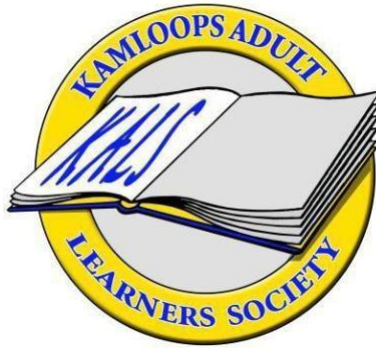


KAMLOOPS ADULT LEARNERS' SOCIETY

KALS



2023 SPRING COURSE CALENDAR

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

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

KAMLOOPS ADULT LEARNERS' SOCIETY

PHONE: 250-376-1525 WEBSITE: www.kals.ca

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

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

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

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

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

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 SPRING REGISTRATION BEGINS March 13th at 9AM

REGISTRATION OPTIONS

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

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

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

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

1 Class	The Development of the Orchestra	April 10, 2023	\$10
1 Class	Funeral Plans for the Control Freak	April 11, 2023	\$10
1 Class	Literacy for All	April 12, 2023	\$10
1 Class	Fill Your Pocket With a Kamloops Tourism To Do List	April 13, 2023	\$10
7 Weeks	News & Views	April 14, 2023	\$50
2 Weeks	Let's Cook en Francais	April 17, 2023	\$45
1 Class	History as a Weapon of War: How the past is mobilized in Russia's invasion of Ukraine	April 18, 2023	\$10
1 Class	The Corkscrew Road	April 19, 2023	\$10
1 Class	Sound and Wave Science	April 20, 2023	\$12
1 Class	Sir Arnold Bax: His Times and his Music	April 24, 2023	\$10
1 Class	Co-ops: A way of the Future	April 25, 2023	\$10
1 Class	A Roadmap to Discovering your Ancestors	April 26, 2023	\$10
1 Class	Wildlife in the City: using trail cams to monitor our urban wildlife	May 2, 2023	\$10
1 Class	Historic Lillooet Tour	May 3, 2023	\$25
1 Class	Cybersecurity - Understanding & Avoiding Common Scams	May 4, 2023	\$10
1 Class	Art and Conversation: Johnny Bandura	May 9, 2023	\$5
1 Class	Beginner Bike Maintenance - Session 1	May 9, 2023	\$5
1 Class	Beginner Bike Maintenance - Session 2	May 9, 2023	\$5
1 Class	The Mount Paul Community Food Centre (CFC)	May 10, 2023	Free
1 Class	Wetland Wonders	May 10, 2023	\$12
1 Class	Navigating the Policrisis: Innovation for a Viable Future	May 10, 2023	\$10
1 Class	Come to the Concert: Beethoven's Ninth	May 11, 2023	\$10
2 Classes	Birding in Kamloops	May 16, 2023	\$15
1 Class	Kamloops Heritage Railway Tour	May 16, 2023	\$10
1 Class	Why Archaeology Matters: Digging for Truth and Reconciliation	May 17, 2023	\$10
1 Class	Social Media's Impact on Democracy	May 23, 2023	\$10
1 Class	The History of Capital Punishment in Canada	May 30, 2023	\$10
1 Class	Is It or Isn't It?	May 31, 2023	\$10
1 Class	Art and Conversation: I Know About Lots of Things I've Never Seen. And So Do You	June 6, 2023	\$5
1 Class	A Bee Walk	Early June	\$10
1 Class	Kamloops Sewage Treatment Centre Tour	June 12, 2023	Free

SPRING 2023 SINGLE SESSION COURSE DESCRIPTIONS

The Development of the Orchestra

\$ 10

Bruce Dunn will present an overview of the development of the orchestra as a musical resource from 1600 to the present day using many examples by a variety of composers. Which instruments originally comprised an 'orchestra' and which ones were added and when and why? Bruce will explain how the use of certain instruments singly and in combination for colour variations is necessary to tell stories through music. Lots of room for questions.

Instructor: Bruce Dunn

Min. 8 Max. 15

Dates: Monday, April 10, 2023 10AM-12PM

Location: Kamloops Sports Council

Funeral Plans for the Control Freak

\$ 10

Pre-planning your final arrangements gives you the opportunity to attend to the details confidently, without any unnecessary pressure. When you pre-plan and pre-pay, your executor and survivors are relieved of the responsibility of planning, managing, and most of all, finding the funds to pay for your final arrangements at an already stressful time.

Instructor: Kim Nobert

Min. 8 Max. 25

Dates: Tuesday, April 11, 2023 10AM- 12PM

Location: North Shore Community Centre- Oak Room

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: Wednesday, April 12, 2023 10AM-12PM

Location: North Shore Community Centre- Oak Room

Fill Your Pocket With a Kamloops Tourism To Do List

\$ 10

Join Lisa White, director of community development and engagement for Tourism Kamloops, for a fun workshop inspiring us to explore our own city. Learn the impact of tourism on Kamloops and explore key experiences to share and enjoy with visiting friends and family all year round.

Instructor: Lisa White

Min. 8 Max.40

Dates: Thursday, April 13, 2023 1:30 PM- 3:30 PM

Location: North Shore Community Centre- Oak Room

History as a Weapon of War: How the past is mobilized in Russia's invasion of Ukraine**\$ 10**

As a historian, I have frequently been struck by the use of the history or particular understandings of history to justify war and wartime actions. This is especially the case in the current Russia-Ukraine War, which has seen Russian President Vladimir Putin describe Ukraine as essentially a made-up state with no right to independence. The historical memory of the Second World War and of the Holodomor have also been key discussions for both Russia and Ukraine. This class will examine various ways in which history has been mobilized into the conflict, and what it means when history becomes a weapon of war.

Instructor: Wilson Bell**Min. 8 Max. 40****Dates:** Tuesday, April 18, 2023 10AM-12PM**Location:** North Shore Community Centre- Oak Room

The Corkscrew Road**\$ 10**

The Corkscrew Road is both real and imaginary: real because it once ran between Kamloops and Knutsford; imaginary because so much of it has disappeared. This guided walk will lead you to a few abandoned sections of the Corkscrew Road. Along the way, Ernie will share some of the stories and history he's discovered. Today the road exists in a strange limbo between remembering and forgetting, an in-between state that allows for both historic speculation and creative reconstruction. Come re-experience and re-imagine the Corkscrew Road. Participants should dress for the weather and wear good walking shoes. We will be on our feet for 2 hours and walking in 5-minute intervals. Some climbing is involved.

Instructor: Ernie Kroeger**Min. 6 Max. 10****Dates:** Wednesday, April 19, 2023 10AM- 12PM**Location:** Outdoors. Meet at the SW corner of Columbia St. and 6th Avenue.

Sound and Wave Science**\$ 12**

This class will be held at the BIG Little Science Centre at 458 Seymour Street. There you will play with ways to make sound, discover waves and the different sounds they make, learn how we hear, discuss movement through different types of matter, explore frequency, volume, music, and watch sound move. If desired, each participant will make a cup that creates amazing sounds - hearing and SEEING is believing! The Gordon R Gore Room will be open for anyone wishing to try out over 150 different science exhibits. (Note that parking near the Centre is pay only, or you can park for free further away at 8th Avenue.)

Instructor: Susan Hammond**Min. 5 Max. 20****Dates:** Thursday, April 20, 2023 10AM- 12:00 PM**Location:** BIG Little Science Centre, 458 Seymour Street, Kamloops

Sir Arnold Bax: His Times and his Music**\$ 10**

A look at the life and accomplishments of the little-known British composer, Sir Arnold Bax. He was intimidated by Elgar, fascinated by the music of Slavic composers, believed he was an Irish/Celtic composer even though his ancestry was Dutch and became Master of the King's Music in 1942 even though he felt his music was not really suited for such a position. No two composers' stories are the same.

Instructor: Bruce Dunn**Min. 8 Max. 15****Dates:** Monday, April 24, 2023 10AM- 12PM**Location:** Kamloops Sports Council

Co-ops: A way of the Future**\$ 10**

Ms. Nelson will introduce the cooperative model and provide a brief history along with the Seven Cooperative Principles. She will compare co-ops to other business models, talk about why people should consider this model and the different types of cooperatives to create or join. She will end the conversation with an overview of the Cooperative Sector in Canada, BC and Kamloops and examine the potential of the model in this time of need, including the creation of local investment options, elder and daycare solutions, affordable housing and equitable employment opportunities.

Instructor: Daphane Nelson**Min. 8 Max.30****Dates:** Tuesday, April 25, 2023

10AM-12PM

Location: North Shore Community Centre- Oak Room**A Roadmap to Discovering your Ancestors****\$ 10**

Explore 'Genealogy in Your Neighbourhood and Beyond' with Lindley Roff, Al Yelland and Marg Rodgers, members of the Kamloops Family History Society. Learn how to get started, where to search and how to record. Get tips and tools for growing a family tree, a treasured legacy gift for your descendants.

Instructor: Marg Rodgers**Min. 8 Max. 30****Dates:** Wednesday, April 26, 2023

1:30PM-3:30PM

Location: North Shore Community Centre- Oak Room**Wildlife in the City: Using Trail Cams to Monitor our Urban Wildlife****\$ 10**

More than just a pretty picture! What can we learn about urban wildlife in Kamloops using trail cameras? Have you ever wondered what goes on in your back yard at night while you are sleeping? Sheri Watson took a sabbatical year in 2016 to gather information about urban wildlife within Kamloops using motion-triggered trail cameras. From 2016-2019, four times per year (Sept., Dec., Apr., Jun.), for a period of approximately 2 weeks, she set up cameras at various locations on the edges of Kamloops, including Westsyde, Aberdeen, Sahali and Rosehill, to collect images of wildlife. The images have since been used by students as part of a classroom exercise to investigate how urban wildlife species change over time and how deers' daily activity patterns change across seasons within the city.

Instructor: Sheri Watson**Min. 8 Max. 30****Dates:** Tuesday, May 2, 2023

10AM- 12PM

Location: North Shore Community Centre- Oak Room**Historic Lillooet Tour****\$ 25**

Kamloops participants will meet at The Odeon parking lot at Aberdeen mall at 8:15. Our meeting place in Lillooet will be the Abundance Bakery in the middle of town at 10:30, and then, we will walk across the street to the Lillooet Museum. After that, we will have some time to walk around town and perhaps drop in at The Hub, a social enterprise with a vintage store, local craft and produce store, and art gallery before heading to the Lillooet Friendship Centre for lunch, drumming and a short talk at 12:30. We might have time for a stop at the Japanese memorial just across the bridge from town as the participants are leaving town.

Instructor: Lynda Sampson**Min. 8 Max. 25****Dates:** Wednesday, May 3, 2023

10:30AM to 2:30PM plus travel time

Location: Field Trip, Car Pool to Lillooet

Cybersecurity - Understanding & Avoiding Common Scams**\$ 10**

Cybersecurity is not just for the tech-savvy. Protect yourself with our easy-to-follow senior-specific tips and tricks.

Instructor: Thelma Muronzi**Min. 8 Max. 30****Dates:** Thursday, May 4, 2023 10AM-12PM**Location:** North Shore Community Centre- Oak Room**Art and Conversation: Johnny Bandura****\$ 5**

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, Johnny Bandura: The 215, and engage in conversation with peers and KAG educators. Through 215 portraits, Johnny Bandura honours the missing children whose graves were confirmed at the site of the former Kamloops Indian Residential School in May 2021, and imagines who the children may have become had they survived to adulthood. The faces are rendered in black and white to reference the absence of the children's lives, while splashes of color emphasize ornamentation and dress that imagine the children's futures. Some are depicted in traditional Indigenous regalia while others are painted in the clothing and uniforms of everyday occupations, including teachers, delivery drivers, office workers, and chefs. Others are celebrated as artists, musicians, mimes, and clowns. Johnny Bandura began painting these portraits as a therapeutic process. He felt compelled to respond to the findings as his grandmother was a Residential School survivor from Kamloops and Bandura remains connected to family in the region.

Instructor: Emily Hope**Min. 5 Max. 15****Dates:** Tuesday, May 9, 2023 10AM- 12PM**Location:** Kamloops Art Gallery**Beginner Bike Maintenance - Session 1 + 2****\$ 5**

Participants are to sign up for only one of the two sessions as the same class is being offered at two different times in the morning. If you've ever wondered how to repair or replace a flat tire, lube and oil your chain, or perform safety checks on your bicycle, this course is for you! Learn the basic skills needed to ensure you can enjoy the riding season, confidently knowing your bike is safe and that you have the knowledge to get yourself back home! We will cover putting together a small, effective tool kit, changing a tube/tire and tubeless install, lubing and cleaning your chain, checking for brake pad wear and how to check that your bike is put together safely! No need to bring your own bike to the class. Look forward to seeing you there!

Instructor: Dave McInnes

Session one

Session Two

Min. 7 Max. 10**Dates:** Tuesday, May 9, 2023

9:30AM-10:30AM

11am-12pm

Location: North Shore Community Centre- Oak Room**The Mount Paul Community Food Centre (CFC)****Free**

The Mount Paul Community Food Centre (CFC) is a welcoming space where people come together to grow, cook, share and advocate for good food. The CFC provides people with access to high-quality food in a dignified setting through regular programs available for anyone and everyone, with no barriers to entry. Whether coming to the centre to volunteer in our kitchen or garden, to attend a food skills class, or to dine as our guest at one of our free community meals, guests are warmly welcomed. In this presentation, you will learn how CFC advocates for better food for everyone in our community.

Instructor: Christina Garrett**Min. 8 Max. 30****Dates:** Wednesday, May 10, 2023

1:30PM-3:30PM

Location: Mt Paul Community Food Centre. 140 Laburnum St. Kamloops

Wetland Wonders

\$ 12

This popular field trip is being offered again for those who missed it previously. Wetland Wonders will be held at the Dufferin Park Wetlands and is hosted by the BIG Little Science Centre. Join us for an introduction to all things wet and wild: from aquatic life in the water to animals found above, we will have an enjoyable time getting to know a wetland ecosystem. Microscopes, hand lenses, identification keys, and informative leaders will be provided. We will be mostly on the boardwalk and trails: a short walk through the wetland trails will be included. Artists are encouraged to bring their sketchbooks and cameras. Please dress for the weather, as this trip will run regardless. Bring drinking water, binoculars or scopes to view birds as you wish. Dufferin Wetlands is located at 1840 Hillside Drive, east of the Dufferin Elementary School. Meet at the parking lot in front of the shelter structure.

Instructor: Susan Hammond

Min. 5 Max. 20

Dates: Wednesday, May 10, 2023

1:30PM-

Location: Dufferin Park Wetlands at 1840 Hillside Drive, east of Dufferin

3:30PM

Elementary School. Meet at the parking lot near the shelter structure).

Navigating the Policrisis: Innovation for a Viable Future

\$ 10

The term "policrisis" refers to the multiple crises taking place in our era - including climate change; the erosion of trust in democratic institutions; a lingering pandemic; war in Ukraine; growing food insecurity - the list goes on. While each of these is serious enough on its own, we are now seeing a compounding effect, whereby each separate crisis amplifies the impact of the others. The policrisis is generating its own momentum, rendering incremental problem-solving inadequate to our present circumstances and the needs of coming generations. Using examples from his work in philanthropy, collective impact, reconciliation and solutions finance, Stephen will explore the emerging field of systems innovation as an adaptive response and its potential to introduce regenerative social transformation.

Instructor: Stephen Huddart

Min. 8 Max. 25

Dates: Wednesday, May 10, 2023

10AM- 12PM

Location: Kamloops Sports Council

Come to the Concert: Beethoven's Ninth

\$ 10

The Kamloops Symphony's final 2022-23 Masterworks concert is a performance of the iconic Ninth Symphony, "The Choral", by Beethoven. You have likely heard of it! You may even be familiar with it from recordings. But have you ever attended a live performance of this astounding work and encountered, in person, its extraordinary emotional impact? Join this class for an opportunity to examine background to the long process of the symphony's creation, to gain a sense of its structure and to become familiar with the texts Beethoven chose for this masterpiece and, of course, to listen to musical excerpts, all of which will enhance the richness of your concert-going experience. Concert tickets are not included.

Instructor: Rod Mitchell

Min. 8 Max. 20

Dates: Thursday, May 11, 2023

10AM-12PM

Location: Kamloops Sports Council

Kamloops Heritage Railway Tour**\$ 10**

Get up close and personal with the Steam Locomotive 2141! The Kamloops Heritage Railway is committed to preserving the history of the rail industry in British Columbia and to inspiring future generations to enjoy and preserve railway history. Volunteers will walk you through the historic rolling stock and decommissioned cars and get you to climb aboard the world famous Spirit of Kamloops locomotive 2141, the last of its kind in Canada. You will hear the story behind the recovery of these historic transportation vehicles and be transported back to a time when the railway helped build this country. Also hear about the new direction that the Kamloops Heritage Railway has planned for 2023 and beyond and see the changes that have been implemented. Come visit and see this slice of history!

The Kamloops Heritage Railway park is located at 40 Mount Paul Way, which is under the Red Bridge, a short walk from the west end of the Pioneer Park parking lot. Please note that this tour has outdoor portions and will require climbing up and down railway car/locomotive stairs and moving in some tight spaces. Closed toed shoes are mandatory, and please dress appropriately for the weather.

Instructor: Kamloops Heritage Railway Volunteers**Min. 8 Max. 14****Dates:** Tuesday, May 16, 2023 1:30PM-3:30PM**Location:** Kamloops Heritage Railway Park, 40 Mt. Paul Way

Why Archaeology Matters: Digging for Truth and Reconciliation**\$10**

Join me on a myth-busting mission to challenge some not-quite-right historical narratives and stereotypes from Canadian history using the Indigenous archaeology beneath our feet. This illustrated lecture travels through the world of archaeology from Moundbuilders to middens to explore how the study of the material past influences our present politics, and how today's archaeology can and should help set the historical record straight. We'll look at real examples from archaeological sites around British Columbia and in our own Interior backyard, and highlight examples of some local Indigenous communities who are using archaeology to tell their stories.

Instructor: Joanne Hammond**Min. 8 Max.35****Dates:** Wednesday, May 17, 2023 1:30PM-3:30PM**Location:** North Shore Community Centre- Oak Room

Social Media's Impact on Democracy**\$ 10**

While media misinformation has been around for decades (if not centuries!), the explosion ignited by social media now poses a threat to democracy. This presentation will take us deep into social media's business model, recent examples of its use for misinformation, how it interacts with traditional media, how traditional media both contribute to the problem and, hopefully, to the solution, and highlight possible solutions that respect freedom of expression.

Instructor: Richard Harris**Min. 8 Max. 50****Dates:** Tuesday, May 23, 2023 10AM- 12PM**Location:** Zoom and Board Room at Kamloops Sports Council

The History of Capital Punishment in Canada

\$ 10

Death by hanging was a grim reality of the Canadian criminal justice system until the abolition of the death penalty in 1976. But what did capital punishment look like in Canada? In this session, we will discuss the history of the death penalty in Canada, with a focus on topics such as the inconsistent application of the death sentence, the treatment of women, wrongful conviction, the difficult journey toward abolition, and the last two hangings at Toronto's notorious Don Jail.

Instructor: Lorna Poplak

Min. 8 Max. 50

Dates: Tuesday, May 30, 2023 10AM- 12PM

Location: Zoom and North Shore Community Centre- Oak Room

Is It or Isn't It?

\$ 10

Is it dementia or not, normal forgetfulness or not? Tara will educate us on what services the Alzheimer's Association offers and help us understand dementia. She will talk about warning signs, how to get a diagnosis, progression, and what to expect. Be prepared to ask lots of questions.

Instructor: Tara Hildebrand

Min. 8 Max. 40

Dates: Wednesday, May 31, 2023 1:30PM-3:30PM

Location: North Shore Community Centre- Oak Room

Art and Conversation: I Know About Lots of Things I've Never Seen. And So Do You

\$ 5

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition, Zoe Kreye: I know about lots of things I've never seen. And so do you., and engage in lively explorations of some of the relevant themes. Through her generative art practice, Zoe Kreye explores embodied approaches to counteract disconnection and offers space to imagine other ways of being in the world. Her practice involves creating objects and movement through a ritual studio practice which she then transforms into immersive public installations. In this exhibition, a site-specific installation of colourful fabrics forms recurring motifs of arches, arcades, and cave entrances. Painted gestures encapsulate the whole body, suggesting inside and outside spaces. Her work is made from the body, for the body and recognizes the instinctive knowledge that we each bring to a gallery space and creates a space of reverence, offering the potential for transformative experiences that can be carried into daily life.

Instructor: Emily Hope

Min. 5 Max. 15

Dates: Tuesday, June 6, 2023 10AM-11:30AM

Location: Kamloops Art Gallery

A Bee Walk

\$ 10

Join Elaine Sedgman for a guided bee walk. In early June, Elaine will select the location and precise time for a leisurely stroll focused on bees and plants. The exact time and place will be dependent on the weather and the state of the plant life in the area. Look for the information regarding time and location in a KALS email that will be sent to you in early June

Instructor: Elaine Sedgman

Min. 8 Max. 12

Dates: TBD TBD TBD

Location: TBD

Kamloops Sewage Treatment Centre Tour**Free**

Wastewater is any water that is used and then discarded down the drains from our homes. This includes wastewater from sinks, toilets, showers, dishwashers and washing machines. Learn about the extensive process that is used by the City of Kamloops to handle our wastewater and ultimately produce reusable end products.

This tour lasts less than 1 hour. Car pooling is a must as there is very limited parking at the site.* Meet at 12:30 at the North Shore Community Centre to arrange car pooling and to ensure we are at the treatment centre 15 mins. before our 1:30 tour time.*

Please read the safety instructions (Pages 2-4) located at the Request a Tour link on the City of Kamloops Sewage Treatment Centre website. **Be aware that this tour has outside portions, involves going up and down flights of stairs, walking on grated flooring and may be noisy. Good footwear is required and please dress appropriately for the weather. **

<https://www.kamloops.ca/city-services/utilities-services/kamloops-sewage-treatment-centre>

Instructor: Derek Fisher

Min. 8 Max. 14

Dates: Monday, June 12, 2023

1:30PM-2:30PM

Location: Kamloops Sewage Treatment Centre, 3300 Mission Flats Rd

SPRING 2023 MULTI SESSION COURSE DESCRIPTIONS

Birding in Kamloops

\$ 15

This class will be an introductory indoor session, followed by a field trip the following day. Birds we are likely to see will include local populations, as well as migrating species. The field trip location will be determined in class to take advantage of the most interesting viewing options at the time. Participants should dress for the weather and prepare for easy walking.

Instructor: Tom Dickinson

Min. 6 Max. 10

Dates: Tuesday, Wednesday

May 16, 2023 – May 17, 2023

10AM- 12PM; 9AM-11AM

Location: NSCC - Games Room and Field

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. 15

Dates: Friday,

April 14 - May 26, 2023

1:30 PM- 3:30 PM

Location: NSCC - Games Room

Let's Cook en Francais

\$ 45

Let's cook en francais! In these four cooking sessions, we will make some basic recipes together, while communicating in French. We will assume little or no prior knowledge of the language, but bring your courageous spirit of adventure and be prepared to use no English! Language learning is not about learning words, but about forging relationships with others, and that happens in whatever language you choose to use. We will choose French. All tools and ingredients will be provided, as well as some basic essential vocabulary (thank you, excuse me, could you pass the flour please, etc.). There will be a \$25 fee to cover the cost of ingredients included in the cost of registration.

Instructor: Annette Dominik

Min. 5 Max. 9

Dates: Monday, Friday,

April 17 – April 28, 2023

10AM-12PM

Location: Thistle Farm, 710 Dairy Rd

Kamloops Adult Learners Society

SPRING 2023 MEET OUR PRESENTERS

Bell, Wilson	Dr. Bell, Associate Professor at Thompson Rivers University in the Faculty of Arts, teaches courses in European & Russian history and politics. He earned his BA at Dalhousie University and his MA & PhD at the University of Toronto. He is the author of "Stalin's Gulag at War" (University of Toronto Press, 2019) and numerous scholarly articles related to the Gulag, the Soviet prison-camp system. Dr. Bell's current research project is tentatively titled, "44 Lenin Avenue: Siberia's 20th century history as told through its most remarkable building." He is also the graduate coordinator of TRU's new MA in Human Rights and Social Justice. He has presented several KALS classes on Russian history and politics.
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.
Chapman, James	James became a member of the clergy in 1987, serving two parishes in rural Saskatchewan. From time to time, a grieving family would ask him to accompany them to the funeral home in their time of loss. It was there James witnessed first-hand the stress families faced having to make many immediate decisions regarding the deceased's final arrangements. Today, James is passionate about assisting families to organize their final wishes in advance.
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 offer 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. Fiona is motivated by Maya Angelou's words: "When we know better, we do better".
Dickinson, 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, Annette	A long-time faculty member at TRU, Dr. Annette Dominik 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, University of Laval and University of Sherbrooke.
Dunn, Bruce	For 27 years, Bruce Dunn was the music director and conductor of the Kamloops Symphony Orchestra. Under his artistic direction, the orchestra improved in quality, expanded its repertoire and maintained a large supportive audience. During this time, Bruce also taught Orchestral Conducting at UBC, served as music director and conductor for the Symphony of the Kootenays for 14 seasons. For 13 summers, he was a faculty member for the summer music program, Summer Music On The Shannon, which took place in Limerick and Galway. His composition, "Songs of the Shamrock" premiered there, highlighting his developing passion for composing and arranging. Bruce's commitment to music education extended to all levels: he

	initiated the Primarily Music Series for young children from kindergarten to grade 3 and the Kamloops Symphony Music School.
Fisher, Derek	Derek Fisher is the chief operator for the Kamloops Sewage Treatment Centre. This tour may be led by other City of Kamloops employees who work at the treatment centre.
Garrett, Christina	Christina is the Food Access Coordinator at the Mount Paul CFC and oversees the community meals and outreach, the youth food skills drop-in class and the coordination of our many volunteers
Harris, Richard	Mr. Harris is a retired IT professional from the University of Illinois. While there he managed the centralized IT group responsible for the multi-campus finance, HR and student systems. Prior to that he worked for Deloitte Haskins & Sells in both financial and computer auditing as well as the private sector in internal audit and IT systems management. While with Deloitte, he worked in the Paris office for 3 years in the early 80s.
Hammond, Joanne	Joanne is an archaeologist and anthropologist in Kamloops, where she works with and for local First Nations to support the management and preservation of heritage resources. She is an instructor and advisor with SFU's Department of Archaeology graduate program in heritage resource management. She is active in archaeological outreach in classrooms, with community organizations, and in the media. She writes about archaeology and life in the business at http://republicofarchaeology.ca/ and on Twitter @KamloopsArchaeo.
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.
Hildebrand, Tara	Tara has a Bachelor of Education Degree from the University of Alberta. After teaching elementary school in Alberta for nine years, she came to Kamloops to become recreation director at the Hamlets and an instructor at the YWCA. Tara is currently the Support and Education Coordinator of the Kamloops' Alzheimer Society of BC, as well as the Provincial Coordinator.
Hope, Emily	Emily Hope is Education and Public Programs Director for the Kamloops Art Gallery.
Huddart, Stephen	After obtaining a Masters of Management at age 50, Stephen joined the McConnell Foundation, serving as CEO from 2011 to 2020. During this time the foundation advanced the fields of social innovation and solutions finance, applying them to partnerships with Indigenous organizations, governments, financial and academic institutions, and civil society. Stephen continues to volunteer with several organizations focused on societal transition. His writing has appeared in the National Observer, Hill Times, and the Globe and Mail among others. In 2022, in recognition of his contribution to Canadian philanthropy, McGill awarded him an Honorary Doctor of Laws degree. He is now an adjunct professor with the University of Victoria school of business.
Kamloops Heritage Railway volunteers	A Kamloops Heritage Railway volunteer will lead the tour.

Kroeger, Ernie	Local artist and walking enthusiast Ernie Kroeger recently retired from TRU, where he taught in the Visual and Performing Arts program. He holds a Bachelor of Fine Arts Degree from the University of Calgary. His artwork has been exhibited across Canada and in 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, and another location soon to be opened at Sun Peaks, District is ready to help get you going, on snow or dirt, all year round.
Michell, Rod	Rod Michell holds a Master's Degree in English Literature from Oxford University. Now retired, he taught for 38 years at Thompson Rivers University, and prior to that at Selkirk College. Rod has been teaching for KALS for 16 years and has taught in every semester at least one, and, often, two courses over those 16 years. He is on the Board of Directors for the Kamloops Symphony and also presents a classical music show for CBFX, the campus community radio station.
Muronzi, Thelma	Thelma Muronzi holds a Master of Business Administration (MBA) from Thompson Rivers University, a Master of Science in Applied Information Technology (MS-AIT), and a Post-Baccalaureate certificate in Information Security and Assurance (ISA) from Towson University (USA). She also holds a Bachelor of Commerce in Informatics from the University of South Africa. With this diverse range of education and experience, Thelma is well-equipped to provide expert advice and guidance to clients in the areas of risk management and information security. She is the founder of Cyber LifeHax (CHL), a blog that focuses on delivering impactful and engaging online safety lifehacks. In June 2022, she partnered with Security Innovation (a US-based company) to host a free Application Security Boot Camp in Zimbabwe which successfully kicked off on August 23, 2022.
Nelson, Daphane	Daphane Nelson's small-town roots brought her to Kamloops to pursue a business degree at Thompson Rivers University. Since graduation she has held a range of positions in the financial sector, managed a law firm, has contracted with Community Futures Development Corporation, and has recently won a third term as a director with a local credit union. During the onboarding process with that organization, she became enamored with the cooperative model and pursued designations with both Coop Zone and Governance Professionals of Canada. Daphane is determined to bring the co-operative model to the BC Interior. Ms. Nelson recently ran for city council on a platform of People, Planet and Prosperity. She believes that by educating folks in her region about the cooperative model, she will fulfill her platform objectives despite not being elected to represent her city. She wishes to democratize the local economy by bringing forth employee-owned businesses, affordable (cooperative) housing projects, cooperative care models (health, elder, daycare), community investment cooperatives and anything else that can help folks work together on solving the many unmet needs in her community
Nobert, Kim	Kim was born and raised in Kamloops and, after 39 years, found her calling as a licensed funeral director. After starting her funeral director's apprenticeship in 2011, Kim graduated Mortuary School in 2013 and was her class valedictorian. Kim was appointed a Manager of Alternatives Funeral & Cremation Services in 2014 when it opened its new location in Kamloops.
Pillar, Ray	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 & Views class for over 11 years and in 2020 received KALS Volunteer Award for dedicated service.
Poplak, Lorna	Lorna Poplak is a Toronto-based writer, editor, and researcher with a fascination for the dark side of Canadian history. Her two nonfiction books, both published by Dundurn Press, are "Drop Dead: A Horrible History of Hanging in Canada" (2017), and "The Don: The Story of Toronto's Infamous Jail" (2021). For more information, please visit www.lornapoplak.com
Rodgers, Marg	Kamloops-born Marg Rodgers found a single piece of paper in her father's belongings – the name of his grandfather – that lead her to enlist the help of Ancestry and the Family Tree Maker to compile the Perry Family Tree, which has the history of 621 ancestors.
Roff, Lindley	Lindley Roff began her family tree in 1962, when she was about 12. Since then, she has used her grandparents' oral history, papers and records in archives and libraries, visits to ancestral sites, and Internet resources to construct a family tree of about 4,500 people she believes to be her DNA relatives. Lindley is a past president of The Kamloops Family History Society and has written articles for their journal, Family Footsteps.
Sampson, Lynda	Lynda is a retired Capilano University instructor with a M.Ed from University of Northern BC, who worked for over 20 years in an Indigenous adult learning centre in Mount Currie (Lil'wat Nation). Her interests are Indigenous issues, literacy, lifelong learning and community activism. Lynda raised her children on a small part of the N'laka'pmuk Nation just outside of Lillooet, and returned to Lillooet after she retired. She is actively involved with many groups in Lillooet and is looking forward to sharing her community with KALS participants.
Sedgman, Elaine	Elaine Sedgman is an educator, Master Gardener and the author/illustrator of a Bee Named BOB (2019) and Andrena a Mining Bee (2022). She completed the requirements for Apprentice Level Certification of the Oregon Bee Atlas Master Melittologist Program (2021) and is the Citizen Science Coordinator for Shuswap Master Gardeners, organizing workshops and pollinator counts with adults and children. Elaine is also a member of the Native Bee Society of BC. She holds a Bachelor of Arts in English and Sociology from the University of Victoria and a Bachelor of Fine Arts from Thompson Rivers University. She has exhibited in Western Canada, in the US and in Uji, Japan.
Stewart, Gord	Gordon Stewart is the Executive Director of the Big Little Science. He has an extensive background in fisheries and environmental science and loves everything outdoors. His experience and stories always make for an entertaining program.
Torres, Chris	Chris Torres is the Food Skills Coordinator at the Mount Paul CFC and runs an affordable produce market, as well as food and garden skills class at the CFC
White, Lisa	Lisa is an Industry Relations and Communications Specialist for Tourism Kamloops. She earned her Bachelor of Business Administration (marketing) at Thompson Rivers University.
Yelland, Al	Al has been researching his family since 1988 and joined the Kamloops History Society in 1991. He has researched his paternal side back to the 14th Century in Devon, England, and his maternal side back to an ancestor that came to North America on the Mayflower in 1620. Al has compiled an ebook, "Genealogy for Everyone", that covers everything from beginning research to such advanced research as DNA testing.

Kamloops Adult Learners Society

Spring 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.

Thistle Farm – 710 Dairy Rd, Kamloops

The Mount Paul Community Food Centre - 140 Laburnum St. Kamloops

Kamloops Art Gallery – 465 Victoria Street, Kamloops

Kamloops Heritage Railway Park - 40 Mt. Paul Way, located under the Red Bridge on the west end of the Pioneer Park parking lot.

Kamloops Sewage Treatment Centre - 3300 Mission Flats Rd., Kamloops, BC V2C 5K1

Dufferin Park Wetlands – 1840 Hillside Dr, east of Dufferin Elementary School. Meet at the parking lot near the shelter structure).

Big Little Science Centre - 458 Seymour Street, Kamloops

Paid parking only close to BLSC or 2-hour free parking on streets further away.