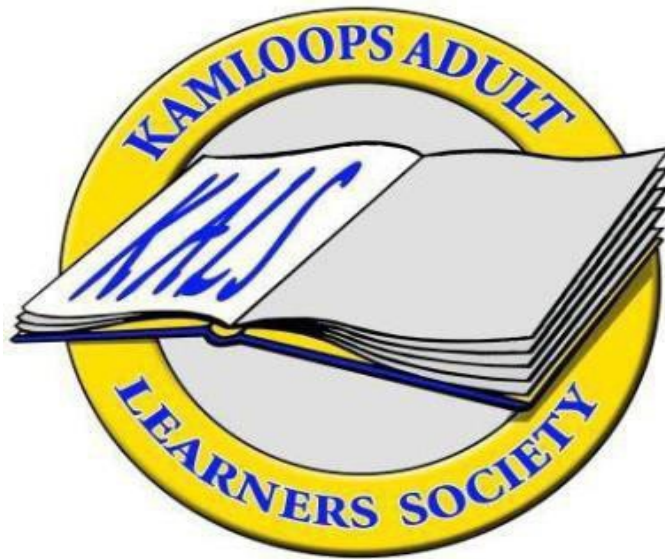


KAMLOOPS ADULT LEARNERS' SOCIETY

KALS



2024

SPRING COURSE CALENDAR

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

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

KAMLOOPS ADULT LEARNERS' SOCIETY

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

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

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

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

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

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

The wearing of masks in public indoor settings is no longer required by the Provincial Health Officer. The wearing of a mask is a personal choice. KALS will continue to follow all PHO rules and protocols and will adjust rules to comply when there are changes.

All classes have a minimum and maximum number of registrants. Classes with low enrollment are in danger of being cancelled. Popular classes might have a wait list. Register early to avoid disappointment.

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

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

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

There is also parking on Cottonwood Ave.

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

A \$15 ANNUAL MEMBERSHIP FEE (July 1st–June 30th)

is required for **ALL** courses and is non-refundable.

Membership entitles you to vote at our AGM, register in free classes and be invited to special events.

2024 SPRING REGISTRATION BEGINS MARCH 14th @ 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 Weeks	AI and Augmented Realities - What does 'real' even mean anymore?	2-Apr-24	15.00
5 Weeks	Ripeness is All: The Spiritual Journey(s) of King Lear	3-Apr-24	35.00
2 Hour	The Changing Justice System	4-Apr-24	10.00
9 Weeks	News and Views	5-Apr-24	50.00
2 Weeks	Let's Cook en Francais, again!	8-Apr-24	20.00
2 Weeks	The French-Canadian Diaspora in North America and its Impact on Quebec	9-Apr-24	15.00
2 Hour	Ukulele Mini Lesson	11-Apr-24	10.00
2 Weeks	Exploring the Personal Essay: Weaving Time, Memory & Text	12-Apr-24	15.00
2 Hour	A Day in the Life: CBC Daybreak Host	15-Apr-24	10.00
2 Hour	Introduction to Restorative Justice	16-Apr-24	10.00
2 Hour	Hands On Geology	17-Apr-24	10.00
1.5 Hour	Kamloops Centre for Water Quality Tour	22-Apr-24	0.00
2 Hour	How to Recover Metal from Rock: A Lab Tour	24-Apr-24	10.00
2 Hour	Come to the Concert: Mozart's Requiem	25-Apr-24	10.00
2 Hour	Wonderful World of Rockets	29-Apr-24	12.00
2 Hour	Understanding Homelessness and Local Support Systems	2-May-24	10.00
1.5 Hour	Kamloops Therapeutic Riding Facility Tour	6-May-24	10.00
2 Hour	Andrew Lloyd Webber	6-May-24	10.00
2 Hour	Fire Smart Your Home and Neighbourhood	7-May-24	10.00
6.5 Hour	Farmstrong Cidery and Fieldstone Organics	10-May-24	10.00
2 Hour	Kalamalka Forestry Centre/Seed Orchard Tour	14-May-24	10.00
2 Hour	Art and Conversation: Cindy Mochizuki	14-May-24	5.00
4 Weeks	Improve Your Digital Literacy	16-May-24	0.00
2 Hour	Fire and Ice	22-May-24	10.00
10 Hour	Fire and Ice	23-May-24	5.00
2 Hour	Deepfakes & Beyond: Understanding AI-Powered Fraud for Seniors	27-May-24	10.00
2 Hour	What is Vision Therapy?	28-May-24	10.00
2 Hour	Orienteering Part 2 - The Treasure Hunt Continues	3-Jun-24	12.00
2 Hour	Turtle Valley Donkey Refuge Tour	7-Jun-24	20.00
1 Hour	Art and Conversation: In Pieces	11-Jun-24	5.00

SPRING 2024 Single Session Course Descriptions

The Changing Justice System

\$10.00

Welcome back to KALS now retired provincial court Judge Chris Cleaveley as he reviews the changes in the law he experienced during his 30 years on the bench. He will also offer his perspective regarding how changes in the justice system could improve it to make it a better place for individuals dealing with the system and for society as a whole. Bring your questions.

Instructor: Christopher Cleaveley

Min. 8 Max. 25

Dates: Thursday 2024-04-04 1:30PM-3:30PM

Location: Kamloops Sports Council

Ukulele Mini Lesson

\$10.00

Debby Erickson from Ukulele Orchestra of Kamloops (UOK) 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 2024-04-11 1:30PM-3:30PM

Location: Sports Council Clubhouse

A Day in the Life: CBC Daybreak Host

\$10.00

Shelley will describe for us what it is like to work as the host of Daybreak, CBC's early morning radio show which delivers programming that is invigorating, honest and community-focused.

Instructor: Shelley Joyce

Min. 8 Max. 30

Dates: Monday 2024-04-15 10:00AM-12:00PM

Location: Kamloops Sports Council

Introduction to Restorative Justice

\$10.00

Join us for an enlightening and interactive workshop aimed at introducing participants to the principles and practices of Restorative Justice. Restorative Justice is a holistic approach for addressing harm, conflict, and wrongdoing that focuses on repairing relationships, fostering accountability and promoting healing within communities. Through engaging in discussions, case studies, and experiential exercises, attendees will gain a deep understanding of Restorative Justice and how it differs from traditional approaches.

Instructor: Alana Abramson

Min. 8 Max. 30

Dates: Tuesday 2024-04-16 1:30PM-3:30PM

Location: Kamloops Sports Council

Hands On Geology**\$10.00**

This will be a casual and (hopefully) fun, hands-on focused event. Will include rock, mineral, and fossil specimens, some easy learning activities tied to exploration and mining, as well as some hints as to where you may be able to go rockhounding in the Kamloops area. Come have some fun while learning about rocks.

Instructor: Royanna Wild**Min. 8 Max. 20****Dates: Wednesday 2024-04-17 10:00AM-12:00PM****Location: Big Little Science Centre**

Kamloops Centre for Water Quality Tour**\$0.00**

Offered again due to popular demand! Have you ever wondered where your water comes from when you turn on your kitchen tap? Find out how the City of Kamloops treats the water with their innovative membrane filtration system before it enters your home. The tour will be about 1 1/2 hours. Park on the west side of the Kamloops Centre for Water Quality (KCWQ) at 1315 River Street 15 minutes before the start of the tour. If this lot is full, park on the street or in the open space across the street. Please read the safety instructions (Pages 2-4) located at the link below on the City of Kamloops KCWQ Website before arriving for the tour.

****Please be aware that this tour involves going up and down flights of stairs, walking on grated flooring and may be noisy.****

Instructor: Kelsey Marwood**Min. 8 Max. 14****Dates: Monday 2024-04-22 1:30PM-3:00PM****Location: Kamloops Centre for Water Quality**

How to Recover Metal from Rock: A Lab Tour**\$10.00**

We will provide a tour of the ALS Metallurgy Kamloops laboratory. We will demonstrate how we run testing programs to determine appropriate processes to recover metal out of rock, and provide engineering groups with data to determine if such processes would be economically feasible. This would cover flotation recovery, cyanidation extraction and gravity concentration processes. We will also tour the comminution laboratory where we do tests that determine the amount of power required to break rock ahead of metal recovery, which is a key parameter to determine mine capital and operating costs. The tour will also include the mineralogy laboratory, where we use powerful microscopes to examine what mineral forms the metals are in, and also their texture with other minerals that predisposes how much breakage is required to physically separate the minerals of economic interest. We will also tour the sample preparation laboratory, where rocks and test products are prepared and the assay laboratory where the content of metal in rock and test products is determined to allow for metal balances for each test to be calculated. Finally, we will visit the pilot plant where processes can be tested on a continuous basis.

Instructor: Helen Coombs**Min. 8 Max. 20****Dates: Wednesday 2024-04-24 10:00AM-12:00PM****Location: 2957 Bowers Place, Kamloops, BC**

Come to the Concert: Mozart's Requiem**\$10.00**

The central work of this concert is Mozart's sublime final composition, The Requiem. Also on the program are works by Canadian composers Dinuk Wijeratne and Marzan Mozetich. Gordon Gerrard will be conducting.

Instructor: Rod Michell**Min. 8 Max. 30****Dates: Thursday 2024-04-25 10:00AM-12:00PM****Location: Kamloops Sports Council**

Wonderful World of Rockets**\$12.00**

Enjoy a hands-on approach to basic space/rocket concepts. How do rockets work, and what do we need to be aware of, to send people to outer space? Through discussion, demonstrations, and hands-on launching of several basic safe rockets, we will all have a BLAST. Be prepared to use mentos/diet coke, stomp rockets and more sophisticated rockets as well. Dress for the weather as we will go ahead rain or shine.

Instructor: Susan Hammond**Min. 8 Max. 20****Dates: Monday 2024-04-29 1:30PM-3:30PM****Location: McGowan Park**

Understanding Homelessness and Local Support Systems**\$10.00**

Learn about systemic issues causing homelessness and what factors are influencing the rise in individuals becoming homeless in recent years. Explore data collected in the 2023 Point-in-Time Count and what it tells us about the demographics and service needs of the unhoused in Kamloops. Learn about ways the City of Kamloops, in partnership with service providers, is addressing the growing need to support vulnerable people in our community.

Instructor: Natasha Hartson & Ty Helgason**Min. 8 Max. 30****Dates: Thursday 2024-05-02 10:00AM-12:00PM****Location: Kamloops Sports Council**

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

The Kamloops Therapeutic Riding Association (KTRA), established in 1988, is a nonprofit organization that provides therapeutic horseback riding to individuals with disabilities. Therapeutic riding is well known to have numerous positive physical effects for the rider as well as additional mental and emotional benefits. On this tour, we will visit KTRA's new 18-acre facility including their large, covered arena located on Shuswap Rd., we will learn about the KTRA and observe a therapeutic riding session. Arrival is at 9:45 a.m. so the horses can become familiar with us observing them during their warm up. Please wear closed-toed shoes and dress appropriately for the weather. Car pooling will be organized in the parking lot in front of Shoppers Drug Mart in Valleyview Square Shopping Centre. Meet at 9:00 am.

Instructor: Ashley Sudds**Min. 3 Max. 10****Dates: Monday 2024-05-06 09:45 AM- 11:15 AM****Location: Kamloops Therapeutic Riding Association**

Andrew Lloyd Webber**\$10.00**

In this session, Julie will cover the life and career of acclaimed musical theatre composer, Andrew Lloyd Webber, with a focus on his numerous legendary musicals (Phantom of the Opera, Evita, Cats etc.). Julie will also highlight some of his less well known shows such as The Woman in White, The Beautiful Game and others.

Instructor: Julie Simmons**Min. 8 Max. 25****Dates: Monday 2024-05-06 1:30PM-3:30PM****Location: Kamloops Sports Council**

Fire Smart Your Home and Neighbourhood**\$10.00**

FireSmart principles have shown that they are effective at reducing the risk to life and property in the most extreme wildfire conditions. This presentation will begin with a brief overview of what FireSmart is, and it will then go on to present some easy fire smart methods designed to increase our resilience to wildfires. Come and learn about FireSmart assessments and how you can FireSmart your home and your neighbourhood.

Instructor: Jeff Pont**Min. 8 Max. 30****Dates: Tuesday 2024-05-07 2:30 PM - 4:30 PM****Location: Big Little Science Centre**

Farmstrong Cidery and Fieldstone Organics **\$10.00**
This will be a day trip to Armstrong, leaving Kamloops at 11:30 am and returning approximately 6:00 pm. We begin at Farmstrong, a family run cidery & farm to table restaurant on a heritage farm (1896). Lunch is available to purchase (or bring your own to eat off site) and will be followed by a tour of the facility. Next is an optional stop at a nearby asparagus farm where you can purchase freshly picked asparagus. The final stop is at Fieldstone Organics, begun by a group of organic farmers who wanted to add crop diversity by growing and harvesting ancient grains. They now grow, buy and clean over 25 different crops ranging from wheat and ancient grains, to seeds and legumes. We will leave from Valleyview Square Shopping mall, meet in front of Shoppers Drug Mart.

Instructor: Farmstrong staff member, Fieldstone Production Mgr and Events **Min. 8 Max. 15**

Dates: Friday 2024-05-10 11:30AM-6:00PM

Location:

Kalamalka Forestry Centre/Seed Orchard Tour **\$10.00**

Most British Columbians are familiar with the role tree-planters play in reforestation, but have you ever wondered where the trees they plant get their start? The Kalamalka Forestry Centre, established in 1980, is the Ministry of Forests' tree improvement hub for the interior of BC and comprises a seed production and a forest genetics and tree breeding facility. This tour will look at how the science team breeds, tests and selects elite trees with the goal of improving growth rate, pest resistance and wood quality. The tour will include a fair bit of walking and will be mostly outdoors, so participants should wear appropriate footwear and clothing. We will meet in the front of Shoppers' Drug Mart in Valleyview Square shopping centre at 8:15 to arrange car pooling.

Instructor: Geoff Bradley **Min. 8 Max. 30**

Dates: Tuesday 2024-05-14 10:00AM-12:00PM

Location: Kalamalka Forestry Centre- Vernon

Art and Conversation: Cindy Mochizuki **\$5.00**

Cindy Mochizuki's art includes multi-media installation, audio fiction, performance animation and drawings. She has worked extensively on large bodies of work within Japanese Canadian communities in B.C. and in Japan. In these projects, Cindy often includes her paternal family's experiences in both internment camps in Canada and as repatriated Canadians in post war Japan.

Instructor: Emily Hope **Min. 8 Max. 15**

Dates: Tuesday 2024-05-14 10:00AM-12:00PM

Location: Kamloops Art Gallery

Fire and Ice **\$10.00**

Tom will review some of the features that make Wells Gray Park truly unique. The classroom session is in preparation for an all day field trip to the area to see some of these features firsthand. Anyone unable to go on the field trip is welcome to attend the classroom portion only. We will look at this valley of Fire and Ice and explore some of its geology, botany, wildlife, and exceptional scenery.

Instructor: Tom Dickinson **Min. 8 Max. 40**

Dates: Wednesday 2024-05-22 10:00AM-12:00PM

Location: Big Little Science Centre

Fire and Ice **\$5.00**

We will visit this valley of Fire and Ice and explore some of its geology, botany, wildlife, and exceptional scenery. We do short stops along the way and a hike to the South rim of Helmcken Falls, which isn't too demanding, and gives a unique perspective on an iconic landmark. The day will begin at 08:00 and will return to Kamloops by 18:00 and we will carpool. Bring a lunch and please be prepared to help with gas costs. Classroom attendance on Wednesday May 22nd is a prerequisite for an introduction to this field trip.

Instructor: Tom Dickinson **Min. 8 Max. 14**

Dates: Thursday 2024-05-23 8:00AM-6:00PM

Location: Wells Gray Park

Deepfakes & Beyond: Understanding AI-Powered Fraud for Seniors**\$10.00**

Don't be Fooled: Stay vigilant, gain confidence and peace of mind online. Learn practical ways to protect yourself and your finances from the latest AI scams.

Instructor: Thelma Muronzi**Min. 8 Max. 35****Dates: Monday 2024-05-27 1:30PM-3:30PM****Location: Kamloops Sports Council**

What is Vision Therapy?**\$10.00**

Vision is more than 20/20. Even if your eyes are healthy and seeing 20/20, they might not be working well as a team. This can lead to headaches, sore eyes, difficulty reading or difficulty with movement and balance. Vision Therapy and Rehabilitation uses the science of neuroplasticity to improve visual skills. It can benefit children who are struggling to learn to read, those who have a blurry or misaligned eye (lazy eye), or anyone who is struggling to get through the workday without sore eyes or headaches. It is also very common that after a concussion or brain injury, people struggle with reduced vision or discomfort. Come and learn about Vision Therapy and what it can do to improve the quality of life for adults and children. There will be demonstrations and equipment available for a "hands on" experience.

Instructor: Dr. Tamsyn Sittler**Min. 8 Max. 30****Dates: Tuesday 2024-05-28 1:30PM-3:30PM****Location: Kamloops Sports Council**

Orienteering Part 2 - The Treasure Hunt Continues**\$12.00**

Discover the excitement of using a map and compass to find hidden markers along a short course in Rose Hill, Kamloops. We will start with an introduction to orienteering, map reading, and compass use, then run/walk a full course. Small prizes for all! Bring a compass if you have one; they will be available if needed. This program is an extension to the previous Orienteering/Map Reading course held at McGowan Park but is open to anyone interested. The course is generally flat, with a few dips. Dress for the weather as we will go ahead rain or shine. Meet at the Tennis Court Parking lot- along Rose Hill Road.

Instructor: Susan Hammond**Min. 8 Max. 15****Dates: Monday 2024-06-03 10:00AM-12:00PM****Location: Rose Hill Course**

Turtle Valley Donkey Refuge Tour**\$20.00**

Join us here at the Turtle Valley Donkey Refuge in Chase, BC for a special visit! Your tour includes a guided talk about the beautiful Turtle Valley, the refuge, our donkeys, and a visit with the donkeys. The Donkey Refuge is a registered charity whose mission is to provide a safe, secure and permanent home for 100 neglected, abused or unwanted, donkeys and mules. Come and learn about how donkeys are sociable, intelligent and unique equines that are very different from horses in temperament and care. Our refuge provides a space for you to experience a personal connection with these special animals. More information can be found on the When You Visit webpage at <https://turtlevalleydonkeyrefuge.com/visit/>. We will meet at the parking lot in front of Shoppers' Drug Mart in Valleyview Square Shopping Centre at 9 a.m. to arrange carpooling.

Instructor: Alice Shether**Min. 8 Max. 20****Dates: Friday 2024-06-07 10:00AM-12:00PM****Location: Turtle Valley Donkey Refuge**

Art and Conversation: In Pieces**\$5.00**

In this exhibition, settler artist, Victoria Kjargaard explores how reconciliation can occur when people face difficult histories. Kjargaard's compositions capture images of the former Kamloops Indian Residential School (KIRS), its residents and the sweeping fields surrounding the site. Soft in tone, the work becomes a memorial to young lives taken.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday 2024-06-11 10:00AM-12:00PM****Location: Kamloops Art Gallery**

SPRING 2024 Multi Session Course Descriptions

AI and Augmented Realities - What does 'real' even mean anymore?

\$15.00

We have robots providing emotionally supportive caregiving, we have artificial intelligences creating art and writing our emails, and glasses placing us in datafied worlds on top of our physical spaces. How are we making sense of these technologies? How are our concepts of connection, creativity and space changing? Does it still make sense to distinguish the real from the simulated? We will ask these questions and more in two 2-hour seminars, during which we will explore examples and recent cultural discussions related to AI and on our increasingly augmented reality.

Instructor: Shannon Smyrl

Min. 8 Max. 25

Dates: Tuesday 2024-04-02 1:30PM-3:30PM

Location: Kamloops Sports Council

Ripeness is All: The Spiritual Journey(s) of King Lear

\$35.00

Ripeness Is All-The Spiritual Journey(s) of KING LEAR, will be a deep exploration of this masterpiece, examining the contemporary relevance of Shakespeare's absurd saga of family violence. Scenes from recent productions will be viewed and chewed over. Be prepared to share Lear's vibrant poetry together. Shakespeare is meant to be shared aloud, not just read.

Instructor: Christopher Weddell

Min. 8 Max. 25

Dates: Wednesday 2024-04-03 1:30PM-3:30PM

Location: Kamloops Sports Council

News and 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 and the students of this class for lively, thought provoking discussion and debate about local, provincial, national and world issues. Participants introduce topics of the week (or they can pass) and that is followed by general discussion led by the class host and moderator. Outside experts are occasionally invited for short presentations and questions. This is a time to learn more about the problems of the world today. The 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 2024-04-05 1:30PM-3:30PM

Location: Kamloops Sports Council

Let's Cook en Francais, again!**\$20.00**

In these four new cooking sessions, we will make some more basic recipes together, while communicating in French. Although this is the second of these courses, we will still assume little or no prior knowledge of the language. Just bring your spirit of adventure again, and be prepared to use ... no English! All tools and ingredients will be provided, as well as handouts of basic essential vocabulary. Cost of ingredients for 4 sessions is \$25, to be paid on Day 1.

Instructor: Annette Dominik**Min. 5 Max. 9****Dates: Monday 2024-04-08 1:30PM-3:30PM****Location: Thistle Farm**

The French-Canadian Diaspora in North America and its Impact on Quebec**\$15.00**

This course explores the history and geography of the French-Canadian diaspora in North America and the role it played in Quebec's current political aspirations. It will focus on periods of expansion and contraction that characterized the diffusion of French Canadians in Canada's western provinces and the U.S.'s New England states.

Instructor: Dr Gilles Viaud**Min. 8 Max. 20****Dates: Tuesday 2024-04-09 10:00AM-12:00PM****Location: Kamloops Sports Council**

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: Friday 2024-04-12 10:00AM-12:00PM****Location: Kamloops Sports Council**

Improve Your Digital Literacy**\$0.00**

The four classes are designed to help you to improve your digital literacy. Bring your laptops, computers, smartphones and tablets. Free!

Instructor: KPAL Coordinators**Min. 4 Max. 20****Dates: Thursday 2024-05-16 10:00AM-12:00PM****Location: Northshore Library**

Kamloops Adult Learners Society

Alana Abramson Alana has been involved with the field of restorative justice as an academic, trainer and practitioner since 1999. Alana has extensive practical experience implementing restorative approaches in prison, school and community settings. She is the co-chair of the Restorative Justice Association of BC, Criminology instructor at Kwantlen Polytechnic University and coordinator of the Alternative to Violence Project. Alana lives in Kamloops and is passionate about sharing the principles of restorative justice with the community.

Alice Shether Alice Shether is the administrative assistant at the Turtle Valley Donkey Refuge. An employee or board member will be conducting this tour.

Annette Dominik Dr. Annette Dominik – A long-time faculty member at TRU, Annette recently retired from teaching French and linguistics in the Department of English and Modern Languages. She holds degrees in Romance Languages and Linguistics from UBC, Université Laval and Université de Sherbrooke.

Ashley Sudds Ashley Sudds is a certified Canadian Therapeutic Riding Basic Instructor and a Professional Association of Therapeutic Horsemanship International certified Therapeutic Riding Instructor. She taught at Pacific Riding For Developing Abilities in Langley before joining the Kamloops Therapeutic Riding Association in 2014. Ashley is also a Licensed Coach through Equestrian Canada.

Big Little Science Center

Christopher Cleaveley The Honourable Judge Christopher Cleaveley was born in Kamloops at RIH and raised in Clearwater. He earned a law degree from UBC in 1979 and went to practice law in Fort St. John. He was appointed to the Bench in 1994 and retired in 2022. In February 2023 he re-upped as a lawyer and currently volunteers at the downtown TRU legal clinic working with law students. His leisure time is taken up with sports. Judge Cleaveley is the son of KALS founder Margaret Cleaveley.

Christopher Weddell Christopher is a founding member and past Artistic Associate of Bard On The Beach. Weddell has written several plays, including the book and lyrics for the upcoming musical version of W. O. Mitchell's Who Has Seen The Wind. Most recently, Christopher has directed Love and Information, and his own adaptation of Gary Geddes poem cycle Falsework (The Canadian College Of Performing Arts). Other directing credits include the Jessie nominated Richard II (Bard On The Beach), and Waiting For Godot at Kaspar Theater, Prague. Last spring he directed George Johnson's Boomerangst (Chimera Theatre) & Sea Wall (Mad Fox),
A veteran acting mentor, Christopher has taught acting and Shakespeare workshops in Prague, Lennox, Massachusetts and all across Canada. He is a past recipient of the Edmund Kean Sword Award from Bard On The Beach. Last year, he was presented with an honorary Doctor Of Letters from Thompson Rivers University.
He has played "Little Lear" (Gloucester) three times.

Debby Erickson 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.

Dr Gilles Viaud	Dr. Gilles Viaud is an urban and social geographer recently retired from TRU's Department of Environment, Culture and Society, where he taught for 25 years. He holds BA and Master's degrees from Universite Laval in Quebec City, and a Ph.D. from the University of Saskatchewan. Gilles has been a member of the Board of Directors of the Association francophone de Kamloops since 2000, and was its president from 2000-2013.
Dr. Tamsyn Sitler	Dr. Sitler has had an interest in the eyes and how they work together since her own struggles with reading when she was in high school, (and learned it was because of her vision). Originally from Ontario, she moved to Kamloops in 2011 with her husband. In 2019, she opened her own clinic, Kamloops Vision Therapy Optometry, the first and only centre in Kamloops providing Optometric Vision Therapy and Rehabilitation. Dr. Sitler received her Bachelors of Science from University of Waterloo in 2007, followed by her Doctor of Optometry Degree from the University of Waterloo in 2011. She then completed her Fellowship with the College of Optometrists in Vision Development (FCOVD) in 2021.
Elizabeth Templeman	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
Emily Hope	Emily Hope is the Education and Public Programs coordinator for the Kamloops Art Gallery. Originally from Ontario, Emily completed a Bachelor of Fine Arts Degree at TRU in 2012 and began working at KAG that same year. Either Emily or a colleague leads KALS' participants in a conversational exploration of the art in each exhibition.
Farmstrong Cidery Staff	Available staff person at Farmstrong, Barb Munro, Sales and Production Coordinator, Scott at Fieldstone.
Geoff Bradley	Geoff Bradley is the Seed Orchard Pest and Plant Health Biologist for the BC Ministry of Forests. He completed his undergraduate in biology at UBC followed by a Masters in plant pathology at SFU and is a professional agrologist. He helps seed orchard producers in the province to maximize their crops through sound pest management and improving their orchard growing practices. 2024 will be his seventh growing season working with the seed orchard.
Helen Coombs	Helen is a P. Eng. with over 10 years experience in mineral processing. She started out working in operations, primarily at Mt Isa Mines. She then joined the Xstrata Copper project development team, managing testing programs and plant design aspects of greenfield projects. Since then she's worked in laboratories, managing projects that evaluate mineralization, develop flowsheets, estimate expected metallurgical performance and assess operating efficiency. Helen graduated from the University of Queensland with a Bachelor of Mineral Process Engineering (honors). In her spare time, Helen enjoys hiking and camping in the outdoors, and playing music.
Jeff Pont	Jeff Pont is the Life and Safety Educator at Kamloops Fire Rescue. He has been a fire fighter for 13 years, and his passion is helping spread the word of Fire Safety!
Julie Simmons	Julie has Bachelor of Arts and Bachelor of Education Degrees from Memorial University in Newfoundland. Her passions in life (besides her husband, Rodney) are musical history, Disney and Christmas. Since 2017, she has been the host of "On the Marquee", which is now syndicated in Canada. In December 2023, she published her first novel, "That's How You Know".
Kelsey Marwood	Kelsey Marwood is the Crew Leader for Water Treatment. The tour may be led by other City of Kamloops employees who work at the treatment plant.

KPAL Coordinators	Kamloops Partner Assisted Learning (KPAL) provides free one-to-one tutoring for adults who desire to build their skills in reading, writing, math and/or technology (laptops, smartphones tablets etc.)
Natasha Hartson & Ty Helgason	<p>Natasha Hartson - is the Community & Emergency Supports Supervisor with the City of Kamloops. In her role with the city, she focuses on projects and initiatives related to housing and homelessness, Emergency Support Services (ESS), and child care. Natasha grew up in Kamloops and received her Bachelor of Business from Thompson Rivers University. She later completed her master's degree from the University of Kwa-Zulu Natal in South Africa, with a focus on social, political, and economic development. She has worked in local government for the past 10 years, most recently joining the Social Community Development division of the City of Kamloops in the summer of 2022.</p> <p>Ty Helgason – is the Social and Community Development Supervisor with the City of Kamloops. In his role with the city he focuses on project and initiatives related to seniors, mental health and addiction, supportive employment, community development, neighbourhood associations, accessibility, and affordable recreation and transportation. Ty grew up in Fort St. John, but moved to Kamloops in 2013 to attend Thompson Rivers University and received his Bachelor of Arts in 2018. Ty has worked in local government for the past 6 years, briefly working for the City of Fort St. John, then starting with the Social & Community Development division of the City of Kamloops in the summer of 2018.</p>
Ray Pillar	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.
Rod Michell	Rod holds a Master's degree in English literature from Oxford University, Now retired, he taught for 38 years at TRU, and before that several years at Selkirk. Rod has been teaching for KALS for 17 years and has taught at least one and often two courses in every semester over those 17 years.
Royanna Wild	Royanna works in the mining industry as a lands manager and has a background in geology. She enjoys sharing her passion for rocks with others, and will happily talk rocks with anyone who will listen.
Shannon Smyrl	Dr Shannon Smyrl is an Associate Teaching Professor at TRU . Shannon teaches Communications in the Faculty of Arts and has extensive experience in both face-to-face and open learning teaching and curriculum design. She is looking forward to returning to KALS.
Shelley Joyce	Many of us feel we know Shelley as she is the host of CBC's Daybreak in Kamloops, which airs from 6:00-8:30 am weekday mornings. Shelley has also been a regular contributor of story ideas, scripts and radio documentaries, and many of her stories have gone on to enlighten a national audience on programs such as "The Current" and " The Story from Here"
Susan Hammond	Susan Hammond Education and Special Programs Coordinator at BIG Little Science Centre. Susan is a naturalist, biologist and science educator who enjoys introducing people to, and creating a passion for, nature and science.

Thelma Muronzi

Thelma Muronzi is a Cybersecurity Consultant at KPMG Canada and a highly-skilled professional with a strong background in both business and technology. She is the founder of Cyber LifeHax (CHL), cyber hygiene initiative with the goal of driving cybersecurity awareness particularly for seniors and has previously seminars for KALS. She was awarded the National Impact Awards Social Changemaker at KPMG Canada for the year 2023 for her community initiatives and contribution. She is also a member of the Leaders of Tomorrow 2023 at KPMG Canada. She holds a Master of Business Administration (MBA) from Thompson Rivers University, a Master of Science in Applied Information Technology, and a Post-Baccalaureate certificate in Information Security and Assurance from Towson University from the United States. She also holds a Bachelor of Commerce in Informatics from the University of South Africa. With this diverse range of education and experience, Thelma is well-equipped to provide expert advice and guidance to in the areas of risk management and information security awareness

Kamloops Adult Learners Society

Spring 2024 Venues

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, BC V2B 8N5

Kamloops Art Gallery – 465 Victoria Street, Kamloops

Kamloops Centre for Water Quality- 1315 River St, Kamloops, BC V2C 1Y7

Metallurgy- 2957 Bowers Place, Kamloops BC V1S 1Z2

Kamloops Therapeutic Riding Association- 4155 Shuswap Road, Kamloops BC, V2H 1S8

Big Little Science Centre - 458 Seymour Street, Kamloops

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

Farmstrong Cidery- 4300 Maw Rd, Armstrong, BC V0E 1B4

Kalamalka Forestry Centre- 3401 Reservoir Rd, Vernon, BC V1B 2C7

Northshore Library- 693 Tranquille Rd, Kamloops, BC V2B 3H7

Wells Gray Park- 416 Eden Rd, Clearwater, BC V0E 1N1

Rose Hill Course- Rose Hill Road, Kamloops, BC V2E 2E3

Turtle Valley Donkey Refuge- 7877 Skimikin Rd, Chase, BC V0E 1M1