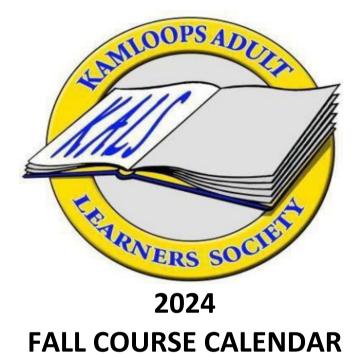
KAMLOOPS ADULT LEARNERS' SOCIETY





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 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 FALL REGISTRATION BEGINS AUGUST 19TH @ 9AM

REGISTRATION OPTIONS

- $\bullet {\rm I\!D} n$ -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 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: <u>There are no refunds for single session courses</u>. 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
4 Weeks	Understanding & Supporting Children with a Communication Disability	6-Sep-24	30.00
2 Hour	Turtles, Birds and other Critters in Pineview	8-Sep-24	10.00
9 Weeks	The Odyssey	10-Sep-24	50.00
3 Hour	Ashcroft Museum & Historic Walking Tour Take 2	10-Sep-24	10.00
4 Weeks	Ripeness is All: The Spiritual Journey(s) of King Lear	11-Sep-24	25.00
12 Weeks	News and Views	13-Sep-24	50.00
4 Weeks	Qigong	16-Sep-24	20.00
2 Hour	Food Sovereignty Walking Tour	19-Sep-24	0.00
1 Hour	Blackwell Dairy Farm Tour	25-Sep-24	15.00
2 Hour	Come to the Concert:	26-Sep-24	10.00
4 Weeks	A Taste of Humour In Canadian Fiction	1-Oct-24	30.00
2 Hour	"I Didn't Do It": The Psychology of Interrogations	3-Oct-24	10.00
2 Hour	Artemisia Gentileschi: Her Art and Trials	3-Oct-24	10.00
2 Hour	Invitation to Shabbat - The Jewish Sabbath	4-Oct-24	0.00
2 Hour	Orienteering, The Treasure Hunt Continues	7-Oct-24	20.00
2 Hour	Eco Friendly Death Care	10-Oct-24	10.00
2 Hour	Come to the Concert: Sycamore String Quartet Plays Bach	10-Oct-24	10.0
2 Hour	Upper Nicola Burrowing Owl Reintroduction Program	16-Oct-24	10.0
3 Hour	Establishing and Maintaining Political, Social and Economic Power	17-Oct-24	15.0
2 Hour	Art and Conversation: Stories that Animate US	22-Oct-24	10.0
2 Hour	Financial Planning	24-Oct-24	10.0
2 Hour	Kelson Hall Introduction and Tour	24-Oct-24	10.0
2 Hour	Drawing Botany Home	28-Oct-24	10.0
2 Hour	Toronto's Mayors: The Good, The Bad and The Ugly	30-Oct-24	10.0
2 Hour	Is Housing a Commodity or a Human Right?	30-Oct-24	10.0
2 Hour	Why Creative Problem Solving Makes Innovation and Entrepreneurship More Ethical	1-Nov-24	10.0
2 Hour	Search, Recovery & Detection K9s of BC Demonstration	4-Nov-24	10.0
2 Hour	Great Scientists, Great Science, and what they did.	5-Nov-24	10.00
2 Hour	Update on the Wars in Ukraine and Gaza	6-Nov-24	10.0
6 Weeks	The Philosophy of Rock Music	8-Nov-24	50.0
2 Hour	Georgia, Azerbaijan and Armenia	12-Nov-24	10.0
2 Hour	A Conversation about Science Misinformation	14-Nov-24	20.0
2 Hour	Come to the Concert: Palestrina Mozart & Beyond	14-Nov-24	10.0
1.5 Hour	Kamloops Residential School Tour	15-Nov-24	15.0
2 Hour	Walking the Camino de Santiago along the Camino Portuguese and Camino Frances	18-Nov-24	10.0
2 Hour	Art and Conversation: Pieces	19-Nov-24	10.0
2 Weeks	Musical Theatre: Stephen Sondheim	20-Nov-24	15.0
2 Hour	European Family Vacation	3-Dec-24	10.00
2 Hour	Come to the Concert: Christmas with the KSO	12-Dec-24	10.00

FALL 2024 Single Session Course Descriptions

Turtles, Birds and other Critters in Pineview

Pineview Valley nature experience: Join naturalists who reside in the neighbourhood to learn about the rich variety of life in and around Python Lake, including waterfowl, songbirds, western painted turtles and butterflies. This is an easy walk on a flat to gently sloping path. Dress for the weather, wear good walking shoes and, if available, bring binoculars. Time required is approximately 2 hours. Meet at the entrance to Pineview Nature Park in the intersection of Hugh Allan Drive and Copperhead Drive. Parking is on the street. Please note, this tour is taking place on a Sunday.

Instructor: Bill Gilroy and Patricia Spencer

Dates: Sunday 2024-09-08 10:00AM-12:00PM

Location: Pineview Nature Park - Intersection of Hugh Allen Dr. & Copperhead

Ashcroft Museum & Historic Walking Tour Take 2

Back due to popular demand!! Come and visit Historic Ashcroft. We will begin by visiting the Ashcroft Museum 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. We will then 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 Aberdeen Mall on the Cineplex theatre side closest to the highway at 8:30 a.m. to organize 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. 8 Max. 25
Dates: Tuesday 2024-09-10 10:00 AM-1:00PM	
Location: Ashcroft Museum - 404 Brink St., Ashcroft, BC V0K 1A0	
Food Sovereignty Walking Tour	\$0.00
Participants will learn about food business innovations and distribution in Kamloops as they tour The Sti	ir and about the
importance of Food Commons and regenerative agriculture practices as they tour Butler Urban Farm.	
Instructor: Jess Payette, Kent Fawcett, Eden McKay & Elliot Andrew	Min. 8 Max. 20

Dates: Thursday 2024-09-19 10:00AM-12:00PM Location: The Stir - 185 Royal Avenue

Blackwell Dairy Farm Tour

Blackwell Dairy has been Kamloops' own dairy farm since 1913 and is one of only a few dairies located in the interior that has its own processing plant. You've enjoyed drinking milk from Blackwell Dairy so here's your opportunity to visit the dairy farm and learn all about a dairy operation. The tour will include stepping into their original dairy barn built in 1988, visiting the nursery and meeting the future milking team, learning about their cows' nutrition and how they get the milk from the cow to your store and lastly, meeting the "ladies" who milk themselves at the Blackwell robotic milking station. The tour will end with a treat from Blackwell Dairy! This is a working farm, so sturdy, closed-toed shoes are mandatory and dress appropriately for the weather as we will be moving between buildings. Please meet at Blackwell Dairy in front of the farm store 15 minutes before our tour at 11 a.m.

Instructor: Blackwell Dairy Farm Employees Dates: Wednesday 2024-09-25 11:00AM-12:00PM Location: Blackwell Dairy Farm, 7000 Blackwell Rd, Kamloops, BC V2C 6V7

\$10.00

Min. 8 Max. 15

\$10.00

\$15.00

may lead to suspects being falsely accused and possibly lead to a false confession? What relatively newer techniques minimize these errors? Instructor: Sandra Vermeulen Min. 8 Max. 40 Dates: Thursday 2024-10-03 1:30PM-3:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr. Artemisia Gentileschi: Her Art and Trials \$10.00 Artemisia Gentileschi (1593 -1654) was a superb Italian Baroque painter whose work as a female artist has only recently been recognized and celebrated. She became notorious throughout her lifetime, however, as the victim of the very first scandalous and well-documented rape and trial. Through her art, Artemisia illustrated her revenge and triumph, and she is now considered to be a 17th century feminist heroine as well as a great artist. Enjoy this zoom presentation from the comfort of your home or in the company of the others at the Kamloops Sports Council. Instructor: Sharon Harris Min. 8 Max. 40 Dates: Thursday 2024-10-03 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr. \$0.00 Invitation to Shabbat - The Jewish Sabbath You are invited to join the Jewish Community for their Shabbat celebration on Friday, October 4th at 6:30 pm at Kamloops United Church. For thousands of years, Shabbat has been celebrated by those faithful to the Jewish tradition. Beginning at sundown on Friday and ending at sundown Saturday, its celebration honours the story of creation. This is an opportunity to participate in Shabbat rituals including fellowship. There is no presentation or facilitated discussion. The learning is through experience and participation. Min. 8 Max. 20

Come to the Concert is a series of courses based on the current (2024-25) Kamloops Symphony Orchestra season. The aim of the classes is to prepare for each of the Symphony's performances, both the orchestral and the chamber concerts, as well as to increase our familiarity with all aspects of classical music. We explore background to the composers and their times and to the works that will be performed, and we listen to excerpts from the pieces to get a sense of the distinctiveness of their structure and style. There is opportunity to ask questions, express opinions, discuss previous concerts, and explore aspects of classical music performance. The first Come to the Concert class of the semester previews the work of Canadian planist and composer Jean-Michel Blais, in a musical collaboration with Music Director, Dina Gilbert and the Orchestra. The concert brings together compositions of renowned composers such as Debussy, Britten and Rachmaninov transformed by the style of Blais' own globally celebrated works.

Min. 8 Max. 30

Instructor: Rod Michell Dates: Thursday 2024-09-26 10:00AM-12:00PM

Location: Parkview Activity Centre - 500 McDonald Avenue "I Didn't Do It": The Psychology of Interrogations

Come to the Concert:

Police interrogations are a unique social interaction that can assist in solving crimes. There are effective and ineffective interrogation techniques, and the latter can lead to innocent suspects being falsely accused. What psychological processes

Instructor: Rabbi Marcy Gofsky & Rev.Andrew Macpherson Dates: Friday 2024-10-04 6:30PM-8:30PM Location: Kamloops United Church - 421 St. Paul Street

\$10.00

Orienteering, The Treasure Hunt Continues

Join Big Little Science Centre to enjoy a walk or run in a local park as you follow a detailed map to discover the waypoints marked along your route. We will have orienteering units to track your route and times, courtesy of the Sage Orienteering Club. Both beginners and experienced orienteers are welcome. The course can be done using map reading skills with or without a compass - map and compass will be provided. There will be a brief introduction to orienteering, map reading and compass use before setting out on this generally flat course. Dress for the weather as we will go ahead rain or shine.

Instructor: Susan Hammond				
Dates: Monday	2024-10-07	1:30PM-3:30PM		
Location: Location to be confirmed in September				

Eco Friendly Death Care

Death Care BC was created to bridge the education gap between end-of-life and after-death care. This session will help you understand the options and rights of the deathcare consumer before the moment of need and provide practical empowerment during your most vulnerable days. You will also learn about green burial options and current conversations between the community and the city in providing this alternative to more traditional burial approaches. There will be time for Q & A.

Instructor: Emily Bootle			
Dates: Thursday	2024-10-10	1:30PM-3:30PM	
Location: Kamloo	ps Sports Cour	ncil - 1550 Island Parkway Dr.	
Construction of the Construction of Charles Operated Plane Read			

Come to the Concert: Sycamore String Quartet Plays Bach

This class in the Come to the Concert series examines one major composer and one composition. The KSO's Sycamore String Quartet performance of J.S.Bach's masterpiece, The Art of the Fugue, in Kelson Hall provides an opportunity to explore the astounding volume and range of Bach's musical output and the influence of this much venerated work in particular.

Instructor: Rod Michell	Min. 8 Max. 35
Dates: Thursday 2024-10-10 10:00AM-12:00PM	
Location: Parkview Activity Centre - 500 McDonald Avenue	
Upper Nicola Burrowing Owl Reintroduction Program	\$10.00

Burrowing owls were once a common sight in southern BC, but almost disappeared due to the loss of habitat for nesting and foraging. Since 2014, the Upper Nicola Band has been working on a stewardship program to reintroduce this charismatic owl back into the grasslands of the Nicola Valley. Learn more about this conservation project with all its joys and tribulations from the individuals who monitor and take care of the Burrowing Owl sites and their occupants. Participants will be provided a hands-on experience of performing a pellet analysis to determine the diet of the Burrowing Owl.

Instructor: Dawn Brodie & Loretta Holmes Dates: Wednesday 2024-10-16 1:30PM-3:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Establishing and Maintaining Political, Social and Economic Power

\$20.00

Min. 8 Max. 25

\$15.00

\$10.00

Min. 8 Max. 20

\$10.00

In my previous class, KALS participants discussed both the political spectrum and economic spectrum. Both of these classes heavily focused on political and economic theory. As an extension of these two classes, our October class be significantly different! It will involve your participation in an experiential learning activity. Through this experiential activity, participants will gain an understanding of the seductive – and destructive – influence of power. Specifically, KALS participants will

- Understand the effect that systems can have on power;
- Be aware of how tempting it is for well-intentioned people to abuse power;
- Understand that there are different kinds of power;
- Personally experience and discuss the excitement of power and the despair of powerlessness.

The class, approximately 2.5 hours in length, will include

- 15 minute introduction to the simulation;
- 1.5 hours participating in the simulation;
- 30 minute debrief and discussion.

A maximum of 45 KALS members are able to participate in this class. Additional attendees will serve as "Official UN Observers." Paul's two previous classes on the economic and political spectrum are not prerequisite.

Instructor: Paul Clark Dates: Thursday 2024-10-17 1:30PM-4:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Art and Conversation: Stories that Animate US

Highlighting a rich selection of works on paper and animations, Stories that animate us draws from a wide range of collectively shared oral histories, knowledge systems and cosmologies, as well as personal memories, imaginings, and dreams. Whether evoking the spirit world, creating fictional tales or endeavouring to make sense of historical and current events, the featured artists vividly reflect on such themes as culture, community, memory, death, and identity in order to speak to the past, present, and future.

Instructor: Emily Hope				
Dates: Tuesday	2024-10-22	10:00AM-12:00PM		
Location: Kamloops Art Gallery - 465 Victoria St.				

Financial Planning

Don't let CRA be the un-intended beneficiary of your Estate. Many Canadians are not adequately prepared to transition their wealth. The topic of family wealth - managing, transferring, inheriting - is multi-faceted and often nuanced which we will cover during this presentation. We will discuss common mistakes, and tips to reduce the tax impact to your heirs. Not having a holistic Estate plan during this challenging time often causes unnecessary stress and becomes overwhelming. Your Estate plan is your final love letter to your family-ensure you are leaving a silver lining.

Instructor: Kelsey Boudreau Dates: Thursday 2024-10-24 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Kelson Hall Introduction and Tour

Opened less than 2 years ago, 20,000-square-foot Kelson Hall is a state-of-the- art civic building that includes classroom, rehearsal, theatre, and other spaces. Elevator equipped, the centre is shaping up to be an Arts hub that serves not only Western Canada Theatre and the Kamloops Symphony Orchestra but also other community groups and individuals. Actor and WCT Education Coordinator Terri Runnalls will walk us through Kelson Hall and, in the classroom share behind-the-scenes experiences. Those who have taken in Terri's classes before know there may even be surprise guests.

Instructor: Terri Runnalls Dates: Thursday 2024-10-24 10:00AM-12:00PM Location: Kelson Hall - 330 St Paul Street

Drawing Botany Home

Lyn will read from the Prologue of her autobiographical, award winning book, Drawing Botany Home. Participants will then work through several writing/drawing exercises related to plants that Lyn will bring to class. The point is for folks to think about the role of plants in each of our lives. Some noticed; many unnoticed...

Instructor: Lyn Baldwin				
Dates: Monday	2024-10-28	10:00AM-12:00PM		
Location: Kamloops Sports Council - 1550 Island Parkway Dr.				

Toronto's Mayors: The Good, The Bad and The Ugly

This talk will tell the history of Canada's largest city, from its incorporation in 1834 to today, through the lives and careers of ten of its chief magistrates, including one who led an armed insurrection against the provincial government and another who brought an end to the century-long domination of City Hall by the Orange Order. Enjoy this presentation from the comfort of your home or in the company of others at the Kamloops Sports Council.

\$10.00

Min. 8 Max. 15

\$10.00

Min. 8 Max. 30

Min. 8 Max. 20

\$10.00

Min. 8 Max. 20

\$10.00

Min. 8 Max. 40

Is Housing a Commodity or a Human Right?

Kamloops is experiencing a housing affordability crisis that has significant impacts on our whole community, but what are the roots of this crisis? How has the financialization of housing impacted our ability to ensure everyone in our community has access to a home? We will highlight examples of local solutions to address the housing crisis including community-led housing and community land trusts. We will also explore a case study of Propolis Cooperative Housing Society, a new non-profit housing cooperative organization with a mandate to develop affordable, sustainable, net-zero housing in Kamloops. Propolis is in the planning process for its first housing development and recently acquired its first property using a unique community-led financing approach.

Instructor: Lindsay Harris and Miles Pruden	Min. 8 Max. 30
Dates: Wednesday 2024-10-30 1:30PM-3:30PM	
Location: North Shore Community Centre - 730 Cottonwood Ave.	
Why Creative Problem Solving Makes Innovation and Entrepreneurship More	\$10.00
In this interactive talk we will explore creative problem solving as a method of innovation that can improve ethica	ality,

sustainability and enjoyment of new products. Participants will learn about and learn how to use these methods to begin creating their own innovations.

Instructor: Bruce Martin

Dates: Friday 2024-11-01 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Search, Recovery & Detection K9s of BC Demonstration

Search, Rescue & Detection K9s (SRD K9s) is a volunteer organization whose core function is the ongoing search for missing persons in BC. All of their working K9s and their handlers are trained and held to the highest standards. Searches for missing persons conducted with individuals are labour intensive and limited in the amount of area that can be explored during the search hours. Dogs with their superior scent ability and training can easily cover more ground in less time and are more thorough as they follow the unique scent left by the individual. Mike and his dog, Ranger, will show us how these dogs are trained and how they are able to find articles left behind, do live finds, and also detect human remains and drugs. This demonstration will be taking place outdoors so weather appropriate clothing and footwear is required. Driving instructions to the demonstration site will be emailed to participants closer to the date.

Instructor: Mike Ritcey

Dates: Monday 2024-11-04 10:00AM-12:00PM Location: Inks Lake Park, Inks Lake Rd, Kamloops, BC VOK 1W0 Great Scientists, Great Science, and what they did.

This talk will deal with the contributions of a selected group of about thirty individuals, whose work and innovations advanced modern science and our understanding of the world and so contributed to our way of life.

Dates: Tuesday 2024-11-05 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

\$10.00

Min. 8 Max. 20

Min. 8 Max. 30

\$10.00

Update on the Wars in Ukraine and Gaza

A presentation on recent events vis-a-vis the wars in Ukraine and Gaza with a view to discussing the situation on the ground, the geo-strategic repercussions, and the military implications. Enjoy this Zoom class in the comfort of your home or in the company of others at the Kamloops Sports Council.

Instructor: Major-General Denis Thompson Dates: Wednesday 2024-11-06 1:30PM-3:30PM Location: Zoom and Kamloops Sports Council - 1550 Island Parkway Dr

Georgia, Azerbaijan and Armenia

Travel to the rarely visited countries of Georgia, Azerbaijan and Armenia. Marvel at Baku's architecture, Georgia's food and wine and feel a little pain for Armenia.

Instructor: Helen Parkyn

Dates: Tuesday 2024-11-12 9:30AM-11:30AM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

A Conversation about Science Misinformation

Have you felt that people's explanations about science have been confusing and contradictory? Let's have a chat about what science is and how it really works. We will discuss how to tell if sources of information are reliable and accurate, and provide tools to help you know if something is real, misinformation, or a scam. Our wonderful world wide web is one source to discover information and will be included in our conversation. Develop your critical thinking skills and become a person who can question and search for answers, then knowledgeably discuss science stories in our lives. We will offer suggestions on how to chat about controversial topics without coming to blows (we hope!)

Instructor: Susan Hammond				
Dates: Thursday	2024-11-14	1:30PM-3:30PM		
Location: Big Little	Science Cente	er - 458 Seymour St.		

Come to the Concert: Palestrina Mozart & Beyond

The third in the Come to the Concert series, explores classical choral music in the a capella tradition, that is voices without instrumental accompaniment. The KSO Chorus concert presents music by Renaissance period master, Palestrina, as well as by Mozart, and by contemporary Canadian Stacie Brown. Our listening and discussion will help us examine the growth of Christian church music in Western culture.

Instructor: Rod Michell Dates: Thursday 2024-11-14 10:00AM-12:00PM Location: Parkview Activity Centre - 500 McDonald Avenue

\$10.00 ut

Min. 8 Max. 35

\$10.00

Min. 8 Max. 40

\$10.00

\$20.00

Kamloops Residential School Tour

The Kamloops Residential School that we see across the South Thompson River today was in operation from 1923 to1977. The original school, built in 1890, burned down shortly before. Between 1890 and 1977, hundreds of Indigenous children passed through these doors. Our guide will take us through the chapel, dining room, kitchen, boys' dormitory, and gymnasium sharing the history of what took place at this school. Please be aware that this walking tour does include climbing up and down very narrow stairwells. Carpooling will be arranged as there is limited parking available. We will meet at the monument in front of the Kamloops Residential School 15 mins. before our scheduled tour at 10 AM. Please note this tour will include difficult subject matter.

Instructor: Ryan Watson

Dates: Friday 2024-11-15 10:00AM-11:30AM

Location: Kamloops Residential School, 330 Chief Alex Thomas Way, Kamloops,

Walking the Camino de Santiago along the Camino Portuguese and Camino

Are you curious about the Camino routes across Europe to Santiago de Compostella? Cynthia will share her experiences and insights gained on 3 different journeys, walking routes of the Camino Portuguese and the Camino Frances. She may not be able to answer all your Camino questions, but the talk is sure to fuel your dreams and perhaps help you take the first step of your own pilgrimage.

Instructor: Cynthia Hunter

Dates: Monday	2024-11-18	10:00AM-12:00PM
Location: Kamloo	ps Sports Cou	ncil - 1550 Island Parkway Dr.

Art and Conversation: Pieces

Through visual strategies that embrace humour and play, Adrian Romeo explores the human condition and reflects on her own mental and physical struggles. The central project in this new body of work is a wooden racetrack comprised of five sculptural wind-up toys that represent the artist's personal foes: depression, fatigue, chronic pain, insomnia, and self-doubt. Using her art practice to process and expose her interior world, Romeo offers visitors a space of self-reflection through interaction with her work. The viewer is invited to choose a wind-up racer to race down the track. Accompanying each racer is a card providing insight in to the mental and physical pain represented by each wind-up toy. This twisted competition of inner demons mirrors the battle that many people with physical and mental health challenges experience every day.

Instructor: Emily Hope	Min. 8 Max. 15
Dates: Tuesday 2024-11-19 10:00AM-12:00PM	
Location: Kamloops Art Gallery - 465 Victoria St.	
European Family Vacation	\$10.00
A Month-long trip in pictures through London, The Netherlands, and Germany.	
Instructor: Gary Unser	Min. 8 Max. 40
Dates: Monday 2024-12-03 1:30PM-3:30PM	
Location: Kamloops Sports Council - 1550 Island Parkway Dr.	

\$15.00

Min. 10 Max. 30

\$10.00

Min. 8 Max. 40

Come to the Concert: Christmas with the KSO

The fourth Come to the Concert class helps you with your musical preparations for Christmastime. The Kamloops Symphony Orchestra, Chorus and soloists always present a joyful selection of music, so the class will take the opportunity to explore the programme's highlights, and also to introduce some other delightful but less well-known works.

Instructor: Rod Michell Dates: Friday 2024-12-12 10:00AM-12:00PM Location: Parkview Activity Centre - 500 McDonald Avenue Min. 8 Max. 35

FALL 2024 Multi Session Course Descriptions

Understanding & Supporting Children with a Communication Disability

Children with a communication disabilities need support inside and outside their homes to develop their abilities to send messages, understand messages and learn to read and write. In these four sessions, Nadine will provide an overview of four language disorders that impede a child's ability to communicate: 1. Speech and Language Disorders and Literary Skills 2. Motor Speech eg. Childhood Apraxia, Dysarthria, OMD 3. Autism 4. Global Developmental Disorders. Each topic will include specific information on researched best practices and recommended strategies that adults/caretakers/grandparents can use to enhance a child's communication skills.

Instructor: Nadine Fort

Dates: Friday 2024-09-06 - 2024-09-27 10:00AM-12:00PM Location: Parkview Activity Centre - 500 McDonald Avenue

The Odyssey

The Odyssey—the story of Odysseus' journey home—we all know it but not so many of us have read it. Western culture is littered with references to its hero and to his exploits, some of them clearly fantastic, such as his encounters with the Sirens or with the Cyclops. This class is an opportunity to, at last, read Homer's epic work in its entirety with enough supportive background to provide a framework for our greater understanding. Many readers say that The Odyssey is the greatest story ever told. Some even say it's the only story. That it contains the pattern of all our lives. Join this class and find out.

Instructor: Rod Michell	Min. 8 Max. 25
Dates: Tuesday 2024-09-10 to 2024-11-12 1:30PM-3:30PM	
Location: Kamloops Sports Council - 1550 Island Parkway Dr.	
Ripeness is All: The Spiritual Journey(s) of King Lear	\$25.00
Ripeness is All-The Spiritual Journey(s) of KING LEAR, will be a deep exploration of this masterpiece, examini	ing the
contemporary relevance of Shakespeare's absurd saga of family violence. Scenes from recent productions w	ill be viewed and
chewed over. Be prepared to share Lear's vibrant poetry together. Shakespeare is meant to be shared aloud	l, not just read.
Please note that there is no class on Wednesday, September 25th.	

The text will cost approximately \$20 and will be distributed the first day of class.

Instructor: Christopher Weddell Dates: Wednesday 2024-09-11 to 2024-10-09 1:30PM-3:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr. Min. 8 Max. 25

\$30.00

Min. 8 Max. 25

\$50.00

\$15.00

\$50.00

Min. 10 Max. 15

\$20.00

Min. 8 Max. 30

involve breath and mind exercises, with almost no body movement. Instructor: Chelsea Gimby Dates: Monday 2024-09-16 to 2024-10-07 10:00AM-11:00AM

Location: Parkview Activity Centre - 500 McDonald Avenue

A Taste of Humour In Canadian Fiction

Canadian fiction has long been informed by humour and satire, particularly in the past half-century, a time of monumental growth and recognition for our literature.

We will explore works that cover a broad comic spectrum, with emphasis on the interplay of humour and satire. Our two novels are The Best Laid Plans (2006) by Terry Fallis (a satire of Canadian politics) and Molly of the Malls (2019) by Heidi L.M. Jacobs (which manages to satirize contemporary consumer culture, the traditional romance novel, and and academic pretensions both historical and contemporary). These novels will be available through the instructor, who will contact registrants with details before the class begins. Shorter works will be introduced and made available in our first class.

Instructor: Ginny Ratsoy Min. 8 Max. 20 Dates: Tuesday 2024-10-01 to 2024-10-22 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr. \$50.00 The Philosophy of Rock Music Rock music was a vital part of the societal transformations of the 1950s and 60s. This course will look at the history of rock music during its developmental phase (1955-1995) as well as distinctive features of rock music, such as the use of amplification, the relation to dance, the use of the recording studio, and how performance style affects the meaning of a song.

Instructor: Bruce Baugh Dates: Friday 2024-11-08 to 2024-12-13 10:00AM-12:00PM Location: Kamloops Sports Council - 1550 Island Parkway Dr. **Musical Theatre: Stephen Sondheim**

News and Views

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 discussions 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.

Qigong was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath and body movement and posture. Dynamic (active) Qigong techniques primarily focus on body movements, especially movements of the whole body or arms and legs. Meditative (passive) Qigong techniques can be practiced in any posture that can be maintained over time and

Instructor: Ray Pillar Dates: Friday 2024-09-13 to 2024-12-06 1:30PM-3:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Qigong

\$30.00

We will also look at the roles of women, race and sexuality. Audio and video clips will supplement the lectures and discussion

Stephen Sondheim is generally regarded in the theatre community as one of the most influential composers who ever lived. Find out why as we explore his life and career, focusing on each of his musicals, from the well-known, A Funny Thing Happened on the Way to Forum, Company, Into the Woods, Follies, A Little Night Music, Sweeney Todd, and the Pulitzer Prize winning Sunday in the Park with George to the lesser known shows Merrily We Roll Along, Anyone Can Whistle, Passion, Assassins, Pacific Overtures, The Frogs and his final work, Here We Are. Sondheim also composed lyrics for Westside Story, Gypsy, and Did I Hear a Waltz?

Instructor: Julie Simmons Dates: Wednesday 2024-11-20 to 2024-11-27 1:30PM-3:30PM Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Kamloops Adult Learners Society

Bill Gilroy	Bill Gilroy is a teacher in the public school system. He has worked with Ducks Unlimited, as a BC Parks interpreter, field wildlife research technician (squirrels, woodpeckers, rattlesnakes, amphibians, aquatic invertebrates), and was Education Director at the BC Wildlife Park from 1991- 98 . He. He is currently a member of a team working to help protect Python Lake in Pineview.
Blackwell Dairy Farm Employees	Blackwell Dairy farm employees will be conducting this tour.
Bruce Baugh	Bruce Baugh taught philosophy at Thompson Rivers University for 28 years. He has authored two books and one translation, as well as numerous articles in scholarly journals. His main interests are rock music, blues, walking, and Continental philosophy.
Bruce Martin	Bruce Martin is a Professor of Human Enterprise and Innovation at TRU where his teaching and research focuses on entrepreneurship and innovation for social good. In 2018, Bruce and his colleagues created the Innovation for Social Good cluster, a collaboration that studies how to create, scale and sustain social enterprises especially in interior B.C. His latest research examines how social enterprises succeed, and fail, when attempting to scale up globally. He has experience creating, managing and leading non profit government and academic organizations. Bruce spent 17 years living and working in Asia and Europe.
Chelsea Gimby	Chelsea is a registered Acupuncturist with 18 years of experience. She studied Quigong as part of professional development both in Canada and China. Qigong can be practiced by anybody
Christopher Weddell	Christopher Weddell is a founding member and past Artistic Associate of Bard On The Beach. He 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.
Cynthia Hunter	Cynthia, a retired Physiotherapist, discovered the joys (and woes) of slow travel while exploring routes of the World Heritage Camino de Santiago. In addition to walking and hiking, Cynthia enjoys biking, paddling and cross country skiing.

Dave Mckinnon	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.

Dawn Brodie	Dawn is a Registered Veterinary Technologist who worked for many years in the BC cattle industry.
	She has more than 30 years of experience working to conserve Burrowing Owl populations and
	since 2014 has coordinated the reintroduction activities at the Upper Nicola Band's Burrowing Owl
	sites.
Eden McKay	Eden is the Food Sovereighty Coordinator at the Kamloops Food Policy Council, where she is
	responsible for leading the groundwork to foster interconnectivity between the KFPC's diverse food
	sovereignty programs. Eden is a horticulurist whose work focuses on food security and urban
	ecological health. She facilitates the Community Seed Library.
Elliot Andrew	Elliot is the Farm Coordinator for our Butler Urban Farm. He takes care of plants and farm
	maintennce and introduces visitors and volunteers to the space. He in his final year of Natural
	Resource Science at TRU and is passionate about gardening, community building, cooperatives,
	foraging, and native plants and ecosystems. Elliot is excited to provide free produce for our
	community through BUF. He is also attempting to document all of the different insect/arthropod
	species observed at the farm.
Emily Bootle	Emily Bootle is a licensed mortician, a death educator and advocate and a folksy funeral director.
	She is a passionate advocate for green burial and alternative sustainable death care options. In
	2020 she founded Death Care BC to support the needs of health care providers and the bereaved.
Emily Hope	Emily Hope is 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 her colleague leads KALS' participants in a conversational
	exploration of the art in each exhibition.
Frank Nicholson	Frank Nickolson lives in Toronto, where he earned a PhD in British history from the University of
	Toronto. Since retiring, he's been very active in Canada's later life-learning movement, leading
	twenty peer-learning study groups at two organizations, one in Toronto, the other (by Zoom) in
	Montreal. Frank was an early advocate of using internet videoconferencing to collaborate across
	provincial and international boundaries. For the past 5 years, he's mounted a monthly transatlantic
	public affairs discussion forum with participants from Canada, the UK, the US, and Ireland. Frank
	has led several Zoom courses for KALS in the past.
Gary Unser	Gary Usner is a married father of 2 beautiful children who bravely took them for a month-long trip
	through Europe.

Ginny Ratsoy	Ginny Ratsoy, TRU Professor Emerita, has been teaching KALS classes on Canadian literature since 2007. The enthusiasm, wit, and wisdom of KALS members helps keep her brain active. She also enjoys writing for the British Columbia Review (and other venues) and working as newsletter editor, a coordinator and a board member for KALS.
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.
Jess Payette	Jess is the Stirfront Coordinator, helping plan and co-create community development around food. She is excited to help bring the Stirfront to life and connect community through events, workshops and other food initiatives
Julie Simmons	Julie Simmons has a Bachelor of Arts and a Bachelor of Education Degree from Memorial University in Newfoundland. Her passions in life (besides her husband, Rodney) include musical history, Disney, and Christmas. Since 2017, she has been the host of the CFBX radio show, "On the Marquee", which is now syndicated across Canada. In December 2023, Julie published her first novel, "That's How You Know".
Kathy Palos	Kathy Palos was the previous 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.
Kelsey Boudreau	With a desire to guide people to enhance their financial outcomes, Kelsey joined IG Private Wealth Management in 2016. She achieved the prestigious Pillar Award1 each year for her first four years at IG. Kelsey's core value is to help clients realize their dreams and achieve their goals through sound financial planning. Whether working with professionals, business owners or families, Kelsey's primary focus is building long-term relationships through personalized service and proven advice that people can count on. She believes strongly in giving back, supporting, and helping people in the community.
Kent Fawcett	Kent is a highly skilled food entrepreneur and founder of Local Pulse. He has a background in Biochemistry and stemcell technologies. Kent is passionate about food and excited by the opportunity to work with prospective food entrepreneurs to turn their dream products into a 'made in Kamloops' reality.
Lindsay Harris	Lindsay Harris is a community developer and researcher. She has a PhD from UBCO and a background in agriculture and food systems, affordable housing, community economic development, rural and small city resilience and grassroots community decision making. She is a co- owner of Tapestry Collective Co-op and the food policy implementation lead for the Kamloops Food Policy Council. Lindsay is the co-founder and president of the Propolis Cooperative Housing Society, which aims to build affordable, sustainable housing in the Kamloops region.
Loretta Holmes	Loretta is a member of the Upper Nicola Band where she is the Senior Cultural Heritage Technician. She has a background in environmental monitoring, wildlife management, and forestry that includes bird and mammal inventory surveys on Upper Nicola Band reserves. She has been involved in the Burrowing Owl reintroduction program since 2014.

Lyn Baldwin	Lyn is an award winning teacher and plant conservation biologist, who teaches Botany at TRU. She works to cultivate care between the people and plants of place by sharing the stories she finds with her illustrated field journals in art galleries, journals and science museums.
Major-General Denis Thompson	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 (2008/2009), Canada's Special Operations Forces (2011-2014) and the Multinational Force & Observers in the Sinai (2014 to 2017). Since retirement he has lectured at various Canadian universities as well as serving as 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.
Mike Ritcey	Mike Ritcey has volunteered with Search, Rescue & Detection K9s (SRD K9s) of BC for many years. His dog, Ranger, has been involved in a large number of searches and is still going strong. They are both kept busy assisting with up to 80 searches per year! Ranger is validated by the RCMP for Wilderness Search and is also validated for Narcotics for the private security industry.
Miles Pruden	Miles Pruden in a consruction project manager with a talen for designing and building high performance buildings at cost at or below conventional construction costs. Miles is the owner of Nextbuild Construction. Miles recently completed construction of a net-zero 4-plex on Schubert Drive, which is Kamloops'best performing multi-family building for energy usage. He also built a childcare facility, which achieves net-zero energy and significantly outperformed the average construction cost per childcare space in BC (\$27,000 compared to \$40,000)
Nadine Fort	Nadine Fort is a speech/language therapist who spent forty years providing therapy and support for people (primarily children and teens) with communication disabilities. She holds a Bachelor of Science degree and a Master's of Arts degree in Communication Disorders from the University of Minnesota, Duluth. After many years of working in Manitoba, Nadine moved to Kamloops in 2017 and joined Meridian Rehabilitation Consulting Inc. where she remained until her retirement in the fall of 2023. Now with such a surge in the numbers of children with communication disabilities, Nadine would like to share her knowledge and support strategies with the broader community.
Patricia Spencer	Patricia Spencer is a retired teacher and environmental educator, who has done volunteer work in the areas of water stewardship, sustainability and environmental advocacy. Patricia is a member of the recently- formed Pineview Trails and Environment Committee.
Paul Clark	At Thompson Rivers University, Paul Clark has been a faculty member in the School of Business and Economics since 2007, delivering courses in marketing, international business, and organizational strategy. His domestic work experience has been in the non-profit and entrepreneurial sectors. Abroad he has worked in both large multi-national companies and smaller entrepreneurial start-up ventures. In addition to travelling, he enjoys playing golf, and is developing a new hobby lawn bowling.
Peter Konikow	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 4 years.

Rabbi Marcy Gofsky	Rabbi Dr. Marcia Gofsky holds a Doctorate in Social Sciences, Royal Roads University, Victoria BC, Rabbinic Ordination from Jewish Spiritual Leaders Institute and an MA in Public and Pastoral	
	Leadership with a specialty in Spiritual Care from the Vancouver School of Theology. Locally, Rabbi	
	Marcy offers services in the community, is an educator and leader, and faith prayer leader at	
	community events. She loves to bring people together for dialogue and discussion, with a focus on	
	Peace and Justice. She enjoys her role as multifaith and interfaith Chaplain serving as a hospital	
	Chaplain.	
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 13 years and in 2020 received KALS Volunteer Award	
	for dedicated service.	
Rev. Andrew Macpherson	Rev. Andrew Macpherson is grateful to be serving in Kamloops United Church. He graduated from	
	Emanual College, University of Toronto in the M Div, MPS in Muslim studies program and in the	
	Buddhist Studies Mindful Meditation program. The two aspects of ministry Andrew enjoys most	
	are pastoral relations and preaching. Andrew describes his pastoral identity as preaching the	
	gospel of Jesus in a multi-religious and secular world. Andrew adds a sense of humour to his	
	ministry and loves inter-faith collaboration.	
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 College. Rod has been teaching for KALS for	
	18 years and has taught at least one and often two courses in every semester over those 18 years.	
Ryan Watson	Ryan is the Museum Interpreter at the Secwépemc Museum & Heritage Park.	
Nyun Wutson	The tour maybe led by another guide from the Secwépeme Museum & Heritage Park.	
Sandra Vermeulen	Dr. Sandra Vermeulen completed her PhD in Psychology at Simon Fraser University where her sub-	
Sandra Vermeulen	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.	
	cognitive processes to chiminal thinking, juror decision-making, and other legal processes.	
Sharon Harris	Sharon Harris is a past president and former Curriculum Committee chair at the Academy for	
	Lifelong Learning Toronto. Her personal interests revolve around all the arts, and Sharon pursued a	
	combined career as an educator and a fine art photographer	

Kamloops Adult Learners Society

FALL 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 Foresty 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 VOE 1N1

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

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

Parkview Activity Centre - 500 McDonald Ave, Kamloops, BC, V2B 3S9

Ashcroft Museum - 404 Brink St., Ashcroft, BC VOK 1A0

Pineview Nature Park - 1925 Hugh Allan Dr

Kelson Hall - 330 St. Paul Street

Blackwell Dairy Farm - 7000 Blackwell Rd, Kamloops, BC V2C 6V7

Kamloops United Church - 421 St. Paul Street