Your Society for Lifelong Learning
SLR BOARD OF DIRECTORS

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Wayne Bridges  Treasurer  250-861-5600
Angela Dyck  Assistant Treasurer  250-769-3527
Donn Watt  Vice Pres.& Facilities  778-477-0305
Ilse Erwig  Programs  250-768-1319
Sue Kuipers  Director  250-764-4740
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Heather Schneider  OC Representative  250-762-5445
Mary Ann Murphy  UBCO Representative  250-807-9926
Sigi Narjes  Social Events  250-768-8733
Jill Starky  Board Secretary  250-491-3002
Dianne Fidler  Director  250-762-5116
Crystal Wariach  Webmaster  250-826-4151

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

PROGRAM COMMITTEE

Ilse Erwig  Chair  250-768-1319
Tess Braman  250-868-8469
Gary Dickinson  250-764-2346
John Ewens  250-869-0925
Sue Haley  250-861-7005
Edie Lavroff  250-491-4757
Sigi Narjes  250-768-8733
Vern Piedt  250-764-3073
Toshi Sakamoto  250-491-2183
Glenda Uthe  250-712-0779

SOCIAL COMMITTEE

Sigi Narjes  Chair  250-768-8733
Irma Joon  250-868-8184
Sue Kuipers  250-764-4740
Janet Powell  250-768-5574
Shirley Simson  250-769-3777
Jill Starky  250-491-3002

COORDINATORS

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

ARCHIVIST/HISTORIAN AND RESIDENT PHOTOGRAPHER
Glenda Palmer  250-860-8657

SLR LIBRARY
TBA

SLR OFFICE
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:
“SNOWMAN”
An acrylic from our own Anthony Neville

Merry Christmas and a Happy New Year
Once again, winter is approaching fast, and our winter term will be on us before we know it. It's been a busy few months. Summer saw the painting of our classrooms, new blinds being installed, the acquisition of new tables and of course the purchase of new electronic equipment. All of which kept our facilities director Donn Watt very busy. I know that this gave him a few headaches and all of us on the Board hope all of you are very grateful to him for the hard work he put in. He had help from Ron Lyric who also spent time looking at equipment, there is a lot to choose from these days.

I know that some of you, (me included) have been quite challenged at times by the new computers and TVs. I sometimes wonder what these tech geeks are thinking of, they seem to delight in making things more challenging. The fact is that this equipment has, like it or not, brought us into the 21st Century. Our old equipment served us well and indeed it is still there and will be used on occasion, but the time has definitely come to upgrade. Eventually we will all catch on and wonder how we managed without it.

Our open house celebrating twenty years went very well, and I must thank Ilse, Judi, Sigi, Tess and their assistants for making it such a success. Our grand prize of the two nights at Sparkling Hill Resort was won by Doreen Seebacher. Thanks to Judi for getting that and the other prizes.

If you are in the market for a new hearing aid, please ensure that you get one with the T-coil in it that allows you to benefit from the now installed Aurisloop system. Those who have it are thrilled with the improvement in hearing.

After five years of service Volunteer Coordinator Tess Braman is resigning from that position. We will miss her dedicated work, but I’m pleased to tell you that this position has been taken over by Janet Powell and Linda Grant and we look forward to working with them. They have been reviewing the registration process which will result in an improved situation.

The upcoming AGM will see the loss of our secretary Jill Starky, who has done a wonderful job. If writing minutes is up your street, please consider it and let us know soon of your interest. There is also another opening on the board, so feel free to let us know if you would like to be involved in the running of SLR.

I regret to have to tell you that, in order that she may do more travelling with her new husband, our office manager, Dianne, has decided to leave us at the end of December. Of course this means that we are looking for her replacement. You will find an ad on page 5, so please give it your consideration.

In spite of the occasional problems we may have, we are a wonderful organization that I know is enjoyed by all of us. Of course it can only happen with the determined efforts of so many of you. My thanks as always goes out to all of you who play a part in keeping us going, especially the SGLs, we couldn’t do it without you. Volunteering is at the heart of SLR and if any of you would like to get involved on that level, please jump in and tell us. We are always looking for new helpers.

Have a wonderful Christmas and we'll see you in the New Year.

Vera Ito, President

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**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 • Kathy Sukkau • Susanna Svendsen • Irmgard Thiessen

Marnie Turnell • Charles Velte • Clarke Wallace
REGISTRATION WINTER 2016

- **IN PERSON**  On Monday, December 7, 2015 from 9:00 am – 3:00 pm, Community Hall (Gym), Martin Centre
  
  Tuesday, December 8 – Thursday, December 10, 9:00 am – 3:00 pm, Room B.
  
  **SLR OFFICE**: Monday–Thursday, December 14 to 17, 2015, between 11:00 am and 2:00 pm. *(Office hours are posted on the office door and the answering machine).*

- **DROP OFF**:  From Monday, December 7 onwards, whenever the building is open you may drop your completed registration form with your payment in the locked mailbox beside the SLR office door.

- **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 will be accepted. Don’t send cash, please.

  Registration payments accepted: **cash, cheque, Interac or credit card** (MC and Visa only). Credit card payments by phone will no longer be 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 21. Cut it out but leave a ½ inch flap to keep the integrity of the other pages. If you send your registration form by mail or deliver it in person to SLR (leave in the mailbox) your application will be processed on the day of registration (Monday, December 7, ’15) together with the other applications.

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**WINTER 2016 CALENDAR**

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**HOLIDAY: MONDAY, FEBRUARY 8: BC FAMILY DAY**

**FRIDAY, MARCH 25: GOOD FRIDAY**

**NEW MEMBERSHIP CARD SYSTEM**

Study Group Leaders, could you please find out if the participants in your groups have received a FALL 2016 or WINTER 2017 membership card when they registered for Fall or Winter 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*
PART-TIME POSITION VACANCY - SLR OFFICE MANAGER
Four to eight hours per week or as required
Our Office Manager, Dianne Fidler, will be leaving us at the end of December.
We are now taking applications for her replacement.
This job requires excellent computer skills and a good ability to deal with the public.
Please send your resume to Vera Ito C/O the SLR office.
1434 Graham Street, Kelowna, BC, V1Y 3A8; registrar@slrkelowna.ca; 250-448-1203

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 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 Winter 2017, the expiry date of the membership. If you register by mail, your card will be available in one of your classes.
• It is customary to have a coffee break halfway through the session. It may be your turn to make coffee before the course begins, or to bring cookies. Remember: NO NUTS ANYWHERE! The coffee and trimmings stay in the hallway; cookies are to remain in the classroom. To find out who will make the coffee and when, check the class agenda and also with the class in the other room, if any.
• 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.
• PLEASE DO NOT CALL THE OFFICE.
Call your SGL or SGC if you have questions about the course or if you cannot attend classes.

REFUND POLICY
This policy has been effective since December 1, 2014

• Refunds will be in the form of a credit receipt only
• Credit receipt must be presented at next term’s registration to be redeemed
• Monetary refunds will only be given at the discretion of the registrar
• $5 to be withheld on all refunds to cover administration costs
• No refunds under $10
• 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 and Study Group Leader know; there may be someone on the waiting list who would like to attend.
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 in 2016 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 also 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

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**STUDY GROUP LEADERS AND STUDY GROUP COORDINATORS**

_**SIGN UP TO LEARN ABOUT THE NEWLY INSTALLED VISUAL AIDS**_

**WEDNESDAY, JANUARY 6, 9:00 AM – 12:00 NOON – FREE**

- **#2016W ROOM A: WITH DONN WATT (778-477-0305) – MAX 10**
- **#2116W ROOM B: WITH IAN MELLING (250-869-0948 – MAX 10**

Augment your skills and learn how to connect the newly installed visual aid equipment using a laptop, the smart TV and a new document scanner, the Hovercam Solo 8 (replacing ELMO), connected via USB to a laptop and the TV via HDMI. Room B has an Aurisloop hearing system installed and Room A will have the same hearing system installed in 2016.

**REGISTRATION REQUIRED FOR EITHER ROOM**

(CHECK THE TIMETABLE FOR YOUR COURSE’S ROOM ALLOCATION)

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**STUDY GROUP LEADERS’ AND COORDINATORS COMPLIMENTARY LUNCH AND ORIENTATION**

**WEDNESDAY, JANUARY 6, 12:30–2:00 PM**

Community Hall, MARTIN CENTRE

Receive your SGL information package
Meet other SGLs, Guest Speakers, SLR Board and Committee Members over a nutritious meal.

Orientation for new SGLs 2:00 – 3:00 pm.
Please stay after 2:00 pm to discuss the Handbook and have a tour of the SLR part of the building.

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**SLR SOCIETY FOR LEARNING IN RETIREMENT**

**ANNUAL GENERAL MEETING**

**SATURDAY, FEBRUARY 20, 2016**

1:30 -3:30 PM

COMMUNITY HALL (GYM), MARTIN CENTRE

If you cannot attend and you don’t want to lose your vote, sign your proxy over to someone you trust with your vote. A proxy form will be mailed to you prior to the meeting. Membership registration starts at 1:00 pm
We are proud to introduce the UBCO 2016 Peter Kargl Memorial Lectures dedicated to a passion for learning in the areas of arts, culture, music and intergenerational peace and understanding. The first of this series will kick off with three renowned ‘UBC’ speakers.

Interest in SLR is increasing and this is reflected in the number of new guest speakers and SGLs joining our quest for knowledge. We are fortunate to include two speaker series, the UBCO 2016 Peter Kargl Memorial Lecture Series arranged by Mary-Ann Murphy, our UBCO liaison on the Board, and the Okanagan College Speaker Series, which includes Kathy Bockhold, with her Uganda, Gorilla and China presentation, and Howard Hisdal with a lecture on Canadian Peacekeeping. New guest speakers are Martin Sattler, who will lead a Hearing Workshop with some interesting new information; Maury Williams who will present a talk on the Kettle Valley Railroad construction; Andrew Farquhar with a series of photographic shows from all over the world called Globetrotting with a Camera; Myrna Trace with a talk on Pharmcare and Medical Services Plan. New SGLs, John and Donna Birch, with World Geography; Crystal Wariach with three lectures on Wills, Healthcare and Consumer Protection; Lee Karvonen and Sue Haley with Conflict Management; John O. Powell will present a lecture on Geology. We have new programs presented by SGLs we know so well. There are courses for everyone. Our Winter term always interferes with Spring registration, so be patient with room allocations around the March 14 week. A well-meant thank you to our returning SGLs, gratefulness for our study group coordinators and warm feelings of gratitude to all who make it possible. Live and learn and enjoy the goodness offered to you all. See you at the Christmas luncheon.

Chair Program Committee

Mondays
January 11 – March 21
(No classes: Family Day, February 8)

#116W SUDOKU FOR BEGINNERS
A fun step-by-step approach on how to solve Sudoku puzzles using different strategies. A great stimulating activity for seniors. Problem solving gives great satisfaction and it is good for the brain. No knowledge of math is needed but do bring a notebook, pencil, eraser, a positive attitude and a sense of humour.
Leader: Robin Jarman (778-478-2760)
Fee: $15
Dates: Monday, Jan. 11 – Feb. 15
Time: 9:00 – 11:00 am
Sessions: 5
Max/Min: 10/6

#216W INTERNATIONAL POLITICS – THE TIGER CUB COUNTRIES
(Indonesia, Malaysia, the Philippines and Thailand)
Leaders: Frank Harvey-Smith (250-860-0432) and Madeleine Bourdon (250-868-0964)
Monday, Jan. 11 – Mar. 21 – 9:00 – 11:00 am – 10 sessions – fee $25 – max/min 30/15

The term “Tiger Cub” is used because of their lesser status to the Asian Tigers (Hong Kong, Singapore, South Korea and Taiwan) which we have been studying. The Tiger Cub economies have significant disparity in characteristics, such as their size, their development and their economic growth. We will look at how well these countries have evolved, and the prospects for their future economic and political development.
#316W  THE CRUSADES
This time we will explore the reasons and results of the crusades, 1098-1291. We will hear about the order of knights, kings and troubadours, and so much more. I'm sure we will have another very interesting semester with, of course, peer-learning sessions.

Leader: Ingrid Lausman (250-766-3522)
Fee: $25
Dates: Monday, Jan. 11 – Mar. 28
* March 14, NO CLASS
Time: 11:30 am – 1:30 pm
Sessions: 10
Max/Min: 20/6  FULL

#416W  CURRENT EVENTS
We examine issues in the news. Typically there is a brief presentation on a single topic by one or more class members, followed by discussion. Occasionally there s a guest speaker, again with discussion. Usually there is time in the second hour to bring in items from the current week’s news for a brief examination.

Leader: Pat Zander (250-769-4174)
Fee: $25
Dates: Monday, Jan. 11 – Mar. 21
Time: 11:30 am – 1:30 pm
Sessions: 10
Max/Min: 24/12  FULL

#516W  SPANISH II
This is a continuation of the Fall Spanish course, but it s also open to anyone who has had an introduction to the basics of the language. Classes will cover conversation practice, language elements, idiom, and culture notes.

Leader: Gladys Torres (250-860-1088)
Fee: $23
Dates: Monday, Jan. 11 – Mar. 21*
Time: 2:00 – 4:00 pm
Sessions: 9
Max/Min: 15/5
*Feb. 8 and Mar. 14: NO CLASSES

#616W  PAINTING WITH ACRYLICS
This is a course largely for those who have taken the introductory course and would like to continue honing their skills in acrylics painting in a supportive and friendly environment. However, newcomers to the medium are also welcome and will receive lots of individual instruction. It is the goal of the course that at the end you will have 3 to 4 frame-worthy paintings that you will be proud to display in your home or present as gifts.

Leader: Anthony Neville (250-869-4889)
Fee: $21
Dates: Monday, Jan. 11 – Mar. 7
Time: 2:00 – 4:00 pm
Sessions: 8
Max/Min: 15/5

OKANAGAN COLLEGE SPEAKER SERIES

#716W  VOLUNTEERING IN UGANDA AND THE GORILLAS OF BWINDI
Dr. Kathy Bockhold, Department of Biology, Okanagan College – Monday, March 14 – 2:00 – 4:00 pm
SGC: Sigi Narjes (250-768-8733) – Room B – 1 session - fee: $7 - max/min: 30/10

In 2012 and 2013 I had the privilege of travelling to Uganda with a not-for-profit group called Investing in Sustainability, Education and Empowerment Solutions (ISEE Solutions) for Ugandans. We had a number of experiences which allowed all of us, 3 educators, a University student and a high school student, to experience many aspects of Ugandan life. We taught classes, read to children in orphanages and presented workshops on women’s reproductive health to Ugandan girls and women. The workshops consisted of three parts, an overview of the anatomy and physiology of the female reproductive system, including birth control, a presentation on prevention and management of HIV/AIDS, and a demonstration of re-usable menstrual supplies which we brought to Uganda and distributed to the participants. In many countries, including Uganda, girls must miss school when they are menstruating due to lack of supplies. The reusable menstrual products allow them to attend school which in turn enhances their chances of future success. We worked in many areas of Uganda but mainly Kampala and Gulu.

Cont’d on page 9
As part of a ‘break’ from the intense work we had the opportunity to visit Bwindi Impenetrable National Park to watch the gorillas. Our outstanding guides found a family for us to observe. It was an exceptional experience to be so close to such powerful animals.

**TUESDAY**

**JANUARY 12 – MARCH 22**

**SPRING REGISTRATION MARCH 14 – 17 – ROOM A**

**#816W SURGERY IN CHINA**
Dr. Kathy Bockhold, Department of Biology, Okanagan College  
SGC: Sue Haley (250-861-7005)
Monday, March 21 - 2:00 – 4:00 pm – Room B - 1 session – fee: $7 - max/min: 30/10
In 2007 I travelled with a medical group from BC Children’s Hospital who regularly made visits to Shanghai, China, to conduct pediatric heart surgery. I was able to observe heart surgery from the inside of the operating room. In this talk we will cover the actual surgical procedure but also discuss the difficulties and advancements in having surgery done in China.

**#916W 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 in technique and ensemble playing will be given. Those participants showing proficiency at this level will be invited to join the recorder orchestra.

Leader: Bernie Trudeau (250-765-5953)  
Fee: $25  
Dates: Tuesday, Jan. 12 – Mar. 15*  
*Mar. 15 Room B  
Time: 9:00 – 11:00 am  
Sessions: 10  
Max/Min: At Least 6 Participants

**#1016W FINANCIAL STRATEGIES**
This workshop is for those who wish to understand the advantages of financial strategies the banks won’t tell (teach) you. Learn how to: freeze your mortgage; make your next car purchase tax-deductible; defer property tax; receive tax-free income for the next 20 years. These are only examples of a few strategies we will discuss that might change your life.

Leaders: Jacob Delange & Kevin Purnell  
SGC: Ilse Erwig (250-768-1319)  
Fee: $21  
Dates: Tuesday, Jan. 12 – Mar. 1  
Time: 9:00 – 11:00 am  
Sessions: 8  
Max/Min: 30/8

**#1116W CONFLICT MANAGEMENT**
Leader: Lee Karvonen (778-755-5053) - Co-Leader: Sue Haley (250-861-7005)  
Tuesday, Jan. 12 – Mar. 15* - 11:30 am – 1:30 pm – 10 sessions – fee $25 – max/min 25/8
Conflict Management could be the single most important course you ever take, particularly if you are concerned about dealing with people in a positive, non-confrontational manner. This course covers analysis of sources of anger, how it functions, and how to cope with it using a variety of verbal and non-verbal skills, both internally and externally; conflict styles; perception/mis perception; positions and interests; empathic responses; and, if time permits, prejudice reduction. Participants will learn and practice new verbal skills in role plays, including a mock trial.  
*March 15 in Room B

**#1216W WILLS AND ESTATES**
Come and learn about the various types of legal documents and procedures in British Columbia in the areas of Wills and Estates. These are informational sessions only. No legal advice will be provided.

Leader: Crystal Warriach (250-826-4151)  
Fee: $7  
Date: Tuesday, Jan. 12  
Time: 11:30 am – 1:30 pm  
Sessions: 1  
Max/Min: 20/6  
FULL
#1316W ANCIENT CIVILIZATIONS AND THE ALIEN CONNECTION  **FULL**  
Leader: Edie H. Lavroff (250-491-4757) – Co-Leader: Toshi Sakamoto (250-491-2183)  
Tuesday, Jan. 19 – Mar. 8 – 11:30 am – 1:30 pm – 8 sessions – fee $21 – max/min 30/12  
We shall be looking into the ancient history of Ethiopia and the fabulous and amazing Christian churches hewn out of the rocks. Was there really a Queen of Sheba who visited King Solomon in Jerusalem? Ethiopia’s history is filled with historical jewels that have as yet not been truly investigated. And then there is the alien connection to all things ancient. What is true, what is just a “fairy tale” and where can we find out what we want so much to know. Join us in our attempt to find the fascinating truth.

| #1416W  | DANCING – SWING | Leader: Don Mueller (250-763-6368)  
Dancing…!! This lively dance is sure to make you kick up your heels and re-ignite the enjoyment you had dancing in your yesteryears. It will include the basic step as well as a nice range of other variations. Each session will also include continual review and practice of the steps. At the end you will be able to relive once again your youthful exuberance of the swing rhythm on the dance floor. Singles and couples are welcome. If you can bring a partner, it will help.  
Fee: $15  
Dates: Tuesday, Jan. 12 – Feb. 9  
Time: 12:30 – 1:30 pm  
Sessions: 5  
Max/Min: 16/6  
You may check with Don if you have any questions/concerns about taking this course.  
Location: Comm. Hall (Gym) Martin Centre |

| #1516W  | DANCING – FOXTROT 2 | Leader: Don Mueller (250-763-6368)  
This class is for those who would like to expand their repertoire of steps in this smooth, flowing dance. It will enable you to dance in partnership with relative ease and grace using a nice variety of interesting steps in a sequence format. It will review and reinforce the steps and skills with each lesson. Singles and couples are welcome. If you can bring a partner it will help.  
Fee: $15  
Dates: Tuesday, Feb. 16 – Mar. 15  
Time: 12:30 – 1:30 pm  
Sessions: 5  
Max/Min: 16/6  
You may check with Don if you have any questions/concerns about taking this course.  
Location: Comm. Hall (Gym) Martin Centre |

| #1616W  | WRITING GROUP | Leader: Susanna Svendsen (250-763-2014)  
Writing is a solitary pursuit, but there comes a time when reader-reaction, peer-encouragement and feedback can contribute to the process. If you are ready to share your work, join us. We will explore the many facets of language and narrative with a view towards crafting more effective writing.  
Fee: $21  
Dates: Tuesday, Jan. 26 – Mar. 15*  
Time: 2:00 – 4:00 pm  
Sessions: 8 Max/Min: 8/5 |

| #1716W  | PAINTING WITH WATERCOLOR | Leader: Tony Neville (250-869-4889)  
This is a course largely for those who have taken the introductory course and would like to continue honing their watercolor skills in a supportive and friendly environment. However, newcomers to watercolor are also welcome and will receive lots of individual instruction. It is the goal of the class that at the end you will have 3 – 4 frame-worthy paintings that you will be proud to display in your home or present as gifts.  
Tuesday, Jan. 12 – Mar. 1 – 2:00 – 4:00 pm – 8 sessions – fee $21 – max/min 15/5 |

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**SLR ANNUAL LUNCHEON ON TUESDAY DECEMBER 1st**

There are still tickets available for the luncheon. Members $20 and Guests $25. Please ask your SGL or contact Sigi Narjes at 250-768-8733 or the office at 250-448-1203. Thanks.
#1816W LATEST ADVANCES IN HEARING RESEARCH FULL
Dr. Paul Mick, Otolaryngologist and Head and Neck Surgeon and Clinical Assistant Professor, UBC’s Southern Medical Program - SGC: Gary Dickinson (250-764-2346)
Tuesday, Mar. 8 – 2:00 – 4:00 PM – 1 session – fee $7 – max/min: 30/10
Dr. Mick is one of the newer surgeons at the KGH Interior Heart and Surgical Center, and has a special interest in hearing issues and older adults. He also holds a Master’s Degree in Public Health from Harvard University.

#1916W MOROCCO
I travelled to Morocco this Fall and I’ve been asked to share my travel experiences with you. To tell my story, with some help, I have put together a PowerPoint presentation to show you.

Leader: Sigi Narjes (250-768-8733)
Fee: $7
Date: Tuesday, Mar. 22
Time: 11:30 am – 1:30 pm
Sessions: 1 Max/Min: 30/8

WEDNESDAY
JANUARY 13 – MARCH 23

#2216W BEGINNER CARD MAKING
An introduction to making your own greeting cards. We will learn stamping, texture embossing, heat embossing, die cutting and cutting cardstock for standard card sizes.

Leader: Terry Hamilton (250-491-0842)
Fee: $21+
Dates: Wednesday, Jan. 13 – Mar. 2
Time: 9:00 – 11:00 am
Sessions: 8 Max/Min: 10/6
Note: Cost of supplies will be $3 per session payable to Terry at the start of the session.

#2316W THE SILK ROAD
The Silk Road was a series of trade routes that crisscrossed Eurasia for almost two thousand years. It originated in the east and ended in the west, linking China with the Roman Empire. We’ll explore the routes, the empires, the travellers and the economic impact on the world.

Leader: Jeanette Bosch (250-860-5421)
Fee: $17
Dates: Wednesday, Jan. 13 – Feb. 17
Time: 9:00 – 11:00 am
Sessions: 6 Max/Min: 30/6

#2416W HUNTING FOR HISTORY – Guest: Dan Gallacher – SGC: Ian Melling (250-869-0948)
Wednesday, Feb. 24 – Mar. 9 – 9:00 – 11:00 am – 3 sessions – fee $11 – max/min 30/10
An updated and expanded version of the 2015 illustrated talk, this three-lecture set is again based upon the archival research, field work and oral histories undertaken by the Canadian Museum of Civilization curators to design, install and build the Canada Hall, vast walk-in exhibit galleries portraying a thousand years of our socio-economic and socio-cultural history in three main sets.

SPRING REGISTRATION: Please keep in mind that Spring term registration will commence Monday, March 14 in Room A. Winter term courses normally scheduled in Room A have been transferred to Room B. Please check your schedule.
Myra’s Men… will focus on the unsung navvies, those who really built the Kettle Valley Railway. These unnamed labourers toiled with pick, shovel, sledge and scoop. They performed the arduous and often life-threatening work of leveling the grades, filling the holes, digging the foundations and pounding the spikes. Who were they? Where did they come from? What was life like in the construction camps? What did they do when not working on the railway? Did anyone care about their well-being? We will delve into these questions and concentrate on the unsung heroes of the KVR.

*Maurice Williams taught history at Okanagan College, Okanagan University College, and the University of British Columbia Okanagan. He retired from teaching in 2013 and is currently Professor Emeritus at UBC. He is the author of Myra’s Men, Building the Kettle Valley Railway, Myra Canyon to Penticton. He is an avid admirer of the KVR and has hiked and bicycled much of it. While teaching at UBC Okanagan, Maurice organized field trips to Myra Canyon as part of his Myra Canyon Research Project, an historical/archaeological investigation of construction sites in the canyon. In 2009 he was given an award for teaching excellence and innovation from UBC Okanagan. For a number of years he has also served as Secretary of the Myra Canyon Trestle Restoration Society.

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**#2616W HEALTHCARE PLANNING DIRECTIVES**

Come and learn about the various types of legal documents and procedures in British Columbia in the area of Healthcare Planning Directives, These are informational sessions only. No legal advice will be provided.

| Leader: Crystal Warriach (250-826-4151) | Fee: $7 |
| Date: Wednesday, Jan. 13 | Time: 11:30 am – 1:30 pm |
| Sessions: 1 | Max/Min: 20/6 |

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**#2716W GEOLOGY - AN INTRODUCTION TO THE OKANAGAN VULCANISM AND GLACIATION**

This is a presentation on vulcanism and glaciation in our valley with a focus on our Central Okanagan, showing examples in a combination of lecture and slides. We will be learning to see where we are with "new eyes" for the past 400,000 years or so.

| Leader: John O. Powell (250-860-9696) | Fee: $7 |
| Date: Wednesday, Jan. 27 | Time: 11:30 am – 1:30 pm |
| Sessions: 1 | Max/Min: 25/8 | **FULL** |

In the Spring ’16 term we will organize a trip to visit the relevant sites.

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**#2816W THE ANCIENT EMPIRE OF SCYTHIA**

Explore this ancient nomadic steppe empire that lasted for over 1200 years. Learn about ancient gold works, sacred burial mounds (kurgans), ice mummies, women warriors (Amazons) some of the greatest battles in world history and much, much more.

| Leader: Dan & Barry Wray (250-712-1228) | Fee: $21 |
| Dates: Wednesday, Jan. 13 – Mar. 2 | Time: 11:30 am – 1:30 pm |
| Sessions: 8 | Max/Min: 30/10 |

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**SLR POLICIES**

To find out more about SLR policies and guidelines, please go to slrkelowna.ca and click Board/Policies. Then click under SLR POLICIES the link “click here.”
THE UBCO 2016 PETER KARGL MEMORIAL LECTURE SERIES

#2916W COMPARATIVE GENOCIDE STUDIES: ADVANCES AND CHALLENGES

Dr. Adam Jones, Professor in Political Science, Irving K. Barber School of Arts and Sciences at UBC

SGC: Tess Braman (250-868-8469)

Wednesday, March 9 – 11:30 am – 1:30 pm – 1 session – fee $7 – max/min 30/10

Dr. Jones’ expertise is in the areas of human rights, gender studies, genocide studies, crimes against humanity, media and political transition. He is head of the International Relations program and a widely published and recognized expert in the field of genocide.

Dr. Jones has published 15 books in the past 12 years, including the acclaimed textbook *Genocide: A Comprehensive Introduction,* and *Crimes Against Humanity: A Beginner’s Guide.* In 2010 he was named one of “Fifty Key Thinkers on the Holocaust and Genocide” for the book volume of that title. He is also executive director of the web project *Gendercide Watch* and an expert consultant to the United Nations Office of the Special Advisor for the Prevention of Genocide (OSAPG).

#3016W HEAR THIS…! HEARING WORKSHOP


Wednesday, March 16 & 23 – 11:30 am - 1:30 pm - 2 sessions – fee: $9 - 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.

#3116W DRAMA AT THE DORCHESTER

Seniors' lives and times are the material from which Geriactors develop their topical skits, often seen through a humorous lens. Acting experience is not required. This course includes several post-term performances.

Leaders: Vera Ito (250-491-2790)  
          Susanna Svendsen (250-763-2014)

Fee: $25

Dates: Wednesday, Jan. 13 – Mar. 16

Time: 11:30 am – 1:30 pm

Sessions: 10 Max: 15

Loc.: 4th fl. Theatre, Dorchester, 863 Leon Ave, Kelowna.

#3216W DANCING – FOXTROT 3

This course will offer steps at the silver level and is for more advanced beginners and beyond. It will almost seem like learning a new dance to the foxtrot rhythm as it distinctly departs from levels 1 & 2. Each new variation will flow into the next that will lead to the skill and enjoyment of travelling around the dance floor. Continual review and practice is built into each lesson. Singles and couples, including those who have taken the previous levels, are welcome. If you can bring a partner, it will help.

Leader: Don Mueller (250-763-6368)

Fee: $15

Dates: Wednesday, Jan. 13 – Feb. 10

Time: 1:00 – 2:00 pm

Sessions: 5 Max/Min: 16/6

You may check with Don if you have any questions/concerns about taking this course.

Location: Comm. Hall (Gym) Martin Centre
#3316W  DANCING – TANGO!
The tango was created by the brilliant horsemen who were natives on the east coast of Argentina. The dance was banned in Argentina because it had lost its simplicity and became too uninhibited. It reappeared in Europe as a more sophisticated dance form suitable for ballroom dancing and has been enjoyed ever since. The course will offer the basic step along with connecting variations in which you will find yourself strutting to its crisp, staccato style around the floor. Singles are welcome, but – it takes two to tango – so if you can bring a partner, it will help!

Leader: Don Mueller (250-763-6368)  
Fee: $15  
Dates: Wednesday, Feb. 17 – Mar. 16  
Time: 1:00 – 2:00 pm  
Sessions: 5  
Max/Min: 16/6

You may check with Don if you have any questions/concerns about taking this course.  
Location: Comm. Hall (Gym) Martin Centre

#3416W  BOOK CLUB  
Meet once a month to share your perspectives and insights on the following books: January: Mary Coin (Marisa Silver); February: All Saints (K.D. Miller); March: Quiet (Susan Cain). We will read two additional books to be chosen by individual members.

Leader: Shirley Piedt (250-764-3073)  
Fee: $11  
Dates: Wednesday, Jan. 20 & Feb. 17 (Rm. A); Mar. 16, (Rm. B)  
Time: 2:00 – 4:00 pm  
Sessions: 3  
Max/Min: 20/8

#3516W  AN INSIDER’S GUIDE TO WASHINGTON D.C.  
Washington is the capital of the world’s most powerful country. This course provides an “inside the Beltway” insight into how Washington works, from the structure and working of the U.S Government (Congress and the President), to the role of embassies and lobbyists. This will be contrasted with how Ottawa works. It will also provide a visitor’s guide to the city.

Leader: Ron Krystynak* (778-478-6660)  
Fee: $17  
Dates: Wednesday, Jan. 13 – Feb. 17  
Time: 2:00 – 4:00 pm  
Sessions: 6  
Max/Min: 30/10  


#3616W  TRANS-PACIFIC PARTNERSHIP (TPP) AGREEMENT  
Canada and eleven other countries recently concluded the TPP Agreement. If the United States and Canada approve this Agreement it would replace the North American Free Trade Agreement. This course will provide an overview of the TPP and the implications for Canada of approving or not approving the Agreement.

Leader: Ron Krystynak (778-478-6660)  
Fee: $7  
Date: Wednesday, Feb. 24  
Time: 2:00 – 4:00 pm  
Sessions: 1  
Max/Min: 30/10  
FULL

Ron was a member of the Federal Government negotiating team on the North American Free Trade Agreement and the World Trade Organization Agreement.

Bottom Line: You have brains in your head, you have feet in your shoes. You can steer yourself wherever you choose. You’re on your own and you know what you know. You’re the person who’ll decide where to go.  
With help from Dr. Suess
## THURSDAY
### JANUARY 14 – MARCH 24

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
<th>Leader</th>
<th>Fee</th>
<th>Dates</th>
<th>Time</th>
<th>Sessions</th>
<th>Max/Min</th>
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<tbody>
<tr>
<td>#3716W</td>
<td>DIAGNOSTIC IMAGING</td>
<td>If you are having a 'scan', what does this mean? What sort of scan are you having? We will look at the various types of scans, how the images are produced and what they look like. This will include information about which scans are better at showing which types of things. We will cover X-rays, CT, Nuclear Medicine, Ultrasound and MRI. We will not be discussing medical issues.</td>
<td>Rosie Lawrence (250-807-2626)</td>
<td>$17</td>
<td>Thursday, Jan. 14 – Feb. 18</td>
<td>9:00 – 11:00 am</td>
<td>6</td>
<td>16/6</td>
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<tr>
<td>#3816W</td>
<td>WORLD GEOGRAPHY</td>
<td>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.</td>
<td>John &amp; Donna Birch (250-491-1427)</td>
<td>$27</td>
<td>Thursday, Jan. 14 – Mar. 24</td>
<td>9:00 – 11:00 am</td>
<td>11</td>
<td>30/10</td>
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<tr>
<td>#3916W</td>
<td>THE MERRIE PIPERS RECORDER ORCHESTRA</td>
<td>To participate in this program players must have at least intermediate skills. This includes the ability to play fluently in key signatures up to 3 sharps and 3 flats. Good sight-reading and tuning competence is required. Our goal is to progress, both individually and as an ensemble, to performance standards. Call Sue before December 30 for an opportunity to audition.</td>
<td>Sue MacDonald (778-484-0546)</td>
<td>$27</td>
<td>Thursday, Jan. 14 – Mar. 24</td>
<td>9:30 am – 12:00 noon</td>
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<td>12 minimum</td>
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*Multipurpose Room, Missionwood Retirement Resort, 1075 Barnes Road, Kelowna*

| #4016W      | MEMOIR WRITING AT MISSIONWOOD – Leader: John Broughton (250-764-2445) | 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. | John Broughton (250-764-2445) | $25 | Thursday, Jan. 14 – Mar. 17 | 10:00 am – 12:00 noon | 10 | 12/6 |

*Location: Games Room, Missionwood Ret. Resort, 1075 Barnes Road, Kelowna*

| #4116W      | LEARN ABOUT CHAKRAS | Chakras are energy centers of the body, spinning wheels of energy that act as transformers through which we receive and transmit life forces (spiritual, emotional, mental and physical). We will identify and study each chakra in detail for the purpose of balancing the entire body, and tune in to what the physical body and energy centers are conveying to us. | Carla Van Voorst (250-763-7364) | $15 | Thursday, Jan. 14 – Feb. 11 | 11:30 am - 1:30 pm | 5 | 20/6 |
FOOD – WHAT WE EAT
Food. What is it? Where does it come from? From soil to stomach we will take a look at the patterns and beliefs we use to fuel our bodies, from handed down family recipes to the latest junkfoods. We will also look at how to get the most nourishment from the stuff we bring home and share easy preparation tips. Then look at labels, what do they mean, and who owns who (what the heck is a polyunsaturated fat anyhow?). Are Canada’s food safety guidelines being adequately followed?

MINDFULNESS
For thousands of years people have used mindfulness practices to deal effectively with a wide range of life challenges. In lectures from one of the Great Courses, Professor Ronald D. Siegel, a clinical psychologist from Harvard Medical School, will show us how these practices change the function and structure of the brain and how these changes benefit both our minds and our bodies. We will also try some of the practices suggested in the course. This will be a continuation of the 24-lecture series from the Fall. The complete course will be offered again Fall 2016.

PRACTICAL MYSTICISM
Explore the universal truths on which the foundation of all religious knowledge and doctrine has grown. Learn how, during these often-confusing times, we can apply the contemplative mystical and social justice teachings in practical ways. Through the study of inspiring teachings of the wisdom traditions, meditation and lively discussion, we will mine the jewels that lie beneath the surface of the world’s spiritual paths.

GLOBETROTTING WITH A CAMERA – Guest: Andrew Farquhar
This is not primarily a course on photographic techniques. We will share some favourite images, adventures and anecdotes from over 4 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 and one made the cover of The National Geographic Traveller Calendar. You will find many of these images and others at 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.

Based on Myrna Tracy’s experience as a medical social worker for 30 years, information will be shared regarding BC’s Health Insurance programs. Since Fair Pharmacare and the MSP can be confusing, this presentation will provide clarification about these programs and the benefits that are available.

**FRIDAY**

**JANUARY 15 – MARCH 18**

(NO CLASSES: GOOD FRIDAY, MARCH 25)

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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Leader</th>
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<tr>
<td>#4716W</td>
<td>EMOTION CODE AND BODY ENERGY WORK</td>
<td>Nicky Siegner (250-762-5771)</td>
<td>$15</td>
<td>Friday, Feb. 19 – Mar. 18</td>
<td>9:00 – 11:00 am</td>
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<td>18/6</td>
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Access your inner healer using muscle testing to holistically release trapped emotions that can create physical pain, emotional stress and eventual disease. We will also explore other body energy systems using Thought Field Therapy acupressure meridians to positively affect symptoms of pain and anxiety.

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<tr>
<td>#4816W</td>
<td>GLOBAL MIGRATION – HOW MIGRATION IS CHANGING OUR WORLD</td>
<td>Robert Noon (250-899-2617)</td>
<td>$17</td>
<td>Friday, Jan. 15 – Feb. 19</td>
<td>9:00 – 11:00 am</td>
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Repeating a successful course of the last term, this course examines the effects of encouraging or discouraging global migration. It explores a volatile issue from three perspectives: that of the migrants themselves, that of the people they leave behind, and that of host societies where they relocate. Who are the winners and losers in migration, and what are the alternatives in the search for answers to poverty, desperation and despair in have-not countries.

**PROGRAM**

Week 1 – Where Are We Now?: The taboo of migration. Why migration is accelerating.


Week 3 – Migrants - Grievance or Gratitude: Winners from migration. Losers from migration.

Week 4 – Those Left Behind: Political and social consequences of outward migration. What happens to those left behind?

Week 5 – Rethinking Migration Policies: Nations and nationalism. Making migration policies work.

Week 6 – Where Do We Go from Here?: Should Canada encourage migration? How do we make migration work in Canada?

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<tr>
<td>#4916W</td>
<td>DELVING INTO DINOSAURS</td>
<td>Bob Brown (778-484-1840)</td>
<td>$25</td>
<td>Friday, Jan. 15 – Mar. 18</td>
<td>11:30 am – 1:30 pm</td>
<td>10</td>
<td>15/8</td>
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#5016W  GLOBAL WARMING  
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 germane to the topic to the best of his ability.

Leader:  Peter Neville (250-448-4868)  
Fee:  $13  
Dates:  Wednesday, Feb. 17 – Mar. 9  
Time:  11:30 am – 1:30 pm  
Sessions: 4  
Max/Min:  20/10

NOTE: LATE DATE CHANGE FROM FRIDAY TO WEDNESDAY

#5116W  CRITICAL THINKING  
Critical thinkers come in three types: Fair-minded, Selfish and Naïve. We’ll examine & review the intellectual standards that help people think better, and look at the steps involved in developing intellectual character and becoming a Fair-minded Critical Thinker. We’ll analyze our thinking and learn how to solve problems we might discover, as well as strategies for using parts of thinking for clarifying & understanding important ideas, closing our sessions with reflections upon what we learned. There will be ample time for discussion.

Leaders:  Dwayne Nittel & Bruce McKay  
SGC:  TBA  
Fee:  $13  
Dates:  Friday, Feb. 12 – Mar. 4  
Time:  11:30 am – 1:30 pm  
Sessions: 4  
Max/Min:  30/10

OKANAGAN COLLEGE SPEAKER SERIES

#5216W  CANADIAN PEACE KEEPING AND PEACE MAKING SINCE 1945  
Professor Howard Hisdal, CD, MA, History Department, Okanagan College  
SGC:  Vern Piedt (250-764-3073) – Friday, March 11 – 11:30 am – 1:30 pm – 1 session – fee $7  
Community Hall, Martin Centre – max. 80

This presentation takes a look at Canada’s overseas military commitments since 1945 and our pioneering peace keeping efforts with the United Nations. Our peace making deployments under NATO will be examined as well. We will look at the Canadian Armed Forces in Kashmir, Korea, Egypt, Congo, Cyprus, Persian Gulf, Rwanda, Somalia, Yugoslavia, Afghanistan, Syria, Libya, and Iraq. During his 25 years in the Canadian military, Howard’s father deployed with the United Nations Emergency Force to Egypt in 1962-3. Other friends and family were deployed to Croatia, Rwanda, and Afghanistan.

SLR ANNUAL GENERAL MEETING

PLEASE BE AWARE THAT OUR ANNUAL GENERAL MEETING WILL BE HELD ON SATURDAY, FEBRUARY 20, 2016 AT 1:30 PM IN THE MARTIN CENTRE COMMUNITY HALL (GYM). REGISTRATION STARTS AT 1:00 PM. NOMINATIONS FOR BOARD POSITIONS WILL BE TAKEN BY VERA ITO (250-491-2790) BEFORE DECEMBER 22, ’15. WE URGENTLY NEED TO FILL THE OUTGOING BOARD SECRETARY’S POSITION. REMEMBER TO SIGN OVER YOUR PROXY IF YOU CANNOT ATTEND.
Why do some people lose function faster than others? What does age have to do with it? Does gender matter? Dr. Jones will report on current national funded research on the coordination between muscles and tendons and how our balance may be affected as we age.

Biography: The objective of Dr. Jones' healthy aging research is to improve the health of Canadians. He does this through community engagement whereby he demystifies the aging process, demonstrating that aging can be a healthy and achievable success rather than an inevitable outcome of physical decline. He studies and promotes healthy aging both regionally and globally with an interdisciplinary approach that includes collaborations with Nursing, Management, Medicine, the Institutes of Healthy Living and Chronic and Community Engaged Research as well as the Interior Health Authority. Through his interdisciplinary research program he has successfully developed and validated clinical assessment tools that evaluate physical function in older adults. Prof. Jones is a recognized expert in the creation of innovative exercise strategies for older adults, currently used across Canada. He has made significant contributions in his field through scientific publications, presentations and awards, becoming an internationally recognized leader in healthy aging.

#5416W CONSUMER PROTECTION
This session will focus on the latest frauds/scams (e.g. through telemarketing and online sources) and consumer protection mechanisms.

Leader: Crystal Warriach (250-826-4151)
Fee: $7
Date: Friday, Jan. 15
Time: 2:00 – 4:00 pm
Sessions: 1 Max/Min: 30/10

#5516W LEVEL 1 WOODWORKING
This is a six-week beginners level course suitable for participants who have little or no experience using power tools for woodworking. The focus will be on safe and proper use of both hand and power tools commonly found in a home workshop. Participants will use their knowledge and skills to construct a simple project such as a bird house or bird feeder and a folding table

Northwood Residents may join for $15 if space is still available.

Leader: David Currier (250-860-8902)
Fee: $17*
Dates: Friday, Jan. 15 – Feb. 19
Time: 2:00 – 4:00 pm
Sessions: 6 Max/Min: (not more than 5)
*An extra fee of $15.00 will be charged for materials and other consumables.

Location: Lower lever workshop. Northwood Ret. Resort, 1277 Gordon Dr., Parking available on Mennonite Church lot.

#5616W WORKING WITH PHOTOS ON YOUR COMPUTER - Leader: Peter Neville (250-448-4868)

LATE DATE CHANGE FROM FRIDAY TO WEDNESDAY FULL

Wednesday, February 24 – March 9 – 2:00 – 4:00 pm – 3 sessions - fee: $11 - max: 6

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. 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.
SLR SOCIETY FOR LEARNING IN RETIREMENT - REGISTRATION

Please deliver or mail your completed registration form with cheque to:
SLR, 1434 Graham Street, Kelowna, BC, V1Y 3A8

APPLICANT INFORMATION (Please Print)

Name: 
Address: 
City & Province: 
Postal Code: 
Phone: 
Email: 
Medical Alert: 

EMERGENCY CONTACT
Name: 
Relationship: 
Phone: 
Cell: 

COURSE REGISTRATION WINTER 2016
• (NEW) WHEN YOUR FORM HAS BEEN PROCESSED, PLEASE DROP IT OFF IN THE BASKET MARKED “FORMS-COMPLETED” ON THE DEBIT/CREDIT TABLE.
• PLEASE FILL OUT AN ALTERNATE COURSE IF THE COURSE OF YOUR CHOICE IS FULL.

(Use back of form to continue)

Course # | Title | Fee

Membership Fee* (add $25 if applicable)
Donation (Optional):

Total Payment: $

*The non-refundable annual membership fee @ $25 covers the period of one year. The expiry date is on your membership card. If you have NOT paid your membership fee yet, add $25 to the total course fees.

METHOD OF PAYMENT
Your receipt(s) will be handed out to you at one of your study group sessions. If you registered by mail, your membership card, if applicable, will be with your receipt.

(CIRCLE ONE, please) CASH / CHEQUE (payable to SLR) / INTERAC / VISA / MASTERCARD
CARD TRANSACTIONS WILL BE DONE IN PERSON ONLY

I agree to receive email and/or electronic communications (e.g announcements) from SLR Society for Learning in Retirement. (Please circle either Yes or No) YES NO

Signature of Applicant: ___________________________ Date: ________________

By signing this form, you agree to the use of your personal information as noted below.

Privacy Policy: The Society for Learning in Retirement (SLR) collects your personal data and email address for the sole purpose of program registration and to notify you of SLR events and news/updates. SLR does not sell, disseminate or otherwise provide your name and information to any other person or organization.

Please See Reverse
SLR Society for Learning in Retirement

Your Society for Lifelong Learning
Winter 2016

YOUR NAME AND TEL. NO. PLEASE _______________________________________________
____________________________________________________________________________

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<th>OPPORTUNITIES FOR MEMBERSHIP PARTICIPATION AS VOLUNTEER</th>
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<td>Study Group Leader (Facilitate a Study Group)</td>
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<td>Board (Meet once a month and contribute to decision-making process)</td>
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<td>Registration (Fall, Winter, Spring)</td>
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<th>HOW DID YOU FIND OUT ABOUT SLR?</th>
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<tr>
<td>Word of Mouth / Newspaper / Booth at Community Fair</td>
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<tr>
<td>Other <em>(explain)</em></td>
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</tbody>
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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.

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<th>9:00 – 11:00 AM</th>
<th>11:30 AM – 1:30 PM</th>
<th>2:00 – 4:00 PM</th>
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<tr>
<td><strong>MONDAY</strong></td>
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<td>A</td>
<td>5 sessions</td>
<td>P. 7</td>
<td>P. 8</td>
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<td><strong>216W INTERNATIONAL POLITICS, TIGER CUB COUNTRIES</strong>&lt;br&gt;Jan. 11 – Mar. 21, 10 sessions</td>
<td><strong>416W CURRENT EVENTS</strong>&lt;br&gt;Jan. 11 – Mar. 21&lt;br&gt;10 sessions</td>
<td><strong>616W PAINT ACRYLIC</strong>&lt;br&gt;Jan. 11 – Mar. 7, 8 sess.</td>
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<td>FULL P. 8</td>
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<td><strong>916W RECORDER ENSEMBLE</strong>, Jan. 12–Mar. 15*&lt;br&gt;10 sessions</td>
<td><strong>1116W CONFLICT MANAGEMENT</strong>&lt;br&gt;Jan. 12–Mar. 15*&lt;br&gt;10 sessions</td>
<td><strong>1616W WRITING GROUP</strong>&lt;br&gt;Jan. 26 – Mar. 15*&lt;br&gt;8 sessions</td>
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<td>A</td>
<td>P. 9</td>
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<td>P. 10</td>
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<td>TUESDAY</td>
<td><strong>1016W FINANCIAL STRATEGIES</strong>&lt;br&gt;Jan. 12 – Mar. 1&lt;br&gt;8 sessions</td>
<td><strong>1216W WILLS &amp; ESTATES</strong>&lt;br&gt;Jan. 12, 1 session&lt;br&gt;FULL P. 9</td>
<td><strong>1716W PAINTING WATERCOLOR</strong>&lt;br&gt;Jan. 12 – Mar. 1, 8 sess.</td>
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<td><strong>1316W ANCIENT CIVILIZATIONS - ALIEN CONNECTION</strong>&lt;br&gt;Jan. 19 – Mar. 8&lt;br&gt;8 sessions</td>
<td><strong>1816W UBCO SPEAKER: HEARING RESEARCH</strong>&lt;br&gt;Mar. 8, 1 sess.</td>
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<td>FULL P. 10</td>
<td><strong>5616W PHOTOS ON COMPUTER</strong>&lt;br&gt;Feb. 24 – Mar. 9, 3 sess.</td>
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<td><strong>2016W VIS. AID INSTR.</strong>&lt;br&gt;Donn Watt, Jan. 6, 9:00–12:00 1 sess.</td>
<td><strong>2616W HEALTHC. PLAN.DIR.</strong>&lt;br&gt;Jan. 13, 1 session&lt;br&gt;Full P. 12</td>
<td><strong>3416W BOOK CLUB</strong>&lt;br&gt;Jan. 20, Feb. 17, *Mar. 16 Room B&lt;br&gt;3 sessions</td>
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<td><strong>2716W GEOLOGY</strong>&lt;br&gt;Jan. 27, 1 session&lt;br&gt;Full P. 12</td>
<td><strong>3516W WASHINGTON DC</strong>&lt;br&gt;Jan. 13 – Feb. 17, 6 sessions</td>
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<td><strong>2316W SILK ROAD</strong>&lt;br&gt;Jan. 13–Feb. 17, 6 sess.</td>
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<td><strong>3616W TPP AGREEMENT</strong>&lt;br&gt;Feb. 24, 1 session&lt;br&gt;Full P. 14</td>
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<td><strong>P. 15</strong></td>
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<td><strong>2416W HUNTING FOR HIST.</strong>&lt;br&gt;Feb. 24 – Mar. 9, 3 sess.</td>
<td><strong>2816W ANCIENT EMPIRE OF SCYTHIA</strong>&lt;br&gt;Jan. 13 – Mar. 2&lt;br&gt;8 sessions</td>
<td><strong>4416W WASHINGTON DC</strong>&lt;br&gt;Jan. 13 – Feb. 17, 6 sessions</td>
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<td><strong>2516W KVR</strong>, Mar. 16 &amp; 23&lt;br&gt;2 sessions</td>
<td><strong>2916W UBCO SPEAKER: GENOCIDE STUDIES</strong>&lt;br&gt;Mar. 9, 1 session&lt;br&gt;Full P. 13</td>
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<td><strong>3016W HEARING WORKSHOP</strong>&lt;br&gt;Mar. 16 &amp; 23, 2 sess.</td>
<td><strong>P. 13</strong></td>
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<td>WEDNESDAY</td>
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<td>P. 15</td>
<td>*Mar. 17 Rm. B</td>
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<td><strong>4216W FOOD</strong>&lt;br&gt;Feb. 18 – Mar. 10&lt;br&gt;4 sessions</td>
<td><strong>P. 15</strong></td>
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<td><strong>3816W WORLD GEOGRAPHY</strong>&lt;br&gt;Jan. 14 – Mar. 24&lt;br&gt;11 sessions</td>
<td><strong>4316W MINDFULNESS</strong>&lt;br&gt;Jan. 14 – Mar. 17&lt;br&gt;10 sessions</td>
<td><strong>4516W GLOBETROTTING WITH A CAMERA</strong>&lt;br&gt;Feb 14 – Mar. 10&lt;br&gt;10 sessions</td>
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<td><strong>FULL P. 16</strong></td>
<td><strong>16W</strong></td>
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<td>THURSDAY</td>
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<td><strong>4716W EMOTION CODE &amp; BODY ENERGY WORK</strong>&lt;br&gt;Feb. 19 – Mar. 18, 5 sess.</td>
<td><strong>4916W DELVING INTO DINOSAURS</strong>, Jan. 15 – Mar. 18&lt;br&gt;10 sessions</td>
<td><strong>P. 17</strong></td>
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<td><strong>4816W GLOBAL MIGRATION</strong>&lt;br&gt;Jan. 15 – Feb. 19&lt;br&gt;6 sessions</td>
<td><strong>5116W CRITICAL THINKING</strong>&lt;br&gt;Feb. 12 – Mar. 4, 4 sess.</td>
<td><strong>5416W CONSUMER PROTECTION</strong>&lt;br&gt;Jan. 15, 1 session</td>
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## SLR SOCIETY FOR LEARNING IN RETIREMENT

**TIMETABLE AND LOCATIONS FOR 2016 WINTER TERM**

**ALL COURSES NOT PRESENTED IN EITHER ROOM A OR ROOM B**

<table>
<thead>
<tr>
<th>Course #</th>
<th>Description</th>
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<tr>
<td>1416W</td>
<td><strong>DANCING – SWING</strong>, Don Mueller, Tuesday, Jan. 12 – Feb. 9, 12:30 – 1:30 pm, 5 sessions</td>
<td>Community Hall (gym) Martin Centre</td>
<td>10</td>
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<td>1516W</td>
<td><strong>DANCING - FOXTROT 2</strong>, Don Mueller, Tues., Feb. 16 – Mar. 15, 12:30 – 1:30 pm, 5 sessions</td>
<td>Community Hall (gym) Martin Centre</td>
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<tr>
<td>3116W</td>
<td><strong>DRAMA AT THE DORCHESTER</strong> with Vera Ito and Susanna Svendsen, Wednesday, Jan. 13 – Mar. 16, 11:30 am – 1:30 pm, 10 sessions</td>
<td>4th Floor Theatre, The Dorchester, 863 Leon Ave, Kelowna</td>
<td>13</td>
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<tr>
<td>3216W</td>
<td><strong>DANCING – FOXTROT 3</strong>, Don Mueller, Wed. Jan. 13 – Feb. 10, 1:00 – 2:00 pm, 5 sessions</td>
<td>Community Hall (gym) Martin Centre</td>
<td>13</td>
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<tr>
<td>3316W</td>
<td><strong>DANCING-TANGO</strong>, Don Mueller, Wednesday Feb. 17–Mar. 16, 1:00 – 2:00 pm, 5 sessions</td>
<td>Community Hall (gym) Martin Centre</td>
<td>14</td>
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<td>4016W</td>
<td><strong>MEMOIR WRITING AT MISSIONW.</strong> with John Broughton, 10:00 am – 12:00 noon, Thursday, Jan. 14 – Mar. 17, 10 sess.</td>
<td>Games Room, Missionwood Retirement Resort, 1075 Barnes Road, Kelowna</td>
<td>15</td>
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<tr>
<td>5216W</td>
<td><strong>CANADA PEACE KEEPING AND PEACE MAKING SINCE 1945</strong> with Howard Hisdal, Friday, Mar. 11, 11:30 am – 1:00 pm, 1 session</td>
<td>Community Hall (gym) Martin Centre</td>
<td>18</td>
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<tr>
<td>5516W</td>
<td><strong>WOODWORKING LEVEL 1</strong> with David Currier, Friday, Jan. 15 – Feb. 18, 2:00 – 4:00 pm, 6 sessions</td>
<td>Lower Level Workshop, Northwood Retirement Resort, 1277 Gordon Drive. Parking on Mennonite Church parking lot.</td>
<td>19</td>
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**HELLO GARY!**

I am happy to announce that Gary Dickinson has joined our Program Committee. Gary was SLR president in 2002 and currently is the Chair of the Okanagan College Regional Advisory Committee. Gary is and has been very much involved in continuing education and lifelong learning in the highest echelons of academic life. We will look forward to working with Gary and enriching our programs for a long time to come.

*Ilse Erwig, Chair, Program Committee*