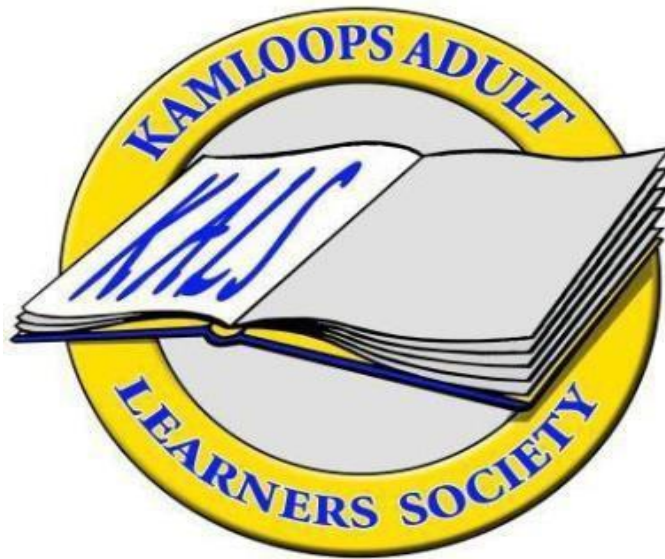


KAMLOOPS ADULT LEARNERS' SOCIETY

KALS



2024

WINTER COURSE CALENDAR

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

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

KAMLOOPS ADULT LEARNERS' SOCIETY

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

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.

2024 WINTER REGISTRATION BEGINS December 12th @ 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.

Sessions	Class Name	Start Date	Price
2 Hour	Grasslands of the Thompson and Why They Matter	10-Jan-24	10.00
2 Hour	Navigating on Snow and Ice	9-Jan-24	10.00
5 Weeks	Tristia or Sorrows of an Exile	9-Jan-24	35.00
5 Weeks	Introduction to Broadway Musicals	10-Jan-24	35.00
2 Hour	Come to the Concert: Hypnotic Journey	11-Jan-24	10.00
11 Weeks	News & Views	12-Jan-24	50.00
2 Hour	Ukulele Mini Lesson	17-Jan-24	10.00
2 Hour	Chemistry At Your Service	18-Jan-24	10.00
2 Hour	Hiking the John Muir Trail	22-Jan-24	10.00
2 Weeks	Detecting Sherlock Holmes: The Hound of the Baskervilles	24-Jan-24	15.00
2 Hour	Exciting Electricity: A Shockingly Fun Exploration!	29-Jan-24	12.00
2 Weeks	The History and Geography of the French-Canadian diaspora in North America and its	30-Jan-24	20.00
2 Weeks	Exploring the Personal Essay: Weaving Time, Memory & Text	1-Feb-24	15.00
4 Weeks	Beginners Taoist Tai Chi	6-Feb-24	30.00
2 Hour	Come to the Concert: The Red Violin	8-Feb-24	10.00
2 Days	Kitchen Litho: No Experience necessary.	10-Feb-24	20.00
2 Hour	Fit and Fun at Any Age	13-Feb-24	10.00
2 Hour	Art and Conversation: DOUBLE VISION	13-Feb-24	5.00
2 Hour	Valentine's Day in Tahiti	14-Feb-24	10.00
2 Hour	Bee Talk	14-Feb-24	10.00
2 Hour	Ask Wellness Society: The Return of the Four Pillars	15-Feb-24	10.00
2 Hour	From Buenos Aires to Rio	16-Feb-24	10.00
2 Hour	Exploring our Diversity and Intercultural Capacities	28-Feb-24	10.00
4 Weeks	Putting Crime in its Place: Canadian Women Mystery Writers	6-Mar-24	30.00
2 Hour	Come to the Concert: Light the Night	7-Mar-24	10.00
2 Hour	Innovation and Entrepreneurship for Ethics, Sustainability, and Fun	8-Mar-24	10.00
2 Hour	Art and Conversation: Bluto's Cave: Allegory of the Man Cave	12-Mar-24	5.00
2 Hour	Kamloops Pulp Mill Tour	14-Mar-24	0.00
2 Hour	Cave Art and the Chauvet Cave	18-Mar-24	10.00
2 Hour	Building a Human Security Diplomacy: Strategies for Strengthening the Canada-China	19-Mar-24	10.00
2 Hour	Deadly Triangle: The Architect, his Wife, Their Chauffeur, and Murder Most Foul.	21-Mar-24	10.00
2 Weeks	Conservation Then and Now	25-Mar-24	15.00
2 Hour	Nobody's Fool?	25-Mar-24	10.00
2 Hour	Stumbling Your Way into a Children's Book Publishing Deal.	28-Mar-24	10.00
1 Hour	TRU Veterinary Technology Facility Tour	27-Mar-24	0.00

Winter 2024 Single Session Course Descriptions

Grasslands of the Thompson and Why They Matter

\$10.00

Grasslands cover less than 1% of BC but are home to over 30% of the Species at Risk. You will hear about our rare grasslands and what the Grasslands Conservation Council does with outreach, stewardship, research and policy, some special grasslands in the area, the services they provide and threats that they are under.

Instructor: Mike Dedels

Min. 8 Max. 30

Dates: Wednesday 2024-01-10 10AM-12PM

Location: NSCC - Oak Room

Navigating on Snow and Ice

\$10.00

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

Instructor: Jodi Lebourdais

Min. 8 Max. 15

Dates: Tuesday 2024-01-09 10AM-12PM

Location: NSCC - Oak Room

Come to the Concert: Hypnotic Journey

\$10.00

A concert like no other. Take a stunning and transformative journey with music from Canadian composer, Julie Theriault, combining her solo piano, strings, and electronics, seamlessly woven into one continuous multi-sensory experience with masterworks by minimalist pioneers Philip Glass and Arvo Part.

Instructor: Rod Michell

Min. 8 Max. 25

Dates: Thursday 2024-01-11 10AM-12PM

Location: NSCC - Oak Room

Ukulele Mini Lesson

\$10.00

Debby Erickson from UOK (Ukulele Orchestra of Kamloops) will demonstrate how a ukulele works and give a short lesson and answer questions for those who are interested in learning more. Because the ukulele has only 4 strings it is relatively easy to learn. UOK currently has over 130 members and there are opportunities to play in groups each week. This lesson will teach you to play at least 1 song. Follow-up lesson information will be given out as well as a wealth of internet instruction and songs. Ukuleles and music stands will be provided.

Instructor: Debby Erickson

Min. 8 Max. 20

Dates: Wednesday 2024-01-17 1:30PM-3:30PM

Location: NSCC- Oak/ Willow Room

Chemistry At Your Service**\$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. 30****Dates: Thursday 2024-01-18 10AM-12PM****Location: NSCC - Oak Room**

Hiking the John Muir Trail**\$10.00**

The John Muir Trail is a 210 mile (338 km) backpacking route that starts in Yosemite Valley and ends on top of the highest peak in the continental US (Mt Whitney). The trail traverses through the Sierra Nevada mountains of California, which Peter Potterfield in his book "Classic Hikes of the World" describes as the most inspiring terrain available to backpackers in North America. After hiking this trail many times, I agree with that assessment ! Join us in a visual tour as we explore the history, scenery, wildlife, and logistics of hiking this legendary trail.

Instructor: McKelvey, Diane**Min. 8 Max. 25****Dates: Monday 2024-01-22 1:30PM-3:30PM****Location: NSCC - Oak Room**

Exciting Electricity: A Shockingly Fun Exploration!**\$12.00**

Have you ever wondered about electricity? There are so many aspects to it: static electricity, direct current, alternating current, how electricity works, how it is generated in British Columbia, circuits, batteries and the list goes on! Join Big Little Science Centre to discuss these topics while you do hands-on activities: use wires, batteries and bulbs to make circuits; make your own battery that operates a clock and LED light; and have magical fun with static. Yes, we will include some hair-raising fun with the van de Graff generator. (The Big Little Science Centre is located at 458 Seymour Street. (Note that there is only paid parking near BLSC and there is 2 hour free parking on streets further away.)

Instructor: Susan Hammond / Gord Stewart**Min. 8 Max. 24****Dates: Monday 2024-01-29 1:30PM-3:30PM****Location: BIG Little Science Centre, 458 Seymour St.**

Come to the Concert: The Red Violin**\$10.00**

Virtuosity shows up in many forms in this evocative concert featuring violinist Lara St. John. Music from the film "The Red Violin" is paired with a stunning reinterpretation of classic tunes from Bizet's forever-loved Carmen.

Instructor: Rod Michell**Min. 8 Max. 25****Dates: Thursday 2024-02-08 10AM-12PM****Location: NSCC - Games Room**

Fit and Fun at Any Age**\$10.00**

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

Instructor: Jodi Lebourdais**Min. 10 Max. 30****Dates: Tuesday 2024-02-13 10AM-12PM****Location: NSCC - Dogwood Room**

Art and Conversation: DOUBLE VISION**\$5.00**

Double Vision profiles three ground-breaking artists from Nunavut—Jessie Oonark (1906 – 1985) and her daughters, Janet Kigusiuq (1926 – 2005) and Victoria Mamnguqsualuk (1930 – 2016)—and shines a light on a highly distinctive art form called nivinngajuliaat that developed out of government-sponsored craft programs in the Arctic, beginning with the sewing program in Qamani`tuaq (Baker Lake) established in the 1960s.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday 2024-02-13 10AM-12PM****Location: Kamloops Art Gallery**

Valentine's Day in Tahiti**\$10.00**

Travel with Helen Parkyn to 3 of the Society Islands, Tahiti, Moorea and Bora Bora, the island of the film South Pacific fame. Explore, snorkel and enjoy the culture of these Polynesian islands.

Instructor: Helen Parkyn**Min. 20 Max. 40****Dates: Wednesday 2024-02-14 9:30 to 11:30****Location: NSCC - Dogwood Room**

Bee Talk**\$10.00**

Fall in love with our native bees! Did you know that there over 500 species in BC and 20,000 species in the world? Master Gardener and Master Melittologist Elaine Sedgman will open your eyes to these beautiful creatures: where they live, what they forage on, and how they bring up their young. She will bring in trays of bees you can examine and microscopes to see them up close.

Instructor: Elaine Sedgman**Min. 8 Max. 30****Dates: Wednesday 2024-02-14 1:30PM-3:30PM****Location: Kamloops Sports Council**

Ask Wellness Society: The Return of the Four Pillars**\$10.00**

In this presentation, Bob will discuss how the Four Pillars model provides the backbone to tackling addiction, and how each Pillar needs to be actively supported, implemented, and embraced as a part of the solution. Please be prepared to break into groups to discuss how each Pillar works in the community.

Instructor: Bob Hughes**Min. 10 Max. 40****Dates: Thursday 2024-02-15 10AM-12PM****Location: NSCC - Oak Room**

From Buenos Aires to Rio**\$10.00**

A visual recounting trip of a journey I just took along some of the most storied and fascinating locations on the east coast of South America. From street tango dancers to roaring waterfalls, pristine rainforests and beaches to hillside favellas, this trip touches on some locations of the two largest and most fascinating countries in South America – Argentina and Brazil with a brief side trip to Uruguay.

Instructor: Bruce Thomson**Min. 8 Max. 30****Dates: Friday 2024-02-16 10:00 AM - 12:00 PM****Location: NSCC- Games Room**

Exploring our Diversity and Intercultural Capacities**\$10.00**

Our communities are becoming increasingly diverse. Kamloops, like most Canadian cities, has experienced demographic shifts that have brought us neighbours from a variety of cultures, speaking multiple languages, and practicing various faiths. In this session we will explore diversity and how we respond to difference. Through discussions, activities and presentation, participants will consider their biases, reflect on how cultural worldviews impact values and behaviours, and consider strategies to increase their intercultural capacities and practice inclusion.

Instructor: Dr. Kyra Garson**Min. 8 Max. 30****Dates: Wednesday 2024-02-28 1:30PM-3:30PM****Location: NSCC - Oak Room**

Come to the Concert: Light the Night**\$10.00**

In honour of International Women's Day, this unique audio-visual experience will bring you close to often overlooked Alma Mahler, Gustav Mahler's talented wife. Illustrations by Pauline Strive stitched together as a symphonic narrative by Catherine Varvaro will guide through the defining moments in the life of this incredible woman, who sacrificed her career for the benefit of her husband's.

Instructor: Rod Michell**Min. 8 Max. 25****Dates: Thursday 2024-03-07 10AM-12PM****Location: NSCC - Oak Room**

Innovation and Entrepreneurship for Ethics, Sustainability, and Fun**\$10.00**

In this interactive talk, we will explore creative problem solving as a method of creating innovations that can improve ethicality, sustainability and enjoyment of new products and services in society. Participants will learn about - and learn to use - creative problem solving techniques to conceive and begin creating their own innovations, together in our session.

Instructor: Bruce Martin**Min. 10 Max. 30****Dates: Friday 2024-03-08 10AM-12PM****Location: NSCC - Oak Room**

Art and Conversation: Bluto's Cave: Allegory of the Man Cave**\$5.00**

Bluto, the arch-nemesis of Popeye the Sailor Man, is the consummate villain and bully. In this exhibition, he stands as the malevolent mascot associated with contemporary male stereotypes. The artist, Patrick Lundeen, has produced a series of sculptures that satirically explore these tropes. The works include elements of sound, video, and music that invite viewer interaction.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday 2024-03-12 10AM-12PM****Location: Kamloops Art Gallery**

Kamloops Pulp Mill Tour**\$0.00**

The Kamloops pulp mill has been an integral part of our city since 1965 and employs approximately 340 full-time workers. You've seen the buildings from a distance, the stack high on the hill and the chip trucks heading to the mill. Here's your opportunity to visit the mill and learn more about the pulp and paper making industry. This tour begins with a presentation followed by a walking tour of the mill which will include moving outside between buildings, walking up and down grated stairs and being in noisy areas. Certain areas of the mill can be quite warm and you will be walking and standing for the entire mill tour. Hearing protection will be provided and attendees must wear low heel, closed-toed footwear, pants and long-sleeved shirts. The pulp mill requires that all participants complete their mandatory online safety orientation training (approx. 15 mins to complete) before coming on the tour. Registrants will receive the link to this training from the course host prior to the tour.

Instructor: Employees of Kruger Pulp Mill**Min. 8 Max. 19****Dates: Thursday 2024-03-14 1:30PM-3:30PM****Location: Kamloops Pulp Mill, Main Gate House at 2005 Mission Flats Rd.**

Cave Art and the Chauvet Cave**\$10.00**

John Felvinci will set the stage for cave art around the world, and then look at specific cave art including the Chauvet Cave. You can enjoy this zoom presentation from the comfort of your home or in person at the Kamloops Sports Council venue.

Instructor: John Felvinci**Min. 8 Max. 35****Dates: Monday 2024-03-18 10AM-12PM****Location: Zoom and in person at KSC meeting room**

Building a Human Security Diplomacy: Strategies for Strengthening the Canada-**\$10.00**

This talk examines Canada's foreign policy in terms of China, pointing to the flaws and attitudes relating to the impracticality and lack of its pragmatic design. It will exam the historical and contemporary problem which these states face in terms of their economic, political, and social differentials to see what they have in common, what separates them, and how and why they can overcome these political and social divisions.

Instructor: Robert Hanlon**Min. 10 Max. 30****Dates: Tuesday 2024-03-19 10AM-12PM****Location: NSCC - Oak Room**

Deadly Triangle: The Architect, his Wife, Their Chauffeur, and Murder Most Foul.**\$10.00**

Susan Goldenberg, the author of the fascinating book, Deadly Triangle: The Architect, his Wife, Their Chauffer, and Murder Most Foul, will read from her book and discuss her research and writing processes. Francis Rattenbury, the architect in the story, designed the parliament buildings and the Empress Hotel in Victoria. His life came to a violent end, which has an intriguing Kamloops connection. There will be lots of time for group discussion. You can enjoy this zoom presentation from the comfort of your home or in person at the Kamloops Sports Council venue.

Instructor: Susan Goldenberg**Min. 8 Max. 35****Dates: Thursday 2024-03-21 10AM-12PM****Location: Zoom and in person at the KSC meeting room**

Nobody's Fool?**\$10.00**

No one enjoys being “fooled”. This lecture will examine the psychological processes involved in the persuasion of misinformation and propaganda, as well as beliefs in conspiracy theories. We will also discuss the strategies that can be applied for evaluating the validity of information and preventing the effects of misinformation.

Instructor: Sandra Vermeulen,**Min. 8 Max. 30****Dates: Monday 2024-03-25 1:30PM-3:30PM****Location: NSCC - Oak Room**

Stumbling Your Way into a Children's Book Publishing Deal.**\$10.00**

Braden Hallett wrote and illustrated a book about living with anxiety (and an invasion of brain-eating hamsters) for kids aged 8-12. It's being published. As in by a traditional publisher. Braden is as confused about this as anyone else, but he is very happy to share how this happened. Braden will cover his experience with the publishing process as well as answer any questions people may have about his particular journey into the realm of children's books.

Instructor: Braden Hallett**Min. 8 Max. 25****Dates: Thursday 2024-03-28 1:30PM-3:30PM****Location: NSCC - Oak Room**

TRU Veterinary Technology Facility Tour**\$0.00**

Have you ever wondered what a veterinary technologist (VT) is? Veterinary technologists are highly skilled professionals and an integral member of the veterinary team that takes care of large and small animals ranging from cattle and horses to birds, cats, dogs, guinea pigs and more! While most VTs are employed in private veterinary practice, they can also be found working in places such as animal shelters, zoological parks, feedlots, wildlife rehab centers, government veterinary laboratories, research facilities, or in veterinary academia.

Come visit the home of the first veterinary technology program in BC. We will tour the TRU veterinary technology building, meet some current students and learn about the theory and practical skills they must attain before graduating as a veterinary technologist. We'll also learn about their long standing and successful pet adoption program and we may even get to meet some of the program animals!

Car pooling will be organized as parking at the facility is limited.

Instructor: Senior Students in TRU Veterinary Technology Program**Min. 8 Max. 25****Dates: Wednesday 2024-03-27 2PM-3PM****Location: TRU Veterinary Technology building, 890 TRU Way, Kamloops, BC V2C**

Winter 2024 Multi Session Course Descriptions

Tristia or Sorrows of an Exile

\$35.00 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: Tuesday 2024-01-09 - 2024-02-06 10:00 AM - 12:00 PM

Location: NSCC - Oak Room

Introduction to Broadway Musicals

\$35.00

An Introduction to Musical Theatre will acquaint you with the following topics: an overview of the history of musical theatre beginning from the early 20th century up to the present day, an examination of each decade spotlighting the major shows of each and their composers, and finally the process of moving a musical from inception to the Broadway stage.

Instructor: Julie Simmons

Min. 8 Max. 25

Dates: Wednesday 2024-01-10 - 2024-02-07 1:30PM-3:30PM

Location: NSCC- Oak/ Willow Room

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 2024-01-12 -2024-03-22 1:30PM-3:30PM

Location: NSCC - Oak Room

Detecting Sherlock Holmes: The Hound of the Baskervilles**\$15.00**

Possibly the most well-known detective in English literature, Sherlock Holmes has intrigued readers and audiences for over 135 years. This course will focus on Sir Arthur Conan Doyle's *The Hound of the Baskervilles*, often seen as the author's best Holmes novel—a tale of curses, convicts, beasts and bogs. We'll examine what lies at the heart of Holmes' appeal, what makes for a truly great mystery, and how Holmes and his long-suffering narrator, Watson, embody diverse ways of understanding the world—through science, logic, myth, art, romanticism and the gothic. We'll also think about how the novel reveals the beliefs and biases of its time—and anticipates those of our own.

This course will run during the same month as Western Canada Theatre's production of *Baskerville: A Sherlock Holmes Mystery*—a spoof of the novel—in case learners wish to immerse themselves even further in the world of Holmes. (Theatre tickets are not included with the course).

Instructor: Sunnie Rothenburger**Min. 8 Max. 20****Dates: Wednesday 2024-01-24 -2024-01-31 1:30PM-3:30PM****Location: NSCC - Oak Room**

The History and Geography of the French-Canadian diaspora in North America and**\$20.00**

This lecture explores the history and geography of the French-Canadian diaspora in North America, and the role it played in Québec's current political and cultural aspirations. The focus of the lecture is on the periods of expansion and of contraction that characterized the diffusion of French Canadians in Canada's western provinces and in the New England states of the USA.

Instructor: Gilles Viaud**Min. 8 Max. 30****Dates: Tuesday 2024-01-30 -2024-02-06 10AM-12PM****Location: NSCC - Willow Room**

Exploring the Personal Essay: Weaving Time, Memory & Text**\$15.00**

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

Instructor: Elizabeth Templeman**Min. 8 Max. 25****Dates: Thursday 2024-02-01- 2024-02-08 10AM-12PM****Location: NSCC - Oak Room**

Beginners Taoist Tai Chi**\$30.00**

Join Danita and her class to learn and enjoy the benefits of Tai Chi. Taoism teaches that health comes when body, mind and spirit work together in harmony. Taoist Tai Chi® practice is a moving meditation that reduces stress and helps you find joy. Develop a mind that is dynamic yet clear and calm and a spirit that is resilient yet light and peaceful.

Instructor: Danita Howard,**Min. 8 Max. 12****Dates: Tuesday 2024-02-06 -2024-02-27 1:30PM-3:30PM****Location: Heritage House- Riverside Park**

Kitchen Litho: No Experience necessary.**\$20.00**

A brilliant way to make multiple images using everyday kitchen materials such as aluminum foil and cola. It is a modification of the traditional printmaking technique of lithography. Come and have fun making a unique Valentine or other mini masterpieces. All materials will be provided and you will be able to use the professional facilities at the Kamloops Printmakers studio. Bring your ideas, a snack, and a small simple image you might like to duplicate (optional). You will draw on tinfoil using a grease friendly material and we will be able to print the image multiple times. This technique is great for greeting cards or note cards. Photo techniques will also be demonstrated. For reference you might look at <https://www.youtube.com/watch?v=G2w0IFm7JOY> This is the original kitchen litho video by Eimilie Aizier alias Émilion, inventor of Kitchen Litho.

Please bring yourself a snack for the break on Saturday. Tea and water will be provided. A simple image you'd like to reproduce is optional, we will have ideas and suggestions. All materials will be provided - paper, ink etc.

Instructor: Ila Crawford**Min. 5 Max. 8****Dates: Saturday 2024-02-10- 2024-02-11 10:30 am to 1:00pm****Location: Kamloops Printmakers Society , 102B McMaster Way**

Putting Crime in its Place: Canadian Women Mystery Writers**\$30.00**

Crime writing is the most widely read form of popular narrative, and Canadian women writers are no slouches when it comes to their contributions to the genre.

This course will address such questions as these:

- What draws women writers to crime writing—and reading?
- What are some features of the various crime/mystery sub-genres?
- How does the Canadian landscape figure in the crime writing?
- Is reading crime fiction still considered a guilty pleasure?

Our readings will include short works available free online, and two novels, Beverley MvLachlin's Denial and Iona Wishaw's Lethal Lesson. The novels cost approximately \$20 each; Ginny will bring them to our first class.

Instructor: Ginny Ratsoy**Min. 8 Max. 25****Dates: Wednesday 2024-03-06 - 2024-03-27 10AM-12PM****Location: NSCC - Oak Room**

Conservation Then and Now**\$15.00**

Join biologist and educator Ian Barnett to learn about transitions in attitudes and approaches to land and water conservation in Canada over 45 years. In the classroom, Ian will discuss his work in BC and across Canada with numerous national and international organizations concerned with the conservation and stewardship of important natural habitats. On April 8 he will lead a full-day field trip to expand your understanding with visits to sites around Kamloops to see where changes have made a difference. Bring your questions to the classroom and the onsite learning. Details of the field trip will be provided at the in-person class.

Instructor: Ian Barnett**Min. 8 Max. 30****Dates: Monday 2024-03-25 - 2024-04-08 1:30-3:30 April 8 - 9am- 4pm****Location: NSCC - Oak Room**

Kamloops Adult Learners Society

Barnett, Ian Ian Barnett has been active in land and water conservation as a biologist, fundraiser, educator, and program manager since the late 1970's, first, for 31 years with Kamloops Ducks Unlimited Canada (DUC) and later as director on the DUC national executive responsible for conservation programming and fundraising in Western Canada and the Northern Boreal Forest. In 2010 he joined the Nature Conservancy Canada as Vice President Operations and retired in 2017. He is actively involved on the Board of Nature Conservancy Canada, Grasslands Conservation Council of BC and Wildlife Habitat Canada. He and his wife Judy live in Kamloops where they spend considerable time outdoors exploring both local and further reaching landscapes.

Crawford, Ila Ila Crawford taught in the Department of Visual Arts at Thompson Rivers University from 1992 to 2018. She holds a BFA, BSW, and an MFA. She is currently a member of the Kamloops PrintMakers Society, a shared studio that offers facilities in screen printing, etching (intaglio), and relief printing. Ila has recently hosted workshops in Screenprinting, Kitchen Litho, Photo intaglio Collagraph, Tetra Pak dry point, and Bookbinding. She has a keen interest in making printmaking opportunities available to people in the Kamloops region and especially to visual arts alumni from Thompson Rivers University. Currently the Kamloops Printmakers have work in an exhibition that is travelling internationally

Dedels, Mike Mike Dedels is a Professional Agrologist with decades of Range experience. He works with ranchers, First Nations, and other key interest groups, and is currently Executive Director of the Grasslands Conservation Council of BC.

Employees of Kruger Pulp Mill Kruger employees of the Kamloops Pulp Mill will be conducting this tour.

Erickson, Debby Debby Erickson is a former School District 73 music teacher and has played piano, guitar and ukulele for many years. She performs regularly in a small group called Swing Sisters.

Felvinci, John John Felvinci was born in Hungary in 1934 and came to Canada after the 1956 revolution. After receiving a doctoral degree in nuclear physics at McGill, John left for the US in 1965 to teach and do research at Columbia University in New York. He returned to Montreal and worked in telecommunications until 1994 when he retired. He joined the McGill Community of Lifelong Learning, where he has been very active in moderating study groups, giving lectures and taking part in the administration. He also gives lectures at the Cummings Centre, Encore and other selected venues. Besides science and music, his hobby is the study of history and cultural history of Europe and North America. You can enjoy this zoom class from the comfort of your home or in the company of others at the Kamloops Sports Council.

Garson, Dr. Kyra	Dr. Kyra Garson is the Intercultural Coordinator at, the Faculty of Student Development, Thompson Rivers University. Kyra is an educator and faculty developer who is interested in in cultural learning and inclusive pedagogies. Kyra's doctoral study entitled "Are We Graduating Global Citizens?" received the Canadian Society for the Study of Higher Education's Dissertation of the Year award in 2014. In 2011, the Canadian Bureau for International Education selected her to receive the Internationalization Award for her work with faculty to interculturalize the curriculum. In 2017, she was awarded the Distinguished Leadership Award by the British Columbia Council for International Education. In 2020 she received TRU's Excellence in Interculturalization Award.
Goldenberg, Susan	Susan Goldenberg is the author of nine books and has won both a Canadian Author's Award and a Canadian Business Press Editors' Award. She has written for the Sunday New York Times, the Financial Post, and the Financial Times of Canada, and currently pens articles for Canada's History magazine. She also writes a heritage column on the district of Toronto where she lives.
Hallett, Braden	Braden Hallett is a writer and illustrator. He enjoys drawing, writing, playing pen and paper roleplaying games, and running around outside. He also used to be a teacher, but much prefers drawing things.
Hammond, Susan	Hammond, Susan is a Special Events Coordinator 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.
Hanlon, Robert	Robert J. Hanlon is Director and Principal Investigator of Canada and the Asia Pacific Policy Project at Thompson Rivers University. He is also Chair of the Department of Philosophy, History and Politics and an Associate Faculty member in the School of Humanitarian Studies at Royal Roads University
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 Degree at TRU in 2012 and began working with the Kamloops that same year. She or a colleague leads KALS participants in a conversational exploration of the art in each exhibition.
Howard, Danita	Danita Howard has been practicing the Taoist Tai Chi arts since 1998 and has been leading sessions in Ashcroft and Kamloops for fifteen years. Danita now lives in Kamloops and continues to train in the Taoist tradition. She enjoys the many benefits her practice brings to all aspects of her life.
Hughes, Bob	Bob Hughes has worked in the social services field for the past 25 years in a variety of capacities. He is currently the Executive Officer for the ASK Wellness Society in Kamloops, Merritt and Penticton, BC, managing a staff of 250 and acquiring and developing over 700 affordable housing units across the Interior of BC. Bob's experience has covered front line, leadership, program development and project management. He has provided workshops and forums mobilizing diverse stakeholders to address the impact of addictions on families and civic quality of life. His work has also covered at risk youth, workplace investigations and dispute resolution. Bob holds a bachelor's degree from Simon Fraser University in the field of Communications and Psychology, has a diploma in Brief Systemic Family Therapy, and completed his Master's Degree in Health Leadership at Royal Roads University in 2014. In 2021 he was awarded the Governor General's Meritorious Service Medal of Canada.

Lebourdais, Jodi	Jodi Lebourdais is the Program Coordinator for Literacy in Kamloops and PLAYKamloops, a local network of organizations, all focused on building healthy, active, and physically literate communities. Her background in Kinesiology informs her work as a physical literacy coach and mentor for a variety of community programs and initiatives. Jodi is dedicated to creating a resilient and inclusive community through both physical literacy and physical activity initiatives.
Martin, Bruce	Bruce Martin is a Professor of Human Enterprise and Innovation at Thompson Rivers University (TRU), where he has created teaching and research centers on entrepreneurship and innovation for social good. After arriving in Kamloops in 2018, Bruce and his colleagues created the Innovation for Social Good research cluster, a rapidly growing collaboration that studies how to create, scale and sustain social enterprises, especially in Interior BC. His latest international research examines how social enterprises succeed - and fail - when attempting to scale up globally. In addition to extensive published research, Bruce has experience creating, managing, and leading innovation in for-profit, non-profit, government, and academic organizations, including 17 years of living and working in Asia and Europe.
McKelvey, Diane	Diane is a semi-retired veterinarian, a keen traveler, and an avid outdoor enthusiast.
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 coauthored 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 before 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 and he hosts a classical program on CFBX, the TRU radio station.
Parkyn, Helen	Helen Parkyn: Born in England and trained as a nurse and midwife, Helen Parkyn spent 3 years working her way around the world and could find nowhere better to live than BC. After various postings, two years of University work, and a posting with the BC Health Service, she retired from work but not from travelling. Helen is one of the few people who has visited over 100 countries and still loves to travel.
Pillar, Ray	Ray Pillar 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 12 years and in 2020 received KALS Volunteer Award for dedicated service.

Ratsoy, Ginny	TRU Professor Emerita Ginny Ratsoy has been teaching for KALS for 17 years, her most recent offerings being courses on short works by Canadian women writers of literary fiction. The enthusiasm, wit and wisdom of KALS members keep her brain active. Reviewing for the British Columbia Review has led to her recent fascination with Canadian female mystery writers.
Rothenburger, Sunnie	Sunnie Rothenburger has worked as an editor, grant writer, trainer, and university English instructor. Currently, she is a Content Strategy Manager for a software company, where she writes about the future of technology and business leadership. Sunnie holds a certificate in Adult Learning from Conestoga College and a PhD in English from Dalhousie University, and has published writing in several academic journals and business blogs, as well as The Halifax Chronicle Herald and Geist magazine. In addition to volunteering as an instructor for KALS, she sits on the board for Western Canada Theatre.
Sedgman, Elaine	Elaine Sedgman is bee-sotted with our wild native bees. She has taken numerous taxonomy workshops to learn how to identify them. She organized the Thompson Shuswap Master Gardeners (TSMG) Citizen Science bee surveys from 2017- 2019. Elaine also partnered with TRU botanist Dr. Lyn Baldwin to teach bee literacy to middle school students in Kamloops. She helped develop the "Common Bees of the Southern Interior of BC" and "Gardening for Pollinators" brochures for the TSMG. She wrote and illustrated the book, A Bee Named Bob when all she could find in our library system were books on honey bees.
Senior Students in TRU Veterinary Technology Program	Senior students in the Veterinary Technology program will be conducting the tour.
Simmons, Julie	Julie has Bachelor of Arts and Bachelor of Education degrees from Memorial University in Newfoundland. Currently she resides in Kamloops with her husband of 30 years, Rodney. Her passions in life (besides her husband) include musical history, Disney and Christmas. She has been the host of On the "Marquee," a musical radio show on 92.5 CFBX since 2017, which is now syndicated in Canada. Julie has been legally blind since birth and is a peer support volunteer with CNIB. She published her first novel, "That's How You Know," in December of 2023.
Stewart, Gord	Stewart, Gord is the Executive Director of the BIG Little Science Centre. He has an extensive background in fisheries and environmental science and loves everything outdoors. His experience and stories always make for an interesting program.
Templeman, Elizabeth	Elizabeth works at TRU and lives by Heffley Lake. She loves to read and run (ever more slowly) hike and bicycle and to write - mostly personal essays. She is grateful to have published two books of essays; Notes from the Interior: Settling in at Heffley Lake (2003) and Out and Back, Family in Motion (2021) You can find out more about her at: elizabethtempleman.trubox.ca
Thomson, Bruce	Bruce is a retired instructor from TRU who will take most opportunities he can to travel to various parts of our planet. That said, Bruce just returned from a trip to two of the largest cities in South America and a few selected places in between.
Vermeulen, Sandra	Dr. Sandra Vermeulen completed her PhD in Psychology at Simon Fraser University where her sub-discipline was psychology and the law (experimental forensic psychology). She is a retired Thompson Rivers University faculty member and taught courses in social psychology, psychology and the law, research methods, and statistics. Her research focused on the application of social cognitive processes to criminal thinking, juror decision-making, and other legal processes.

Viaud, Gilles

Dr. Gilles Viaud is an urban and social geographer recently retired from the Department of Environment, Culture and Society at TRU where he taught for 25 years. He holds BA and Master's degrees from Université Laval in Quebec City, and a Ph.D. from the University of Saskatchewan in Saskatoon. Gilles has been a member of the Board of Directors of the "Association francophone de Kamloops" since 2000, and its president from 2000 to 2013.

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Winter 2024 Venues

North Shore Community Centre - 730 Cottonwood Avenue, Kamloops BC

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

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

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

Kamloops Sports Council Meeting Room - 1550 Island Parkway, McArthur Island.

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

Kamloops Printmakers Society- 102B McMaster Way, Kamloops

Kamloops Art Gallery – 465 Victoria Street, Kamloops

TRU Veterinary Technology Building- 890 TRU Way, Kamloops BC V2C 0C8

Kamloops Pup Mill- Main Gate - 2005 Mission Flats Road.

Pavilion Theatre - 1025 Lorne Street

Big Little Science Centre - 458 Seymour Street, Kamloops

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