

ElderCollege Delta Courses Fall 2018

Technology

F1801 iPad for Beginners

The iPad has become the go-to alternative to using a full computer. It has many of the same features but is much simpler to use. This course is for beginners who are just starting to become acquainted with an iPad or iPhone and need to become more familiar with the various iPad components. You will be introduced to the settings menu and the use of features such as Contacts, Safari, Email, Camera, as well as downloading and using Applications (aka 'apps') from the Apple Store. Participants must bring their own FULLY CHARGED iPads to class. Note: This class is not a refresher class and therefore not suitable for individuals who are already using an iPad.

Presenters - Paul and Kathleen Vanderwood (Returning Presenters)

4 sessions: \$40 Class size: max 8
Wednesdays: Nov 7, 14, 21, and Dec 5
1:00-3:00pm

KinVillage Community Centre
Multi-purpose Room
5430 10th Ave, Tsawwassen

F1802 iPad for Beginners

Do you have an iPad and want to use it to receive and keep photos of your grandchildren? Do you want to talk to a friend in Eastern Canada (or anywhere else in the world) and see them while you talk to them? Do you want to do more than just use your iPad to send and receive emails? Then you NEED to take iPad For Beginners. You will be introduced to basic operations of the device, including Camera, Email, Facetime, Photos and downloading 'Apps' from the Apple store. Participants must bring their own FULLY CHARGED iPads to class. Note: This class is not a refresher class and therefore not suitable for individuals who are already familiar with the operation of an iPad.

Presenters - Brent & Sue Koot (Retired Delta Educators)

4 sessions: \$40 Class size: max 8
Wednesdays: Oct 3, 10, 17, 24
10:00am-Noon

*KinVillage Community Centre
Multi-purpose Room
5430 10th Ave, Tsawwassen*

F1803 Beyond Beginner iPad

Have you mastered the basics of your iPad, but still find yourself asking “I wonder how I....”? Then this course is for you! You will be introduced to some interesting topics and tips to help you get more out of your iPad. Together you will explore: a) taking pictures and working with photos (sending them as attachments, uploading, editing, sharing, organizing/storing); b) how to use contacts and calendars, reminder and notes to keep you organized; c) using your iPad as a source of news, your personal library, and other reading material. If time permits, additional topics that might be included are: d) using maps for directions, and e) online comparison pricing/shopping. More importantly, you will learn strategies for finding the answers yourself!
Presenter - Brian Outerbridge (Retired Delta Educator)

4 sessions: \$40 Class size: max 8
Wednesdays: Nov 7, 14, 21, 28
10:00am-Noon

*KinVillage Community Centre
Multi-purpose Room
5430 10th Ave, Tsawwassen*

F1804 Android Tablet for Beginners

This course for new tablet users will get you on your way to having some fun using both the Android system and the Internet. You will learn the basics of operating the tablet, how to set up Wi-Fi and how to connect to YouTube to watch and save videos. You'll visit the Google Play store to learn how to evaluate and download apps (applications) to enhance the tablet experience. If you have a special topic or interest, there is an 'app' for it. Participants will also learn how to set up and use email, use the web browser, and effectively search for a topic.

Presenter - Ken McGrath (Broadcaster and Internet Professional)

4 sessions: \$40 Class size: max 8
Saturdays: Oct 6, 13, 20, 27
10.15am-12:15pm

*KinVillage Community Centre
Multi-purpose Room
5430 10th Ave. Tsawwassen*

F1805 Social Media for Boomers

This course, for new and intermediate users, is about providing information and answering your questions. It will get you started, and/or expand your knowledge about social media and why people use them. You will learn about Facebook, Pinterest, Instagram, Twitter, and other popular social sites. You will learn who uses these sites, why they use them, and how to communicate with other like-minded users on the sites that interest you. Attendees must already be familiar with and be using a computer, tablet or smartphone, but a device is not required for the class. Basic skills such as searching the Internet and email will be helpful.

Presenter - Ken McGrath (Broadcaster and Internet Professional)

2 sessions: \$20 Class size: max 8

Wednesdays: Oct 3, 10

2:00-4:00pm

*Vidal Court Dining Room
5492 11th Ave, Tsawwassen*

F1806 Learn Windows 10 Basics

This Windows 10 computer basics class will focus on computer skill fundamentals. Day 1 topics include learning about desktop layout and tools, Microsoft Edge browser and Mail 10. Day 2 topics focus on email, types of email, internet searches, and different browsers, including Chrome and Firefox. If you like, you can bring your own laptop or tablet to this class. **You must have your own Microsoft Account (Outlook or Hotmail email address) prior to the start of the class.**

Presenter - Louise Latremouille (Author/Publisher of the “My Parents” Computer Book series)

2 sessions: \$20 Class size: max 10

Tuesdays: October 23 and 30

10:00am-Noon

*KinVillage Community Centre
Multi-purpose Room
5430 10th Ave, Tsawwassen*

F1807 Downloading and Editing Photos from a Camera or Phone

We have photos on our phone, camera, computer and in shoeboxes - never to see the light of day! This course will teach you how to take these photos, download them to your personal computer or laptop, edit them, and display them on your monitor or through your TV. By using the photo editing program Picasa, you will learn to enhance your photos and take them from being OK to being great! Come along and see what you can achieve.

Presenter - Ivor Hewitt (Returning Presenter)

2 sessions: \$20 Class size: max 8

Tuesdays: Oct 30 and Nov 6

2:00-4:00pm

KinVillage Community Centre

Multi-purpose Room

5430 10th Ave. Tsawwassen

F1808 Downloading ebooks from Your Library

Although many people still prefer to have a 'real' book in their lap, those who travel frequently love the idea of having lots of reading material on their iPads rather than carrying several books in a suitcase or carry-on. Look no further than your local library to start your collection of ebooks! Come find out what the process is for downloading your favourite authors without leaving the comfort of your home. Just imagine - if you are a voracious reader and exhaust your supply while out of town (even abroad!), the nearest Wifi and your library online account will quickly ensure you are a "Happy Camper"! Participants should have attended a Beginners' iPad course or be using their iPads regularly for email and online searches.

Presenter - Jeannie Cockcroft (Community Librarian-Supervisor)

1 session: \$10 Class size: max 8

Tuesday: Oct 16

10am-Noon

KinVillage Community Centre

Multi-purpose Room

5430 10th Ave, Tsawwassen

F1809 How Grade 3 Students Learn Coding

Come be an elementary school student for one evening and find out how some grade 3 students learn the basics of coding (computer programming). This course is a “gentle” introduction to the concepts of coding and what it entails. There will be some ‘hands-on’ practice during which you will complete some basic coding activities. You will work with the classroom devices so no need to bring anything except your curiosity. Come have fun with the skills and enjoy the experience!

Presenters - Ms. R Harris and Ms. S Bohmert (Teachers at Hawthorne Elementary School)

1 session: \$10 Class size: max 20
Tuesday, October 2
6-8pm (please plan to arrive by 5:45)

Hawthorne Elementary School
5160 Central Ave, Ladner, BC

F1810 Series - iPad *Selected Topics* for Beyond Beginners

The following four courses are particularly suitable for anyone who is not a total beginner and uses an iPad regularly but wishes to become more proficient in a **selected topic**. Participants have the option of registering for one or more of the classes using the individual course numbers below.

F1810A iPad - Email

Topics will include: setting up and maintaining email accounts; composing messages including using an address book (Contacts List); correct use of “c.c.” and “b.c.c.”; keyboard options and shortcuts; filing saved messages in folders; sending and downloading photos and documents; saving and storing received attachments.

F1810B iPad - Camera & Photos

Topics will include: using the camera and taking photos, storage and organization of photos; basic editing such as cropping, changing lighting, adding text; creating and sharing simple videos and panoramic shots; emailing photos and posting to social media.

F1810C iPad - Web Browsing and using Apps

Topics will include: Effective search methods; bookmarking and saving favourite web pages; following 'links' on pages; highlighting, copying and saving key information; searching travel and shopping sites for price comparisons; using specific Apps for browsing shortcuts.

F1810D iPad - Documents, Books & Newspapers

Topics will include: creating and editing Notes; saving, storing and sending documents; using ebooks when travelling; buying ebooks or borrowing from local library; reading newspapers online.

Presenter - Geoff Eldred (Returning Presenter)

\$10 per session Class size: max 8

Wednesdays: Oct 3(Email), Oct 10(Camera & Photos), Oct 17(Web Browsing & Apps),

Oct 24 (Documents, Books & Newspapers)

2:00-4:00pm

KinVillage Community Centre

Multi-purpose Room

5430 10th Ave, Tsawwassen

Health and Wellness

F1811 Elder Abuse - It Can't Happen to Me

As the officer in charge of the Tsawwassen District Community Police Office, Constable Schaefer is responsible for community outreach and is often first contact to those in the community who have concerns. Her presentation will cover the types of abuse that older community members can be exposed to and the role of the police in subsequent investigations.

Presenter - Constable Leisa Schaefer (Delta Police)

1 session: \$10 Class size: max 25

Wednesday, Oct 17

1:30-3pm

Vidal Court Dining Room

5492 11th Ave, Tsawwassen

F1812 Stress Reduction Through Meditation and Gentle Movement

Designed for every body, regardless of physical mobility, this six-week series will provide tools for dealing with daily stress and related anxiety. Through focused breath work, guided meditation and gentle movement, you will learn more about yourself and how you relate to stress. Each session will include a facilitated circle where you may share and learn from others. A weekly theme and homework will be provided to extend your learning outside of the session. NOTE: Please bring your own yoga mat and cushion. For those without, some props, mats and chairs will be available.

Presenter - Beth Triano (Yoga Therapist)

6 sessions: \$60 Class size: max 12

Wednesdays: Oct 10, 17, 24, 31; Nov 7, 14

7:00-9:00pm

KinVillage Community Centre,

Multi-purpose Room

5430 W10th Ave, Tsawwassen

F1813 Healthy Eating for Seniors

Do you know that Canada has developed a revised Food Guide reflecting up-to-date and accurate nutritional research? Do you know how to interpret food labels so that you can make healthy food choices when you go to the supermarket? If you want to be more informed,

this workshop, developed by the COSCO Health and Wellness Institute, may help you monitor your behaviour and increase your chances of staying well as you grow older.

Presenter - Royce Shook (COSCO Health & Wellness Institute)

1 session: \$10 Class size: max 20

Wednesday, November 21

1:00-2:30pm

Vidal Court Dining Room

5492 11th Ave, Tsawwassen

Lifestyle

F1814 Enjoying Solo Travel

Life often thrusts us into situations where, in the absence of a travelling companion, the choice seems inevitable: travel alone or stay home. You can travel independently with confidence, if you plan with a positive mindset! Ann, an experienced independent traveller, will share her tips and recommendations for enjoying solo travel: kinds of travel, budget, transportation, accommodation, suitable day and evening activities, and keeping in touch, to name a few. Bring your smart phone or tablet along and/or pencil and paper. At the end of these sessions, you may be well on your way to planning your next trip!

Presenter - Ann Stirling (Lifelong Traveller)

3 sessions: \$30 Class size: max 12

Tuesdays: Oct 2, 9, 16

1:00-3:00pm

KinVillage Community Centre,

Multi-purpose Room

5430 W10th Ave, Tsawwassen

F1815 Where There's a Will, There's a Relative!

There are many reasons why we should have a valid and proper will as part of our overall estate plan. The use of a will, however, to transfer significant assets can create many issues. During this presentation, we will discuss what wills are, how they work, and the estate administration process. We will

identify the problems created by wills and provide solutions to address these problems.

Presenter - John Askin (B.Comm, LL.B)

1 session: \$10 Class size: max 20

Wednesday, November 21

7:00-8:30 pm

KinVillage Community Centre,

Multi-purpose Room

5430 W10th Ave, Tsawwassen

History and Current Events

F1816 What's Going on in the Middle East?

This one-session course is intended to be both an introduction to a very complex and volatile situation and a brief outline of the most recent developments in the new “cold war” between Iran and Saudi Arabia. It will also attempt to identify the role of the regional players involved: Armenians, Arabs, Israelis, Iranians, Kurds, Palestinians, Syrians and Turks and their external allies or foes: Russia, the USA, the UK and France. Both students from the spring course and new students will enjoy this focused session.

Presenter - Guillermo Bustos (Retired Delta Educator)

1 session: \$10 Class size: max 30

Thursday: Oct 4

1:00-3:00pm

Cedar Park Church Heritage Room

5300 44th Ave, Ladner

F1817 Russia After the USSR: The Rise of Putin

This four-session course strives to make sense of what has become of Russia since the fall of the Soviet Union. How did communism end? How did communist bureaucrats take control of Russia's vast resources and become the oligarchs of today? How did the Soviet spy, Vladimir Putin, become the ruler of Russia? What are the dangers of Russia's new expansionism? Student interaction and discussion will be encouraged.

Presenter - Guillermo Bustos (Retired Delta Educator)

4 sessions: \$40 Class size: max 30
Thursdays: Oct 11, 18, 25; Nov 1
1:00-3:00pm

Cedar Park Church Heritage Room
5300 44th Ave, Ladner

Indigenous Studies

F1818 Resource Extraction - An Indigenous Perspective

Canada is a country rich in natural resources. Since Time Immemorial, Indigenous Peoples have had an historical relationship with these resources: minerals, fish, forests, land, water, oil, and gas, to name a few. Canada is a major extractor of these resources. Indigenous Peoples, however, assert their rights to be involved and have their say about if and how these resources should be dealt with or made available for use. Looking at Indigenous perspectives will set a context for student interaction and discussion.

Presenter - Dr. Jim Morin (Retired Post-Secondary Educator)

5 sessions: \$50 Class size: max 30
Wednesdays: Nov 7, 14, 21, 28; Dec 5
1:00-3:00pm

Cedar Park Church Heritage Room
5300 44th Ave, Ladner

F1819 First Nations Health Authority - Another Way

In 2011, the BC Tripartite First Nations Health Plan was signed by First Nations in BC, the Federal Government and the Province of British Columbia. It provided for the transfer of Federal Health Programs to the First Nations Health Authority (FNHA) in BC. The FNHA is a ground-breaking structure where First Nations plan, manage, design and deliver health programs and services that are reflective of BC First Nations cultures and perspectives. The FNHA has been working with other health partners in BC to integrate First Nations models of wellness. What can we learn from this progressive model of wellness?

Questions and interactive discussion will be encouraged.

Presenter - Michelle DeGroot (Executive Director, FNHA)

1 session: \$10 Class size: max 30
Wednesday: Nov 15
1:00-3:00pm

*Cedar Park Church Heritage Room
5300 44th Ave, Ladner*

Science

F1820 Science and Ethics: Risks and Rewards at the Research Frontier

Over the last 20 years, we have seen rapid research advances in the life sciences that would have been classed as 'science fiction' not long ago. We now have precision tools that allow fast and accurate editing of genomes. Work on extending human longevity is advancing rapidly, as is the ability to bioengineer human mental capabilities. Such ambitious research offers enormous advantages, but may also carry troubling risks. Hard thinking is required to weigh costs and benefits. This introductory workshop looks at the societal and ethical factors at play. If there is sufficient interest, this session may be followed up by a 4/5 week course the spring of 2019.

Presenter - Dr. Janet Atkinson-Grosjean (Retired Research Director, UBC)

1 session: \$10 Class size: max 30

Wednesday: Oct 17

1:00-4:00pm

*Cedar Park Church Heritage Room
5300 44th Ave, Ladner*

Visual and Performing Arts

F1821 Swing Violin - The Role of the Violin in the Swing and Big Band Eras

Kit Eakle, noted jazz violinist, invites you to explore more closely the music of famous swing violinists and early big bands, and the role of violinists in them. Together we will focus on the early days of recorded music, from 1920 to 1940, and the importance of the jazz violin. Why, by many, is the violin viewed as an outsider in jazz?

Presenter - Kit Eakle (Jazz Violinist and Educator)

1 session: \$10 Class size: max 30

Friday: Oct 12

1:00-3:00pm

*Augustine House Media Room
3820 Arthur Drive, Ladner
(please park in the Sacred Heart parking lot)*

F1822 Friday Afternoon at the Opera

Come explore and appreciate the world's greatest musical works of art. Witness their emotional content and lasting popularity. This semester, you will enjoy the following operas. We will begin our series with an exploration of Verdi's "Aida". Then we will view a lesser known opera, "Fidelio", by Beethoven. Our series will continue with "La Fille du Régiment" (Daughter of the Regiment) by Donizetti, and end on a high note with "The Gondoliers" by Gilbert and Sullivan. Be sure to join us for Friday afternoon at the opera!
Presenter - Rod Asher (Musical Accompanist, ElderCollege Singers)

4 sessions: \$40 Class size: max 30
Fridays: Oct 19, 26; Nov 2, 9,
1:00-4:00 pm

*Augustine House Media Room
3820 Arthur Drive, Ladner
(please park in the Sacred Heart parking lot)*

F1823 Images of Motherhood in Art

In the history of art, mothers have appeared in many different guises - from images of ordinary women to miraculous icons of deities! Come explore the rich variety of representations of mothers, childbirth and child-minding through time. On the way, we'll travel from the prehistoric Venus of Willendorf, through classical and Renaissance masterpieces by artists such as Botticelli and Raphael. We'll conclude closer to our time with a look at famous images by Mary Cassatt and Gustav Klimt, as well as thought-provoking works by such modern artists as Barbara Hepworth, Judy Chicago, Marc Quinn and Ron Mueck. You are in for a visual feast!

Presenter - Dr Efrat El-Hanany (Art Historian and Faculty Member, Capilano University)

1 session: \$10 Class size: max 35
Monday: Nov 5
1:00-3:00pm

Augustine House Media Room

3820 Arthur Drive, Ladner
(please park in the Sacred Heart parking lot)

Field Trips

NOTE: To take part in the following field trips, participants must have a good level of stamina and fitness. Field trips often involve walking and standing for up to two hours without sitting, and the navigation of stairs and uneven surfaces. Supportive walking shoes and dressing for the weather are recommended.

F18FT1 Visit to the Old Hastings Mill Store Museum with Special Presentation

The iconic “Old Mill Store”, the oldest building in Vancouver, served the Hastings Sawmill on Burrard Inlet for more than 60 years, and was witness to Vancouver’s rise as a great lumber port. Steeped in history, the store was barged to its current Point Grey location and reopened as a museum in 1931. Our visit will begin with a private tour by the Museum’s curator, Lisa Smith, featuring fascinating artifacts from the pioneer and First Nations cultures that typified life in the early days of Vancouver. **Lisa will also present a slide show based on her recent book, Vancouver in Ashes, recounting the Great Fire of June 13, 1886.**

Tour Guide: Lisa Smith (Curator, Education Docent, and Author of Books on Vancouver History)

Group Schedule

Detailed instructions will be provided to participants prior to field trip

- Group departure by bus from KinVillage Community Centre at 9:30 am.
- Arrival at destination for 11am.
- Presentation and Tour (1.5 hours)
- Lunch at Kitsilano restaurant following the visit (at participant’s expense)
- Return to South Delta at approximately 3:00 pm.

1 session: \$15 (with bus) Class Size: max 14

Monday, October 1 9:30am - 3:00pm (approximate return time)

F18FT2 Visit to the Bill Reid Gallery with Guided Tour

The Bill Reid Gallery is the only public Gallery in Canada dedicated to Indigenous Northwest Coast Art, It was tablished in 2008 to celebrate the Haida master artist, Bill Reid (1920-1998) and the diverse living cultures of the Northwest Coast.

Nestled in the heart of downtown Vancouver, the Gallery presents the Bill Reid SFU Art Collection, special exhibitions and programs that build bridges between all peoples, including Indigenous and settler populations. The Gallery's mandate is to promote a greater awareness of Indigenous cultures and values.

Our visit will include a private tour of both the permanent and temporary exhibitions with time built in for individual exploration after the tour.

Tour Guide: Gallery Staff

Group Schedule

Detailed instructions will be provided to participants prior to field trip

- Travel by public transit
- Group departure from Tsawwassen and Ladner at 9:30 am
- Arrival at destination for 11am.
- Tour and visit (1.5 hours)
- Lunch at restaurant (tba) following the visit (at participant's expense)
- Return to South Delta at 3:00 pm.
- Option to leave group after visit and make own arrangements

1 session: \$15 Class Size: max 18

Monday, Oct 22

9:00am-3:00pm

F18FT3 Visit to the Vancouver Aboriginal Friendship Centre

The Vancouver Aboriginal Friendship Centre (VAFC) has been providing programs and services to the community for over 50 years. In its current location at 1607 East Hastings Street, the Centre counts over 40,000 urban Aboriginal People in the Greater Vancouver Regional District as its potential clientele.

The mandate of the Centre is to meet the needs of urban Aboriginal People making a transition to the urban community, providing programs in health and welfare, social services, human rights, culture, education, and recreation for all genders of Aboriginal People of all age groups. The Centre strives to provide

holistic and cultural services while honouring the philosophies and values of varied Aboriginal culture and traditions.

We thank the Vancouver Aboriginal Friendship staff for opening their doors in welcome and look forward to building bridges of understanding in place.

Hosts: First Nations Friendship Centre Staff

Group Schedule

Detailed instructions will be provided to participants prior to field trip

- Travel by public transit
- Group departure from Tsawwassen and Ladner at 8:30 am
- Arrival at destination for 10:00 am
- Visit of centre, information session and circle discussion
- Catered lunch included
- Return by transit to South Delta by 3:00 pm.

1 session: \$25 (with catered lunch) Class Size: max 18

Monday, Nov 19

8:30 am-3:00pm

Special Presentations

FREE SPECIAL COMMUNITY PRESENTATION

(Presented by KinVillage, ElderCollege Delta and Tsawwassen Rotary Club)

SP1: Film: PLASTIC OCEAN

“If it was happening in one gyre, they suspected it was happening in all of them. But the filmmakers needed experts to prove it.”

Join us for the inaugural viewing in Tsawwassen of the film, **Plastic Ocean**. The film begins when journalist Craig Leeson, searching for the elusive blue whale, discovers plastic waste in what should be pristine ocean. In this adventure documentary, Craig teams up with free diver Tanya Streeter and an international team of scientists and researchers as they travel to twenty locations around the world. Over the next four years they explore the fragile state of our oceans. They uncover alarming truths about plastic pollution, and reveal working solutions that can be put into immediate effect.

Tuesday, October 23, 2018

1 - 1:30pm:

Light refreshments served

1:30pm: Film

KinVillage Community Centre,

Main Hall

5430 W10th Ave, Tsawwassen

Please let us know if you plan to attend!

ElderCollege Delta members: sign up during fall registration

Members of the community: register by phone at 604-943-0262

KinVillage members: sign up at KV Community Centre Reception

SPECIAL PRESENTATIONS FOR MEMBERS

The following presentations are complementary to current members. Please register online. Non-members are invited to attend our special presentations by taking out a \$10 ElderCollege membership, purchased online (Google "ElderCollege Delta) or at the venue.

SP2: Delta - Its Geology and Geologic Hazards

Presented by Dr. John Clague

(Professor Emeritus and Director of the Centre for Natural Hazard Research, Simon Fraser University)

As residents of Delta, we frequently hear that we live in a potentially dangerous part of British Columbia. How do we separate media hype from fact? How does our community make decisions on an informed basis? Dr. Clague gives us the opportunity to gain up-to-date, factual awareness about the geologic architecture of the Fraser River delta and the hazards that this geology imposes on those of us living on its surface. Dr. Clague will focus on the special effects that a strong earthquake would have on Delta and the consequences of sea-level rise that scientists anticipate later in this century.

**Saturday, October 27, 2018
10:00am-Noon**

**Cedar Park Church
5300 44th Avenue, Ladner**

SP3: Jack the Ripper and the Royal Family: Murder and Myth

Presented by Dr. Simon Devereaux

(Associate Professor of History, University of Victoria)

Jack the Ripper is the most infamous murderer in modern history. Never captured, his identity is one of England's most well-known unsolved mysteries. There are theories linking his crimes to the highest levels of government and even to the British Royal Family itself. For more than forty years now, many people have believed that Jack the Ripper was either a member of the royal family or else someone acting at their behest or at least in their interest. Dr. Devereaux will take us through the development of this theory and its stranger (and stranger!) versions. We will be treated to a wide range of conjectures on this perennially intriguing topic. What was fact and what is fiction?

**Saturday, November 10, 2018
10:00am - Noon**

Cedar Park Church
5300 44th Avenue, Ladner