



FALL 2016
NEWSLETTER

Your Society for Lifelong Learning



Society for Learning in Retirement

Est. 1995 as OILR 1434 Graham Street, Kelowna, BC V1Y 3A8
250-448-1203 registrar@slrkelowna.ca www.slrkelowna.ca

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Board Meetings: 2nd Friday of each month, except July

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Ilse Erwig	Chair	250-768-1319
Gary Dickinson		250-764-2346
Sue Haley		250-861-7005
Edie Lavroff		250-491-4757
Sigi Narjes		250-768-8733
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VOLUNTEER COORDINATORS

Janet Powell	250-768-5574
Linda Grant	250-448-9460

**ARCHIVIST/HISTORIAN AND RESIDENT
PHOTOGRAPHER**

Glenda Palmer	250-860-8657
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SLR LIBRARY

Joey Thompson	250-575-0307
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SLR OFFICE
Annette Mattiasch, Manager

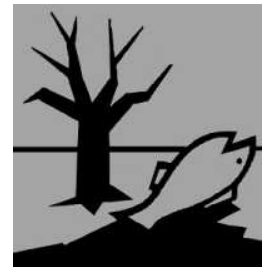
For office hours, please
check the message on the
office answering machine.

SLR
HOW TO CONTACT US
VOICE MAIL: 250-448-1203
EMAIL registrar@slrkelowna.ca
WEB: <http://www.slrkelowna.ca>

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Front Page:
"WINE TIME"
Acrylic Painting by SLR
MEMBER: Jenny Brownjohn



CREE PROPHECY:
*When all the trees have been cut
down, when all the animals have
been hunted, when all the waters
are polluted, when all the air is
unsafe to breathe, only then will
you know:
You can not eat money.*

PRESIDENT'S MESSAGE – FALL 2016

By the time you read this, it will be the middle of Summer and we will be thinking about the Fall sessions with registration just around the corner. As you will quickly find out, we are offering over sixty courses this semester. At least twenty of these will be “one-time-onlys” featuring speakers from the college and the community. Ilse and her crew have indeed outdone themselves.

I want to thank those of you who attended the Islam Forum at the RCA theatre. The feedback we got was that you were very happy with it, although there was the occasional person, who would have liked to hear more from the “other side”. Our intention was that with all the negative press in the media, we wanted to simply provide another view of Islam. I am truly grateful to Judi MacGillivray and Donn Watt for the many hours of “blood, sweat and tears” that they went through to put this on. I also want to thank Robert Noon for his extensive contributions in the way of art work, press releases, questions for panelists, and general research. Judi and Donn were able to work with the local Islam community and deeply appreciated their very generous contributions and shared sponsorship. Working with them was a valuable experience.



So far the kitchen renovations have not materialised. The Boys and Girls Club relies on a certain amount of volunteer help in this sort of thing. Unfortunately, that help was delayed, but we hope that things will get moving very soon.

Our board secretary is unable to continue in that role, so we are looking for someone to take over. If you have good computer skills and the ability to take notes, not to mention the desire to contribute your time and effort, we would love to hear from you.

As always, I want to extend my thanks and appreciation to all of you who take the time to contribute in one way or another to the ongoing success of SLR. This includes all the various committees, such as program, social, volunteers, the board and, most importantly, all of you who take such an interest in being an SGL. Without you we would not be able to continue, and, make no mistake, continuing with SLR is well worth it. Have a wonderful summer and I look forward to seeing you back with us in the Fall.

Vera Ito, President

SLR HONOURARY MEMBERS

*Larry Babcock · Madeleine Bourdon · Ron Brillinger · Rick Burke
Donna Duke · Gary Dickinson · Ilse Erwig · John Ewens · Linda Grant
Frank Harvey-Smith · Vera Ito · George Kroker · Ingrid Lausman ·
Edie Lavroff · John Loewen · Ron Lyric · Guy Mackie · Marie MacRae ·
David Madison · Jack Mighton · Fred Miles · Graham Reid · Phyllis Rowe
Toshi Sakamoto · Daisy Sameshima · Joan Sande · Roger Setka · Teresa M. Smith · Jill
Starky · Kathy Sukkau · Susanna Svendsen · Irmgard Thiessen · Marnie Turnell ·
Charles Velte · Clarke Wallace · Pat Zander*

- **IN PERSON** Monday, August 15, 2016 from 10:00 am – 3:00 pm, meet in Gym
On the first day of registration, priority is given to “in-person” applications, on a first come, first- served basis. This allows for confirmation of your seat in the class with payment for what is available. Mailed and dropped-off applications are processed AFTER Monday’s “in-person” registration and often result in overpayment situations if cheque amounts are for courses that are full. This is why “in-person” registration is preferable. Indicate (an) alternate course(s) on your form if your chosen course(s) is (are) full. Thank you.

After the first day:

Tuesday, August 16 – Thursday, August 18, 10:00 am – 3:00 pm, SLR office
SLR OFFICE: After August 18, on Tuesday and Thursday between 11:00 am and 2:00 pm. (*Office hours are posted on the office door and the answering machine*).

- **DROP OFF:** From Monday, August 15 onwards, whenever the building is open you may drop your completed registration form in the mailbox beside the SLR office door. Preferably, verify that space is available.
- **BY MAIL:** Send your completed registration form to:
 SLR, 1434 Graham Street Kelowna, BC V1Y 3A8. A **printable** registration form is available on the SLR website (www.slrkelowna.ca).

If registering by mail, only CHEQUES are accepted. Don’t send cash, please.
 Registration payments accepted: **cash, cheque, debit or credit card** (MC and Visa only).
 Credit card payments by phone are no longer accepted. **Your debit or credit card MUST BE PRESENTED IN PERSON for all REGISTRATIONS and REFUNDS; BRING YOUR CARD.**

REGISTRATION FORM

YOUR REGISTRATION FORM is included in this newsletter on page 27. Cut it out but leave a 1/2 inch flap to keep the integrity of the other pages. You may send your registration form by mail or drop it off in the mailbox beside the SLR Office door. Preferably, verify that space is still available.

MEMBERSHIP CARD SYSTEM

Study Group Leaders, could you please find out if the participants in your groups have received a FALL 2017, membership card when they registered for Fall courses. If they

have not received one, could you please suggest that they get in touch with the office so that a membership card can be issued. Thank you.

SLR Administration

FALL 2016 CALENDAR

	SEPTEMBER			OCTOBER					NOVEMBER			
Mon	12	19	26	3	10	17	24	31		7	14	21
Tue	13	20	27	4	11	18	25		1	8	15	22
Wed	14	21	28	5	12	19	26		2	9	16	23
Thur	15	22	29	6	13	20	27		3	10	17	24
Fri	16	23	30	7	14	21	28		4	11	18	25

**HOLIDAYS: THANKSGIVING, MONDAY OCTOBER 10;
 REMEMBRANCE DAY, FRIDAY, NOVEMBER 11**

SOME OF THE COURSE REQUIREMENTS OF INTEREST TO YOU

- Courses not reaching minimum numbers by the start of the program may be cancelled and fees refunded. Registrants will be notified.
- Mark on your Registration form AN ALTERNATE COURSE IF THE COURSE OF YOUR CHOICE IS FULL. If you decide not to suggest an alternate course, your name will be added to a waiting list.
- Receipts for course and membership fees will be available from your Study Group Leader/Coordinator at the start of your course. If there is no receipt available it might be distributed at one of your other courses.
- **If you are a new member and you register for the first time** you will receive a membership card stamped FALL 2017, the expiry date of the membership. If you register by mail, your card will be available in one of your classes.
- The main focus of SLR courses is “peer learning.” To enrich the learning experience, you are encouraged to do a presentation in consultation with your Study Group Leader. Doing research greatly enhances your understanding of the topic. Please read the handout, “How to do a presentation” available in the office.
- Call your SGL or SGC if you have questions about the course or if you cannot attend classes. PLEASE DO NOT CALL THE OFFICE.

REFUND POLICY

(effective since December 1, 2014)

Refunds will be in the form of a credit receipt only

Credit receipts must be presented at next term’s registration to be redeemed

Monetary refunds will only be given at the discretion of the registrar

\$10 to be withheld on all refunds to cover administration costs

No refunds under \$12

No refunds on Membership

Memberships are non-transferable

Please, think very carefully before you register.

Remember, if you choose not to continue with a class, let the office, Study Group Leader or Study Group Coordinator know; there may be someone on the waiting list who can take your place.

WANTED

Study group leaders to present the following courses:

BOOKKEEPING,
MYSTICISM, RELIGION or OTHER
TOPICS OF INTEREST

Contact Ilse at ilse1@telus.net

A Note on Course Fees:

If you wish to register for a course but you find that you cannot afford it, please call the SLR Office to discuss an arrangement that suits you. Your call will be handled in confidence.

UPDATED TECHNOLOGY AT SLR

As you all know by now, SLR has recently introduced new and updated technology to support our learning experience. Hearing impairment is one of the things we often encounter as we age. We have introduced Auris Loops in Classroom B to improve hearing for those with hearing aids. Ask your audiologist if yours are equipped with T-Coils so that you can take advantage of this and, if so, ask your SGL to use the microphone during class. Check the bulletin board in Classroom B for details. We will acquire this new service for classroom A if demand dictates.

High definition 60" TVs have been installed in both classrooms. These connect to laptops, and the DVD / VHS players, replacing the projectors and screens used in the past. We also acquired a high quality document camera which connects to the TV through a laptop. This will provide an alternative to the aging Elmo / projector system and is truly state of the art. We are also planning to introduce microphone / speakers so that those with soft voices can be heard better by everyone. *Donn Watt, VP Facilities*

To get a better idea of how this new technology works, refer to page 12 where you see a course called "connect" scheduled for Wednesday, September 7 with Donn Watt. You must register for this course.

**FALL TERM COMPLIMENTARY LUNCH AND ORIENTATION
FOR STUDY GROUP LEADERS, COORDINATORS AND GUESTS
WEDNESDAY, SEPTEMBER 7, 12:30–2:00 PM Community Hall, MARTIN CENTRE
Please RSVP when you have received your invitation**

**Receive your course information package. Meet other SGLs, SGCs, Guest
Speakers,
Board and Committee Members over a nutritious meal.**

**2:00 – 3:00 pm
Orientation for new SGLs and SGCs, Please stay after 2:00 pm to discuss the
Handbook and have a tour of the premises.**

About the Fall Courses

It is always exciting when new ideas are presented which culminate in a course or workshop. Contemporary Political and Social Philosophy led by Madeleine Bourdon has been in the making for some time. Other new courses are Demystifying Astronomy with Edward Kilgour, Drama for the Terrified with Lee Karvonen; one has to attend to find out. Dream Yoga and Conscious Aging with Elizabeth MacLeod both sound like a must do. Dr. Rosalind Warner will present The Making of the US President and Ron Krystynak will enlighten you with a talk on American politics. Another new idea is the introduction to System K with Fred Murray who will talk about your subconscious energy. Yousif Murad will challenge you with his Chemistry course. Iwoma Sienko will explain Housing Options for Seniors and Teresa Smith will present Anthropology this time. First Nations are represented with Ethnobotany by Pam Barnes of the Okanagan Indian Band, Andrea Laforet with her presentation on Okanagan First Nations and their neighbours, and Howard Hisdal with a talk on aboriginal first contact. Trish Horn will look after Watercolour Painting. A warm welcome-back to our regular leaders with their trusted courses.

Thank you to the members of the Program Committee who were instrumental in assembling the courses. To all our members, have a 'learnful' Fall trimester.

On behalf of the SLR Program Committee, Ilse Erwig, Chair

FALL 2016 PROGRAM

MONDAY: SEPTEMBER 12 – NOVEMBER 21
(NO CLASSES: THANKSGIVING OCTOBER 10)

#116F EYES ON OPTOMETRY – GUEST SPEAKERS: Louise Myshak and John Kemp*
Study Group Coordinator: Janet Powell (250-768-5574)

Monday, Sep. 12 and 19 – 9:00 – 11:00 am - 2 sessions – Fee: \$12 – Max/Min: 20/8

Doctors of Optometry are a primary source for all of your vision, eye health and eyewear needs. An optometrist is trained to help you maintain good vision and manage changes related to aging or conditions such as astigmatism and glaucoma. Optometrists specialize in diagnosing, treating, managing and preventing problems within the visual system, can prescribe medications, and provide emergency care for some injuries. We will discuss the anatomy of the eye, how vision is measured and common eye conditions and their management (eg. dry eye, cataract, macular degeneration).

***Drs. Myshak and Kemp practice in Kelowna**

#216F HOUSING OPTIONS FOR SENIORS – Guest Speaker: Iwona Sienko*

Study Group Coordinator: Janet Powell (250-768-5574) – Monday, Sep. 26 – 9:00 – 11:00 am
1 session - Fee: \$10 • Max/Min 20/8

There are many different housing options for seniors. Starting from rental housing through independent living to residential care options. Some options are provided by non-profit organizations while others are privately owned. This wide variety of options often creates confusion and difficulties in deciding what is most appropriate. In this interactive session you will learn more about each of those housing categories to help you better understand your options. ****Iwona Sienko is a Registered Nurse with 30 years of experience with 21 of those years working with seniors in the various healthcare settings. She understands the health care system, how it works and how confusing it can be.***

#316F INTRODUCTION TO TAI CHI – MOVING MEDITATION – Guest Speaker: To be announced
Study Group Coordinator: Toshi Sakamoto (250-491-2183)

Monday, Oct. 3 - 9:00 – 11:00 am – 1 session – Fee: NO CHARGE • Max/Min: 20/8

Tai Chi is suitable for everyone, of all ages, and people with a wide range of health challenges have found Tai Chi to be both accessible and effective. The practice incorporates gentle movements that gradually become deep stretching with a full range of motion that benefits the whole body including the muscular, skeletal and circulatory systems, as well as tendons, joints, connective tissue, and internal organs. And at the same time, it is a form of meditation, allowing the mind to gradually become more peaceful and better able to manage life's stresses. Get a "feel" for what Tai Chi is and perhaps discover how it might help with maintaining or improving health. **REGISTRATION REQUIRED.**

#416F CALLIGRAPHY AN INTRODUCTION

Oh that Fancy Writing is S-s-s-so Beautiful! Calligraphy encompasses many styles of "beautiful writing". This course will introduce the Italic script, the elegant, classical, popular "handwriting of the Renaissance," a style which remains most popular today. Students will gain confidence using the broad-edged pen and with a little practice develop good letterform and a "keen eye" for spatial relationships. Ongoing practice will help everyone develop their own inflections and put their 'stamp' on this 'hand'.

Leader: Jacquie Myers (250-765-4668)

Dates: Monday, Oct. 17 – Nov. 21

Time: 9:00 – 11:00 am

Sessions: 6

Fee: \$22*

Max/Min: 11/4

***Extra \$11 fee paid directly to leader at first session covers all supplies (pen, ink, paper).**



**#516F INTERNATIONAL POLITICS –
THE MIDDLE EAST**

The United Nations' definition of the Middle East includes 14 nations – Bahrain, Iraq, Iran, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Syria, United Arab Emirates and Yemen. Some of these nations are of significant importance to the west, largely because of their oil resources. We will examine the various groups and their conflicts, especially the impossible situations in Iraq and Syria. Should the west, and especially Canada, be involved in trying to find a solution?

Leaders: Frank Harvey-Smith (250-860-0432)
Madeleine Bourdon (250-868-0964)
Dates: Monday, Sep. 12 – Nov. 21
Time: 9:00 -11:00 am
Sessions: 10
Fee: \$30
Max/Min: 30/10

#5516F DOWNTOWN WALK

A narrated walk featuring stories of the past and future of the downtown cultural district and waterfront. This is a loop walk finishing with a tour of the Rotary Centre. Coffee to follow at the Rotary Centre's Bistro. Meet at the Centre at 9:00 am.

Leader: Robin Jarman (778-478-2760)
Date: Monday, Oct. 17
Time: 9:00 am – 12:00 noon
Session: 1
Fee: \$10
Max/Min: 20/10

#616F THE HISTORY OF SPAIN

We will explore how the far corner of Europe once known as Iberia developed over the centuries into what today we call Spain. Many people from the Phoenicians to the Moors made contributions to the country's culture. Join us and pick one of the interesting topics to make your presentation.

Leader: Ingrid Lausman (250-766-3522)
Dates: Monday, Sep. 12 – Nov. 21
Time: 11:30 am – 1:30 pm
Sessions: 10
Fee: \$30
Max /Min: 20/8

#716F CURRENT EVENTS

We discuss issues in the news, often in historical or political context. Typically there is a presentation by a member and discussion on that topic in the first hour. Sometimes we have a guest speaker. In the second hour we have short items from the current news introduced by members for quick consideration.

Leader: Pat Zander (250-769-4174)
Dates: Monday, Sep. 12 – Nov. 21
Time: 11:30 am – 1:30 pm
Sessions: 10
Fee: \$30
Max /Min: 24/10

#816F SPANISH FOR BEGINNERS

Learn Spanish, the second most widely-spoken language in the world. This course will focus on Spanish conversation at the beginner level, but will also be a refresher providing practice for participants who already have some familiarity with the language. Learning a new language is good exercise for your brain.

Leader: Gladys Torres (250-860-1088)
Dates: Monday Sep. 12 – Nov. 21
Time: 2:00 – 4:00 pm
Sessions: 10
Fee: \$30
Max /Min: 20/8

Textbook: 100 Reproducible Activities. Spanish High School Instructional Fair, Inc. ISBN 1 -56822-197-5

Bottom Line: The only human institution which rejects progress is the cemetery. *Harold Wilson*

#916F WORKING WITH IPADS, IPODS, SMARTPHONES, LAPTOPS AND UNDERSTANDING HOW FACEBOOK, SKYPE AND APPS WORK - with UBCO Students

Study Group Coordinator: Ilse Erwig (250-768-1319)

Monday, Oct. 17 – Nov. 21 – 2:00 - 4:00 pm – 6 sessions - Fee: \$22 • Max/Min 20/10

You will find out about the intricate new technologies that might have escaped your comprehension up to now. This six-week study group will be led by local university students who will help you better understand and operate iPads, iPods, smartphones and laptops as well as increase your understanding of Facebook, Skype and Apps. Bring your questions and your curiosity and discover all the amazing things technology can do!

TUESDAY: SEPTEMBER 13 – NOVEMBER 22

#1016F RECORDER ENSEMBLE

Participants in this program must be able to read music and have had previous experience playing recorder or other instruments. There are several sizes of recorders and you are encouraged to try them all. Instruction will be given in technique and ensemble playing. Those participants showing proficiency at this level will be invited to join the recorder orchestra.

Leader: Bernie Trudeau (250-765-5953)
Dates: Tuesday, Sep. 13 – Nov. 15
Time: 9:00 – 11:00 am
Sessions: 10
Fee: \$30
Min: 6

#1116F SCIENCE FOR EVERYONE

**Rosie Lawrence (250-807-2626) & Keith Standing (250-717-1105) – Tuesday, Sep. 13 – Nov. 15
9:00 – 11:00 am – 10 sessions - Fee: \$30 • Max/Min: 30/10**

Almost every day we hear about exciting advances in Science and we may consider how our lives will be affected by these changes. Come and join us in discussing a variety of these interesting developments. This could include, for example, the latest technology, health, energy resources, the environment, space and more. Basically, any topic with a scientific theme. You don't need to have a scientific background, just come and enjoy the discussions and discover that science can be fun. All participants will be encouraged to research and discuss a topic of particular interest.

#1216F THE LEGACY OF 1919: 20th CENTURY ORIGINS OF THE MIDDLE EAST TURMOIL

Guest Speaker: Dr. Maury Williams* – Study Group Coordinator: Vern Piedt (250-764-3073)

Tuesday, Nov. 22 – 9:00 – 11:00 am – 1 session – Fee: \$10 – Max/Min: 30/10

Today's Middle East conundrum stems from so much that is European. Russia's need for "open waters," the conflicting agreements of the Great War, on-going colonial ambitions and the 1919 settlement in Paris have all played a part. Whether it was geographical, diplomatic, or imperial, they all show how decisions made a century ago continue to haunt the contemporary world.

****Dr. Williams taught history at Okanagan College, Okanagan University College, and UBC Okanagan prior to his retirement in 2013. He is well known for his studies of the history of the Kettle Valley Railway but his academic interests include European and Middle Eastern history. He received an award for teaching excellence and innovation from UBCO in 2009.***

Blue Bins In The Classroom (or in the hallway)

Help us recycle our used coffee cups. Please, JUST CUPS, no napkins, stir sticks, tissues, or any other garbage. Take your turn to empty the bin without the garbage in the big blue bin in the kitchen. Thanks!

#1316F DRAMA FOR THE TERRIFIED
Lee Karvonen (778-755-5053) & Sue Haley (250-861-7005)
Tuesday, Sep. 13 – Nov. 15 – 11:30 am – 1:30 pm
10 sessions - Fee: \$30 • Max/Min: 20/8

This course is designed for those people who have always wanted to perform, but have been too shy or too busy or too something else. It eases students into performances with a combination of games, techniques, skits, and fun. Very little pressure will be applied to participants. Acting out with different characters is an excellent release. Situations will be presented so performers can slip into the scenes already knowing what is happening. Opportunities will be given to students to develop their own situations and characters. We all have played pretend, although it often ended when our childhood did. Now, you have the chance again to pretend, to be someone you always wanted to be, to parody someone famous, to try out something you have always wanted to try out. We are all actors, as Shakespeare once said. It's more fun when we can play act.

#1416F CAMINO DE SANTIAGO PILGRIMAGE

Walk the Camino de Santiago pilgrimage route with me! From Saint-Jean-Pied-de-Port in France to Cape Finisterre in western Spain, this two-hour session will take you on a 875 km pilgrimage across the Iberian Peninsula. You will see the leader's personal photos and diary notes with a PowerPoint presentation. If you've ever dreamed about taking a walking holiday, this might be for you.

Leader: Angela Dyck (250-769-3527)
 Date: Tuesday, Sep. 13
 Time: 11:30 am – 1:30 pm
 Session: 1
 Fee: \$10
 Max /Min: 30/10

**#1516F ANCIENT CIVILIZATIONS:
 MAGICIANS OF THE GODS**

Some alternative historians claim that it must be considered a reasonable hypothesis that worldwide myths of a golden age brought to an end by fire and floods were true, and that an entire episode of our early history was rubbed out in the cataclysmic years between 12,800 and 11,600 years ago. Graham Hancock writes that this episode is not only one of hunter-gatherers but also one of a Lost Civilization. If so, did that Civilization leave any recognizable traces? Let's find out!

Leader: Edie H. Lavroff (250-491-4757)
 Co-Leader: Toshi Sakamoto (250-491-2183)
 Dates: Tuesday, Sep. 20 – Nov. 8
 Time: 11:30 am – 1:30 pm
 Sessions: 8
 Fee: \$26
 Max /Min: 30/15

#1616F DREAM YOGA WORKSHOP – Elizabeth MacLeod
Study Group Leader: Sigi Narjes (250-768-8733)

Tuesday, Nov. 15 – 11:30 am – 1:30 pm – 1 session - Fee: \$10 • Max/Min: 30/10

Why is our dream life so compelling? Where do these night symbols come from? What messages do they hold? Practice a step-by-step method to unravel your dream story. Learn the language of your own personal symbolism and open to the treasure that each dream holds. Challenge your ideas of reality while opening the door to a vast new inner potential. ***Bring a pen, paper, and a dream.***

Bottom Line: The word 'Islam' means 'peace.' The word 'Muslim' means 'one who surrenders to God.' But the press makes us seem like haters.

Mohammad Ali

#5616F COME PAINT IN THE GARDEN WITH ME

Come paint in the garden with me. We will paint on anything and everything from wood to metal to paper and beyond including doors, easels, etc. I use leftover recycled house paint to make things beautiful. Initial supplies are included, then you are welcome to bring your own. We will be meeting in my back yard in Glenmore, painting outdoors in fair weather or under cover if it rains.

Leader: Bette James (250-862-8856)
Dates: Tuesday, Sep. 13 – Oct. 4
Time: 1:00 – 3:00 pm
Sessions: 4
Fee: \$18
Max: 8

**#1716F K SYSTEM – Guest Speaker: Fred Murray
Study Group Coordinator: Edie Lavroff (250-491-4757)**

Tuesday, Sep. 13 – 2:00 – 4:00 pm – 1 session - Fee: \$10 • Max/Min: 20/8

The external aspects of people's lives change when they change their energetic signature and their belief system about what is possible in their lives. People feel and react across a room to someone they have yet to meet just by feeling their aura or energy. I can show people how to find and remove dissonant energy in their body, thereby positively affecting how others react to them. I also teach how people can change their unconscious beliefs, which will change their expectations and experiences.

#1816F WRITING GROUP

Reader reaction, peer encouragement and feedback can contribute to the process of writing. If you are ready to share your work, join us. Together we will explore the many facets of language and narrative with a view towards crafting more effective writing.

Leader: Susanna Svendsen (250-763-2014)
Dates: Tuesday, Sep. 27 – Nov. 15
Time: 2:00 – 4:00 pm
Sessions: 8
Fee: \$26
Max /Min: 8/5

If you are a new participant, please phone Susanna before registering.

#1916F IPADS FOR BEGINNERS WORKSHOP

Bring your iPad and, with one-on-one help, learn the basics: power, volume control, navigation, settings, swiping & pinching, Wi-Fi, Calendars, App Store, iCloud, web browsing, email basics, contacts, home screen management.

Leader: Donn Watt (778-477-0305)
Dates: Tuesday, Sep. 13, 20 and 27
Time: 2:00 – 4:00 pm
Sessions: 3
Fee: \$16
Max /Min: 10/5

#2016F IPAD BEYOND BASICS WORKSHOP

Bring your iPad and, with one-on-one help, learn about: Camera and Photo Management, FaceTime, Skype, Calendars, texting, Apple support help, You Tube, Netflix, Ted Talks, Facebook, Maps and Music.

Leader: Donn Watt (778-477-0305)
Dates: Tuesday, Oct. 4, 11 and 18
Time: 2:00 – 4:00 pm
Sessions: 3
Fee: \$16
Max /Min: 10/5

#2116F SAGE-ING WITH CREATIVE SPIRIT - Karen Close (250-764-7701)

Tuesday, Oct. 25 – Nov. 15 – 2:00 – 4:00 pm – 4 sessions - Fee: \$18 • Max/Min: 20/8

Know Yourself. Be Yourself. Love Yourself. Share Yourself. Creative exploration and examination of one's life translates experience into self awareness, integrity, peace and wellness. When we create in community we gain support and become empowered to cherish and honour our uniqueness and the innate wisdom each possesses. Bring some journals, a small watercolour tablet and paper. Specifics of supplies will be discussed in the first week.

#5716F WRITING YOUR MEMOIRS AT SUN VILLAGE

Our memories are one of the greatest treasures we possess. This is your opportunity to dust them off for posterity! The eight participatory sessions will offer an initial outline of topics, theory, and suggestions. They will encourage supportive and positive discussion. There will be a practice assignment each week. Come and join us on this jaunt down memory lane.

Leader: Sandy French (778-754-1025)
Dates: Tuesday, Sep. 27 – Nov. 15
Time: 2:00 – 4:00 pm
Sessions: 8
Fee: \$26
Max /Min: 10/5
Location: Sun Village Games Room, 2330 Butt Road, West Kelowna

WEDNESDAY: SEPTEMBER 14 – NOVEMBER 23

#2216F LIVE BETTER, HAVE FUN

Living a healthy, happy life is sometimes hard to balance. There are many things to try and many ways to try them. You might have been in a routine too long and as the saying goes: "The only difference between a rut and a grave is the depth." Let's look at different ways of living better and being happy. Let's laugh and explore with an open mind old ideas, new ideas and old ideas with a new twist. LET'S HAVE FUN.

Leader: Gwenda Tempel (250-717-0907)
Dates: Wednesday, Sep. 21 – Nov. 9
Time: 9:00 – 11:00 am
Sessions: 8
Fee: \$26
Max /Min: 20/8

#2316F THE HISTORY OF PACING THROUGH MODERN TIMES

This session is designed to be interactive. All questions welcome. We will begin with a look at the history of heart pacing and roll into modern devices to control arrhythmias and atrial fibrillation and how to prevent these conditions.

Leader: Arlene Howe* (250-764-0168)
Date: Wednesday, Nov. 16
Time: 9:00 – 11:00
Session: 1
Fee: \$10
Max /Min: 20/6

****Arlene retired as supervisor of the Cardiac Device Clinic at KGH and recently returned to work as Project Coordinator for Cardiac Devices within Interior Health.***

#2416F CONNECT! – ELECTRONIC EQUIPMENT INSTRUCTION

This is a free session where you will be learning about the electronic equipment available to aid you with your presentations. This is especially beneficial for Study Group Leaders and Coordinators. Although this session is free, you must register in the usual way. The equipment comprises a Smart TV, Windows 10 laptop computer, HDMI connections with DVD and VHS players, document camera, which connects to the laptop and TV. You will learn about the Auris hearing system and its use.

Leader: Donn Watt (778-477-0305)
Date: Wednesday, Sep. 7
Time: 9:00 – 11:00 am
Session: 1
Fee: NONE
Max: 20

If you have been part of this session before, you may sign up again for a refresher course. The "old" equipment can still be used for a while.

REGISTRATION REQUIRED

Bottom Line: We contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.

Winston Churchill

#2516F UNDERSTANDING CURRENT AMERICAN POLITICS

We will examine the current dysfunction in the American political system, the polarization of U.S. politics and the roots of the Trump phenomena.

Leader: Ron Krystynak (778-478-6660)
Date: Wednesday, Sep. 14
Time: 9:00 – 11:00 am
Session: 1
Fee: \$10
Max /Min: 30/10

#2616F BEGINNER CARD MAKING

Learn to make your own greeting cards. You will learn stamping, texture embossing, heat embossing and various other techniques. No prior experience needed. Must have your own permanent adhesive tape runner. This is available at Michaels or can be purchased from Terry at the start of the session. Price to be announced as it has gone up since last year.

Leader: Terry Hamilton (250-491-0842)
Dates: Wednesday, Sep. 28 – Nov. 16
Time: 9:00 – 11:00 am
Sessions: 8
Fee: \$26
Max /Min: 10/6
There will be a charge of \$3 per session to cover the cost of supplies payable to Terry at the beginning of the session.

**#2716F WHAT IS DEMENTIA? – Guest Speaker: Carly Gronlund (Alzheimer Society of B.C.)
Study Group Coordinator: Glenda Uthe (250-712-0779)**

Wednesday, Nov. 23 – 9:00 – 11:00 am – 1 session - Fee: \$10 • Max/Min: 30/10

Participants will learn basic information about Alzheimer's disease and dementia, exploring the warning signs and how dementia differs from normal aging. The session will also review the state of current research on finding the causes and cures, and programs offered by the Alzheimer Society of B.C. that support people affected by dementia.

#5816F INTRODUCTION TO YOGA FOR FITNESS

Unsure when you hear “Downward Dog” and “Sun Salutation”? If you want to learn about these and other yoga poses, while becoming stronger, more stable and flexible, this class is for you. You will learn how to correctly do a variety of traditional Hatha yoga poses and some basic yoga flow sequences using breathing techniques. Our goal is to improve functional fitness and have some fun! No chanting or meditation required. Please bring a yoga mat and water bottle.

Leader: Karen Sigurdson* (778-215-8559)
Dates: Wednesday, Sep. 14 – Oct. 26
Time: 10:00 – 11:30 am
Sessions: 7
Fee: \$24
Max /Min: 20/6
Location: Martin Centre Community Hall (Gym)
****Karen Sigurdson is a certified group fitness leader with the BC Recreation and Parks Association.***

#5916F DRAMA AT THE DORCHESTER

“We are Geri-Actors, we refuse to act our age,” but we do enjoy acting out glimpses of seniors' lives and times. Join us and have fun choosing the themes and developing the scenarios. Previous acting experience and memorization are not required. Expect the fun of participating in six or more post-course performances, depending on member availability. New, past and current members are welcome.

Leader: Vera Ito (250-491-2790)
Dates: Wednesday, Sep. 14 – Nov. 16
Time: 11:30 am – 1:30 pm
Sessions: 10
Fee: \$28
Max /Min: 15/10
Location: 4th Floor Theatre, The Dorchester, 863 Leon Ave.

**#2816F WORKING WITH PHOTOS
ON YOUR COMPUTER**

With programs that are already on your computer, learn to import and manage photographs and other images, including images on the internet, how to save them and insert them into your documents, emails or your computer screen. Make your imperfect photos look perfect, even photos so underexposed they look black. Find out how to remove and save parts of a photo. Create your own simple images and apply special effects or add labels or text to existing ones.

Leader: Peter Neville (250-448-4868)
Dates: Wednesday, Sep. 21 – Oct. 5
Time: 11:30 am – 1:30 pm
Sessions: 3
Fee: \$16
Max /Min: 20/8

Please bring your own laptop. If you don't own one, let Peter know. There are some laptops available from SLR on a first-come-first-serve basis.

THE INVESTORS GROUP, KELOWNA – THREE SLR WORKSHOPS

#2916F ESTATE PLANNING (Workshop #1)

Guest Speaker: Nicole Roussel (250-762-3329 ext. 377)

Study Group Coordinator: Sigi Narjes (250-768-8733)

Wednesday, Oct. 12 & 19 - Part I & Part II – 11:30 am – 1:30 pm

2 sessions – Fee: \$12 – Max/Min: 20/8

Part I: Estate planning is an important aspect of your overall financial plan. This session will cover and define the basic aspects of Wills; POA's; Beneficiaries; Joint Ownership pro's and con's; Probate and how it works; Taxation at death; Executors and their significant role in settling the deceased estate; Charitable giving; Minor children and grandchildren as beneficiaries; Role of insurance in estate planning and tax-planned wills.

Part II: The focus will be on strategies and tips to creating an effective Estate Plan that allows you and your family to work together to ensure a smooth transition at a difficult time.

#3016F RETIREMENT PLANNING (Workshop #2)

Guest Speaker: Nicole Roussel (250-762-3329 ext. 377)

Study Group Coordinator: Sigi Narjes (250-768-8733)

Wednesday, Oct. 26 & Nov. 2 - Part I & Part II – 11:30 am – 1:30 pm

2 sessions – Fee: \$12 – Max/Min: 20/8

Part I: Retirement planning takes into consideration many aspects of your retirement lifestyle. This session will provide an overview on RRIF's; OAS; new CPP rules; Pensions & Tax Planning. Having the right retirement planning in place can mean less of a tax bite and cost cuts in future needs.

Part II: Discussion of proven strategies that can be great strategic tools in making your retirement dollars stretch further.

#3116F GLOBAL ECONOMIC REVIEW (Workshop #3)

Guest Speaker: Rod Gibbings (250-762-3329 ext. 377)

Study Group Coordinator: Sigi Narjes (250-768-8733)

Wednesday Nov.9 & 16 Part I & Part II – 11:30 am – 1:30 pm

2 sessions – Fee: \$12 – Max/Min: 20/8

Part I: This session will explore the current economic landscape and the effects the media, government and global indicators have on stock markets worldwide. Combining economic data, current market trends and global events that shape today's marketplace and its effects on the Canadian and world economies, you will learn to separate the true data from the media hype.

Part II: This session will provide strategic options to make your portfolio impervious to either a bull or bear market.

#3216F ANTHROPOLOGY

Anthropology is the study of humanity. Each week we will watch a film for discussion. To prepare for the class, before each session, you will get a handout with an overview of the history of anthropology as well as the topics, which will include how different peoples live their social, political, spiritual and economic lives.

Leader: Teresa M. Smith (250-860-9133)
 Dates: Wednesday, Sep. 14 – Nov. 16
 Time: 11:30 am – 1:30 pm
 Sessions: 10
 Fee: \$30
 Max /Min: 30/10

Most of the films are from the series Millennium: Tribal Wisdom and the Modern World, hosted by David Maybury-Lewis. The series is a BBC/Canada production.

**#3316F GLOBAL WARMING – Peter Neville (250-448-4868) – Wednesday, Sep. 14 – Oct. 19
 2:00 – 4:00 pm – 6 sessions - Fee: \$22 • Max/Min: 20/8**

Most people know there is an active debate about Global Warming and what should be done about it. However, only one side of the debate is covered by most media. This course will reveal to you the other side of that debate so you can make up your own mind about who has the stronger case. The course starts by looking at the scientific evidence and moves on to a consideration of the various policies proposed to deal with the problem. We then look at the history of this issue and finish by examining the consequences of the various policies proposed. This is always a lively class and the instructor is pleased to answer any questions.

**#3416F CONSCIOUS AGING WORKSHOP – Guest Speaker: Elizabeth MacLeod
 Study Group Leader: Glenda Uthe (250-712-0779)**

Wednesday, Oct. 26 – 2:00 – 4:00 pm – 1 session - Fee: \$10 • Max/Min: 20/8

Accepting and cooperating with the aging process opens us to choices about how we want to live the rest of our lives. We can begin to ask questions such as: How do I want to spend my energy? What do I want to do with my time? What is my perspective now and how can my priorities shift?

**#3516F JAPAN: TRAVEL, ECONOMY
 AND EVOLUTION**

In the first part of each session we will discuss how to travel to and in Japan to visit the three great capitals, beautiful Kyoto and nearby Nara and, of course, Tokyo en route. You will learn how to manage Tokyo and enjoy its rich culture.

In the second part of each session we'll have a look at the Japanese economy and evolution of its modern society. Discussion welcome.

Leader: John O. Powell* (250-860-9696)
 Dates: Wednesday, Nov. 2 & 9
 Time: 2:00 – 4:00 pm
 Sessions: 2
 Fee: \$12
 Max /Min: 20/8

****John Powell is a traveler, recent visitor and former resident of the Kansai in Central Japan.***

#3616F MINDFULNESS – PART I

This course features Prof. Ronald D. Siegel of Harvard Medical School in a series of 24 lectures from the Great Courses. He will show us how age-old mindfulness practices change the function and structure of the brain. Changes that benefit both our minds and bodies and help us to deal effectively with a wide range of life challenges. You will also do some of the exercises. Part II will be offered in the 2017 Winter session.

Leaders: Ron Lyric (250-448-9460)
 Vera Ito (250-491-2790)
 Dates: Wednesday, Sep. 14 – Nov. 9
 Time: 2:00 – 4:00 pm
 Sessions: 9
 Fee: \$28
 Max /Min: 30/10

#3716F FIRST NATIONS: THE OKANAGAN – Andrea Laforet* - SGC: Ilse Erwig (250-768-1319)

Wednesday, Nov. 23 – 2:00 – 4:00 pm – 1 session - Fee: \$10 • Max/Min: 30/10

A brief consideration of the history and culture of the Okanagan (Syilx) and neighbouring First Nations. We will touch on pre-1846 homeland(s), languages and cultures; challenges and changes that arrived with the fur trade, the gold rush, the colony of B.C. and Confederation; the long pursuit of claims to traditional lands; the challenges and changes for First Nations that have come with recent Supreme Court of Canada decisions.

*** Dr. Laforet is former Director of Ethnology and Cultural Studies, Canadian Museum of Civilization (now Canadian Museum of History) and currently works as an independent consultant in First Nations history and culture, with a primary focus in B.C.**

#6016F BOOK CLUB

Meet once a month to share perspectives and insights on the following books: Sep. 21, *The Nightingale* by Kristin Hannah; Oct. 19, *Close to Hugh* by Marina Endicott; Nov. 16, *The Selector of Souls* by Shauna Singh Baldwin; and Dec. 14, *Stone Mattress* by Margaret Atwood. We will read three additional books that will be chosen at the September session.

Leader: Shirley Piedt (250-764-3073)
Dates: Wednesday, Sep. 21, Oct. 19,
Nov. 16 and Dec. 14

Time: 2:15 – 4:15 pm

Sessions: 4

Fee: \$18

Max /Min: 18/8

Location: Martin Centre Boardroom

THURSDAY: SEPTEMBER 15 – NOVEMBER 24

#3816F EGYPT – THE EARLY YEARS

Continuing on from last fall we will take a look at the Old Kingdom and the advance of many of the greatest works ever built by man and some of the fascinating players who continued to shape the destiny and mythology of the first nation-state.

Leader: Marnie Turnell (250-868-2242)

Dates: Thursday, Sep. 22 – Nov. 10

Time: 9:00 – 11:00 am

Sessions: 8

Fee: \$26

Max /Min: 20/8

#3916F WISE AND WELL – Guest Speaker: Stephanie Moore

Study Group Coordinator: Shirley Piedt (250-764-3073)

Thursday, Nov. 24 – 9:00 – 11:00 am – 1 session - Fee: \$10 • Max/Min: 20/8

This course will cover a broad range of wellness resources in our community. The course has been developed in consultation with health and wellness experts and discussions with individual community members. In addition to learning about the wellness resources that are available, find out how you can become a community Wellness Ambassador.

#4016F CONTEMPORARY POLITICAL AND SOCIAL PHILOSOPHY

Madeleine Bourdon (250-868-0964) – Thursday, Sep. 15 – Nov. 17 - 9:00 – 11:00 am

10 sessions - Fee: \$30 • Max/Min: 30/10

In studying contemporary social and political philosophy we will examine some of the fundamental questions that the 20th century philosophers have considered. We will look at ethical and moral issues within our society and in different governments, study the major theories that provoke a vast range of discussion and debate such issues as freedom, justice, the economy, terrorism, gender and war. How should the world deal with right and wrong, happiness and misery, truth and falsity, belief and knowledge? How could a government keep control without curtailing freedom, and what are the proper limits of government over the members of society?

Bottom Line: When you complain about getting older, just remember, some people never get the chance to.

Unknown

OKANAGAN COLLEGE SPEAKER SERIES

**4116F SKELETAL MUSCLE CHANGES DUE TO AGING – Guest Speaker: Kathy Bockhold*
Study Group Coordinator: Sue Haley (250-861-7005)**

Thursday, Nov. 24 – 9:00 – 11:00 am – 1 session – Fee: \$10 – Max/Min: 30/10

First there will be a general overview of muscle structure followed by details like age-related changes. Of course how to avoid or delay the aging process will be covered. Lastly, there will be some discussion on Muscular Dystrophy and, if time permits, therapy being used to treat this condition.

*** Dr. Kathy Bockhold received her PhD from McGill University and the Pasteur Institute in Paris where she worked on characterizing muscle stem cells. She joined Okanagan College in 2003 where she specializes in Anatomy and Physiology and Developmental Biology. She also chairs the Okanagan College Research Ethics Board.**

#6116F MERRIE PIPERS RECORDER ORCHESTRA

Merrie Pipers Recorder Orchestra is a performing group of intermediate to advanced recorder players. Players must read music and have sufficient skills to play in key signatures of three sharps or flats. Good tuning competence is required. A variety of musical genres are explored to performance level.

Conductor: Sue MacDonald, (778-484-0546)
 Dates: Thursday, Sep. 8 – Dec. 15
 Time: 9:30 am – 12:00 noon
 Sessions: 14
 Fee: \$25
 Minimum: 12 participants, no maximum
 Location: Multipurpose Room Missionwood Ret. Resort, 1075 Barnes Road

#6216F MEMOIR WRITING AT MISSIONWOOD

This course is designed to encourage and assist participants to gather their memoirs from earliest age to present in order to record them on paper or computer for eventual publication if desired. Participants are requested to write one assignment each week to be read aloud in class with minor critiques by peers for encouragement and improvement in writing skills.

Leader: John Broughton (250-764-2445)
 Dates: Thursday, Sep. 15 – Nov. 17
 Time: 10:00 am – 12:00 noon
 Sessions: 10
 Fee: \$30
 Max /Min: 12/6
 Location: Games Room, Missionwood Ret. Resort, 1075 Barnes Road

#4216F WORLD GEOGRAPHY

Share your knowledge and your travels. This participatory course delves not only into the earth's physical features, resources and climate, but it is determined by the presenters' interests within the broad meaning of geography, which could include culture, religion, history, trade, etc. The scope can be as wide as a continent or as narrow as a village, as far away as Antarctica or as close as our city.

Leaders: John & Donna Birch (250-491-1427)
 Dates: Thursday, Sep. 15 – Nov. 17
 Time: 11:30 am – 1:30 pm
 Sessions: 10
 Fee: \$30
 Max /Min: 30/10

#4316F BRIDGE FOR BEGINNERS

This course will give you a chance to experience what the game is all about. There will be opportunities to play, talk, observe, discover, draw conclusions, laugh and develop ways of thinking about the game. **Textbook:** "Bidding in the 21st Century" will be available from your SGL.

Leader: Ardelle Cates (250-766-5164)
 Dates: Thursday, Sep. 15 – Nov. 10
 Time: 11:30 am – 1:30 pm
 Sessions: 9
 Fee: \$28
 Max /Min: 16/4

#4416F HEAR THIS...! HEARING WORKSHOP - Guest Speaker: Martin Sattler*

Study Group Coordinator: Gary Dickinson (250-764-2346)

Thursday, Nov. 17 & 24 – 11:30 am - 1:30 pm - 2 sessions – fee: \$12 - max/min: 30/10

This workshop will explain how the ear works, as well as how we hear and understand, and what hearing loss is like. Why we grab for our glasses when engaging in conversation, or close our eyes to hear good music. Why small children are more prone to ear infections than adults, and what the difference is between one type of hearing loss and others. We will discuss the issue of loudness intolerance (hyperacusis) and ringing or other sounds in the ears (tinnitus).

We will look at communication strategies when engaging others with hearing loss and discuss how hearing instruments can help overcome barriers by demonstrating hearing aids and technical devices that can be used in the home and in the community. We will focus on funding and cost as well. Plenty of opportunity for questions and discussions. ****Martin Sattler is a Registered Hearing Instrument Practitioner, Okanagan Mobile Hearing Services Inc.***

#6316F HISTORY AT THE MOVIES AT NORTHWOOD – Ilse Erwig (250-768-1319)

Technical Assistant: Bob Erwig – Thursday, Sep. 22 – Nov. 3 – 1:00 – 4:00 pm (3 hours)

7 sessions – Fee: \$28 – Max/Min: 35/15 – Loc.: Regency Theatre, Northwood, 1277 Gordon Dr.*

We will be back in the Northwood Retirement Resort Regency Theatre with six history films and one film that has nothing to do with history and is, therefore, a bonus. The titles we have chosen are: *Hope and Glory* (British Blitz); *Iron Jawed Angels* (Suffragettes in New York); *Kundun* (14th Dalai Lama); *Young Victoria* (Queen Victoria); *The Way* (Camino de Santiago); *Lemon Tree* (Israel – Land Appropriation War); *Surprise movie* (It's a surprise).

****Parking on the Mennonite Church Parking Lot adjacent to Northwood***

#4516F INTRODUCTION TO CHEMISTRY

Join us for an introduction to chemistry, the science behind much of what happens in our world. No background knowledge is required and everyone with an interest in science is welcome. The course will cover topics such as the periodic table and atomic structures in the beginning and will progress into discussing real world applications of chemistry drawing from your input for topic selection.

Leader: Yousif Murad* (250-300-6836)

Dates: Thursday, Sep. 15 – Nov. 17

Time: 2:00 – 4:00 pm

Sessions: 10

Fee: \$30

Max /Min: 20/8

****Yousif is a Chemistry Masters student at the University of British Columbia Okanagan.***

**#4616F THE OTHER SIDE OF HISTORY
PART I**

This is a course about common people in ancient times. How did they live, what were the beliefs that we can glean from fossils and archeological remains, drawings, writings etc.? As a basis for our study we use one of the Great Courses with lectures by Dr. Robert Garland. In Part I we will begin in Paleolithic times and explore into ancient Greece. Beyond the rulers we try to understand the mindset of ordinary folk and how their lives were lived. Lots of time for discussion and presentations in your areas of special interest.

Leader: Elo Fox (250-764-9622)

Dates: Thursday, Sep. 15 – Nov. 3

Time: 2:00 - 4:00 pm

Sessions: 8

Fee: \$26

Max /Min: 30/15

Bottom Line: If aliens visit us, the outcome would be much as when Columbus landed in America, which didn't turn out well for the Aborigines. ***Stephen Hawking***

#4716F GLOBETROTTING WITH A CAMERA

We will share again images, adventures and anecdotes from over four decades of travel, with PowerPoint presentations that will inspire, educate and entertain you. Some of these images have won international awards, many have been published. You will find many of these images and others on Andrew's website "afarfotos.com." There will be time for a brief discussion of the history, geography and culture of each country. Also note that this is not primarily a course on photographic techniques.

Leader: Andrew Farquhar (250-764-4685)
 Dates: Thursday, Nov. 10 – 24
 Time: 2:00 – 4:00 pm
 Sessions: 3
 Fee: \$16
 Max /Min: 30/10

PROGRAM: 1. The Galapagos Islands
 2. Cambodia and Vietnam
 3. Croatia

#6416F FOR THE LOVE OF MUSIC, ARTS & CULTURE – “THE MAGIC OF MOZART”

Leader: Claudia Kargl (250-768-1404); Co-Leader: Jim Gray

Date: Thursday, Sep. 15 – Oct. 27 • Time: 2:00 – 4:00 pm - 7 sessions • Fee: \$24 • Max/Min: 20/5

Location: 3063 Bridlehill Drive, West Kelowna, with clear signage on front property showing “Children’s Piano-Arts Corner Studio & AD LIB Art Gallery.”

Listen, see, feel and share... Embark on a music/arts journey discovering and exploring the famous Austrian composer Wolfgang Amadeus Mozart as well as Austrian culture, and enjoying presentations from the renowned international Salzburg Festivals. Be enlightened with music & art history, “the Mozart Effect” and award winning CDs and DVDS. Participate in dialogue and compare musical compositions performed by different musicians. Did you know that Mozart wrote for his mother the famous theme Twinkle Little Star with 12 piano variations? Join good company with coffee and homemade Viennese sweets in an ideal music studio/art gallery/garden setting.

Access the learning area via the side of the house with a very easy walk down to the lower level of our walk-out rancher with no stairs or steps. How to get there: From Kelowna, follow 97 to Westbank. Turn RIGHT onto Elliott, follow all the way up and turn RIGHT onto Smith Creek; turn RIGHT onto Wild Horse, then turn RIGHT onto Bridle Hill. From Peachland: 97 to Westbank, Turn LEFT onto Elliott, follow above directions.

FRIDAY: SEPTEMBER 16 – NOVEMBER 25
(NO CLASSES: NOVEMBER 11, REMEMBRANCE DAY)

#6516F ETHNOBOTANY – FOOD OF THE OKANAGAN PEOPLE

Guest Speaker: Pamela Barnes, SGC: Ilse Erwig (250-768-1319)

Friday, Sep. 16 – 9:00 – 11:00 am – 1 session - Fee: \$15* • Max: 20

Meet in Room A at 9:00 am for an orientation (sign waivers, get nametags and help with car pooling). We will go to Mission Creek Regional Park for a walk to gather berries, **from 10 till 11**. Depending of the location, it could be chokeberry, elderberry, sumac, Oregon grape, rosehips. You will learn about the traditional uses by the people of the Okanagan First Nations. Bring drinking water, wear walking shoes and UV protection. Hats are optional. Some of you might want to bring a camera.

*** A \$5 surcharge is included for services. Member of the Okanagan Indian Nation**

#4816F QUANTUM TOUCH

An easy to learn hands-on healing technique anyone can use to enhance the body's natural ability to heal itself. This DVD course demonstrates very specific breathing patterns and body awareness to create a natural field of healing energy. Among the benefits are stress reduction and pain relief.

Leader: Nicky Siegner (250-762-5771)
 Dates: Friday, Oct. 14 – Nov. 25
 Time: 9:00 – 11:00 am
 Sessions: 6
 Fee: \$22
 Max /Min: 18/5

#4916F CHRISTOPHER COLUMBUS AND THE TAINO INDIANS OF THE CARIBBEAN

Guest Speaker: Dan Bruce* - Study Group Coordinator: Vern Piedt (250-764-3073)

Friday, Sep. 16 – Oct. 7 – 9:00 – 11:00 am – 4 sessions - Fee: \$18 • Max/Min: 30/10

Most of you have a basic knowledge of Christopher Columbus and his exploits. Usually, knowledge of the Taino, the people that Columbus met in the Caribbean, is sketchy, if it exists at all. This is partly due to the fact that very soon after first contact, the great civilisations of Mexico and South America overshadowed the Caribbean scene. In addition, today the Taino cultural area is very much divided by modern political boundaries, languages and cultures, not to mention geography. Allow me to afford you a view of the Caribbean as it was prior to 1492 and to consider the motives and methods that Columbus chose to adopt in that fateful year. We can also examine the various cultural contributions that the Taino people have added to our own modern world. Having grown up in Jamaica, I have firsthand experience of this “New World” and will be able to illustrate this short course with both pictures and artifacts.

****Dan Bruce’s favorite area of interest is Columbus and the Taino. Dan has a BSc in anthropology and either volunteers or works at the Lake Country Museum as well as the Fintry Estate.***

#5016F WHAT ABOUT THE BOTTOM BILLION?

Whereas 5 billion people in the developing world are getting richer at unprecedented rates, another billion in Africa and Central Asia are stuck in a never ending spiral of poverty and despair. Why do some countries succeed and others fail? What can we do to help poor countries stand on their own two feet?

Leader: Robert Noon (250-899-2617)
Dates: Friday, Oct. 21 – Dec. 2
Time: 9:00 – 11:00
Sessions: 6
Fee: \$22
Max /Min: 30/10

While the former course is not a prerequisite, those who attended the Global Migration program earlier this year will find this an interesting continuation.

#5116F MAH JONG

Mah Jong, an ancient Chinese game, has endless fascination and combinations. This table game, consisting of numbered and illustrated small tiles, is played with four people. It’s easy to learn, but it requires a quick and alert mind. It helps improve hand-eye coordination while challenging decision-making.

Leader: Diana Pugsley (250-762-5884)
Dates: Friday, Sep. 16 – Oct. 14
Time: 11:30 am – 1:30 pm
Sessions: 5
Fee: \$20
Max /Min: 12/4

#5216F PAINTING WITH WATERCOLOUR

This is a class for beginners and experienced painters alike. We cover materials comparisons, drawing, how to use brushes to best effect, colour management, and many such topics. The class is very much hands-on with lots of chances to get help creating fine art that you will be truly proud of.

Leader: Trish Horn (250-863-6123)
Dates: Friday, Sep. 16 – Nov. 4
Time: 11:30 am – 1:30 pm
Sessions: 8
Fee: \$26
Max /Min: 15

THE FAMOUS CARNEGIE HALL JOKE

“How do I get to Carnegie Hall.” “Practice, practice, practice”

might have been used by Jack Benny, but he did not originate it. It is not known who invented it. The line has been ascribed to a nameless elderly musician on the street, sometimes to the violinist Jascha Heifetz, and sometimes to the pianist Arthur Rubinstein. Its origins remain a mystery.

#5316F DEMYSTIFYING ASTRONOMY - Edward Kilgour (250-826-7503)

Sep. 16 – Oct. 7 – 2:00 – 4:00 pm – 4 sessions – Fee: \$18 – Max/Min: 30/10

We will explore our planet, its place in our solar system and where our solar system is placed in the astronomical vastness. This course is intended for lay-people who hope to gain a better understanding of how we fit into the scheme of the astronomical landscape and what it means to us in practical terms. The program will be guided by your needs and pace and it will accommodate your interests and questions for a better understanding of astronomy and the universe. The program will include topics such as (1) The Blue Planet, the vehicle on which we travel; (2) How does it measure up to its cousins in the solar system; (3) What is a galaxy, constellation and an expanding universe; (4) Pulling it all together. We may visit the radio telescope observatory in Penticton (astro-canada.ca/_en/a2107.php).

#5416F CANADIAN LAW AND THE RIGHTS OF INDIGENOUS PEOPLES IN BC

Guest Speaker: Laurie Wilson* – Study Group Coordinator: Gary Dickinson ((250-764-2346)

Friday, October 14 – 2:00 – 4:00 pm – 1 session - Fee: \$10 • Max/Min: 30/10 – Room B

A review and discussion of the history and current status of Canadian law as it impacts the indigenous peoples of British Columbia.

Laurie Wilson is a lawyer who works with the Okanagan Nation Alliance as Family Decision Making Team Leader. She also represents the ONA on matters associated with the Commission on Missing and Murdered Indigenous Women.

OKANAGAN COLLEGE SPEAKER SERIES

**#6616F ABORIGINAL PEOPLE OF CANADA: PRE-CONTACT AND
EARLY CONTACT WITH EUROPEANS - Guest Speaker: Prof. Howard Hisdal***

Study Group Coordinator: Vern Piedt (250-764-3073)

**Friday, Oct. 21 – 11:30 am – 1:30 pm – 1 session – Loc.: Community Hall, Martin Centre
Fee: \$10 • Max/Min: 60/20**

This presentation by Professor Hisdal will be an overview of the various Aboriginal peoples of Canada and how they lived before and just after European contact. We will look at hunting, gathering, agriculture and levels of technology in the different geographical regions of Canada. We will also look at the status of women, government, social classes, and warfare. The early fur trade and the great Columbian Exchange of plants, animals and diseases and their effects on both Aboriginals and European settlers will be examined.

**Prof. Howard Hisdal is Chair of the Department of History at Okanagan College*

#6716F THE MAKING OF THE U.S. PRESIDENT – Guest Speaker: Dr. Rosalind Warner*

Study Group Coordinator: Gary Dickinson (250-764-2346)

**Friday, Oct. 21 – 2:00 – 4:00 pm – 1 session – Loc.: Community Hall, Martin Centre
Fee: \$10 • Max/Min: 60/20**

Dr. Warner will lead us in a review of the campaigns for the 2016 U.S. Presidential election to help us understand the strategies, personalities, and dynamics of the process. This session will also include a discussion of the potential outcome of the election and the consequences for Canada.

**Dr. Rosalind Warner, Chair of the Department of Political Science at Okanagan College, has taught various areas in Political Science for twenty years and has researched and published on topics such as ecological modernization, global environmental governance, governance in North America, and environment and trade in Canadian foreign policy.*

Bottom Line: Great music is that which penetrates the ear with facility and leaves the memory with difficulty. Magical music never leaves the memory.
Sir Thomas Beecham

GEOLOGY BUS TRIP WITH STUDY GROUP LEADER JOHN O. POWELL

Looking at rock formations that are dangerous because over time they might disintegrate and come down, leaving those huge boulders you see below by the water's edge. John, the one with the book, warned us, "Do not step backward or walk two by two."

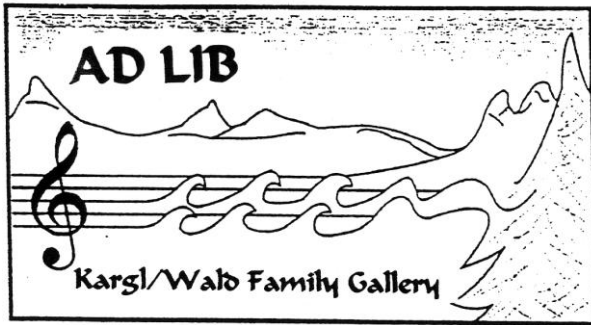


June 3, 2016 (photographer: Marilee Woinoski)

We visited Kalamo Park (where the above picture was taken); Mount Boucherie, which was probably part of a 50 million years old lava dome; Knox Mountain with fabulous views revealing Okanagan historic geological sites; Gallagher Canyon with Layer Cake Mountain. An interesting experience.

What was said: The rocks are not so close akin to us as the soil; they are removed from us, but they lie back of all, and are the final source of all. Time, geologic time, looks out at us from the rocks as from no other objects in the landscape.

John Burroughs, 1916



PASSPORT to "Around the World" Club
Join in the founding and establishment of a fun, engaging and entertaining Club, comprising a group of people interested in being enlightened by good company, good stories & conversation, good food and historical background information along with photographs, films, arts, culture & music from around the world to support interesting

topic matter. Do you have something that you would like to share from your globe-trotting experiences? The West Kelowna AD LIB Art Gallery @ 3063 Bridlehill Drive is cordially inviting people to get together, come forth with their thoughts & suggestions, and become founding members at this proposed once a month early Sunday evening Club event. Embark on an exciting journey of making new acquaintances and friends, learning about new places and opening new roads to discovery and adventure...

Contact Claudia Kargl
Tel. 250-768-1404
Email: claudia.kargl@telus.net
Internet: www.claudiakargl.com

Claudia Kargl sent pictures of her group from the Spring Term 2016 Love of Music Series. The first picture was taken outside the studio,



Say "Vienneeeesee..."



and this one inside the studio (photos by Jim Grey)



CUSTOMS AROUND THE SEPTEMBER EQUINOX

Ancient Greece: In many cultures, the September equinox is a sign of fall (autumn) in the northern hemisphere. In Greek mythology fall is associated with when the goddess Persephone returns to the underworld to be with her husband Hades. It was supposedly a good time to enact rituals for protection and security as well as reflect on successes or failures from the previous months.

Australia: Aboriginal Australians have, for a long time, had a good knowledge of astronomy and the seasons. Events like the September equinox, which is during the spring in Australia, played a major role in oral traditions in Indigenous Australian culture.

China: In China the Mid-Autumn Festival, also known as the Moon Festival, is celebrated around the time of the September equinox. It celebrates the abundance of the summer's harvest and one of the main foods is the mooncake filled with lotus, sesame seeds, a duck egg or dried fruit.

Japan: *Higan*, or *Higan-e*, is a week of Buddhist services observed in Japan during both the September and March equinoxes. Both equinoxes have been national holidays since the Meiji period (1868-1912). *Higan* means the "other shore" and refers to the spirits of the dead reaching Nirvana. It is a time to remember the dead by visiting, cleaning and decorating their graves.

Christianity: The Christian church replaced many early Pagan equinox celebrations with Christianized observances. For example, Michaelmas (also known as the Feast of Michael and All Angels), on September 29, fell near the September equinox.

Pagan celebration: Mabon: On the autumnal equinox, many pagans celebrate Mabon as one of the eight Sabbats (a celebration based on the cycles of the sun). Mabon celebrates the second harvest and the start of winter preparations. It is the time to respect the impending dark while giving thanks to the sunlight.

ROOM ALLOCATIONS FOR 2016 FALL TERM, ROOMS A AND B - GREY AREAS: ROOM B

	RM	9:00 – 11:00 AM	11:30AM – 1:30PM	2:00 4:00PM
MONDAY	A	116F OPTOMETRY Sep. 12 & 19, 2 sessions P.7 216F HOUSING OPTIONS Sep. 26, 1 session P. 7 316F INTRO TAI CHI , Oct. 3 1 session P. 7 416F CALLIGRAPHY Oct. 17 – Nov. 21, 6 sess. P. 7	616F HISTORY OF SPAIN Sep. 12 – Nov. 21, 10 sess. P. 8	816F BEGINNER SPANISH Sep. 12 – Nov. 21, 10 sess. P. 8
	B	516F INTERN. POLITICS – THE MIDDLE EAST Sep. 12 – Nov. 21, 10 sess. P. 8	716F CURRENT EVENTS Sep. 12– Nov. 21, 10 sessions P. 8	916F UBCO TECH - IPADS, IPODS, SMART-PHONES, LAPTOPS Oct. 17 – Nov. 21, 6 sessions P. 9
TUESDAY	A	1016F RECORDER ENS. Sep. 13 – Nov. 15, 10 sess. P. 9	1316F DRAMA FOR TERRIFIED, Sep. 13–Nov. 15, 10 sessions P. 10	1716F K SYSTEM , Sep.13,1sess. P.11 1816F WRITING GROUP Sep. 27 – Nov. 15, 8 sess. P. 11
	B	1116F SCIENCE FOR EVERYONE , Sep. 13 – Nov. 15 10 sessions P. 9 1216F MIDDLE EAST TURMOIL Nov. 22, 1 session P. 9	1416F CAMINO DE SANTIAGO Sep. 13, 1 session P. 10 1516F ANCIENT CIVILIZATIONS – MAGICIANS OF THE GODS Sep. 20 – Nov. 8, 8 sessions P. 10 1616F DREAM YOGA WORKSH. Nov. 15, 1 session P. 10	1916F iPADS FOR BEGINNERS Sep. 13, 20, 27, 3 sess. P. 11 2016F iPADS BEYOND BASICS Oct. 4, 11, 18, 3 sess. P. 11 2116F SAGE-ING Oct. 25 – Nov 15, 4 sess. P.11
WEDNESDAY	A	2216F LIVE BETTER, HAVE FUN , Sep. 21 – Nov. 9 8 sessions P. 12 2316F HEART PACING Nov. 16, 1 session P. 12	2816F PHOTOS ON COMPUTER Sep. 21 – Oct. 5, 3 sessions P. 14 2916F ESTATE PLANNING Oct. 12 & 19, 2 sessions P. 14 3016F RET. PLANNING Oct. 26, Nov 2, 2 sessions P. 14 3116F GLOBAL ECON. REVIEW Nov. 9 & 16, 2 sessions P. 14	3316F GLOBAL WARMING Sep. 14 – Oct. 19, 6 sess. P. 15 3416F CONSCIOUS AGING WS Oct. 26, 1 session P. 15 3516F JAPAN TRAVEL Nov. 2 and 9, 2 sessions P. 15
	B	2416F CONNECT! Sep.7 1 session P.12 2516F UNDERST. CURR. U.S. POLITICS , Sep. 14, 1 sess. P. 13 2616F BEG. CARD MAKING Sep. 28 – Nov. 16, 8 sess. P. 13 2716F WHAT IS DEMENTIA Nov. 23, 1 session P. 13	3216F ANTHROPOLOGY Sep. 14 – Nov. 16, 10 sess. P. 15	3616F MINDFULNESS PART I Sep. 14 – Nov. 9, 9 sess. P.15 3716F OKANAGAN FIRST NATIONS Nov. 23, 1 session P.16
THURSDAY	A	3816F EGYPT , Sep. 22–Nov. 10 8 sessions P.16 3916F WISE & WELL Nov.24 1 session P. 16	4216F WORLD GEOGRAPHY Sep. 15 – Nov. 17, 10 sess. P.17	4516F INTRODUCTION TO CHEMISTRY , Sep. 15 – Nov. 17 10 Sessions P. 18
	B	4016F CONTEMP. POL. & SOC.PHILOSOPHY Sep. 15 – Nov. 17, 10 sess. P. 16 4116F SKELETAL MUSCLE CHANGES , Nov.24, 1sess. P. 17	4316F BRIDGE FOR BEGINNERS Sep. 15 – Nov. 10, 9 sessions P. 17 4416F HEARING WORKSHOP , Nov.17 & 24, 2 sessions P.18	4616F OTHER SIDE OF HISTORY, PART I Sep. 15 – Nov. 3, 8 sess. P.18 4716F GLOBETROTTING W. CAMERA , Nov.10-24 3 session P. 19
FRIDAY	A	6516F ETHNOBOTANY , Sep. 16 ORIENTATION: 9:00 am P. 19 4816F QUANTUM TOUCH Oct. 14 – Nov. 25, 6 sess. P.19	5116F MAH JONG , Sep.16 –Oct. 14 5 sessions P. 20	
	B	4916F TAINO INDIANS Sep. 16 – Oct. 7, 4 sess. P.20 5016F BOTTOM BILLION Oct. 21 – Dec. 2, 6 sess. P.20	5216F PAINT W. WATERCOLOUR Sep. 16 – Nov. 4, 8 sessions P. 20	5316F ASTRONOMY Sep.16-Oct.7, 4 sessions P. 21 5416F CAN. LAW & INDIG. RIGHTS , Oct. 14, 1 sess. P. 21

**SLR SOCIETY FOR LEARNING IN RETIREMENT
OTHER LOCATIONS FOR 2016 FALL TERM
ALL COURSES NOT PRESENTED IN EITHER ROOM A OR ROOM B**

Course #	Description	Location	Page
5516F	DOWNTOWN WALK , Robin Jarman Mon. Oct. 17, 9:00 – 12:00 , 1 session	Meet at the Rotary Centre at 9:00 am	8
5616F	COME PAINT IN THE GARDEN WITH ME , Tuesday, Sep. 13 – Oct. 4, 1:00 – 3:00 pm, 4 sess.	Bette's backyard in Glenmore. Location to be announced.	11
5716F	WRITING YOUR MEMOIRS AT SUN VILLAGE , Tuesday, Sep. 27 – Nov. 15 2:00 – 4:00 pm, 8 session	Games Room (TBC), Sun Village Community Centre, 2330 Butt Road, W. Kel.	12
5816F	YOGA FOR FITNESS – INTRODUCTION Wednesday, Sep. 14 – Oct. 26, 10:00 – 11:30 am 7 sessions	Community Hall Martin Centre (Gym)	13
5916F	DRAMA AT THE DORCHESTER , Wednesday, Sep. 14 – Nov. 16, 11:30 am – 1:30 pm, 10 sessions	4 th Floor Theatre, The Dorchester 863 Leon Ave. Kelowna	13
6016F	BOOK CLUB , Wednesday September 21, October 19, November 16 and December 14, 2:15 – 4:15 pm 4 sessions	Boardroom, Martin Centre	16
6116F	MERRIE PIPERS RECORDER ORCHESTRA , Thursday, Sep. 8 to Dec. 15, 9:30 am – 12:00 noon, 14 sessions	Multipurpose Room, Missionwood Retirement Resort, 1075 Barnes Rd. Kelowna	17
6216F	MEMOIR WRITING AT MISSIONWOOD , Thursday, September 15 – November 17, 10:00 am – 12:00 noon, 10 sessions	Games Room, Missionwood Retirement Resort, 1075 Barnes Road	17
6316F	HISTORY AT THE MOVIES AT NORTHWOOD , Thur. Sep. 22 – Nov. 3, 1:00 – 4:00 pm, 7 sessions	Northwood Retirement Resort, 1277 Gordon Drive, Kelowna. Parking on the Mennonite Church Lot	18
6416F	FOR THE LOVE OF MUSIC, ARTS & CULTURE – ABOUT MOZART , Thur. Sep. 15 – Oct, 27, 2:00 – 4:00 pm, 7 sessions	3063 Bridlehill Drive, West Kelowna	19
6516F	ETHNOBOTANY – FOOD OF THE OKANAGAN PEOPLE , Friday, Sep. 16, 9:00 – 11:00 am, 1 sess.	Meet for an orientation in Room A at 9:00 am. Then go to Mission Creek Park. Main Entrance 2363 Springfield Road. Gather at the Education Centre	19
6616F	ABORIGINAL PEOPLE OF CANADA: PRE-CONTACT AND EARLY CONTACT WITH EUROPEANS , Friday, October 21 11:30 am – 1:30 pm, 1 session	Community Hall (gym), Martin Community Centre, 1434 Graham Street, Kelowna	21
6716F	MAKING OF THE US PRESIDENT , Friday Oct. 21, 2:00 – 4:00 pm, 1 session	Community Hall (gym), Martin Community Centre, 1434 Graham Street, Kelowna	21

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Your Society for Lifelong Learning

Name: _____

Phone number: _____ Email: _____

HOW DID YOU FIND OUT ABOUT SLR?

Word of Mouth	/ Newspaper	/ Booth at Community Fair
Other (<i>explain</i>		

OPPORTUNITIES FOR MEMBERSHIP PARTICIPATION AS VOLUNTEER

Study Group Leader	Social Committee
Board	Program Committee
Other (<i>Describe</i>)	

What type of courses would you like to see included in the programs? Please list and, if possible, suggest study group leaders to present the courses.
