

# ElderCollege Delta Courses Spring 2019

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## TECHNOLOGY

**Note:** *If you are registering in a tablet class (iPad or Android), please check the operating system of your device. An iPad or iPhone is an Apple product. Its operating system is ISO. If you don't see the Apple logo on the back of your tablet, your device is most likely an Android tablet running Google's Android operating system. If your tablet or phone is made by Google, Samsung, Asus, Huawei, Lenovo, or Amazon Fire, it is running the Android system. If you are still uncertain, please phone our office and ask for help.*

### It's a Set-Up!

Do you need email set up on your device? You are not sure how to connect to wifi? Come to this class and get set up! If you don't have an email address yet, you'll learn how to create one. If email isn't set up on your device yet, you'll learn how to do that, too. Not sure about wi-fi or data? You'll learn about the wireless *internet and how* to stay safe. You'll also learn about Google, Microsoft and Apple accounts and sign up for one if needed.

**Note:** *this class is for you if you are unsure about any of the above, especially if you plan to take any other computer or tablet classes. This class will make everything else easier!*  
*Presenters - The Latremouille Team*

**1 session: \$10 Class size: max 8**  
**Tuesday, March 5 10:00am-Noon**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

### 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. Topics include: Settings, Contacts, Safari, Email, Camera, as well as downloading and using Applications (aka 'apps') from Apple Store. Please bring your own FULLY CHARGED iPad to class.

*Presenters - Paul and Kathleen Vanderwood (Returning Presenters)*

**4 sessions: \$40 Class size: max 8**  
**Wednesdays: Mar 6, 13, 20, 27 1:00-3:00pm**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

### 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 long distance friends or family and see them while you are talking to them? Do you want to do more than just send and receive emails? Then you NEED to take iPad For Beginners. You will be introduced to basic operations 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 not suitable for individuals already regularly using an iPad.* *Presenters - Brent & Sue Koot (Retired Delta Educators)*

**4 sessions: \$40 Class size: max 8**  
**Wednesdays: Mar 13, 20, 27, and April 3 10:00am-Noon**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

### **Beyond Beginner iPad**

Have you mastered the basics of your iPad, but still find yourself asking, “I wonder how to...?” 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. Topics include: 1) taking pictures and working with photos (attachments, uploading, editing, sharing, organizing and storing); 2) how to stay organized using contacts, calendars, reminders and notes; 3) using your iPad as a source of news, your personal library, and other reading material. If time permits, additional topics could include: 4) using maps for directions and 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: March 6, 13, 20, 27 10:00am-Noon**

*Cedar Park Church Heritage Room  
5300 44<sup>th</sup> Ave, Ladner*

### **Beyond Beginner iPad *Selected Topics***

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 below.

*Presenter - Geoff Eldred (Returning Presenter)*

**\$10 per session - Class size: max 8**

**Location for all classes:**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

### **Beyond Beginner iPad - Email**

This topic 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; and saving and storing received attachments.

**Wednesday: April 3 2:00-4:00pm**

### **Beyond Beginner iPad - Camera and Photos**

This topic 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 and emailing photos and posting to social media.

**Wednesday: April 10 2:00-4:00pm**

## **Beyond Beginner iPad - Web Browsing and Using Apps**

This topic 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 and using specific Apps for browsing shortcuts.

**Wednesday: April 17 2:00-4:00pm**

## **Beyond Beginner iPad - Documents, Books and Newspapers**

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

**Wednesday: April 24 2:00-4:00pm**

## **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, download and upload videos. Visit the Google Play store for downloading 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: Mar 2, 9, 16, 23 10.15am-12:15pm**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

## **Social Media for Boomers**

This course, for new and intermediate users, 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, 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 be familiar with or using a computer, tablet or smartphone, but a device is not required for class. Basic skills such as searching the Internet and email are helpful.  
*Presenter - Ken McGrath (Broadcaster and Internet Professional)*

**2 sessions: \$20 Class size: max 8**  
**Wednesdays: Feb 27 and March 6 10am-noon**

*KinVillage Community Centre  
Multi-purpose Room  
5430 10<sup>th</sup> Ave, Tsawwassen*

## **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. **Note: 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 8**  
**Tuesdays: March 12 & 19 10:00am-Noon**

*KinVillage Community Centre*  
*Multi-purpose Room*  
*5430 10<sup>th</sup> Ave, Tsawwassen*

### **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)*

**3 sessions: \$30 Class size: max 8**  
**Tuesdays: March 5, 12, 19 2:00-4:00pm**

*KinVillage Community Centre*  
*Multi-purpose Room*  
*5430 10<sup>th</sup> Ave, Tsawwassen*

### **Make Your Own Personalized Audio CD**

We all have CDs where we like a few tracks and not the rest. This course will allow you to put all those great tracks onto one CD for you to play at home or in the car. Imagine track after track of all your favourite recordings and you don't have to keep changing the disc. It's easy to achieve with great results. Bring a few favourite CD's plus a blank CD for you to produce your Greatest Hits!

*Presenter - Ivor Hewitt (Returning Presenter)*

**1 session: \$10 Class size: max 8**  
**Tuesday: March 26 2:00-4:00pm**

*KinVillage Community Centre*  
*Multi-purpose Room*  
*5430 10<sup>th</sup> Ave, Tsawwassen*

## **GENERAL STUDIES**

### ***Lifestyle***

#### **Navigating Change: How to Manage Transitions with Grace and Ease**

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, participants are offered the opportunity to reflect on how they navigate the changes that life brings. Each session will include a facilitated circle where participants may share and learn from others. A weekly theme and (light) homework will be provided to extend the learning outside of the session. Chairs are available and may be used in place of a mat for anyone having difficulty getting up and down off the floor.

**Note: Please bring your own yoga mat and cushion.**

*Presenter - Beth Triano (Yoga Therapist, Clinical Counsellor)*

**6 sessions: \$60 Class size: max 20**  
**Wednesdays: April 10, 17, 24; May 1, 8, 15 7:00 -9:00pm**

*Vidal Court Dining Room*  
*5492 11<sup>th</sup> Ave, Tsawwassen*

### **A Joseph Campbell Retrospective**

Join us for an afternoon honouring Joseph Campbell, renowned mythologist and interpreter of the human experience. Using short videos and samples of his work, we will journey into the mind and spirit of this remarkable man, a legendary teacher and masterful storyteller. In discussion groups we will re-examine a familiar Grimm fairy tale for new insights contained in this layered story. Bring your imagination! Take a moment to browse the book display of many of Campbell's books and videos.

*Presenter - Richard Pearce (Returning Presenter)*

**1 session: \$10 Class size: max 30**  
**Wednesday: April 3 1:00-3:00pm**

*Cedar Park Church Heritage Room*  
*5300 44<sup>th</sup> Ave, Ladner*

### **“What’s it all about, Alfie?”**

What do you wonder about when you gaze up into the starry heavens on a clear night? Are we truly alone? Do stars have births and deaths? When WAS the BIG BANG? Just how old IS our planet? When do we believe that Homo Sapiens first walked on its surface and what made us so different? Such are the questions that we humans have asked ourselves through time.

The sky is full of constellations whose origins were explained by the myths of ancient cultures. Do you know the story of Andromeda, her mother, Cassiopeia, and the hero Perseus? The cast of characters in our sky includes Red Giants, White Dwarfs, Black Holes and Super Novas. Your front row seat is waiting! Come share your wonder with others in this interactive session.

*Presenter - Richard Pearce (Returning Presenter)*

**1 session: \$10 Class size: max 30**  
**Wednesday: April 10 1:00-3:00pm**

*Cedar Park Church Heritage Room*  
*5300 44<sup>th</sup> Ave, Ladner*

### **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: April 2, 9, 16 1:00-3:00pm**

*KinVillage Community Centre*  
*Multi-purpose Room*  
*5430 10<sup>th</sup> Ave, Tsawwassen*

## ***History***

### **China After Mao: The Rebirth of the Dragon**

How did Communist China become a giant in world markets? How could such a market economy flourish under a Communist regime? How did a diplomatic pariah of the 1950's become a member of the UN Security Council? Participants will explore these and other questions about the emergence of the superpower, the Peoples' Republic of China, through class discussions and personal readings.

*Presenter - Guillermo Bustos (Retired Delta Educator)*

**5 sessions: \$50 Class size: max 40**  
**Thursdays: April 4, 11, 18, 25 and May 2 1:00-3:00pm**

*Cedar Park Church Heritage Room*  
*5300 44<sup>th</sup> Ave, Ladner*

## ***Language and Literature***

### **Voices from the Great War: English-Canadian Literature and World War I**

On November 11, 2018, we officially commemorated the end of World War I. This "War to End All Wars" did not really conclude on November 11, 1918, however. There were the peace terms to negotiate and the troops to repatriate. There was the 1919 flu epidemic to survive and memories to process of what people, both civilians and combatants, had endured.

Sessions will focus on the voices of Canadian men and women who participated in the Great War through their diaries, letters and memoirs, as well as their poetry and prose fiction. Be prepared for lively discussion!

*Presenter: Mary Jane Edwards, PhD (Specialist in English-Canadian Literature)*

**4 sessions: \$40 Class size: max 25**  
**Wednesdays: March 6, 13, 20, 27 10am-noon**

*Vidal Court Dining Room*  
*5492 11<sup>th</sup> Ave, Tsawwassen*

### **Writing a Short Story: "The Magic of What if...?"**

In this interactive session, participants will have the opportunity to write a short piece based on the ideas presented. Those keen enough to read their short piece to the whole group will receive accolades of support as well as meaningful feedback. A story, after all, is made-up truth, and, as everyone knows, lies are great fun! "Writing is easy", said Ernest Hemingway. "All you do is stare at a blank piece of paper until drops of blood form on your forehead." Do join us for a literary transfusion! Bring your notebook or tablet to this session.

*Presenter: Peter Johnson (Retired Educator and Writer)*

**1 session: \$15 Class size: max 20**  
**Thursday: March 14 1:00-4:00pm**

*Cedar Park Church Heritage Room*  
*5300 44<sup>th</sup> Ave, Ladner*

## **The Joys of Poetry: Tantalizing Morsels for the Soul!**

Thomas Grey once said that “Poetry is thoughts that breathe and words that burn!” During these three hours, you will discover and rediscover poems that do just that. The seminar will begin with a brief overview of poetic forms, styles and techniques, followed by an exploration of lyric poems such as the sonnet, ballad, ode, dramatic monologue. Blank verse, free verse and concrete forms will also be explored.

**Participants are encouraged to bring their favourite poems.** We will share these poems and discover why poetry does indeed heighten our senses and increase our love and enjoyment of life.

*Presenter: David Hunt (Returning Retired Delta Educator)*

**1 session: \$15 Class size: max 25**  
**Monday: April 15 1:00-4:00pm**

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

## **Science**

### **The Geology of Planet Earth**

Using the science of geology, we will explore the planet Earth that we live on - what we know and how we know it. Over five sessions, we will systematically investigate the following:

- the movement of the earth: now, in the past and in the future;
- the nature of minerals and gems: from clay to ruby and diamonds;
- the everchanging nature of rocks wherever we are;
- the history of the Earth and the moon - the long and the short of it;
- the forces that influence the Earth: how it is broken, squeezed, crumpled and covered, resulting in fantastic places to live in British Columbia.

These sessions will be interactive and feature discussion.

*Presenter: Jim Morin, PhD (Retired Educator and Geologist)*

**5 sessions: \$50 Class size: max 30**  
**Tuesdays: April 2, 9, 16, 23, 30 1:00-3:00pm**

*Cedar Park Church Heritage Room*  
*5300 44<sup>th</sup> Ave, Ladner*

**Note: if you are registering for this course, you may also be interested in the field trip: “Forces of Nature: A Geology Trip in the Lower Mainland” on May 13.**

## **Visual and Performing Arts**

### **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, we will enjoy the following works: “Don Giovanni” by Mozart, “Don Pasquale” by Donizetti, and “Lohengrin” by Wagner. Then we will end on a high note with “H.M.S Pinafore” and “Trial by Jury”, both by Gilbert and Sullivan. You are invited to join us for Friday afternoon at the opera!

*Presenter: Rod Asher (Musical Accompanist, ElderCollege Singers)*

**4 sessions: \$40 Class size: max 30**

**Fridays: March 22, 29 and April 5, 12 1:00-4:00pm**

*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 involve walking and standing for up to two hours, and the navigation of stairs or uneven surfaces. Supportive walking shoes and dressing for the weather are recommended.**

**Visit to the Vancouver Art Gallery: “French Moderns, Monet to Matisse, 1850-1950”**

*Private Guided Tour: Gallery Educator*

This ***French Moderns*** gallery exhibition presents sixty paintings and sculptures from the Brooklyn Museum’s renowned collection. The works, diverse in subject, style, and scale, were created by leading artists of the period - the mid-nineteenth to mid-twentieth centuries. The exhibition includes examples of the key movements of the period - Realism, Impressionism, Post-Impressionism, Symbolism, Fauvism, Cubism, and Surrealism - that emerged in and around Paris between 1850 and 1950. You will see the works of many celebrated artists, including: Paul Cézanne, Marc Chagall, Edgar Degas, Henri Matisse, Claude Monet, Berthe Morisot, Pierre-Auguste Renoir and Auguste Rodin.

### **Group Schedule:**

Group travel by **public transit**, 9:00 am (approx.) departure  
Free time in the gallery before tour  
Private one-hour guided tour at Noon  
Optional lunch at participant’s expense  
Group return by **public transit** by 3:00 pm (approx..)

**1 session: \$15 plus entry by donation (\$10) Group size: max 18**  
**Monday: April 1 9:00am-3:00pm**  
**Travel by Public Transit**

**Visit to the Dr. Sun Yat-Sen Classical Chinese Garden**

*Private Guided Tour: Garden Docent*

What is the significance behind Taihu rocks, a jade-coloured pond, and teak windows? Enhance your understanding and appreciation of Dr. Sun Yat-Sen Classical Chinese with this one-hour tour and experience. A knowledgeable docent will lead you on an exploration of the rich history and design that make the garden a unique living museum and cultural heritage site in Vancouver’s historic Chinatown neighbourhood. After the tour, enjoy a cup of complimentary hot tea and savour the moment.

### **Group Schedule:**

Group travel by **public transit**, 9:00 am (approx.) departure  
Private one-hour guided tour at 10:30 am  
Free time in Chinatown until 12:30 pm  
Optional dim sum lunch in a Chinese restaurant at participant’s expense

Group return by public transit by 3:00 pm

1 session: \$15 Group size: max 18  
Monday, May 6 9:00am-3pm  
Travel by Public Transit

### **Forces of Nature: A Geology Trip in the Lower Mainland**

*Guide: Jim Morin, PhD (Retired Educator and Geologist)*

Geology surrounds us, its features impressing themselves upon our feeling for the land. On this field trip, gain new insights about the formation and shape of the land you live in, so that you can share these insights with friends and visitors.

We will travel by private bus to viewing and look-out sites locally and in Vancouver, including: Centennial Beach, Diefenbaker Park, the Tsawwassen Ferry Terminal, Stanley Park, and Queen Elizabeth Park. A lunch break will be built in at participant's expense.

1 session: \$25 with transport Group size: max 14  
Monday, May 13 9:30am-3:00pm  
Travel by Private Bus Included in Course Fee

## **SPECIAL PRESENTATIONS**

### ***Free Community Presentation***

Starting February 15, ECD members and the community at large are asked to register for this presentation online (eldercollege delta/kinvillage), at in-person registration, or by calling the ElderCollege Delta Office at 604-943-0262.

### **Brass 101: An Afternoon with the Trilogy Brass Trio**

**Presenters: Rich Mingus, French Horn; Ray Kirkham, Trumpet; Gordon Cherry, Trombone**

***Don't miss this fun, interactive event!***

Trilogy Brass, a trio of professional musicians, will entertain you while answering many of the questions that you may have pondered about brass instruments. Is the French Horn really French? Do trumpets come in many sizes? How far can a trombone stretch? During your time together, you will hear many tunes from the classics as well as jazz and pop music, but that's not all. Watch a brass instrument being made and demonstrated. Listen to an ancient Jewish trumpet ring out. Come up and join in the fun on percussion!

**Tuesday, April 30  
2:00-3:00 pm**

***KinVillage Community Centre  
Main Hall  
5430 10<sup>th</sup> Ave, Tsawwassen***

## ***Special Presentations Complimentary to Members***

Registration is required for the following Special Presentations, free to returning members. Other members of the community may attend one or more free presentations by taking out a \$10 membership. Starting February 15, returning and new members should register for these presentations online (eldercollege delta/kinvillage), at in-person registration, or by calling the ElderCollege Delta Office at 604-943-0262.

### **A Not So Savage Land: The Art and Times of Frederick Whymp**

**Presented by Peter Johnson**  
*(Educator and Writer)*

Are you interested in art or in the history of British Columbia? If so, this illustrated presentation, based on Peter Johnson's new book, **A Not So Savage Land: The Art and Times of Frederick Whymp**, will pique your curiosity about an important, though little-known, artist who made a significant impact on our understanding of BC's coastal history.

Fred Whymp was a wood-block engraver and watercolourist who painted the Lower Mainland, Vancouver Island, Alaska, and Siberia some five years before the use of the camera, recording a number of historical events that took place between 1863 and 1875.

He was there for the Fraser River Gold Rush, the Chilcotin War, the Vancouver Island Exploring Expedition, and Western Union's attempt to lay an overland telegraph line from Vancouver to Siberia! He later went on to write three books and to create the San Francisco Art School. Why, then, did he die unknown and in abject poverty?

**Saturday, March 30**  
**10:00 am - Noon**

***Cedar Park Church Heritage Room***  
***5300 44<sup>th</sup> Ave, Ladner***

### **Who Killed the Avro Arrow?**

**Presented by Chistopher Gainor, PhD**  
*(Writer and Historian of Technology)*

Learn the story of the CF-105 Avro Arrow jet interceptor and its cancellation in 1959. Follow the international politics, pressures, and personalities behind one of the most controversial decisions in Canadian history: the mothballing of this incredibly sophisticated jet fighter, the Avro Arrow. Why was this important project cancelled? What was the legacy of Avro Canada's work? Follow the story of the Avro engineers who went on to NASA after the Arrow's cancellation. Learn how they helped put astronauts on the moon and played important roles in the Mercury, Gemini, and Apollo programs.

Chris Gainor is President of the Royal Astronomical Society of Canada. He is currently writing a book on the history of the Hubble Space Telescope for NASA.

**Saturday, April 13  
10:00 am - Noon**

***Cedar Park Church Heritage Room  
5300 44<sup>th</sup> Ave, Ladner***

**Murder and Myth: Jack the Ripper and the Royal Family  
(Rescheduled from Fall 2019)**

**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, April 27, 2019  
10:00 am - Noon**

***Cedar Park Church Heritage Room  
5300 44<sup>th</sup> Ave, Ladner***