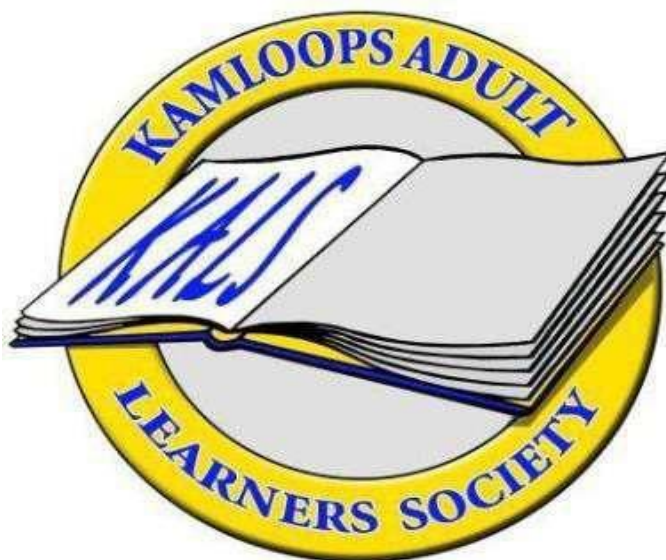


KAMLOOPS ADULT LEARNERS' SOCIETY

KALS



2023

FALL COURSE CALENDAR

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

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

KAMLOOPS ADULT LEARNERS' SOCIETY

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

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 FALL REGISTRATION BEGINS August 22th at 9 am

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.

Sessions	Class Name	Start Date	Price
2 Hour	Art and Conversation: echoes	5-Sep-23	10.00
8 Weeks	The Voyage of the Argo	11-Sep-23	50.00
2 Weeks	Indigenous Food Sovereignty in our Region	11-Sep-23	15.00
2 Hour	Literacy for All	13-Sep-23	10.00
2 Hour	Travelling in Bolivia and Peru	13-Sep-23	10.00
4 Hours	Logan Lake Wetland Restoration Field Trip	14-Sep-23	Free
11 Weeks	News & Views	15-Sep-23	50.00
2 Hour	Everything you need to Know about Breakfast	26-Sep-23	25.00
2 Hour	Poaching Stories	18-Sep-23	10.00
3 Hour	Ashcroft Museum and Historic Walking Tour	21-Sep-23	10.00
2 Hour	Come to the Concert: Rhapsody in Blue	21-Sep-23	10.00
1.5 Hour	The Flute - Try It!	25-Sep-23	Free
3 Hour	Xwisten Experience Tour	26-Sep-23	75.00
1 Hour	Kamloops Therapeutic Riding Association Tour	28-Sep-23	10.00
2 Hour	Strategic Charitable Giving	28-Sep-23	10.00
2 Hour	Orienteering at McGowan Park	3-Oct-23	10.00
2 Hour	Talking Circle with Indigenous Court Elders	4-Oct-23	10.00
2 Hour	Community Building Conversations	5-Oct-23	10.00
2.5 Hour	Kamloops Indigenous Court Field Trip	6-Oct-23	10.00
2 Hour	The Art of the Interview: The Basics	11-Oct-23	10.00
2 Hour	Advance Care Planning	12-Oct-23	10.00
2 Hour	Behind the Scenes at the Theatre	12-Oct-23	Free
2 Hour	Left, Right, and Centre: An Analysis of the Political Spectrum	13-Oct-23	10.00
2 Hour	Kamloops Immigrant Services: Advancing Newcomers' Journeys	16-Oct-23	10.00
1.5 Hour	Art and Conversation: Luminosity	17-Oct-23	10.00
2 Hour	More than just a Meal: Food Security in Kamloops	17-Oct-23	10.00
2 Hour	Update Your Driving Skills	18-Oct-23	10.00
3 Weeks	Hard Archaeology: Unearthing Canada's Colonial Narratives	23-Oct-23	25.00
2 Hour	Estate Planning	24-Oct-23	10.00
2 Hour	Architectural Innovators: Le Corbusier and Viljo Revell	24-Oct-23	10.00
2 Hour	The Art of the Interview: Advanced	25-Oct-23	10.00
2 Hour	Sri Lanka Spirit & Development	26-Oct-23	10.00
2 Hour	War in Ukraine Update	27-Oct-23	10.00
2 Hour	Come to the Concert: Romeo and Juliette	2-Nov-23	10.00
2 Hour	Lumen: Let There Be Light!	2-Nov-23	10.00
2 Hour	Art and Conversation: Black Drones in the Hive	7-Nov-23	10.00
2 Hour	Music as Medicine	7-Nov-23	10.00
2 Hour	Chemistry at Home	8-Nov-23	10.00
2 Hour	Colour Morphs of Coastal Black Bears	10-Nov-23	10.00
5 Weeks	Tristia or Sorrows of an Exile	10-Nov-23	30.00
2 Weeks	Let's Cook en Francais	13-Nov-23	45.00
3 Hour	Faith Communities: Christianity	14-Nov-23	Free
2 Hour	Faith Communities: Islam (Muslim)	18-Nov-23	Free
n/a Hour	Faith Communities: Sikhism	19-Nov-23	Free
2 Hour	Faith Communities: Jewish & Hindu	28-Nov-23	Free
2 Hour	Challenges of Prosecutions from the War in Ukraine	30-Nov-23	10.00
2 Hour	TRU Nursing Lab and Simulations	5-Dec-23	10.00
2 Hour	Come to the Concert: Christmas with the KSO	14-Dec-23	10.00

Fall 2023 Single Session Course Descriptions

Art and Conversation: echoes

\$10.00

Join us at the Kamloops Art Gallery for an interactive guided tour of the exhibition "echoes" and engage in conversations with peers and KAG educators.

As an echo reflects and repeats between entities, this exhibition contemplates ways recurrences traverse generational and geographical expanses. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate.

Registration is available online [atkals.ca/registration/..](http://atkals.ca/registration/)

Instructor: Emily Hope

Min. 5 Max. 15

Dates: Tuesday 2023-09-05 10 to 12

Location: Kamloops Art Gallery

Literacy for All

\$10.00

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. 20

Dates: Wednesday 2023-09-13 10 to 12

Location: NSCC Oak Room

Travelling in Bolivia and Peru

\$10.00

A visual recounting of a trip Bruce, his wife Sonoko and 7 year old daughter Saya did in Fall 2017 to various locations in Peru (including Machu Pichu) and a three day 4 wheel drive journey down much of the far western edge of the altiplano of Bolivia from La Paz to the salt flats of Uyuni.

Instructor: Bruce Thomson

Min. 8 Max. 40

Dates: Wednesday 2023-09-13 10 to 12

Location: NSCC Dogwood room

Logan Lake Wetland Restoration Field Trip

Free

BCIT Students will arrive on Sunday, Sept 10th and complete the project Friday, Sept 15th. Their field time will consist of constructing a groundwater wetland using an excavator, placing a culvert under the maintenance road to re-water the constructed wetlands on the south side of the road. KALS members are invited by Marge Sidney to view the actual construction of the beaver dam analogue. Meet at the Odeon parking lot in Aberdeen to arrange carpooling for an 8:45 am departure and leave Logan Lake no later than 11:30.

Instructor: Marge Sidney

Date: Thursday 2023-09-14 8:45 am to 11:30am

Location: Logan Lake, Wetland Restoration

Everything you need to Know about Breakfast**\$25.00**

You've heard that breakfast is the most important meal of the day, but is it really, and if so, how? Come learn the answers to this question and how breakfast affects weight loss, reduces the risk of many diseases, and how even the timing of our breakfast and what we eat for breakfast can improve both our physical and brain health. Dr. Janie Unruh will share the physiology of breakfast and how it works with our body for improved health, and what a good wholesome, whole food, plant-based (WFPB) breakfast looks like. She will also provide a delicious WFPB breakfast meal with recipe handouts, so come hungry and ready to enjoy a party for your taste buds. A 15 dollar charge for ingredients is included in the cost of registration.

Instructor: Dr. Janie Unruh**Min. 10 Max. 40****Dates: Monday 2023-09-26 1 to 3****Location: Kamloops Seventh-day Adventist Church: 364 Fortune****Poaching Stories****\$10.00**

Poaching Stories: Randy will present a lively collection of wilder-than-fiction poaching stories from across Canada and the US. His tales range from absolutely disgusting to hysterically hilarious. His stories also shed light on the important work of fish and wildlife officers, the often messy, sometimes dangerous situations they face and the importance of the public in solving wildlife crime.

Instructor: Randy Nelson**Min. 8 Max. 25****Dates: Monday 2023-09-18 1:30 to 3:30****Location: NSCC Oak room****Ashcroft Museum and Historic Walking Tour****\$10.00**

Come and visit Historic Ashcroft! We will first visit the Ashcroft Museum which is located in the brick "Dominion" building built in 1917. Considered one of the best museums located in any BC Village, the collection includes artifacts that date back to the early 1900's and bears witness to Ashcroft's "Glory Days". Displays honour the local Indigenous People, the Chinese community and other pioneers of the area. After the museum, we will take a guided historical walk through the village of Ashcroft led by the previous curator of the Ashcroft Museum. Entrance to the Museum is by donation and a lift is available for visitors to access the main floor. Pack a lunch, wear good walking footwear and dress appropriately for the weather. Kamloops participants will meet at the Odeon parking lot at Aberdeen mall at 8:15 am to organize any carpooling. Travel to Ashcroft takes approx. 70 minutes via Highway 1 through Cache Creek. We will meet at the Museum in Ashcroft (corner of Brink and 4th Street) at 9:45 am.

Instructor: Peter Konikow & Kathy Palos**Min. 6 Max. 25****Dates: Thursday 2023-09-21 10 to 1****Location: Ashcroft Museum - Ashcroft, BC****Come to the Concert: Rhapsody in Blue****\$10.00**

Rhapsody in Blue: Summer may be drawing to a close but, happily, the Kamloops Symphony begins an exciting new season of concerts, and that means a whole new series of Come to the Concert classes. Each class, held just a few days before the concert itself, is an opportunity to hear selections from the programme and to explore the background of the composers and their works. Since the Kamloops Symphony's choices of music are deliberately diverse, there are always familiar classics to discuss as well as works that are less well known some which are likely to be "the classics" of the future.

The first of our KALS classes of musical explorations begins with tender memories of a fading summer in music by Barber, a piano concerto by Florence Price, a too long neglected African-American composer, then musical arrangements to celebrate Kamloops-born jazz clarinetist Phil Nimmons, and, to end our discussions, jazz and piano combined in Gershwin's spirited, sometimes wistful, Rhapsody in Blue. Concert tickets are not included.

Instructor: Rod Michell**Min. 8 Max. 20****Dates: Thursday 2023-09-21 10 to 12****Location: NSCC Oak room**

The Flute - Try It!**Free**

Music is good for the soul but learning something new is also proven good for your brain. If you have always wanted to play a musical instrument it is never too late to start. Playing a musical instrument is a defense against memory loss and cognitive decline. The flute gives you a mental and physical (cardio and small muscle mobility) workout every time you play. Here is an opportunity to learn about this beautiful instrument, and give it a try. Five instruments will be provided.

Instructor: Catharine Dochstader**Min. 3 Max. 8****Dates: Monday 2023-09-25 9:30 to 11****Location: Kelson Hall Symphony Music School**

Xwisten Experience Tour**\$75.00**

Come visit the Bridge River Fishing Grounds, the past and current fishing area of the St'át'imc People. Learn about the traditional wind-dried method of preserving the salmon still used by its people today. Also take part in a tour of an extensive archaeological village site which contains over 80 identified pit houses (s7ístken) - the traditional winter homes of the St'át'imc people. Explore a s7ístken on-site! To complete the tour, partake in a Salmon BBQ, complete with salmon, rice, salad, and bannock. Dessert is a traditional dish of whipped berries (sxúsum). Meet at 7:30 am in the Odeon Cineplex in Aberdeen to organize carpooling.

Instructor: Christine Ledoux**Min. 10 Max. 25****Dates: Tuesday 2023-09-26 10 to 1****Location: Lillooet, Xwisten fishing grounds and archeological site**

Kamloops Therapeutic Riding Association Tour**\$10.00**

The Kamloops Therapeutic Riding Association (KTRA) was established in 1988 and is a nonprofit organization that provides therapeutic horseback riding to individuals with disabilities. Its mission is to create opportunities for personal growth, healing, and connection through a shared experience with horses. On this tour, you will visit their new 18-acre facility located at Koalrock Equestrian on East Shuswap Rd. This location includes a large, covered arena which enables the KTRA to extend riding opportunities to 10 months of the year. Please wear closed toed shoes and dress appropriately for the weather. Parking at the facility is limited, so car pooling will be organized.

Instructor: Ashley Sudds**Min. 5 Max. 10****Dates: Thursday 2023-09-28 10 to 11****Location: Kamloops Therapeutic Riding Assoc. facility**

Strategic Charitable Giving**\$10.00**

A carefully constructed, tax-efficient giving plan can enhance the benefits to you, your family, and the causes you care about. We'll explore strategies to ensure you are giving in the most effective way. Giving during your lifetime may help you maximize tax benefits today while already making an impact on others. We'll discuss what may work best for you to support your chosen charities. This may include setting up a donor advised fund, making a bequest in your will, or a beneficiary designation, or donating an insurance policy.

Instructor: Kelsey Boudreau**Min. 8 Max. 20****Dates: Thursday 2023-09-28 1:30 to 3:30****Location: NSCC Oak room**

Orienteering at McGowan Park**\$10.00**

Have you ever wanted to try orienteering? This beginner level orienteering course at Albert McGowan Park in Sahali could very well whet your appetite for more. BIG Little Science Centre will introduce the skill of map reading. Then, using a map provided by the Sage Orienteering Club, you will explore McGowan Park to find the exact location required for each of the points marked. Work at your own pace; the park has some low gentle hills. Yes there will be prizes for completion! More detailed instructions will be sent to students closer to the date.

Instructor: Susan Hammond, Gord Stewart**Min. 8 Max. 15****Dates: Tuesday 2023-10-03 1:30 to 3:30****Location: field trip**

Talking Circle with Indigenous Court Elders **\$10.00**

Four to six Elders who work with the Kamloops Indigenous Court will come for a talking circle and answer any questions people have about their role and the Court. In a talking circle, everyone in the circle will have a chance to speak.

Instructor: Roberta Moses

Min. 8 Max. 25

Dates: Wednesday 2023-10-04 10 to 12

Location: NSCC - Oak Room

Community Building Conversations **\$10.00**

What are some solutions to polarization in society, increase in incivility, and decrease in voter participation? Arjun Singh has thought deeply on this topic, done a lot of research, and is now offering this workshop on community building tips and opportunities. Arjun has 30 years of experience in collaborative conversations on all sort of topics. The workshop will consist of a presentation and a hosted conversation.

Instructor: Arjun Singh

Min. 10 Max. 30

Dates: Thursday 2023-10-05 10 to 12

Location: NSCC - Oak Room

Kamloops Indigenous Court Field Trip **\$10.00**

Ten KALS participants are invited to sit in on a regular session of the Kamloops Indigenous Court. This course is connected with the "Talking Circle with the Indigenous Court Elders" on Wednesday, Oct 4 from 10 to 12 at NSCC. "The Talking Circle" can accomodate 25 people.

Instructor: Roberta Moses

Min. 6 Max. 10

Dates: Friday 2023-10-06 9:30 to 12

Location: Kamloops Courthouse

The Art of the Interview: The Basics **\$10.00**

This introductory course on the art of interviewing will teach participants the basics of interviewing, how to draw out the best of the interviewee, how to engage in deep listening, and how to tell an effective and compelling story. Technological supports will also be discussed. Students will complete one in-class exercise to practice the interview skills they learn.

Instructor: Rob Wiens and Mike Weddell

Min. 8 Max. 15

Dates: Wednesday 2023-10-11 10:00 to 12:00

Location: NSCC Oak Room

Advance Care Planning **\$10.00**

In today's world, it is essential to have an Advance Care Plan in place regardless of our health status or age. Advance Care Planning, (ACP) is a collaboration in which capable adults share their beliefs, values and wishes regarding healthcare, with their close family/friend(s) and health care provider in advance of a time when they may be incapable of deciding for themselves. The goals of ACP are to help you and your loved ones understand the interventions or treatments that you would or would not accept if you were unable to speak for yourself. In this workshop, we will think about what is important to us, start identifying what our beliefs and values are, especially if we haven't really thought about them. We will also talk about how to start the conversation with family/friend(s) and our health care provider.

Instructor: Pamela Young

Min. 8 Max. 30

Dates: Thursday 2023-10-12 10 to 12

Location: NSCC - Oak Room

Behind the Scenes at the Theatre**Free**

Have you ever wondered where that lovely ball gown from that play back in the last century ended up, or what a green room looks like? Now is your chance for a sneak glance at what goes on before opening night as Western Canada Theatre's Terri Runnals leads us on a tour of the Pavilion Theatre facilities. Bring comfortable shoes and those questions about the thespian process with you.

Instructor: Terri Runnals**Min. 8 Max. 15****Dates: Thursday 2023-10-12 10:00 to 12:00****Location: Pavilion Theatre**

Left, Right, and Centre: An Analysis of the Political Spectrum**\$10.00**

This presentation compares the differences between the "Left" "Centre" and "Right" orientations on the political spectrum in such areas as philosophical origins, values, and influence on the economy. Well-known politicians exemplifying each orientation will be discussed.

Instructor: Paul Clark**Min. 8 Max. 20****Dates: Friday 2023-10-13 1:30 to 3:30****Location: NSCC Willow Room**

Kamloops Immigrant Services: Advancing Newcomers' Journeys**\$10.00**

Learn about Kamloops Immigrant Services' mission, vision, program, and services. KIRS helps and supports immigrants, refugees, migrant workers, visible minorities, first-generation Canadians, and their families in succeeding, regardless of the challenge. The programs and services are designed to advance the newcomers' journeys and help them reach their goals in Kamloops and the Thompson-Nicola Region. Find out how you, your friends and family can support various KIS programs by volunteering, donating, mentoring, or tutoring.

Instructor: France Lamontagne**Min. 8 Max. 40****Dates: Monday 2023-10-16 10:00 to 12:00****Location: NSCC Oak Room**

Art and Conversation: Luminosity**\$10.00**

Join us at the Kamloops Art Gallery for an interactive walking tour of the exhibition, "Luminosity", and engage in lively explorations of some of the relevant themes. Starting at the Kamloops Art Gallery at 465 Victoria Street, this walking tour will explore all the Luminosity projects, following the map and ending in Riverside Park. This tour will be approximately an hour and a half and involves walking throughout downtown Kamloops and through Riverside Park. Comfortable walking shoes, weather-appropriate clothing, and water are recommended. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate. Registration is available online at kals.ca/registration/.

Instructor: Emily Hope**Min. 5 Max. 15****Dates: Tuesday 2023-10-17 6 to 7:30****Location: Kamloops Art Gallery**

More than just a Meal: Food Security in Kamloops**\$10.00**

The Kamloops Food Policy Council and its programs strive to achieve a local food system that is regenerative, sovereign, and just through food security initiatives, policy development, and advocacy. This workshop will provide a brief history of agriculture in the region, detail how past events impact present day food security challenges. This will lead to an overview of the Kamloops Food Policy Council and the community opportunities, initiatives, and programs that exist in our community to strengthen local food security. There will also be an interactive activity related to the presentation and a question period at the end.

Instructor: Fauve Garson-Smith**Min. 8 Max. 30****Dates: Tuesday 2023-10-17 1:30 to 3:30****Location: NSCC - Oak Room**

Update Your Driving Skills**\$10.00**

How long has it been since you got your drivers license? 25 years? 40 years? More? Driving has changed since then, and it's never too late to learn or relearn the rules of the road! Along with proper driving techniques to ensure you're always a safe and responsible driver behind the wheel, other topics covered are what triggers a senior assessment and what that involves, how to properly share the road with cyclists, pedestrians, scooters, and skateboards, how to enhance your observational skills and how to properly react when there's an emergency vehicle on the road.

Instructor: Sylvia Henderson**Min. 8 Max. 30****Dates: Wednesday 2023-10-18 10 to 12****Location: NSCC - Oak Room**

Estate Planning**\$10.00**

Your estate plan should address your family's unique needs and clearly define your intentions. Your situation may be straightforward or you may have more to consider such as a business, multiple properties or a blended family. Kelsey will discuss tax-efficient plans that consider the people and causes you care about. Successful transitioning and maintaining of family wealth requires communication and education. In addition to developing a plan that considers giving, both while living and through your estate, we can facilitate sensitive family discussions and help you to prepare. This course is back by popular demand.

Instructor: Kelsey Boudreau**Min. 8 Max. 20****Dates: Tuesday 2023-10-24 1:30 to 3:30****Location: NSCC Oak room**

Architectural Innovators: Le Corbusier and Viljo Revell**\$10.00**

The subject of the lecture will be two fascinating architectural innovators, the first, the globe-trotting Swiss-French architect, designer, painter, writer and urban planner, Le Corbusier, who with Frank Lloyd Wright and Miles van der Rohe, is considered one of the founders of modern architecture. We will then move on to the lesser known Finnish architect, Viljo Revell, who gave Toronto its groundbreaking iconic New City Hall. The sources of the two men's ideas, the challenges they faced when it came to implementation and the influence they had on competitors and successors will be covered. You can watch this zoom presentation in the comfort of your home or in the company of others at the Kamloops Sports Centre.

Instructor: Frank Nicholson**Min. 8 Max. 40****Dates: Tuesday 2023-10-24 10 to 12****Location: Kamloops Sports Centre**

The Art of the Interview: Advanced**\$10.00**

This course explores the advanced aspects of the art of the interview by building on the basics offered in part one of the course. Although completion of part one is not mandatory, it would be helpful. Instructors will discuss journalistic principles, the development of interview questions, criteria for a good interview, and what to do with the interview after it has been completed and recorded. Students will complete one in-class exercise to practice the interview skills they learn.

Instructor: Steve Marlow and Radhika Tabrez**Min. 8 Max. 15****Dates: Wednesday 2023-10-25 10:00 to 12:00****Location: NSCC Oak Room**

Sri Lanka Spirit & Development**\$10.00**

Join Marcia Julian for a presentation about her work with marginalized women in Sri Lanka. Sri Lanka is a beautiful country, plagued with grief from civil, wars, natural disasters, and a corrupt and bankrupt government. The result is a huge increase in gender-based violence. But there are committed, Spirit-led people who are amazing examples of resilience and hope. Her presentation will speak to the work with those women in February 2023 and other Developing World Connections (DWC) projects.

Instructor: Marcia Julian**Min. 10 Max. 40****Dates: Thursday 2023-10-26 1:30 to 3:30****Location: NSCC Oak Room**

War in Ukraine Update**\$10.00**

An update on the Ukraine war as of Oct 27, 2023 is presentation on recent events vis-à-vis the war in Ukraine with a view to discussing the situation on the ground, the geo-strategic repercussions, and the military implications. You can watch this Zoom presentation in the comfort of your home or in the company of others in the Kamloops Sports Centre.

Instructor: Denis Thompson**Min. 8 Max. 40****Dates: Friday 2023-10-27 10 to 12****Location: Kamloops Sports Centre**

Come to the Concert: Romeo and Juliette**\$10.00**

Romeo and Juliet: Classic fairy tales, a classic love story, and a new concerto already on its way to becoming a "classic." In preparation for the Kamloops Symphony's November production, Come to the Concert explores the music of Maurice Ravel, Sergei Prokofiev, and Anna Clyne. Ravel's deceptively simple "Ma Mère l'Oye" (Mother Goose) presents portraits of "Sleeping Beauty", "Tom Thumb", and "Beauty and the Beast" among others. Prokofiev's stirring music for the ballet Romeo and Juliet is probably the best-known treatment of Shakespeare's drama (not forgetting West Side Story). And "DANCE" for cello and orchestra (2019) is an exciting and lyrical new concerto for cello inspired by and shaped through a poem by Rumi, the 13th century Persian poet. Hear and discuss aspects of these works to enrich your concert-going experience. Concert tickets are not included.

Instructor: Rod Michell**Min. 8 Max. 20****Dates: Thursday 2023-11-02 10 to 12****Location: NSCC Oak room**

Lumen: Let There Be Light!**\$10.00**

Visit BIG Little Science Centre to explore the very special "Lumen" Exhibition. This professional exhibit, from the Sherbrooke Museum of Nature and Science, uses interactive activities, gorgeous photography, and intriguing information to present the topic of light. What is it, where does it come from, how is it made, and how do we use it? Explore Florescence, Phosphorescence, Chemiluminescence, Waves, Optical Challenges, Fireworks, Lasers and more! Learn about the many aspects of light and how it affects our world. This KALS Program will include a guided immersive tour, followed by free time to allow a thorough examination of this large exhibit. (Note that there is only paid parking near BLSC; there is 2 hour parking on streets farther away.)

Instructor: Susan Hammond, Gord Stewart**Min. 8 Max. 20****Dates: Thursday 2023-11-02 1:30 to 3:30****Location: field trip**

Art and Conversation: Black Drones in the Hive**\$10.00**

Join us at the Kamloops Art Gallery for an interactive walking tour of the exhibition, Deanna Bowen: Black Drones in the Hive, and engage in explorations of some of the relevant themes. For more than twenty years, Deanna Bowen's practice has evolved from its roots in experimental documentary video into a complex mapping of power as seen in public and private archives. Research and exhibitions are rarely mutually exclusive modes for Bowen, in part because her subjects are capable of revealing new perspectives over time. Whether it is through strategies of re-enactment or dense constellations of archival material, Bowen's work traces her familial history within a broader narrative of Black survival in Canada and the United States. This program is offered in collaboration with the Kamloops Adult Learners' Society (KALS). You must be a member of KALS to participate. Registration is available online at kals.ca/registration/.

Instructor: Emily Hope**Min. 5 Max. 15****Dates: Tuesday 2023-11-07 10 to 12****Location: Kamloops Art Gallery**

Music as 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. 10 Max. 30****Dates: Tuesday 2023-11-07 10 to 12****Location: NSCC - Oak Room**

Chemistry at Home**\$10.00**

Our way of life and many of the products we use depend critically on Chemistry. This talk will examine some of the most significant of the required processes, their products and their uses.

Instructor: Dave McKinnon**Min. 8 Max. 25****Dates: Wednesday 2023-11-08 10 to 12****Location: NSCC Oak Room**

Colour Morphs of Coastal Black Bears**\$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 salmon derived nutrients and the ecological connectedness of the Great Bear Rainforest ecosystem.

Instructor: Marcus Atkins**Min. 8 Max. 25****Dates: Friday 2023-11-10 10 to 12****Location: NSCC Oak Room**

Faith Communities: Christianity**Free**

Christianity in Kamloops has a wide diversity of expressions through many denominations in churches all around the city. A panel of pastors, priests, and ministers representing a spectrum of Christian beliefs in Kamloops will speak about local faith communities and traditions including Alliance, Baptist, Lutheran, Orthodox, and Roman Catholic perspectives.

Instructor: Rev. Jane Gingrich**Min. 8 Max. 20****Dates: Tuesday 2023-11-14 2 to 5****Location: Hills of Peace Lutheran Church**

Faith Communities: Islam (Muslim)**Free**

The Kamloops Islamic Association welcomes you to visit their mosque in Knutsford that has been serving the community for over 20 years. Learn about the tenets of Islam, the growing local community, and traditions observed throughout the year. Socializing and refreshments will be included.

Instructor: Rev. Jane Gingrich**Min. 8 Max. 20****Dates: Saturday 2023-11-18 2 to 4****Location: Kamloops Ayesha Mosque**

Faith Communities: Sikhism**Free**

Come to experience a morning of prayer, scripture reading, and chanting, then stay for a meal of vegetarian food. Community service and feeding everyone who has need of a meal is important for people of Sikh faith. On this Sunday, come early to experience prayer, scripture and chanting, then stay for a meal as we hear from community members about Sikh faith, traditions, and celebrations.

Instructor: Rev. Jane Gingrich**Min. 8 Max. 20****Dates: Sunday 2023-11-19 10:30 am****Location: Sikh Cultural Society**

Faith Communities: Jewish & Hindu**Free**

Many faith communities in Kamloops do not own places of worship or prayer to gather. Baha'i, Jewish, Hindu, and New Thought communities, among others, meet in homes, gymnasiums, and community facilities for prayer, festive celebrations, and times of worship. Speakers from Jewish and Hindu communities will present on the activities, means of gathering, and traditions observed by these faith traditions in Kamloops.

Instructor: Rev. Jane Gingrich**Min. 8 Max. 20****Dates: Tuesday 2023-11-28 6:30 to 8:30 pm****Location: Hills of Peace Lutheran Church**

Challenges of Prosecutions from the War in Ukraine**\$10.00**

The International Criminal Court, situated in the Hague, ushers in a new era in the protection of human rights. The Court prosecutes crimes of genocide, war crimes and crimes against humanity. In this talk, Bill will look at the challenges the court faces in light of the current situation in Ukraine and the arrest warrant for Vladimir Putin.

Instructor: Bill Sundhu**Min. 8 Max. 30****Dates: Thursday 2023-11-30 1:30 to 3:30****Location: NSCC Oak Room**

TRU Nursing Lab and Simulations**\$10.00**

This field trip is being offered again due to popular demand. Are you interested in seeing the new Nursing and Population Health building at TRU and learning about the fully accredited Bachelor of Science in Nursing program? Ever wondered what it's like for students preparing for a career in nursing? Come and meet our newest mannekins including Vivien, Apollo, Alex and baby Super Tory and learn more about their capabilities. Enjoy a tour of our state of the art simulation rooms which have some of the latest technology and then chat with a few students.

Instructor: Shari Caputo**Min. 8 Max. 15****Dates: Tuesday 2023-12-05 10:00 to 12:00****Location: field trip**

Come to the Concert: Christmas with the KSO**\$10.00**

Christmas with the Kamloops Symphony is always a joyful occasion, presenting both choral and instrumental music some of which is traditional but all of which is celebratory. Our Come to the Concert listening and discussion will include the stirring Radetzky March of Johann Strauss Sr. From Bach there is the third of his Brandenburg Concertos, the one that is for strings only, but brimful of energy from start to finish. Thinking of the children, there is the Toy Symphony by . . . ? Yes, just who is it by? Scholars debate over at least half a dozen candidates, but Leopold Mozart (Wolfgang's father) is most frequently favoured. And then there are the Christmas carols and songs we all know and admire.

Concert tickets are not included.

Instructor: Rod Michell**Min. 8 Max. 20****Dates: Thursday 2023-12-14 10 to 12****Location: NSCC Oak room**

Fall 2023 Multi Session Course Descriptions

The Voyage of the Argo

\$50.00

APOLLONIUS The Voyage of Argo

You are familiar with the two great epics of ancient Greece, Iliad and Odyssey, and the name of their “author” Homer who put them in written form in about 700 BCE. Was that the end for epic narrative, then? No. The principal goal of this eight-session course is to read the last great epic, The Voyage of Argo by Apollonius of Rhodes. It tells of the improbable adventures of Jason and his crew both before and after he becomes involved with the alluring Medea. Yes, she is there too, the most complex female character portrayed in classical literature. Apollonius is writing in approx. 300 BCE, some 400 years after “Homer”, yet the mythical material he draws on in the adventures of the Argonauts is among the oldest in Greek culture, pre-dating both Iliad and Odyssey. The discussions that accompany our weekly readings will expand background to the story and also provide a lens through which to explore some of what did happen to the epic in later centuries. Rod has ordered the books, which will cost approximately 20 dollars each. He will bring them to the first class.

Instructor: Rod Michell

Min. 8 Max. 20

Dates: Monday 2023-09-11 to 2023-11-06 10 to 12

Location: NSCC

Indigenous Food Sovereignty in our Region

\$15.00

This presentation will explore various food sovereignty projects and programs at Skeetchestn and Tk'emlups te Secwepemc. We will explore what food sovereignty means, traditional food systems, the challenges faced by local indigenous communities and the systems designs that mitigate climate change. The session will highlight some of the projects that are currently happening in local First Nations that are building capacity and resiliency.

Field trip will tour the projects at Tk'emlups te Secwepemc that demonstrate systems design and growing food in school and community gardens, food forests, healing gardens and greenhouses. Learn about water harvesting systems, traditional and contemporary food processing and storage, land based agriculture, native and cultivated plants for food and medicine.

Instructor: Shelaigh Garson

Min. 8 Max. 30

Dates: Monday 2023-09-11 to 2023-09-18 10 to 12 and 1 to 4

Location: NSCC Oak Room , Tk'emlups te Secwepemc Food Sovereignty Projects

News & Views

\$50.00

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 2023-09-15 to 2023-11-24 1:30 to 3:30

Location: NSCC Oak Room

Hard Archaeology: Unearthing Canada's Colonial Narratives**\$25.00**

Join local anthropologist Joanne Hammond for a three-part series that challenges anti-Indigenous myths and stereotypes in Canadian history using the archaeology beneath our feet. Together we'll pull at the threads of some not-quite-right historical narratives and unravel where they came from and how they became embedded not only in our history, but our modern culture and politics. We'll learn about archaeological and primary historical evidence that can refute and reframe white supremacist myths using real examples from research around British Columbia. This is an illustrated lecture series with an explicitly anti-racist approach that encourages discussion, includes an interactive history assignment, and gives learners an opportunity to get hands-on with some amazing artifacts.

Instructor: Joanne Hammond**Min. 8 Max. 30****Dates: Monday 2023-10-23 to 2023- 11-06 1:30 to 3:30****Location: NSCC Oak room**

Tristia or Sorrows of an Exile**\$30.00**

OVID "Tristia: or Sorrows of an Exile"

This course is based on a mystery: the exile of the Roman poet Ovid (43 BCE—18 CE). In CE 8, Ovid, who was without question the premier poet of Rome, was abruptly banished to Tomis on the Black Sea—1200 km from Rome. His sentence was pronounced by Emperor Augustus himself. The offenses identified were a poem, probably Ovid's Art of Love; the other was "error," an undisclosed political and moral indiscretion in some way implicating Augustus and the Imperial house. The mystery surrounding these events has never been clarified, and this course cannot help unravel it further. But Ovid was an irrepressible artist. The dreadful prospect of banishment from Rome to the barbaric fringes of the Empire galvanized his creativity. Our course will focus on the poems he wrote in exile on a range of subjects: exile is one, his innocence another, his friendships (good and bad), his wife, travel, and others. Collectively these are his Tristia, his expressions of sorrow. There will be the poems to read—you don't need Latin, we work in translation—so the course will consist of reading, background information, discussion and (for me) an element of performance. The text will be provided at the first class with a cost of approximately 15 dollars.

Instructor: Rod Michell**Min. 8 Max. 20****Dates: Friday 2023-11-10 to 2023-12-08 10 to 12****Location:**

Let's Cook en Francais**\$45.00**

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. Classes will be held at Thistle Farm, 710 Dairy Rd, approximately 5 minutes past The Dunes Golf Course, in Westsyde. Please note, this class is a repeat of the one offered in the spring semester.

Instructor: Annette Dominik**Min. 5 Max. 9****Dates: Mon/Thur x 2 2023-11-13 to 2023-11-23 10 to 12****Location: Thistle Farm**

Kamloops Adult Learners Society

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 in Churchill, Manitoba. He is currently investigating PhD. opportunities.
Boudreau, Kelsey	Bio: With a desire to guide people to enhance their financial outcomes, Kelsey joined IG Private Wealth Management in 2016. Kelsey's core value is to help clients realize their dreams and achieve their goals through sound financial planning and personalized service. Kelsey and her husband have two young children and they enjoy spending time in the Shuswap, travelling, exploring the outdoors and yoga. She believes strongly in giving back by supporting and helping people in the community.
Caputo, Shari	Shari Caputo, RN, MSN, CCNE. Shari graduated with her BscN in 2001 from TRU (formerly UCC – University College of the Cariboo) and worked for 15 years at Royal Inland Hospital on the maternity and medical floors. She has taught in the nursing program at TRU for 10 years and primarily works with second and third year students, teaching psychomotor skills lab, simulation and clinical practice at RIH.
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".
Clark, Paul	Born and raised in British Columbia, Paul Clark has a doctorate in Business Administration from the Swiss Management Centre and has been teaching at TRU since 2007. His industry experience was gained domestically as a sales rep in the non-profit industry, and through his own entrepreneurial activities. His international experience was gained in Asia, where he worked for both multi-nationals and start-up ventures. In China, Paul pioneered the development of two industries: coffee and western wines.
Dochstader, Catharine	Bio: Catharine Dochstader has a BA in Music from U of Western Ontario and an Associate of Music – flute Performers degree. Cathy and her family moved to Kamloops in late 1979, and she joined the Kamloops Symphony. Through the Vancouver Health Arts Society she and fellow musicians travelled to nursing homes and hospitals to bring music to those unable to attend concerts. Now retired as KSO principal flutist she continues to teach flute at the KSO Music School. In her spare-time she works out at a local gym, gardens, hikes the beautiful hills of Kamloops and kayaks in the local lakes.
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.

Garson, Shelaigh	Shelaigh is a certified garden and regenerative land designer with 20 years' experience designing gardens and growing food. She teaches Permaculture and land based learning in schools and communities in our region of the Secwepemculew. For the past 7 years, Shelaigh has been working as the Indigenous Food Sovereignty Coordinator at Skeetchestn and more recently, project design and management for Tk'emlups Food Sovereignty's various projects. She has designed Food Forests, healing gardens, greenhouses, market gardens and community gardens, and is currently developing programs and workshops for education, food production, processing and distribution.
Garson-Smith, Fauve	Fauve Smith, is the Organizational Leadership Coordinator at the Kamloops Food Policy Council and works to develop the network's internal capacities. Fauve is a passionate community researcher who has a Master of Science in Environmental Sciences degree from Thompson Rivers University with a research focus on the intersection between social inequalities and food security in the Kamloops and surrounding area. Fauve has worked throughout the Kamloops community to address systemic community concerns surrounding homelessness, racism, and food security.
Gingrich, Rev. Jane	Rev. Jane Gingrich has been pastor at Hills of Peace Lutheran in Kamloops since 2014. She has a passion for interfaith dialogue and building community among people of all diversities and expressions. Invited to coordinate this series, Jane has appreciated this opportunity to be working together with neighbouring faith communities again, representing several of Kamloops' many diverse religions. Attendees to this series will meet and hear from a variety of faith leaders and community members in each session.
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 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 promoting the benefits of music therapy.
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 & Stewart, Gord	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. 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.

Henderson, Sylvia	Sylvia Henderson is the owner/operator of Henderson Driving School, a licensed and insured driving training school. The school was established in 2007, and as a licensed teacher with 16 years of experience in the driving instruction field, Sylvia aims to gain trust, build knowledge, and instill confidence in drivers using effective training techniques. Her focus is on educating and preparing her students no matter what their age together with teaching the skills needed to be a confident and competent driver. Students range from seniors needing assessments to international students and anyone in between!
Hope, Emily	Emily Hope is the Education and Public Programs Director for the Kamloops Art Gallery. Originally from Ontario, Emily completed her Bachelor of Fine Arts at TRU in 2012 and started working with the Kamloops Art Gallery that same year. She leads KALS participants in a conversational exploration of the art in each exhibition, blending information from the artists and curators with hers and participants' own experiences, feelings and interpretations.
Julian, Marcia	Marcia is a retired social worker following 30 years of working for government in Kamloops. Her passion is doing community development work and empowering communities to be strong and healthy. Since 2004 she has been a founding board member and team leader for Developing World Connections, a Canadian charitable organization. DWC does volunteer project work in 10 developing countries around the world. Marcia has led 14 trips in 8 countries. She is also Chair of the Council Circle at Kamloops United Church.
Konikow, Peter & Palos, Kathy	1. Peter Konikov is the curator of the Ashcroft Museum. Originally from Vancouver where he worked for many years in an art gallery, Peter has made his home in the historic Venables Valley for the past 3 years. He also comes to Ashcroft with 30 years of involvement in community theatre. 2. Kathy Palos was the curator of the Ashcroft Museum for 21 years. Along with her duties as the curator, Kathy enjoyed and continues to enjoy sharing the history of Ashcroft through her walking tours.
Lamontagne, France	Sage Chang, Settlement Team Lead, oversees efforts to support immigrants in their settlement process. Leading the Ukrainian Response Team since March, 2022, she addresses the specific needs of Ukrainian newcomers, creating an inclusive environment. Vongai Mundiya, Employment Counselor, leverages her experiences in entry-level jobs while in college to equip clients with the necessary knowledge and strategies to navigate the job market. France Lamontagne, Executive Director, has played a pivotal role in supporting and empowering marginalized group. For seven years, she served the Skeetchestn Indian Band, gaining valuable insights into the challenge Indigenous communities face. France most enjoys collaborating with local partners to ensure that we make a safe community where differences are celebrated, social justice is upheld, and equal opportunities are extended to all Kamloopsians.
Ledoux, Christine	Manager Christina Ledoux of Xwisten Experience Tours was born in The Pas, Manitoba, and moved to Xwisten in 1998. She increased her knowledge of the land and culture, and became a Community Development Worker for Xwisten. She has been managing tours since 2018, along with the many other hats that she wears. Through the years, she has absorbed teachings from First Nations Ancestors, learning how to harvest and process natural herbs, foods, poultices and tinctures to heal the body from illness/infection. Her objectives are to apply teachings and theories she has obtained through experience in her everyday life/work then shares with others.

Marlow, Steve & Tabrez, Radhika	Steve Marlow, CFBX's Program Coordinator, has two decades of experience in campus/community radio, as well as a degree in journalism. Radhika Tabrez, author and interviewer, demonstrates a skilled approach to interviewing in her show, "New in the Loops", which airs on CFBX 92.5 FM at 10:00 AM on Saturdays.
McKinnon, Dave	Dr. McKinnon holds B.Sc. (Hons.) (1960) and Ph.D. (1963) degrees in Chemistry from the University of Edinburgh, Scotland. From 1965-2001, he was a faculty member in the Chemistry Department at the University of Manitoba. He maintained an active research program and authored or co-authored 74 refereed papers, two reviews and three book chapters, and presented papers at international conferences. He has taught courses, mainly Organic Chemistry, at all university levels and received the Stanton Teaching Award from the University of Manitoba in 1995. He has a continuing interest in scientific education and a wide range of hobbies, including travel, playing the clarinet, woodworking and genealogy.
Michell, Rod	Rod Michell holds a Master's Degree in English Literature from Oxford University. Now retired, he taught for 38 years at Thompson 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 2 courses over those 16 years. He is on the Board of Directors for the Kamloops Symphony.
Moses, Roberta	Roberta Moses has been employed by the Nicola Valley Community Justice Services Society as the Indigenous Court Navigator since December 2018. She works with the Elders and Participants at the Merritt Indigenous Court, and with the Elders only in Kamloops. She organizes training workshops and meetings, deals with court paperwork and ensures the Elders are taken care of and provided with snacks and lunch.
Nelson, Randy	Randy Nelson is the author of two books: "The Wildest Hunt: True Stories of Game Wardens and Poachers" and "Poachers, Polluters, and Politics." Randy is the most decorated fishery officer in the history of BC, having received multiple awards over his 35 year long career. Also an accomplished athlete, Randy has raced in over 200 competitions, including 10 marathons. That running prowess enabled him to literally run down and capture hundreds of poachers. Randy also curls and has curled in over 4000 draws, some at a very high level: the Brier, Seniors, Masters and Canadian Police Nationals.
Nicholson, Frank	After earning a PhD in history from the University of Toronto, Frank Nicholson, had a career as a senior policy advisor at the Ontario government and as director of government relations for a professional association. All that time, however, Frank continued to pursue his love of history by reading widely, attending lectures and visiting historic sites. Retirement then freed him to devote his full time to deliver twenty history courses at later life learning organizations in Toronto, Montreal and the United Kingdom. Frank serves as Canadian "anchor" of an online Transatlantic Discussion Forum now in its sixth year of operation; moderator of a course at the University of the Third Age in Cambridge, England; and chair of an interprovincial committee working to promote collaboration among later life learning organizations across Canada.

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.
Runnals, Terri	For over 20 years, Terri Runnals, a TRU theatre graduate, has worked at Western Canada Theatre, where, as Education and Community Outreach Director, she teaches the craft to aspiring actors of all ages. You may remember her inspired performance as Darlene in Hurry Hard at the Sagebrush in February, 2023. Terri is a committed, passionate actor and theatre educator who is eager to share her knowledge with KALS members again.
Singh, Arjun	Arjun spent 14 years on Kamloops City Council and is a past President of the Union of BC Municipalities. He is a trained facilitator. Arjun is 2023/2024 President of the Rotary Club of Kamloops and a volunteer coach with the Kamloops Runclub. Through his consulting practice, Better Citizen Consulting, he is fortunate to continue to work on innovative, ambitious, and hopeful projects all across BC.
Sudds, Ashley	Ashley Sudds is a Canadian Therapeutic Riding Basic Instructor and a certified Professional Association of Therapeutic Horsemanship International Registered Therapeutic Riding Instructor. She taught at the Pacific Riding For Developing Abilities in Langley before joining the Kamloops Therapeutic Riding Association in 2014. Along with her Therapeutic Riding certifications, Ashley is a Licensed Coach through Equestrian Canada.
Sundhu, Bill	Bill Sundhu is a Kamloops based human rights lawyer and former judge. His university degrees include a Masters Degree in International Human Rights Law from the University of Oxford. His experience and expertise are recognized on the List of Counsel at the International Criminal Court, situated in the Hague, which ushers in a new era in the protection of human rights. The Court prosecutes crimes of genocide, war crimes and crimes against humanity. Bill has been selected to a panel of International experts to train members of the Tunisian judiciary, in Human Rights in the Administration of Justice, in the aftermath of the 'Arab Spring'.
Thompson, Denis	Major-General (Retired) Denis Thompson served 39 years in the Canadian Army deploying at home and abroad in Cyprus, Germany, Bosnia, Afghanistan, and Egypt including command of NATO's Task Force Kandahar (2008/09), Canada's Special Operations Forces (2011-2014) and the Multinational Force & Observers in the Sinai (2014-2017). Since retirement, he has lectured at various Canadian universities, and he is a Senior Mentor and Instructor at the Canadian Forces College, Toronto. He remains engaged in veterans' issues through Aman Lara and the Concussion Legacy Foundation Canada. He returned to service in an honorary capacity in 2021 as the Colonel of the Regiment for The Royal Canadian Regiment.
Thomson, Bruce	Bruce is a retired instructor from TRU who will take most opportunities he can to travel to various parts of our planet usually with his family. He is most attracted by ancient sites and natural wonders of our world.

Unruh, Dr. Janie

Dr. Janie Unruh is a Health Consultant in lifestyle. Dr. Janie has a passion for scouring current and past research on how diet affects health. Being in private practice for over 20 years, she thrives on the tough cases in which people with chronic disease 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 giving health and cooking classes or training-the-teacher. She has been featured on 3ABN and QV television, written weekly radio spots on health, and as a freelance writer, has written many articles on health, with some featured in magazines. As a whole food, plant-based Certified Diabetes Educator, she designed a diabetes program that has become the model for many.

Wiens, Rob & Weddell,
Mike

Rob Wiens brings his experience of leading employees in sales and training to learning the art of the interview. He will share his insights as a new interviewer. Mike Weddell is a long-time supporter of CFBX. He honed his interview skills as the coordinator of the program "Connections: The Art of Storytelling". Mike's deep knowledge of the principles of interviewing will support course participants in gaining a clear path forward to conducting balanced and relevant interviews.

Young, Pamela

Pamela Young has been employed with the Kamloops Hospice Association since January 2014. She is the Program Lead and supports both the hospice house and the community volunteers and programs. Pamela also co-facilitates the Staff and Volunteer Training and provides support to the hospice house patients and their families.

Kamloops Adult Learners Society

Fall 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

Kelson Hall Symphony Music School - 330 St. Paul Street, paid street parking available

Kamloops Art Gallery – 465 Victoria Street, Kamloops

Albert McGowan Park - Upper Summit Drive

Kamloops Seventh-Day Adventist Church - 364 Fortune Drive

Pavilion Theatre - 1025 Lorne Street

Hills of Peace Lutheran Church - 695 Robson Drive in upper Sahali

Big Little Science Centre - 458 Seymour Street, Kamloops

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

Sikh Cultural Society - 700 Cambridge Crescent on the Northshore

Kamloops Ayesha Mosque - 2805 Highway 5A in Knutsford

Thompson Rivers University- (Nursing and Population Health Building- across from the science building) – 805 University Drive