interesting program.
Tabrez, Radhika	Radhika Tabrez hosts the radio show "New in the Loops" where Kamloops community members are interviewed on their community experiences.
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: <a href="mailto:elizabethtempleman.trubox.ca">elizabethtempleman.trubox.ca</a> .
Unruh, Dr. Janie	Dr. Janie Unruh is a Health Consultant in lifestyle & vegan, raw, living whole foods; Public Speaker; Cooking Class instructor; Certified Raw Food Teacher, Certified Dr. Neil Nedley Program Director for Reversing Depression and Anxiety through a whole food, plant-based diet; and manages the Kamloops Whole Food Plant-Based Nutrition Group, which can also be found on Facebook. Being in private practice for over 20 years, she thrives on the tough cases where people have been left with little to no hope of regaining health or discontinuing medications. She has traveled to over 35 countries with many of these as humanitarian trips. She has been featured on television, written weekly radio spots on health, and has written many articles on health, with some featured in magazines. As a prior whole-food, plant-based Certified Diabetes Educator, Dr. Janie developed a model program that successfully taught diabetes and chronic disease reversal through diet and lifestyle practices.

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.
Wedell, Mike	Mike Weddell is the coordinator for the program, "Connections: The Art of Storytelling".
Wiens, Rob	Rob Wiens is a newcomer to interviewing and host of the radio show "The Sink".

# **Kamloops Adult Learners Society**

## **Winter 2023 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 aides 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 Centre for Water Quality Tour - 1315 River Street.** Park on the west side of the Kamloops Centre for Water Quality (KCWQ) 15 minutes before the start of the tour. Please read the safety instructions (Pages 2-4) located at the Request A Tour link on the City of Kamloops KCWQ Website. Please be aware that this tour involves going up and down flights of stairs, walking on grated flooring and may be noisy.

**Big Little Science Centre - 458 Seymour Street, Kamloops**  
Paid parking only close to BLSC or 2-hour free parking on streets further away.

**CFBX radio station** is located on the Thompson Rivers University Campus in House 8, behind the Campus Activity Centre. The station can be accessed via University Drive and Campus Drive; both routes will lead to the large roundabout. After entering the roundabout, turn right at University Road North. CFBX Contact Information 250-377-3988 [www.thex.ca](http://www.thex.ca)

Parking for visitors can be found in Lot J, across from the radio station (second right after exiting the roundabout) at a cost of \$1.00 per half hour for a maximum of 2 hours. After 5:00 pm Monday to Friday and on weekends, all parking on campus is free of charge. Find the TRU campus map online at [www.tru.ca/map](http://www.tru.ca/map). **Prior to the class, take a test-run to make sure you know where the radio station is located and where to park.**