

KAMLOOPS ADULT LEARNERS SOCIETY

KALS



2025

WINTER/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.

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.

**All classes have a minimum and maximum number of registrants.
Popular classes might have a wait list. Register early to avoid disappointment.**

A \$20 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.

2025 WINTER REGISTRATION BEGINS DECEMBER 19th @ 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.

Table of Contents

All Courses.....	4
Single Session Course Description.....	6
Multi-Session Course Description.....	16
KALS Instructors' Biographies.....	19

Sessions	All Courses - Winter/Spring 2025	Start Date	Price
3 Weeks	Creative Memoir Writing	8-Jan-25	25.00
2 Hour	The Red Bridge: Past, Present and Future(?)	9-Jan-25	10.00
2 Hour	What a Little Service-Learning Can Do:TRU Professor and Students Share	10-Jan-25	10.00
12 Weeks	News & Views	10-Jan-25	50.00
4 Weeks	Taoist Tai Chi	21-Jan-25	30.00
2 Hour	A Backpacking Adventure at Age 69	22-Jan-25	10.00
2 Hour	Come to the Concert: A Night with Dvorak, Ellington & Price	23-Jan-25	10.00
2 Hour	The Futures Laboratory	24-Jan-25	10.00
2 Hour	Drawing Botany Home	29-Jan-25	10.00
2 Hour	Wildfire & Drought: How Tree Rings may Tell the Story	29-Jan-25	10.00
2 Hour	Collaborative Community Conversations	31-Jan-25	10.00
2 Hour	Being with Grief: Hospice, Bereavement & Mourning	5-Feb-25	10.00
2 Hour	Come to the Concert: Mendelssohn's Scottish Symphony	6-Feb-25	10.00
2 Hour	Art & Conversation: Ithin_eh_wuk	11-Feb-25	0.00
2 Hour	Sugars and Stuff	11-Feb-25	10.00
2 Hour	A Conversation with International Students	12-Feb-25	10.00
2 Weeks	Read the Manual: Exploring the Human Hand in Fiction and Culture	18-Feb-25	15.00
2 Hour	A Beginner's Guide to Chemistry	20-Feb-25	15.00
2 Hour	Stories of Hopeful and Resilient Futures	26-Feb-25	10.00
3 Weeks	Meditation: Waking up and Coming Home to Ourselves	3-Mar-25	15.00
2 Hour	Equity, Diversity and Inclusivity	4-Mar-25	10.00
4 Weeks	Fiction around Kamloops: Interior Stories	6-Mar-25	30.00
2 Hour	Waste is a Global Issue	6-Mar-25	10.00
2 Hour	Creative Problem Solving: Ethics, Innovation & Entrepreneurship	7-Mar-25	10.00
2 Hour	Living with an Electric Car - an Owner's Perspective	11-Mar-25	10.00
2 Hour	Art & Conversation: dream; nàte	11-Mar-25	0.00
2 Hour	Gardening for Tomorrow: Strategies for Climate Resilience	19-Mar-25	10.00
2 Hour	Finding Reliable Health Information on the Internet	24-Mar-25	10.00
2 Weeks	The French-Canadian Diaspora in North America & its Relationship in Quebec	1-Apr-25	15.00
2 Hour	Music is Medicine	2-Apr-25	10.00
2 Hour	Adventures in Using Technology to Study Boreal Mammals	8-Apr-25	10.00
2 Hour	Mount Paul Community Food Centre tour	9-Apr-25	10.00
3 Weeks	Unfolding: A Retrospective of Tricia Sellmer's Art Career	9-Apr-25	25.00
2 Hour	Come to the Concert: Vivaldi's Gloria	10-Apr-25	10.00
2 Hour	Confessions Elicited During Undercover Police Operations	10-Apr-25	10.00
3 Weeks	The Nature of Reality	15-Apr-25	25.00
2 Hour	Correction Service Canada: CORCAN's Employment and Employability Program	16-Apr-25	10.00
2 Hour	Watershed Habitat, Care and Restoration	24-Apr-25	15.00
2 Hour	Joseph Smith: His Life and Death - Zoom Class	30-Apr-25	10.00
2 Weeks	Rodgers & Hammerstein	1-May-25	15.00
2 Hour	Profiling the Military History of Kamloops	6-May-25	10.00
1 Hour	Exoplanets of the Trappist System	12-May-25	10.00
2 Hour	Artemisia Gentileschi: Her Art and Trials - Zoom Class	12-May-25	10.00
2 Hour	Champollion: Decipherer of Hieroglyphics - Zoom Class	14-May-25	10.00
2 Hour	Come to the Concert: Tchaikovsky's Symphony No. 5	15-May-25	10.00
2 Hour	Gail Anderson-Dargatz: On Writing Thrillers	21-May-25	10.00
2 Weeks	The Hare Krishna Faith and the Venables Valley Community	22-May-25	20.00
2 Hour	Art & Conversation: To be announced in KALS newsletter in the New Year	27-May-25	0.00

2 Hour	Exploring the Natural History of the Shuswap	28-May-25	10.00
9 Hour	Exploring the Natural History of the Shuswap (field trip)	29-May-25	5.00
2 Hour	Be a Friend of our Grasslands!	30-May-25	10.00
2 Hour	Turtles, Birds and other Critters in Pineview	1-Jun-25	10.00
2 Hour	Singapore, Malaysia and Tokyo for 3	2-Jun-25	10.00
9 Hour	Geology Tour	5-Jun-25	10.00
2 Hour	Art & Conversation: To be announced in KALS newsletter in the New Year	24-Jun-25	0.00

WINTER/SPRING 2025 Single Session Course Descriptions

The Red Bridge: Past, Present and Future(?)

\$10.00

Built in 1936, the recently burned down Red Bridge replaced two previously built bridges, and provided a critical connection between two cultures, and an essential transportation connection between Kamloops and the North Thompson communities. This presentation will tell the story of the historic Red Bridge, one of the few remaining wooden trestle bridges still in use until its demise September 19, 2025.

Instructor: Colleen Stainton

Min. 8 Max. 40

Dates: Thursday January 9, 2025 1:30PM-3:30PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

What a Little Service-Learning Can Do:TRU Professor and Students Share

\$10.00

Thompson Rivers University students (including International students) join their instructor in sharing their experiences volunteering in the community. In Introduction to Community Service-Learning, students volunteer for at least 24 hours with a local organization of their choosing. Presenters on this panel will reflect on how their course experiences impacted their work skills, personal development, and academic connections.

Instructor: Wendy Krauza

Min. 8 Max. 30

Dates: Friday January 10, 2025 5:15PM-7:00PM

Location: Thompson Rivers University|: OM 2517 - 805 Tru Way

A Backpacking Adventure at Age 69

\$10.00

Not only was I an inexperienced hiker, but at 69, I wondered how my body would manage hiking 10 miles a day, at altitude, carrying a 30-pound pack, crossing streams and rivers and sleeping in a tent. The John Muir Trail is a challenging and protected, long distance wilderness route in the Sierra Nevada Mountain Range in California, and I was offered an “opportunity” to join my friend Diane McKelvey on a fourteen-day journey into the unknown. By saying “yes”, I learned what my body was capable of, how to read a map, how to manage snow and river crossings, how to manage mishaps, how to manage caloric needs, how to appreciate people we met on the trail and how living in “awe” made me grateful for the wonders of nature and the power and joy of traveling with everything I needed on my back. My fearless and wise trail guide Diane and her son, Ian, helped make this an experience I will always treasure.

Instructor: Janice MacDonald

Min. 8 Max. 40

Dates: Wednesday January 22, 2025 1:30PM-3:30PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Come to the Concert: A Night with Dvorak, Ellington & Price

\$10.00

The first KSO concert of 2025 features four members of the Kamloops Symphony appearing in their much-experienced form as the Black Dog Quartet. What an exciting programme it promises to be—informative, eclectic and challenging. On the bill are composers Antonin Dvorak, Duke Ellington, and Florence Price. This class, like others in the Come to the Concert series, will help prepare your concert listening by playing excerpts from these works, providing background on their musical importance, and making room for questions and discussion. For instance, what special artistic experience results from our hearing the music of these particular composers side by side?

Instructor: Rod Michell

Min. 8 Max. 40

Dates: Thursday January 23, 2025 10:00AM-12:00PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

The Futures Laboratory **\$10.00**

Strategic Foresight: Discover the powerful discipline that sharpens your ability to anticipate and navigate multiple future scenarios. Join us to learn how strategic foresight prepares you for the unexpected and empowers you to shape tomorrow, starting today. In the Futures Laboratory, we'll explore possible future scenarios and examine the impacts of today's challenges — from Canada's immigration brand and the future of our economy to the evolving university landscape and the changing demographics and needs of our learners. Please join us in a creative adventure of looking ahead, building resilience and actively shaping what's next. Your future self will thank you!

Instructor: Angie Fleming & Dana Prymak **Min. 10 Max. 35**
Dates: Friday January 24, 2025 10:00AM-12:00PM
Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Drawing Botany Home **\$10.00**

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 **Min. 8 Max. 40**
Dates: Wednesday January 29, 2025 10:00AM-12:00PM
Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Wildfire & Drought: How Tree Rings may Tell the Story **\$10.00**

The increase in wildfire and drought prompts four ecological questions which are explored in this presentation. Are wildfires causing more severe ecological effects? Is forest resistance to wildfires and drought compromised? How do wildfires and drought interact to influence regenerating forests? Can forest and fire management practices better promote forest resilience?

Instructor: Dr. Jill Harvey **Min. 8 Max. 40**
Dates: Wednesday January 29, 2025 1:30PM-3:30PM
Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Collaborative Community Conversations **\$10.00**

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

Instructor: Arjun Singh **Min. 8 Max. 30**
Dates: Friday January 31, 2025 10:00AM-12:00PM
Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Being with Grief: Hospice, Bereavement & Mourning **\$10.00**

To share information about navigating grief, we will view a video about hospice and its goals in supporting the community. We will then discuss current theories and insights into grief and how the brain responds after a loss. From there, we examine the misconceptions about grief and how these myths hinder the grieving process. Next we explore the types of grief and healthy grieving, and the signs that should prompt concern. We finish up by identifying practical strategies to support yourself and/or a loved one in grief.

Instructor: Carol Weich **Min. 8 Max. 40**
Dates: Wednesday February 5, 2025 10:00AM-12:00PM
Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Come to the Concert: Mendelssohn's Scottish Symphony**\$10.00**

Two compositions for orchestra and two for the soprano voice make up the programme for February's Kamloops Symphony concert. To open, music for the orchestra's strings by Polish-Lithuanian composer Grazyna Bacewicz. To close, Symphony No.3 by Felix Mendelssohn — known as "The Scottish" the music is coloured in part by the composer's enthusiastic reactions to his Highland explorations there. Between these works we will hear the voice of emerging Canadian star, Élisabeth St-Gelais. The Innu soprano will perform the five Wesendonck lieder, Wagner's intimate exploration of love, and then the description of the sleeping Phidylé in the song of that name by French composer Henri Duparc. Join us to get more background, to listen to music excerpts, and to share your reactions.

Instructor: Rod Michell**Min. 8 Max. 40****Dates: Thursday February 6, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Art & Conversation: Ithin_eh_wuk**\$0.00**

For fifteen years, James Nicholas and Sandra Semchuk collaborated on a series of nationally exhibited photo-installations and videos which unveil the mindset and effects of colonialism through the lens of their remarkable intercultural marriage. This exhibition brings together for the first time a comprehensive selection of their collaborations, tracing their creative output from their initial meeting in 1993 until Nicholas's accidental death in 2007. Their work reveals a profound commitment to dialogue in which Semchuk's identity as the child of Ukrainian-Canadian settlers from Saskatchewan meets Nicholas's experiences as a Rock Cree man from Manitoba.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday February 11, 2025 10:00AM-12:00PM****Location: Kamloops Art Gallery - 465 Victoria St.**

Sugars and Stuff**\$10.00**

Sugar, ie. table sugar or sucrose, is probably the best-known of a large family of chemical compounds known as carbohydrates. This talk will look at topics related to sugar, such as sources, sweetness, history, refining, health effects, properties, uses, biological effects, etc. as well as related compounds (plus a few tangents!)

Instructor: Dave Mckinnon**Min. 8 Max. 40****Dates: Tuesday February 11, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

A Conversation with International Students**\$10.00**

This presentation is a gathering of voices from around the world through the International Student Panel. Each student brings a story of discovery- from new cultures to finding a sense of belonging. Hear their journey's and stories. Come with questions and leave with new perspectives. The panel will feature students from India, Vietnam, Mexico and Qatar.

Instructor: Deiveek Agarwal**Min. 8 Max. 30****Dates: Wednesday February 12, 2025 6:00 PM - 8:00PM****Location: Thompson Rivers University | OM 1330 - 805 Tru Way**

A Beginner's Guide to Chemistry**\$15.00**

Join Susan at BIG Little Science Centre to explore our world through the lens of chemistry. Everything you hear, see, smell, taste, and touch involves chemistry and chemicals (matter). With conversation, demonstrations, and hands-on activities, we will discuss matter and how chemicals are critical to our lives. Bring your questions and let's talk about elements/atoms, cleaning materials, long-term hazards, food, non-Newtonian fluids, and much more.

Instructor: Susan Hammond**Min. 8 Max. 30****Dates: Thursday February 20, 2025 1:30PM-3:30PM****Location: Big Little Science Center - 458 Seymour St.**

Stories of Hopeful and Resilient Futures**\$10.00**

Bala will share stories of hope and resilience in building communities. He will describe the on-going work with disaster-affected communities in Nepal, India, Sri Lanka, and BC. For example, many coastal villages in India and Sri Lanka fall under the Coastal Multi-Hazard Zone (CMZ), making them highly vulnerable to inundation due to sea erosion. The small-scale fishing communities are vulnerable to cyclones and floods. In addition, they are vulnerable to losing their rights to the sea, and fishing grounds are being destroyed because of industrial trawl fishing and climate change events. At the end of the presentation, Bala and the participants attempt to write their own stories of hope and resilience using narrative tools, and by doing so, we create collective hope and strength.

Instructor: Bala Nikku**Min. 8 Max. 35****Dates: Wednesday February 26, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Equity, Diversity and Inclusivity**\$10.00**

This is an interactive workshop designed to raise awareness and foster understanding of racism and discrimination. Participants will engage in discussions, practical activities, and reflection exercises aimed at uncovering biases, building empathy, and exploring actionable steps toward equity. This workshop creates a safe, open space for participants to deepen their awareness of social injustices and develop tools to promote inclusivity in their communities and workplaces.

Instructor: Paolo Bigit**Min. 8 Max. 40****Dates: Tuesday March 4, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Waste is a Global Issue**\$10.00**

Waste is a global issue. It's filling up our landfills, our oceans and it is contributing to climate change. In a world where resources are finite, we can't keep taking, making, and disposing of resources – eventually we are going to run out. Examine the City's waste system and the many ways to move towards a less wasteful society. Participants will explore the different waste streams and the various ways to reduce, reuse and recycle with hands-on activities, take aways and more.

Instructor: Marcia Dick**Min. 8 Max. 30****Dates: Thursday March 6, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Creative Problem Solving: Ethics, Innovation & Entrepreneurship**\$10.00**

In this talk we will explore creative problem solving as a method of innovation that can improve ethicality and sustainability of new products. Participants will learn about how to use these methods to begin creating their own innovations.

Instructor: Bruce Martin**Min. 8 Max. 40****Dates: Friday March 7, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Living with an Electric Car - an Owner's Perspective**\$10.00**

What's it like to own an electric car? This has been a common question Eric Littlely has encountered since buying an electric car 6 years ago. Many people are curious about this increasingly popular option, but have doubts and misgivings about the short and long-term ownership experience. There are numerous ideas out there about the plusses and minuses of electric car ownership, some of which are true, some are misconceptions and some are simply wrong. After 3 years and 100,000 km of electric driving, Dr. Littlely will discuss what the real ownership experience is like and can discuss the costs and benefits from the perspective of real life experience, and not simply speculation. Thinking about going electric but aren't sure about whether it's for you or not? Worried about cost, range, battery life, long range road trips? This course can provide answers to all of those. There will be ample time for audience questions.

Instructor: Eric Littlely**Min. 8 Max. 50****Dates: Tuesday March 11, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Art & Conversation: dream; nàte**\$0.00**

Casey Koyczan returns to Kamloops this winter to develop a new project as artist-in-residence in The Cube. As part of his creative process, Koyczan is piecing together imagery and narratives from a dream that brought him from Yellowknife, Northwest Territories, to Kamloops. Incorporating a sense of play and wonder, dream ; nàte evokes narratives and imagery that relate to the broader ways in which dreams allow us to process our experiences and can have an impact on the decisions we make in our daily lives.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday March 11, 2025 10:00AM-12:00PM****Location: Kamloops Art Gallery - 465 Victoria St.**

Gardening for Tomorrow: Strategies for Climate Resilience**\$10.00**

Join us for an engaging presentation on how to transform your garden into a resilient oasis amidst the challenges of climate change. We'll explore practical strategies for selecting climate-appropriate plants, implementing water-saving techniques, and enhancing soil health. Discover innovative design ideas and gardening practices that not only adapt to changing conditions but also promote biodiversity and sustainability. Together, we can cultivate gardens that thrive now and into the future!

Instructor: Megan Blackmore**Min. 8 Max. 40****Dates: Wednesday March 19, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Finding Reliable Health Information on the Internet**\$10.00**

Can you trust the health information you find on the Internet? In this session, participants will gain familiarity with some reliable health and medical information resources. There will be an opportunity for some hands-on searching. If participants feel comfortable, bring a tablet or smartphone to the session.

Instructor: Penny Haggarty**Min. 8 Max. 40****Dates: Monday March 24, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Music is Medicine**\$10.00**

People often refer to music as a type of “therapy”. Music is used as a way to express how you’re feeling, as a source of comfort, as a way to take you back to moments in your life, as a source of distraction and so much more. Have you ever been amazed at how you can somehow remember every word to an old song? In this class we are going to explore the world of Music Therapy and learn what is actually happening in our body and our brain when we experience music. You will leave the class knowing how incorporating music into everyday life can maintain/improve brain function throughout the natural aging process.

Instructor: Sierra Gladu**Min. 8 Max. 25****Dates: Wednesday April 2, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Adventures in Using Technology to Study Boreal Mammals**\$10.00**

As any naturalist is aware, wildlife is hard to find, let alone observe for long periods of time. This presents challenges in studying behaviour of animals in the wild and limits what research can and cannot be done. The current technological revolution is quickly changing this by providing ecologists with a range of new tools that can record detailed behavioural data continuously over large temporal periods. In this talk, I will share some of the adventures that I have had over the past 15 years developing and testing the use of some of these novel technologies (Fitbits and spy mics) to study behaviour of Canada lynx, snowshoe hares and red squirrels during the depths of Yukon winters. From frozen fingers and failed devices to lynx arguments and surprising behaviour, like any good adventure there has been a mixture of failures and successes and plenty of good stories, some of which I will share along the way.

Instructor: Emily Studd**Min. 8 Max. 40****Dates: Tuesday April 8, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Mount Paul Community Food Centre tour**\$10.00**

The Mount Paul Community Food Centre is a welcoming space for all. It was created in 2019 in response to the deep-rooted food insecurity issues in the Kamloops community. To help deal with these issues, the centre offers community meals, food skills classes, a community pantry, food hamper delivery, a market of affordable produce, garden programs, and supports for seniors. It serves on average between 750 and 1,000 people every week. The centre operates under the non-profit Interior Community Services and is part of a national network under Community Food Canada. The Mount Paul Community Food Centre was recognized as the Not For Profit of the Year in 2021 by the Kamloops Chamber of Commerce.

Instructor: Dawn Christie**Min. 6 Max. 20****Dates: Wednesday April 9, 2025 10:00AM-12:00PM****Location: Mount Paul Community Food Centre - 140 Laburnum St.**

Come to the Concert: Vivaldi’s Gloria**\$10.00**

A broad range of emotional responses come with the music in this, the penultimate concert of the Kamloops Symphony Orchestra’s season. The concert’s ending point is one of music’s celebratory high points, Vivaldi’s “Gloria.” But not before we have moved through more reflective emotional territory: Vaughan Williams’ “Tallis Fantasia” and “The Fruit of Silence” by Lithuanian composer Vasks. These and more recent works by American Jessie Montgomery and Kamloops-Canadian Stacey Brown are prelude to the triumph of “Gloria. To hear music excerpts, explore background and engage in discussion join us in April’s class.

Instructor: Rod Michell**Min. 8 Max. 40****Dates: Thursday April 10, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Confessions Elicited During Undercover Police Operations**\$10.00**

For serious crimes, typically murder, Canadian police have utilized undercover operations to elicit confessions. These operations typically involve recruiting suspects into fictitious crime organizations. The suspect is introduced to the "crime boss" with the goal of obtaining a video-recorded confession. Are these operations prone to eliciting false confessions? Are these confessions admissible in court? Can evidence from these operations unfairly bias jurors? We will view these obtained confessions and examine the legal and psychological issues pertaining to these operations.

Instructor: Sandra Vermeulen**Min. 8 Max. 40****Dates: Thursday April 10, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Correction Service Canada: CORCAN's Employment and Employability Program**\$10.00**

Correction Service Canada (CSC) is responsible for managing institutions of various levels of security and for supervising offenders under conditional release into the community. In his presentation, Donovan will address the second part of that mandate: the safe management of federal offenders in the community. He will then go on to describe CORCAN's Employment and Employability Program's role in promoting rehabilitation and reduced recidivism, its benefits and successes.

Instructor: Donovan Abbott**Min. 8 Max. 40****Dates: Wednesday April 16, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Watershed Habitat, Care and Restoration**\$15.00**

Join Gord Stewart at BIG Little Science Centre for an exploration of what a healthy watershed ecosystem looks like. We will discuss living and physical interactions of the environment and how they support each other. Examples of natural and human disruptions will be presented. We are not the only danger to a watershed (think hurricanes!). Restoration is possible, and Gord will present how that can be, and has been, done. There are many positive ways that people have helped out damaged natural systems with good results.

Instructor: Gord Stewart**Min. 8 Max. 30****Dates: Thursday April 24, 2025 1:30PM-3:30PM****Location: Big Little Science Center - 458 Seymour St.**

Joseph Smith: His Life and Death - Zoom Class**\$10.00**

Inspired by visions in the midst of the religious fervour that swept through America during the 1820s, Joseph Smith founded the Church of Jesus Christ of Latter-Day Saints (a.k.a. Mormonism) in New York in 1830. Harassed by neighbours, Smith led his flock westward, first to Ohio, then Missouri and, finally Illinois, where he founded the City of Nauvoo. Relentlessly persecuted by state authorities, he repeatedly appealed to the federal government to intervene. Then out of desperation, he ran for President of the U.S. in 1844. Eventually he was jailed, and while in prison, he was assassinated by a mob. Enjoy this class in the company of others or from the comfort of your home.

Instructor: Frank Nicholson**Min. 8 Max. 40****Dates: Wednesday April 30, 2025 10:00AM-12:00PM****Location: Zoom and Kamloops Sports Council - 1550 Island Parkway Dr**

Profiling the Military History of Kamloops**\$10.00**

Just prior to VE Day, the Kamloops Museum and Archives welcomes you on site to learn more about the military history of Kamloops. This class will delve into the history of the Rocky Mountain Rangers during the First and Second World Wars, as well as modern peacekeeping and combat operations. Learn more about Operation Cottage, the liberation of Kiska Island during the Second World War, commemoration and memory building, the Medok Pocket, Canada's largest combat operation between the Korean War and Afghanistan. Weather permitting, we may also visit the Memorial Hill Cenotaph.

Instructor: Meghan Stewart**Min. 8 Max. 30****Dates: Tuesday May 6, 2025 1:30PM-3:30PM****Location: Kamloops Museum and Archives - 207 Seymour St**

Exoplanets of the Trappist System**\$10.00**

This presentation will outline a bit of history in the search for the planets around other stars and the methods used to detect such planets. Following this, Joanne will focus on the detection of several planets around the star TRAPPIST-1 and what we know so far about these planets (and how they and the system as a whole compare to our solar system).

Instructor: Joanne Rosvick**Min. 8 Max. 40****Dates: Monday May 12, 2025 10:00AM-11:00AM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Artemisia Gentileschi: Her Art and Trials - Zoom Class**\$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: Monday 2025-05-12 1:30PM-1:30PM****Location: Zoom and Kamloops Sports Council - 1550 Island Parkway Dr.**

Champollion: Decipherer of Hieroglyphics - Zoom Class**\$10.00**

At the turn of the century, no one in the world had been able to read the writings of ancient Egypt for over a thousand years. Taking advantage of the discovery of the Rosetta Stone in 1799, European scholars set to work to solve the mystery but had been unable to. It wasn't until a French country lad who had taught himself to read at age five and had become a university professor while in his teens rushed into his brother's office exclaiming "I have done it" and then promptly fainted and fell to the floor. Enjoy the class in the company of others or from the comfort of your home.

Instructor: Frank Nicholson**Min. 8 Max. 40****Dates: Wednesday May 14, 2025 10:00AM-12:00PM****Location: Zoom and Kamloops Sports Council - 1550 Island Parkway Dr**

Come to the Concert: Tchaikovsky's Symphony No. 5 **\$10.00**

A combination of the familiar the unfamiliar, and the new makes up the programme that ends the Kamloops Symphony season. The unfamiliar is the "Suite on Ukrainian Folksong" by Ukrainian composer Boris Lyatoshytsky. The "new" is the very recent "Dark with Excessive Bright" by American composer Missy Mazolli, a concerto for double bass. The more "familiar" is Symphony No.5 by Tchaikovsky, in which the exultant ending comes as something of a surprise, especially to those who expect music of a Tchaikovsky perpetually steeped in Slavic gloom. For more such background, for discussion of these and other points of interest, and to hear music excerpts, join us in May.

Instructor: Rod Michell **Min. 8 Max. 40**

Dates: Thursday May 15, 2025 10:00AM-12:00PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Gail Anderson-Dargatz: On Writing Thrillers **\$10.00**

Spend an hour or so with two-time Giller Prize finalist Gail Anderson-Dargatz as she discusses her two thrillers, "The Almost Wife" and "The Almost Widow". Gail will talk about the joys and challenges which are what drove her to change genres. She has been asked to bring a few copies of the two novels to the class.

Instructor: Gail Anderson-Dargatz **Min. 8 Max. 40**

Dates: Wednesday May 21, 2025 1:30PM-3:30PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Art & Conversation: To be announced in KALS newsletter in the New Year **\$0.00**

Details to come. Visit KAG.BC.CA for more information.

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

Dates: Tuesday May 27, 2025 10:00AM-12:00PM

Location: Kamloops Art Gallery - 465 Victoria St.

Exploring the Natural History of the Shuswap **\$10.00**

This course will explore the natural history of the Shuswap area, looking at aspects of the geology, physical geography, forests and wildlife found in the area. This class is open to all but a prerequisite for those attending the fieldtrip the following day.

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

Dates: Wednesday May 28, 2025 10:00AM-12:00PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Exploring the Natural History of the Shuswap (field trip) **\$5.00**

For the day in the field, attendees will carpool from Kamloops (leaving approximately 9:00 am) and travel along the East Shuswap road to Chase and then along the TransCanada highway to the Squilax Anglemont Rd. After visiting Tsútswecw Park (Roderick Haig Brown) Park. The trip will backtrack to the TransCanada highway and finish at the Marine Peace Park in Salmon Arm before returning home, with a planned arrival at 6:00 pm. Attendance at the classroom session, Wednesday 28th, is a prerequisite to the field trip. For carpooling, meet at the Shoppers Drug Mart parking lot in Valleyview shopping centre at 9:00am. Please consider sharing the cost of gas.

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

Dates: Thursday May 29, 2025 9:00AM-6:00PM

Location: Field trip

Be a Friend of our Grasslands!**\$10.00**

This day will consist of several stops along the Lac Du Bois road taking us through the Lower, Middle and Upper grasslands. The walking will be light to each stop, so anyone can partake in this day. We will begin at the parking area right beside Bachelor Heights in the lower grasslands. This will give us a chance to learn about the history of this area and a little of the ecology of Temperate Grasslands in BC. This is the lowest elevation and the hottest, driest area. The next stops will be the middle grasslands. We will visit a very old enclosure and learn about the vegetation in this area. We will also stop to look at the ponds and note their importance in the grasslands. Our final stops will be in the upper grasslands. We will stop at Lac Du Bois itself and learn about the contributions of the Nature Conservancy Canada in this area. If we have time, we will make one final stop just to see if the lilies are in bloom. What a treat! Wear good footwear and bring water bottles and a snack if you like, and you might like to bring your cameras.

Instructor: Peggy Broad**Min. 8 Max. 20****Dates: Friday May 30, 2025 10:00AM-12:00PM****Location: Parking area right beside Bachelor Heights**

Turtles, Birds and other Critters in Pineview**\$10.00**

Pineview Valley nature experience: Join naturalists who reside in the neighborhood to learn about the rich variety of life in the area 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. Meet at the entrance to Pineview Nature Park (the intersection of Hugh Allan Drive and Copperhead Drive.)

Instructor: Bill Gilroy and Patricia Spencer**Min. 8 Max. 15****Dates: Sunday June 1, 2025 10:00AM-12:00PM****Location: Pineview Nature Park**

Singapore, Malaysia and Tokyo for 3**\$10.00**

My wife, Sonoko, and our teenage daughter, Saya, travelled to Singapore, Malaysia, and Tokyo for a few weeks in November. Because of time constraints and our differing interests, this presentation will offer more of an intermittent view of these three destinations rather than a comprehensive overview. That being said, I believe there is much from our experience that will be interesting, informative and engaging to many of you.

Instructor: Bruce Thomson**Min. 8 Max. 40****Dates: Monday June 2, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Geology Tour**\$10.00**

Did you know, there are tiny rice-sized fossils called fusulinids that originated near the Tethyan sea many millions of years ago, and are found in rocks near Cache Creek? We will plan to visit, look and learn about these incredible fossils as well as other interesting geology-related stops on this educational field trip. The field trip will be a full day event and will run between Kamloops and the Cache Creek / Clinton area. There will be a limit on the number of vehicles and car pooling will be required. We hope you will come join us on this geological learning adventure! Dress for the weather and bring your own food and drinks. Meet at the Kamloops Cineplex parking lot in the Aberdeen Mall at 9:00 to arrange carpooling. Please consider sharing the cost of gas.

Instructor: Royanna Wild**Min. 5 Max. 12****Dates: Thursday June 5, 2025 9:00AM-6:00PM****Location: Field trip**

Art & Conversation: To be announced in KALS newsletter in the New Year**\$0.00**

Details to come. Visit KAG.BC.CA for more information.

Instructor: Emily Hope**Min. 8 Max. 15****Dates: Tuesday June 24, 2025 10:00AM-12:00PM****Location: Kamloops Art Gallery - 465 Victoria St.**

WINTER/SPRING 2025 Multi Session Course Descriptions

Creative Memoir Writing

\$25.00

You've a story that's haunting you to tell, but you wonder, is it worthy? How do I begin? Is there a simpler way to make this happen? Or maybe, is my family going to disown me when they see what I have to say? During this course, you will experience a variety of memoir writing options, discover your best way to get your story told, and create a doable plan to make it happen.

And yes, telling your story is worthy...beyond a doubt.

Instructor: Janet Whitehead

Min. 8 Max. 20

Dates: Wednesday January 8, 2025 - January 22, 2025 10:00AM-12:00PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

News & Views

\$50.00

Do you like to talk about the news stories of the week? If you do, we invite you to join moderator Ray Pillar 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 about the issues 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 January 10, 2025 - March 28, 2025 1:30PM-3:30PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Taoist Tai Chi

\$30.00

Taoism teaches that health comes when body, mind and spirit work together in harmony. Taoist Tai Chi practice is a moving meditation that reduces stress and helps you find joy. Develop a mind that is dynamic yet clear and calm and a spirit that is resilient yet light and peaceful.

Wear comfortable loose clothing and comfortable indoor shoes.

Instructor: Danita Howard

Min. 14 Max. 15

Dates: Tuesday January 21, 2025 - February 11, 2025 1:00PM-3:00PM

Location: Heritage House, Riverside Park - 100 Lorne St.

Read the Manual: Exploring the Human Hand in Fiction and Culture

\$15.00

You would be hard-pressed to find a symbol in speech and writing that is used more often, and with more variety, than the human hand. It at once represents desire ("I wanna hold your hand"), transgression ("caught red-handed"), and control ("take in hand").

Instructor: Sunnie Rothenburger

Min. 8 Max. 30

Dates: Tuesday February 18, 2025 - February 25, 2025 1:30PM-3:30PM

Location: Kamloops Sports Council - 1550 Island Parkway Dr.

Meditation: Waking up and Coming Home to Ourselves**\$15.00**

In the calming, restrictive setting of the Shambala studio, this three session "Introduction to Meditation" will familiarize participants with the principles and practices of Shambala meditation. Simple instructions and support will guide you into learning how Mindfulness, Meditation Practice, called "Peaceful Abiding" can become part of one's life, revealing our innate stability, strength and clarity of mind. We look at "What is meditation, and what is the great myth of meditation? We learn the most effective techniques for practicing sitting meditation; walking meditation; the obstacles to meditation and how to overcome them as well as the amazing benefits of meditation. We learn how to set up a situation in our home that invites us to continue an ongoing, consistent meditation practice. And we learn how to bring mindful awareness into our everyday lives which is called Meditation in Action.

Instructor: Evelyn Vipond-Schmidt**Min. 8 Max. 25****Dates: Monday March 3, 2025 - March 17, 2025 6:30PM-7:30PM****Location: Shambala Center - #4-231 Victoria St.**

Fiction around Kamloops: Interior Stories**\$30.00**

The BC Interior has been the setting for several important novels and novellas, both in the 20th Century and more recently. The place we inhabit informs who we are. We will explore three short novels that explore area landscape at different times in history: Sheila Watson's *The Double Hook* (1959) Ethel Wilson's *Swamp Angel* (1954) and Theresa Kishkan's *The Weight of the Heart* (2020). These works will be available through the instructor, who will contact registrants with details well before the class begins. Shorter works (such as a poem or two) may be introduced and made available in our first class.

Instructor: Ginny Ratsoy**Min. 8 Max. 30****Dates: Thursday March 6, 2025 - March 27, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

The French-Canadian Diaspora in North America & its Relationship in Quebec**\$15.00**

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

Instructor: Dr. Gilles Viaud**Min. 8 Max. 30****Dates: Tuesday April 1, 2025 - April 8, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Unfolding: A Retrospective of Tricia Sellmer's Art Career**\$25.00**

A retrospective in three parts, the lecture series, *Unfolding*, will explore the events, influences and inspirations that have motivated and shaped Tricia Sellmer's artistic career. Tricia, in her own words, will share her life experiences, present her images and discuss the many projects that have defined her creativity and passion for contemporary dialogue. She invites audience members to engage in questions that lead to thoughtful conversations.

Instructor: Tricia Sellmer**Min. 8 Max. 40****Dates: Wednesday April 9, 2025 - April 23, 2025 1:30PM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

The Nature of Reality**\$25.00**

Karl's first presentation will be about the nature of reality and how each of our realities is subjective and can be modified by changing the belief of the observer. In the next 2 sessions, Carl will expand on the methods shamans, magician and witches use to change beliefs. There will also be a reference to modern physics and quantum mechanics which have changed the way modern scientists perceive reality.

Instructor: Karl Meyer**Min. 8 Max. 20****Dates: Tuesday April 15, 2025 - April 29, 2025 10:00AM-12:00PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Rodgers & Hammerstein**\$15.00**

Rodgers and Hammerstein was a theatre-writing team of composer, Richard Rodger's and lyricist- dramatist, Oscar Hammerstein. Their popular Broadway production musicals in the 1940s and 1950s initiated what is considered the "Golden Age" of musical theatre. Five of their Broadway shows, "Oklahoma", "Carousel", "South Pacific", "The King and I" and "The Sound of Music" were outstanding successes. Join Julie, who will regale participants as she delves into Rodgers and Hammerstein's lives and plays lots of their music.

Instructor: Julie Simmons**Min. 8 Max. 40****Dates: Thursday May 1, 2025 - May 8, 2025 1:30AM-3:30PM****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

The Hare Krishna Faith and the Venables Valley Community**\$20.00**

Session 1: Introduction to the Venables Valley and Mantra Music Event:

Join us for an introductory event that will delve into the details of the beautiful Hare Krishna community in Venables Valley. This session is a prerequisite for anyone interested in visiting the valley on May 29th. The event will feature a presentation about the community, accompanied by live, traditional, meditational music. This will provide a unique opportunity to experience the culture and spirituality of the Hare Krishna community.

Session 2: Tour to Venables Valley: Exploring the Hare Krishna Village, also known as Saranagati Village. The name "Saranagati" means surrender to the Lord, and the approximately 30-35 families residing there live by the principle of surrendering the results of their actions to the service of Lord Krishna. The village features a stunning temple, a goshala (a shelter for protected and worshiped cows), and a school that is aligned with the BC school district and also teaches according to the ancient traditions of India. Remarkably, the entire community lives off the grid, without access to gas or water lines. Some families have been residing here for over 45 years. Many community members also engage in small-scale farming, growing their own basic produce. They have had some success with growing wheat and look forward to expanding their efforts in the future. The community is known for its simple, vibrant, and colorful culture. Regular programs and gatherings are organized, attracting many visitors who come to witness the community's warmth and hospitality. To carpool, meet at Cineplex parking lot in Aberdeen Mall at 10. Please consider sharing the costs of gas. We look forward to welcoming you to Venables Valley and sharing the beauty of our community with you.

Instructor: Hari Vyas**Min. 10 Max. 40****Dates: Thursday May 22, 2025 - May 29, 2025 1:30PM-3:30PM & 12:00PM-****Location: Kamloops Sports Council - 1550 Island Parkway Dr.**

Kamloops Adult Learners Society

Angie Fleming	Angie Eriko Fleming (she/her) is a Planning & Foresight Consultant, Integrated Planning and Effectiveness. She brings skills in data, design and systems-thinking to her current work at TRU.
Arjun Singh	Arjun spent 14 years on Kamloops City Council and is a past President of the Union of BC Municipalities. He is a trained facilitator. Arjun is the Executive Director of the Kamloops Local News Society which publishes the new Kamloops Chronicle newspaper. Through his consulting practice, Better Citizen Consulting, he is fortunate to continue to work on innovative, ambitious, and hopeful projects all across BC.
Bala Nikku	Bala Nikku, PhD, a racialized social work teacher, scholar, and practitioner, came to Canada in 2018. He is an Associate Professor in the Faculty of Education and Social Work at TRU. Before coming to Canada, Dr. Nikku taught social work at universities in Nepal, India, and Malaysia. He teaches and researches international social work, disaster resilient futures, climate justice, immigrant rights, and social work practice innovations. Email: bnikku@tru.ca
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 and aquatic invertebrates). From 1991 to 1998, Bill was Education Director at BC Wildlife Park. He is currently a member of a team working to protect Python Lake in Pineview.
Bruce Martin	Bruce is a Professor of Human Enterprise and Innovation at TRU where his teaching and research focus 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 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.
Bruce Thomson	Bruce has a case of wanderlust and loves to travel to places both on and off the beaten path, but prefers off that path. He has been fortunate in his life to have travelled to visit, or to work in, many countries in Europe, the Americas and Asia. Bruce has shared his adventures with us in several KALS classes.
Carol Weich	As a mature student, Carol obtained a Master of Education in Counseling at TRU in 2017. Soon after, she joined Kamloops Hospice as a grief counsellor. As part of the grief support team, she provides patient-centred care to patients at Hospice, their families, palliative patients in the community, and she offers support to members of the community after the death of a loved one. Carol will be joined by Pamela Young, Patient & Family Liaison and Ashley Digeso, Volunteer Coordinator.
Colleen Stainton	After retiring to her hometown, Kamloops, Colleen has done research to reveal the history of several Kamloops projects. As part of the Communities in Bloom Bicentennial Committee (2012), she researched the history of the Red Bridge as part of the Lorne Street Entrance Project. This then led to the West End. Then working with Northshore Business Improvement Association (NSBIA), she conducted research for all Kamloops' bridges. Other NSBIA stories include Kamloops Golf Course, McDonald Park, and McArthur Park. Just completed are the history of movies and movie projection in Kamloops for the upcoming 70th anniversary of the Paramount in 2025. In progress for Colleen are North Kamloops and Fruitlands.

Dana Prymak	Dana Prymak is Associate Director, Planning and Foresight, exploring the Future of Learning and Higher Education. Together they will lead and facilitate strategic planning initiatives and oversee the development and implementation of strategic foresight methodologies to anticipate future trends and challenges.
Danita Howard	Danita Howard has been practicing Taoist Tai Chi Arts since 1998 and has been leading sessions in Ashcroft and Kamloops for 15 years. Danita now lives in Kamloops and continues to train in the Taoist tradition. She enjoys the many benefits her practice brings to all aspects of her life.
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 Christie	Dawn Christie is the manager of the Mount Paul Community Food Centre. She has worked in the social services sector for 20 years and has dedicated the last eight years to starting and growing the first Community Food Centre in BC. As a long-term resident of Kamloops, Dawn recognizes the importance of an equitable and sustainable food system for all.
Deiveek Agarwal	Deiveek is from Assam in the northeastern part of India. He came to TRU in 2021 as a boy of 17. He is currently enrolled in the Bachelor of Communications and Digital Journalism program, majoring in Public Relations. You will also hear Deiveek's story.
Donovan Abbott	Donovan Abbott is a Community Employment Coordinator for Correctional Service of Canada, and he is responsible for the supervision and safe management of federal offenders in the community.
Dr. Gilles Viaud	Dr. Gilles Viaud is an urban and social geographer recently retired from the Department of Environment, Culture and Society at TRU, where he taught for 25 years. He holds BA and Master's degrees from Universite Laval in Quebec City and a Ph.D from the University of Saskatchewan in Saskatoon. Gilles has been a member of the Board of Directors of the Association Francophone de Kamloops since 2000, and served as its president from 2000-2013.
Dr. Jill Harvey	Jill is Canada Research Chair in Fire Ecology and Assistant Professor in the Department of Natural Resource Sciences at TRU. She conducts research in the areas of forest ecology, including historical wildfire regimes, the effects of recent wildfires on vegetation regeneration, and the effects of drought on trees and forests.
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 in that same year. Either Emily or her colleague leads in a conversational exploration of the pieces in each exhibition.
Emily Studd	Emily is a wildlife ecologist and an Assistant Professor at TRU. After a childhood of spending countless hours watching anything and everything that moved in the Ottawa Valley, Emily realized that they could make a career out of watching wildlife and has spent the last 15 years living and studying animal behaviour across Canada including a substantial amount of time in the Klune region of the Yukon. They are excited to now be based in Kamloops where they are slowly establishing a research lab on both local and northern ecosystems. When not at the university, they can be found exploring the local wilderness by foot, by bike, or by canoe with a camera or pair of binoculars close at hand.

Eric Littley	Eric Littley is the retired Chair of Biological Sciences at TRU, and a life-long car enthusiast. He worked in agriculture and post-secondary education for his career, but has had an abiding interest in clever technological innovations, especially those with an environmental focus.
Evelyn Vipond-Schmidt	This course is taught by Evelyn Vipond-Schmidt who is a long time meditator of over 40 years. She has studied and continues to study with Buddhist teachers as part of her journey thus experientially knows the power and benefit of meditation. She is the Co-ordinator of the Shambhala Meditation Group of Kamloops. Evelyn was an Art Teacher in the Kamloops District for many years as well as Faculty in the Education Department at TRU.
Frank Nicholson	Frank lives in Toronto, where he earned a PhD in history from the University of Toronto. Since retiring, he has been very active in Canada's later-life learning movement, leading twenty peer-learning study groups at two organizations, one in Toronto, and 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 has mounted a monthly transatlantic public affairs discussion forum with participants from Canada, the UK, the US and Ireland. Frank has led many zoom classes for KALS.
Gail Anderson-Dargatz	Gail is an internationally recognized author with a diverse body of work spanning multiple genres. Her novels "The Cure for Death by Lightning" and "A Recipe for Bees" were both short-listed for Scotia Bank Giller Prize. Her thrillers, "The Almost Wife" and "The Almost Widow" were national bestsellers. Gail also writes hi-lo for the educational market. Visit her website at gailanderson-dargatz.ca
Ginny Ratsoy	Ginny Ratsoy, TRU Professor Emerita, taught at universities for over 40 years, with the drama and fiction of BC as one of her specialties. She 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 program coordinator, and a board member for KALS.
Gord Stewart	Gord, Executive Director with BIG Little Science Centre, has an extensive background in fisheries and environmental science and loves everything outdoors. His experience and stories always make for an entertaining program.
Hari Vyas	Born and raised in India, Hari completed his degree in electrical engineering. However, an inner inspiration led him to dedicate several years to a monastic life. He spent around five years leading a simple life of austerity and celibacy, traveling to preach and share the message of the Bhagavad Gita. Hari later left the temple and immigrated to Canada to pursue his master's degree. He has since worked in the banking industry as a financial advisor for over eight years, currently with Edward Jones in Kamloops. In addition, Hari serves as a Hindu chaplain at Thompson Rivers University (TRU) and teaches the ancient traditions and culture of India.
Janet Whitehead	Janet is a professional life and creativity coach who has helped numerous authors worldwide get their written works completed and published. She is the author of her own published memoir, "Beyond All Imaginings", and several unique memoirs created within her family. Janet was also the owner/curator of Writerly Kits- a subscription box service for writers, and she hosts weekly writing sessions with her Damn Book Done group.
Janice MacDonald	Janice MacDonald is a retired Oncology nurse with a life-long commitment to family, fitness and community. She has enjoyed the pleasure of traveling and experiencing other countries and cultures throughout her retirement years.

Joanne Rosvick	Joanne earned a B.Sc. in physics (with distinction) from the University of Alberta in 1987. Following this she was accepted to the University of Victoria where she completed an M.Sc. and a PH.D. in astronomy in 1990 and 1996, respectively. Her focus was on star clusters and stellar formation and evolution.
Julie Simmons	Julie has a Bachelor of Arts degree and a Bachelor of Education degree from Memorial University in Newfoundland. Her passions in life (besides her husband, Rodney) include musical theatre, Disney and Christmas. Since 2017, she has been 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”.
Karl Meyer	Karl trained as a Mechanical Engineer, then switched to computers and then to Project Management, specializing in Pharmaceutical compliance. While living in South America, he studied with different shamans and healers. His shaman name is Two Ravens. He taught meditation at the Toronto library system and did a seminar on Reincarnation in London, Ontario. He believes in Continuous Learning at any age.
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.
Marcia Dick	Marcia has been working in the solid waste industry for over 20 years. She is currently the Solid Waste Reduction Coordinator, and she oversees the City’s curbside collection for recycling and organics programs. Marcia sits on the Board of Directors with the Recycling Council of British Columbia where she has a keen interest in her role on the policy committee. She is passionate about all things waste and loves to walk the talk by reducing her family’s eco-footprint.
Megan Blackmore	Megan is a certified horticulturalist and a Thompson-Shuswap Master Gardener. As an avid naturalist, she volunteers with the Kamloops Naturalist Club, TRU Friends of the Garden, and Living Lakes Canada. She is dedicated to promoting sustainable practices and providing support to gardeners in her local community.
Meghan Stewart	Meghan is the Museum Educator at the Kamloops Museum and Archives. She holds an MA in history from Carlton University where her focus was on peacekeeping in the Canadian War Museum, as well as an Honours BA in history, where her work focused on commemoration of the Second World War in Russia. Her research interests include commemoration and collective memory, peacekeeping in the 1990’s, and the ways in which museums create and share history.
Paolo Bigit	Paolo Bigit, Diversity Outreach Coordinator at Kamloops Immigrant Services, is dedicated to promoting equity, diversity, and inclusion in our community. With experience in outreach and advocacy, Paolo’s workshops empower participants to address racism and discrimination, fostering inclusivity and understanding across cultures.
Patricia Spencer	Patricia Spencer is a retired teacher and environmental educator, who has done volunteer work in water stewardship, sustainability and environmental advocacy. Patricia is a member of the recently-formed Pineview Trails and Environment Committee.
Peggy Broad	Hello, my name is Peggy-Jo Broad. Although my family is from Ontario, we moved to BC when I was five years old. After living on Vancouver Island and the Sunshine Coast for five years, my family moved to Kamloops, and I have spent my life in grasslands ever since! My formal education at UBC was in Forest Ecology. I have been teaching Natural Resource Science students at TRU about Grassland ecosystems for over thirty years now. I am also an avid gardener, and I teach courses in Food Systems and Dendrology. I love to share my passion for our natural resources with people, paint the flowers that emerge each season and walk my dogs in the great outdoors.

Penny Haggarty	In 2021, Penny Haggarty embarked on the next chapter of her life after working as a professional librarian for forty-three years. She is enthusiastic about lifelong learning, and currently serves as KALS secretary and member of the Publicity Committee.
Ray Pillar	Ray Pillar is a retired TRU 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. Ray has led the KALS weekly News & Views class for 13 years, and in 2020, he received KALS volunteer award for dedicated service.
Rod Michell	Rod holds a Master's degree in English Literature from Oxford University. Now retired, Rod taught for 38 years at TRU, and before that, he taught for several years at Selkirk College. Rod has been teaching KALS classes for 18 years and has taught at least one and often two courses in every semester over those 18 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.
Sandra Vermeulen	Dr. Sandra Vermeulen completed her PhD in Psychology at Simon Fraser University where her subdiscipline was psychology and the law (experimental forensic psychology). She is a retired TRU 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.
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.
Sierra Gladu	Sierra Gladu is a certified practicing music therapist from Kamloops. After graduating with her Bachelor of Music Therapy from Capilano University in 2019, Sierra returned to her hometown of Kamloops to establish her private practice. Sierra works at multiple long term care facilities throughout her community, providing music therapy to older adults and to adults with developmental and physical disabilities. Sierra uses her personal ideology of social justice and promoting feminism to guide her practice, and she is deeply passionate about advocating for her clients and the benefits of music therapy.
Sunnie Rothenburger	Dr. Sunnie Rothenburger has worked as a writer, editor, and university instructor. Her work ranges from blogs about zombies and Star Wars, to newspaper dispatches and D-Day speeches, books about digital technology, and academic analyses of the TV series Once Upon a Time. She is currently a researcher and writer for the CEO of a software company, where she muses about whether her role will one day be performed by A.I. Sunnie holds a certificate in Adult Learning from Conestoga College and a PhD in English from Dalhousie University. Her previous teaching for KALS has included courses on children's literature, Jane Austen, and Sherlock Holmes.
Susan Hammond	Susan is a teacher with BIG Little Science Centre. She is a naturalist, biologist and science educator who enjoys introducing people to and creating a passion for nature and science.
Tom Dickinson	Tom Dickinson is a retired Dean of Sciences at TRU and is a long time KALS presenter. His classes focus on the flora, fauna, and natural history of our region.

Tricia Sellmer

Tricia Sellmer is a multi-layered, multi-medium, Contemporary Canadian visual artist working primarily within the parameters of painting and drawing. For the past thirty years, she has concentrated on making the invisible visible and finding the extraordinary in the ordinary. Her paintings and drawings explore the inner and hidden workings of a garden, the sensuousness and shifting patterns within a landscape and the organic textural abstractions of surfaces. From time to time, she will step away from the easel and use text and mixed media to convey her thoughts, ideas and narratives. As an independent working artist, she also writes, lectures and curates projects and exhibitions. She holds four degrees from three universities and has participated in numerous residencies. Her works hang in collections throughout North America, Europe, Mexico and South Africa.

Wendy Krauza

Wendy Krauza is a faculty member in TRU's School of Education and Social Work with a long history of involving her students in community service-learning, as well as volunteering herself. Wendy and students who have completed Introduction to Service-Learning will share their experiences in this community-engagement experiential learning model.
