



VANCOUVER ISLAND
UNIVERSITY

POWELL RIVER

Continuing Education & ElderCollege

SPRING & SUMMER 2017 CALENDAR

POWELL RIVER CAMPUS

Where Learning Matters!





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3 EASY WAYS TO REGISTER

Call us:

604.485.2878 or 1.877.888.8890

Drop by:

100 – 7085 Nootka Street, Powell River

Online: pr.viu.ca

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In-class Continuing Education

Introduction to Chinese Language and Culture

Learning to speak Mandarin can help you experience Chinese language and culture and appreciate the benefits of cultural diversity. Whether you want to learn Mandarin Chinese for business, travel, or just for fun, you will learn the basics at this informal, practical, and interactive course. The course focuses on Mandarin Chinese language skills and Chinese cultural characteristics. Selected topics and situations come from real-life scenarios and can be used for everyday communications. No prior study of the language is required.

LLCH 001 S17R01

Instructor: Coco Kao

6 sessions

Thu, Feb 2 – Mar 9; **6:30–8:30pm**

\$143 +GST

Pre-registration required by: Thu, Jan 26, 2017

Introduction to Chinese Language and Culture – Level 2

The course aims to introduce students to a basic knowledge of Mandarin and Chinese culture in such a way as to facilitate inter-cultural communication with Chinese people. It also provides students with the fundamental concepts of Chinese geography, history, language and traditions. Comfort with reading Chinese Mandarin pin-yin, pronouncing Mandarin tones, and basic Mandarin grammar are required.

LLCH 002 I17R01

Instructor: Coco Kao

6 sessions

Thu, Apr 13 – May 18; **6:30–8:30pm**

\$143 +GST

Pre-registration required by: Thu, Apr 6, 2017

Foodsafe Level 1

A must for kitchen staff and dining room attendants but worthwhile for anyone who handles food. You will learn about illnesses, personal hygiene and health, serving food, food protection and preparation, receiving and storing food safely, and ware washing and storage methods.

Student must attend the full session.

QFOO 001

Instructor: Dan Glover

\$99 + lab fee \$25

Choose one of the following:

S17R01: 1 session.

Sat, Mar 18; **9am–4:30pm**

Pre-registration required by: Mon, Mar 6, 2017

I17R01: 1 session. Sat, Apr 22; **9am–4:30pm**

Pre-registration required by: Mon, Apr 10, 2017

Wildland Fire Fighting Training

Our 10-day training program prepares you for the challenging job of forest fire fighting and provides you with the basic knowledge and skills to combat wildfires. Successful participants will leave with the certification required to apply to the Ministry or to Wildland Fire Fighting Contractors to gain employment as a wildland firefighter. The training will cover Leadership and Teambuilding, OFA Level 1, Transportation Endorsement, S100 Certification (basic fire suppression & safety, fire line communications, portable pumps and water delivery, burn off and back burning), Helicopter Safety Awareness, GPS & Fire Mapping, Basic Chainsaw Operator, WHMIS, and TDG Training.

WLFF 001 S17R01

10 sessions

Mon - Fri, Mar 13 - 24; **8:30am–4:30pm**

\$2700. Includes all safety gear required (chaps, hardhat assembly, pressure bandage, whistle, Hi-Vis shirt, safety boots), and bagged lunch each day.

Seats are limited

Introduction to Carpentry



Gain skills in carpentry and woodworking by starting with a solid foundation of knowledge and skills. Taught by a qualified instructor, this course gives the new trainee a grasp of the basics of carpentry. Learn safety practices for common woodworking hand tools and power tools. Practice using the wood working tools while building a glass-door cabinet using the correct materials, tools, equipment, and procedures. Completing this course will open the door to more advanced carpentry classes. No pre-requisite required for this course.

Please note: Students will need to wear sturdy walking shoes; composite toe caps will be provided. No open-toed shoes allowed.

Additional Expenses

Students will need to bring safety glasses.

ICAP 001 S17R01

Instructor: Gary Huculak

4 sessions

Sat, Feb 18 – Mar 11; **9am–12pm**

\$145 + materials \$40 +GST

Seats are limited

Making Your Own Stretched Canvas



Craft your piece of canvas so that you can create a work of art! Taught by a qualified instructor, this course gives you the basic knowledge and skills required to make your own wood frame and stretched canvas using woodworking hand tools and power tools. The session will include cutting stretcher parts (measuring and use of power miter saw), assembling the stretcher (pneumatic brad nailer use and how to square the frame), and stretching and securing raw canvas and learn two corner details. No pre-requisite required for this course.

Please note: Students will need to wear sturdy walking shoes; composite toe caps will be provided. No open-toed shoes allowed.

Additional Expenses

Students will need to bring safety glasses.

CANV 001 I17R01

Instructor: Gary Huculak

1 session

Sat, Apr 8; **9am–1pm**

\$54 + materials \$35 +GST

Seats are limited

Introduction to Welding to Make Metal Sculptures



Are you interested in Welding? Do you want to make metal sculptures? Under the close supervision of a qualified welder this course can give you skills to apply to art projects. It is designed to help individuals with little or no welding experience develop a level of competency in Metal Working, Fitting, Bending and Gas Metal Arc Welding (GMAW or MIG) as well as appropriate safety procedures. No pre-requisite required for this course.

Please note: Students will need to wear sturdy walking shoes; composite toe caps will be provided. No open-toed shoes allowed.

Additional Expenses

Students will need to bring safety glasses and leather welding gloves. A welding jacket or heavy duty jacket is recommended.

IWEL 001 S17R01

Instructor: Heather Wall

15 sessions

Tue and Thu, Jan 31 – Mar 21; **6–8pm**

\$350 + materials \$80 +GST

Seats are limited

Non-Toxic Lithography



This workshop will instruct participants in an alternative method to the lithography medium. Attendees will be presented with an introduction to the process and will learn a quick and simplified method of creating lithographic prints using basic household materials. Participants will be instructed step by step in the process and will be given access to a printing press in order to create prints of their own.

Participants will supply their own materials which consist of: 8"x 10" sheet of plexiglass, heavy duty aluminum foil, masking tape, lithography crayon, scrubber pad/steel wool, vegetable oil, white vinegar, cola (think coke), sponge, lithography ink, and spray bottle.

NOTE: In compliance with Workshop Health and Safety regulations, all participants must bring their own aprons, nitrile gloves and wear closed-in shoes.

LITH 001 S17R01

Instructor: Stanley Darland

6 sessions

Thu, Mar 2 – Apr 6; **6–8pm**

\$115 +GST

Seats are limited

Drawing 201



This class is open to those with drawing experience who wish to take their practice to a new level. The focus will be on completing drawings that challenge the individual. We will explore the concepts of design and composition through exercises including still life, figure study and copying the masters as well as photographs. A variety of approaches, techniques and materials will be considered. This is a hands-on class with regular assignments and critiques. Please enroll early: we had to turn away late registrants for Rick's last class. Materials list will be available at registration.

Additional Expenses

Participants will be asked to pay a small fee towards renting a model.

DRAW 002 S17R01

Instructor: Rick Cepella

6 sessions

Tue, Feb 21 – Mar 28; **6–8:30pm**

\$153 +GST

The Contemplative Stitch Series

Slowing down the production, reconnecting to the creative: the Contemplative Stitch series introduces participants to the Zen of hand stitching. Through the application of a few basic stitches, participants will discover the joy in working with stitch to create decorative, functional and story-filled pieces. This series is perfect for beginners or seasoned sewers. No sewing machines or technology are required, just a curiosity and a desire to slow things down. Building on each of the Contemplative Stitch sessions, participants will have the opportunity to apply the basics and explore the revival of traditional stitch techniques, while applying them for functionality, embellishment and even a little stress therapy!

Additional Expenses

Students are required to buy the \$5 supply kit, which the instructor will have available for purchase.

Take one class, or take them all: nothing will be repeated

NOTE: Materials list will be available at registration.

STCH 001

Instructor: Wendy Drummond

\$39 +GST

Choose one of the following:

S17R01: Contemplative Stitch I – The Basics
1 session. Wed, Mar 15; **6–9pm**

S17R02: Contemplative Stitch II – Boro
1 session. Wed, Mar 22; **6–9pm**

S17R03: Contemplative Stitch III – Sashiko
1 session. Wed, Mar 29; **6–9pm**

I17R01: Contemplative Stitch IV – Crazy Patchwork
1 session. Wed, Apr 5; **6–9pm**

I17R02: Contemplative Stitch V – Reverse Appliqué
1 session. Wed, Apr 12; **6–9pm**

Sign up for all 5 classes & pay for only 4!

S17R04. Wed, Mar 15 – Apr 12; **6–9pm**
\$156 +GST

I Can Make That – Textile Series



1. Stencil Making: come out and learn how to make stencils to use on paper, fabric or other materials. We will be learning about what kinds of materials work best for specific stenciling projects. This is a hands-on class where we will make stencils out of recycled materials such as plastic and cardboard using scissors and box cutters.

2. Printing with Stencils: come out and learn how to print using stencils made from cardboard, stiff plastic and parchment paper. We will be exploring various stenciling mediums such as fabric paint, spray paint and fabric spray paint. Walk away from this class with loads of information and a new hand-printed cloth tote bag.

Classes can be taken individually or together: nothing will be repeated.

TEXS 001

Instructor: Amber Friedman

\$39 +GST

Choose one of the following:

S17R01: Stencil Making
1 session. Wed, Feb 1; **6–9pm**

S17R02: Printing with Stencils
1 session. Wed, Feb 15; **6–9pm**
Materials \$10

Take BOTH classes & SAVE!

Register for both classes to save \$5

S17R03. Wed, Feb 1 & Feb 15; **6–9pm**
\$73 + materials \$10 +GST

Courses may be cancelled
due to low enrolment.

Bookbinding 101



In this hands-on, fun class you will learn the basic bookbinding stitch. We will be making books using a variety of recycled paper bags, paper, and other materials. We will make lots of small books that you can use for recipes, lists, poems, quotations and letters.

NOTE: Materials list will be available at registration.

BKBI 001 S17R01

Instructor: Amber Friedman

1 session

Wed, Feb 22; **6–9pm**

\$39 +GST

Stamp Making and Printing



In this fun, informative, hands-on workshop we will explore different ways to make your own stamps out of erasers, potatoes and recycled materials. If you enjoy working with paper or fabric, learning how to make and print with stamps can add great variety to your work. Lino Cutters will be provided; however, if you own one, please bring it to the class.

STAM 001 S17R01

Instructor: Amber Friedman

1 session

Wed, Mar 8; **6–9pm**

\$39 + materials \$10 +GST

Environmental Philosophy and the Ethics of Climate Change

What is environmental philosophy? What sort of ethical approach should we take in responding to environmental challenges such as pollution and climate change? Should we value only what affects us as humans or does the flourishing of all life, both human and nonhuman, have value in its own right? Are our current institutions and theories equipped to meet these challenges? What does the present generation owe to those who have not yet been born? What is the relationship between the natural world, human technology and development? These are some of the questions we will explore in our discussions and readings of leading environmental thinkers and activists.

ENPH 001 S17R01

Instructor: Fred Guerin

8 sessions

Wed, Feb 1 – Mar 22; **7–8:30pm**

\$152 +GST

Critical Thinking



This course will introduce you to philosophy. Learn how to identify, construct and evaluate arguments; how to discern connections between ideas; how to recognize inconsistencies and common fallacies; and the importance of critical thinking in social and political action and interaction.

PHIL 001 S17R01

Instructor: Fred Guerin

10 sessions

Tue, Jan 31 – Apr 4; **7–8:30pm**

\$162 +GST

Introduction to Archaeology



A four-part series exploring the origins of archaeology including excavation, dating and interpreting artefacts as well as the challenges of archaeological conservation. With each course, students gain an understanding of the science, and the “art,” of archaeology.

1. Archaeology, an Origin Story: explore the origins of archaeology through the excavation of famous sites, including Tutankhamen’s Tomb, the Parthenon as well as early archaeological excavations in BC. This session looks at the foundations of archaeological methods and techniques as fieldwork developed from an antiquarian dalliance into a professional science.

2. Archaeologists will date any old thing: what’s old, really old and ancient, in archaeology? How old does something have to be to be of archaeological significance anyway? This session provides some insight into the benefits and pitfalls of scientific and relative dating techniques, from stratigraphic and typological dating to dendrochronology and radio carbon dating. From archaeological hoaxes such as Piltdown Man to arguments about the date of the Pyramids, this session explores archaeological dating and how it impacts our understanding of ourselves and the past.

3. Interpretation of Archaeological Finds or “This is not a pipe”: how do archaeologists interpret archaeological finds and sites’ impacts? How are they excavated, studied and understood? We will explore how early interpretations of discoveries ranging from Egyptian tombs to Celtic Sanctuaries have impacted archaeological understandings more widely.

4. Archaeology as Destruction: Archaeology is essentially a destructive science. An archaeological context is a non-renewable resource that is lost upon excavation. This means that the onus is on archaeologists to deploy proper excavation and recording techniques to mitigate the destruction. This session explores the challenging variations of archaeology — from the demandingly expensive conservation requirements at Roman Pompeii to development-led excavations at pipeline sites.

ARCH 001 I17R01

Instructor: Dr. Mel Edgar

4 sessions

Mon, Apr 3 – May 1; **6–7:30pm** (no class Mon, Apr 17)

\$95 +GST

Conflict Transformation



This is a highly interactive and experiential workshop which draws on Process Oriented Psychology, complexity and systems theory, emotional intelligence, and transformative learning theory. The focus is on increasing our understanding of interpersonal conflict, our existing patterns in responding to conflicts, and strengthening our capacity to engage authentically, creatively and consciously with conflict. A framework will be offered for mapping our habitual patterns in conflict response, and experiential processes will be used to identify and articulate emotional triggers. Participants will gain an increased understanding of the strengths and weaknesses of their own responses and strategies to various conflict situations. Participants will have the opportunity to focus on current personal conflict scenarios that they find challenging and through experiential exploration, personalize the techniques being offered.

CTRA 001 S17R01

Instructor: David Hatfield

2 sessions

Wed & Thu, Mar 15 & 16; **6–9pm**

\$220 +GST

Seats are limited

Maximizing Benefits of your Registered Retirement Income Fund



After years of saving in your Registered Retirement Savings Plan (RRSP), it is time to convert it to a Registered Retirement Income Fund (RRIF). Learn the rules and how to maximize your retirement income. We will discuss how to structure your investments, reduce your volatility, and protect yourself from inflation. In conclusion, we will discuss how to pass your investments to your loved ones when the time comes.

RRIF 001

Instructor: Darryl Craig

1 session

\$8 +GST

Choose one of the following:

S17R01. Wed, Jan 25; **6–8pm**

S17R02. Wed, Feb 22; **6–8pm**

Type 2 Diabetes Seminar



Are you newly diagnosed with pre-or type 2 diabetes? Or are you concerned about your own health? This one-day seminar will focus on making sense of the complex information that surrounds type 2 diabetes. Topics will include: healthy eating, label reading, weight loss, physical activity, stress, medications, foot care and self-management of blood glucose.

HHDS 001 S17R01

Instructor: Susanne Gray

1 session

Sat, Feb 4; **9am–3:30pm**

\$10 +GST

Don't see the course you want?

Call us! Place your name on our interest list and we'll contact you when we have an offering of a course or area you may be interested in.

You can also indicate your interest on the web at:

pr.viu.ca/ce/interest.asp

Much Ado about Mushrooms – Intro to the Fungi

Fungi play an important part in our lives and ecosystems. They've appeared throughout human culture for millennia, providing us with food, clothing, dyes, medicines, rituals, and much more. Join ethnobotanist Ioni Wais in studying this fascinating branch of biology and culture. Much Ado about Mushrooms is a five-part course intended as a robust primer to various mushroom-related skills and areas of knowledge. Sessions will explore the scientific aspects of fungi, such as fungal taxonomy, biology and ecology. We will examine various uses for fungi throughout time and culture, including the budding applications of mycoforestry and bioremediation. We will also be looking at ways fungi are commonly grown, and will outline critical parameters for home-scale cultivation.

NOTE: Course includes a field trip (walking distance from campus).

FUNG 001 S17R01

Instructor: Ionatan Waisgluss

5 sessions

Mon, Feb 6 – Mar 13; **6–8pm** (no class Mon, Feb 13)
\$110 + materials \$15 +GST

Introduction to Alternative Energy Vehicles

Are you interested in learning about alternative energy vehicles such as hydrogen, hybrid or an electric? Are you thinking about buying one? This introductory course is designed to provide basic information about alternative energy vehicles. When purchasing an alternative energy vehicle, it is important to get the most out of your purchase and also to meet your needs. Through this course, you will better understand how to use them can help consumers address concerns about types of vehicle emissions, their impact on the environment, and health issues related to emissions; and of course the cost savings.

ALEV 001 S17R01

Instructor: Simon Cudworth

1 session

Sat, Mar 25; **11am–1pm**
\$30 +GST

Introduction to the Laser Cutter

Introduction to using the laser cutter includes basic design for the laser cutter and safe machine use. After this class, you will be qualified to operate the laser at the Makerspace.

MAKE 001

Instructor: Scott Head, Powell River Makerspace
\$50 +GST

Choose one of the following:

S17R01. 1 session. Mon, Feb 27; **6–9pm**

S17R02. 1 session. Sat, Mar 25; **1–4pm**

I17R01. 1 session. Mon, Apr 10; **6–9pm**

Seats are limited

Location: Powell River Makerspace, 4482 Marine Ave

Introduction to 3D Printing

Introduction to using the 3D printer covers basic design for 3D printing and safe printer operation. After this class, you will be qualified to operate the 3D printer at the Makerspace.

MAKE 002

Instructor: Theo Rosenfeld, Powell River Makerspace
\$50 +GST

Choose one of the following:

S17R01. 1 session. Mon, Feb 6; **6–9pm**

S17R02. 1 session. Sat, Mar 11; **1–4pm**

I17R01. 1 session. Mon, Apr 24; **6–9pm**

Seats are limited

Location: Powell River Makerspace, 4482 Marine Ave

Introduction to Arduino

Introduction to using the Arduino microcontroller board via blinky lights, motion, and sound.

NOTE: Please bring a laptop.

MAKE 003

Instructor: Broden D'Angio, Powell River Makerspace
\$50 +GST

Choose one of the following:

S17R01. 1 session. Sat, Feb 18; **1–4pm**

S17R02. 1 session. Mon, Mar 20; **6–9pm**

I17R01. 1 session. Sat, Apr 8; **1–4pm**

Seats are limited

Location: Powell River Makerspace, 4482 Marine Ave

Intermediate Arduino — Electric Bugaloo



Intermediate Arduino use with MORE POWER! Using the Arduino to control higher current DC motors and 110v household appliances.

NOTE: Introduction to Arduino or equivalent experience is required.

MAKE 004 I17R01

Instructor: Thomas Gray, Powell River Makerspace

1 session

Sat, Apr 22; **1–4pm**

\$50 +GST

Seats are limited

Location: Powell River Makerspace, 4482 Marine Ave

The Technologies Shaping Your World Talks



The Technologies Shaping Your World talks can be taken individually or in series. The goal is to increase our understanding of emerging ‘smart’ technologies, and explore how these technologies might impact our lives in Powell River. No previous knowledge of computers or other technology required –these talks will be engaging to geeks and luddites alike. Theo Rosenfeld teaches at UBC in the Cognitive Systems Department and is a technology consultant and entrepreneur with his company Engage Data, and a co-founder of the Powell River Makerspace.

1 Getting to Know the Robots around You

Driverless cars, aerial drones, chatbot lawyers, hotels staffed by robots –none of this is science fiction anymore. Robotics and Artificial Intelligence (AI) are actively reshaping industries from farming to finance. The changes will be both expected and unexpected, good and not-so-good. Join us for a lecture and discussion about how robotics and AI are already changing our world, and how this might impact Powell River over the next 2-5 years.

TECH 001 S17R01

Instructor: Theo Rosenfeld, Powell River Makerspace

1 session

Mon, Jan 23; **6:30–8pm**

\$25 +GST

2 Your Attention is Bought, Sold, and Manipulated on the Internet

Have you ever been on the internet? When you go online, you are subjected to computational propaganda and dark patterns of interface design, and your personal info is auctioned to advertisers through real-time-bidding systems. These are not just the tactics of seedy websites and extremist villains –these are technical terms for business as usual. Researchers estimate that about 50% of social media activity is generated by robots. In this talk you will learn about the multi-billion-dollar economy built around your precious attention –and develop skills to protect yourself from the worst of it.

TECH 002 S17R01

Instructor: Theo Rosenfeld, Powell River Makerspace

1 session

Mon, Feb 20; **6:30–8pm**

\$25 +GST

3 Technology Tackling Evil and Winning (Domo Arigato, Mr. Roboto)

Thwarting dictators, preventing violence, uncovering corruption, saving lives, and even saving species – hear inspiring stories of how data, robots, and open communication technology are being used to make the world a better place. Although these stories don’t often make the news, people all over the planet are finding creative ways to make positive change with emerging technology. Perhaps you will become one of them.

TECH 003 S17R01

Instructor: Theo Rosenfeld, Powell River Makerspace

1 session

Mon, Mar 27; **6:30–8pm**

\$25 +GST

Refund Policy for CE Classes

Fees are refundable if you withdraw at least two weeks before the course starts. Note that we are unable to issue refunds after this deadline.

A full refund is issued if course is cancelled.

ElderCollege

for everyone!



Membership: only \$20 (RMEM 001 C16R01)

An additional fee of \$20 + GST can be paid by those under 50 to attend any class (RECS 001 C16R01)

They Don't Sing High Cs — Exploring Opera's Bass and Baritone Roles



Opera is much more than tenors hitting high notes and this course will explore the bass and baritone repertoire. The characteristics and sub-characteristics of both voices in the portrayal of characters will be discussed and illustrated with DVD and CD excerpts.

ELDE 067 S17R01

Instructor: John Silver

2 sessions

Mon & Wed, Feb 27 & Mar 1; **1:30-3:30pm**

Fee: \$22 +GST

An additional fee of \$20 + GST can be paid by those under 50

What is UNDRIP? (Clue: Not a New Method for Brewing Coffee!)



The United Nations, as an international organization, can seem far removed from our individual lives most of the time. However, its Declaration on the Rights of Indigenous Peoples (UNDRIP) offers an opportunity for all of us to form new understandings of how our personal lives intersect with those of the Indigenous people in our own country, province and region. Reconciling relationships between Indigenous and settler populations can produce a healthier planet, a better Canada and

a more interconnected Powell River. Our discussions will use film, historical vignettes, current documentation and mutual learning methods.

ELDE 068 S17R01

Instructors: Paula Sampson and Ian MacKenzie

4 sessions

Thu, Feb 2 - 23; **1-3:30pm**

Fee: \$31 +GST

An additional fee of \$20 + GST can be paid by those under 50

Archaeological Explorations

Discover how archaeology impacts us today by learning the stories behind some of the world's most celebrated archaeological artifacts and sites. By discussing the hidden history of famous (and infamous) archaeological discoveries, this class will explore how archaeologists excavate and interpret the remains of the past.

ELDE 062 I17R01

Instructor: Dr. Mel Edgar

1 session

Wed, Apr 19; 1:30-3pm

Fee: \$17 +GST

An additional fee of \$20 + GST can be paid by those under 50

ElderCollege members get reduced rates!

If you are 50 years of age or over, and have an interest in learning, become a member.

Fermenting 101

Lacto fermentation is a way of preserving food that takes nothing more than salt, whey (optional), vegetables, water and some canning jars. There is no need for canning, freezing, blanching, or drying hence minimizing the time you need to spend. The fermented food you are left with is teeming with flavour, lots of life enzymes, higher levels of nutrition and healthy probiotics.

Besides the sauerkraut we are all familiar with, you can also ferment pickles and relish, mustard, mayonnaise, barbeque sauce, black bean dip, kimchi, pickled garlic, eggs, juices and fruit — the sky is the limit! In this session we will work on making sauerkraut, Kimchi, tomato ketchup and relish

NOTE: Please bring four jars to bring your foods home in (a 1-quart jar (1000 ml); two 1/2 quart jars (500 ml), and a 1/4 quart jar (250 ml), all with tight-fitting lids).

ELDE 064 S17R01

Instructor: Kitty Clemens

1 session

Wed, Feb 22; **1-4pm**

Fee: \$17 + lab fee \$23 +GST

An additional fee of \$20 + GST can be paid by those under 50

Location: TBA

Seats are limited

Hungarian Family Recipes at Easter

Enjoy celebrating Easter with new tastes from some old family recipes! Villo has delved into some old traditions and family stories surrounding some of her favourite Hungarian recipes. Make at home to simply enjoy with family and friends or impress guests. We will start off with learning ham kifli, a small stuffed croissant, and then move onto a sweet bread centerpiece design in the form of a chicken or a wreath with the traditional egg in the center. Mézeskalács, a baked honey cookie which we will decorate with piping of your design, is also on the menu. We will top this course off with the creation of the Crown Torte, a meringue chocolate cream cake. Come and enjoy stories while creating some Hungarian (and European) Easter foods to celebrate Spring.

NOTE: Please bring plastic containers for left-overs.

ELDE 069 S17R01

Instructor: Villo Denke-Zomer

1 session

Tue, Mar 21; **10am-1pm**

Fee: \$17 + lab fee \$13 +GST

An additional fee of \$20 + GST can be paid by those under 50

Location: TBA

Seats are limited

Sushi Rolls and Miso Soup

If you've wanted to explore sushi and Miso soup making, this is your chance! During this class, Hang will demonstrate the tricks to making California rolls and inside-out rolls with varieties of vegetables, and then you will give it a try. After you finish cooking, you will enjoy the dishes you just made.

NOTE: If you have your own sushi mat for rolling, please bring it to the class and also bring plastic containers for left-overs.

ELDE 070 S17R01

Instructor: Thai Hang Mathieu

1 session

Thu, Mar 2; **11am-2pm**

Fee: \$17 + lab fee \$18 +GST

An additional fee of \$20 + GST can be paid by those under 50

Location: TBA

Seats are limited

How to Transition from Eating Meat and Animal Products to Eating More Vegetarian/Vegan Meals

Do you want to go vegetarian/vegan but need some help to get started? Do you want to find out where you get your protein from? Do you want to slowly but surely find your way through some of the vegetarian products? In this course you will get some suggestions on where to start, which products to include and which to stay away from, and some things to be aware of. It will give you an idea what a balanced vegetarian/vegan meal looks like. We will taste some simple, nutritious dishes to get you off to a great start.

ELDE 038 S17R01

Instructor: Kitty Clemens

1 session

Wed, Mar 15; **1-4pm**

Fee: \$17 + lab fee \$10 +GST

An additional fee of \$20 + GST can be paid by those under 50

Location: TBA

Seats are limited

**Volunteer instructors make VIU
ElderCollege a success!**

Get involved by volunteering to be an instructor.

Mushroom ID 101



This session is an overview of fungal biology and ecology, covering the basics of mushroom identification and foraging. Students can look forward to engaging with a variety of live and dried specimens, as well as a hands-on spore print component. We will be discussing a wealth of mushrooms-related resources, including field guides and mycological keys. Feel free to bring mushroom photos or specimens for informal identification and/or discussion after the session.

NOTE: Students interested in further fungi-related courses are encouraged to take Continuing Education course Much Ado about Mushrooms — Intro to the Fungi.

ELDE 071 S17R01

Instructor: Ionatan Waisgluss

1 session

Tue, Jan 31; **6-8pm**

Fee: \$17 +GST

An additional fee of \$20 + GST can be paid by those under 50

Introduction to iPad

This course is aimed at those who are new to the iPad and will give students an understanding of its features, capabilities, and limitations. Students will also learn how to properly interact with the iPad's touch interface — including how to type and edit text using the on-screen keyboard. Basic settings will also be discussed, with an emphasis on battery-life extension and device customization.

With class size limited to a small group, this course is ideal for absolute beginners or those experiencing a frustration while interacting with their iPad. It's recommended that students bring their iPads to class upgraded to the latest version of iOS.

ELDE 044 S17R01

Instructor: Corey Matsumoto

1 session

Fri, Feb 3; **9-11am**

Fee: \$21 +GST

An additional fee of \$20 + GST can be paid by those under 50
Seats are limited

Oops ...

don't wait too long to register, courses may cancel due to low enrolment!

Getting the Most Out of Your iPad — Part 1



Still using your iPad solely for web surfing and games? The iPad has given us the power to navigate around the world, showcase our photo collections with style, and experience video calling to friends and family in far-away places. Taught by a Certified Apple Product Specialist, this course will show you how to get good use out of the Apps that came with your iPad.

NOTE: This course has been modified taking into account participants' suggestions.

With class size limited to a small group, this course is ideal for students who have taken Intro to iPad or have basic iPad skills. It's recommended that students bring their iPads to class upgraded to the latest version of iOS.

ELDE 046 S17R01

Instructor: Corey Matsumoto

2 sessions

Thu & Fri, Feb 16 & 17; **9-11am**

Fee: \$26 +GST

An additional fee of \$20 + GST can be paid by those under 50
Seats are limited

Getting the Most Out of Your iPad — Part 2



You've got a good handle on your iPad, but there are still many things to learn! This course will teach you some of the hidden features of your favourite Apps, as well as the best tips and tricks to get the most out of your battery life and manage your storage space. You'll also learn how to properly sync, back-up, and restore your iPad to prevent unexpected data loss. Finally, you'll discover how to pick the perfect Apps while avoiding the duds in the App Store

NOTE: This course has been modified taking into account participants' suggestions.

With class size limited to a small group, this course is ideal for students who have taken Intro to iPad and Getting the Most Out of Your iPad — Part 1. It's recommended that students bring their iPads to class upgraded to the latest version of iOS.

ELDE 072 S17R01

Instructor: Corey Matsumoto

2 sessions

Thu & Fri, Feb 23 & 24; **9-11am**

Fee: \$26 +GST

An additional fee of \$20 + GST can be paid by those under 50
Seats are limited

iCloud Demystified – Keeping your iOS Devices in-sync and backed-up

“The Cloud” is that mystical place that exists somewhere behind your wall jack. It is limitless, timeless, and contains “virtually” all the information in the entire world—but what the heck is it? Taught by a Certified Apple Product Specialist, this course will demystify what “The Cloud” is and show you how Apple’s iCloud can keep the photos and data on all your devices safe, secure and in perfect sync. This course is suitable for students with iPhones and/or iPads.

With class size limited to a small group, this course is ideal for students who have taken Intro to iPad or iPhone for Beginners. It’s recommended that students bring their iPads to class upgraded to the latest version of iOS.

ELDE 051 I17R01

Instructor: Corey Matsumoto

1 session

Fri, May 5; **9-11am**

Fee: \$21 +GST

**An additional fee of \$20 + GST can be paid by those under 50
Seats are limited**

Did You Know ...

our Elder College classes are open to adults of all ages?

iPad/iPhone Troubleshooting Q&As



You are all schooled-up on the iPad or iPhone, but there are still some things about your iPad or iPhone that just don’t seem to work as expected. Let’s get your questions answered so you can feel confident that you own your device.

With class size limited to a small group, this course is ideal only for students who have taken previous iPad/iPhone courses at VIU or have intermediate iPad/iPhone skills. Once registered, you will be asked to submit 3-4 questions four days before the class begins. It’s recommended that students bring their iPads or iPhones to class upgraded to the latest version of iOS.

ELDE 058 I17R01

Instructor: Corey Matsumoto

2 sessions

Thu & Fri, May 11 & 12; **9-11am**

Fee: \$26 +GST

**An additional fee of \$20 + GST can be paid by those under 50
Seats are limited**





JOIN US at the Philosopher's Café

The Philosopher's Café is a weekly get-together to talk about issues at a somewhat more philosophical level, where the range of topics might include justice, politics, ethics, the place of technology in modern life, the role that drama, music and narrative play in the understanding of the human condition, religious belief, ideology, utopia and dystopia, climate change, etc. Those participating might suggest other topics of interest, but must be prepared to risk their opinions, ideas, perspectives, theories or prejudices in a public forum. Each get-together will begin (as all philosophy begins!) with a question.

The Philosopher's Café is open to all. We encourage people with different backgrounds, careers and distinct cultures to engage with each other in something like a Socratic fashion — in other words, through vigorous debate and the passionate exchange of ideas.

The only prerequisite (besides attentive listening, clear speaking and a measure of philosophical rigor) is openness to different ideas and perspectives. And don't forget to bring your sense of humor with you!

At VIU – Powell River

Moderator: Fred Guerin

Open Thursdays; 2 – 4pm; **Feb 2 to April 27**

Drop-in fee

THE CAPACITY TO LEARN
IS A GIFT;

THE ABILITY TO LEARN
IS A SKILL;

THE WILLINGNESS TO LEARN
IS A CHOICE.



MATTER HERE.

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