

Community Education and Training & Elder College

FALL 2018 CALENDAR

POWELL RIVER CAMPUS

WHERE LEARNING MATTERS!





3 EASY WAYS TO REGISTER

Call us

604.485.2878 or 1.877.888.8890

Drop by

100 – 7085 Nootka Street, Powell River

Online pr.viu.ca



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Don't see the course you want?

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

pr.viu.ca/ce/communityeducation.asp

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Community Education and Training

Foodsafe Level 1

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

Student must attend the full session.

QFOO 001 | Instructor: Michael Nguyen

1 session

\$99 + \$30 lab fee

Choose one of the following:

F18R01: Sat, Oct 20; 9 am–4:30 pm

Pre-registration required by: Tue, Oct 9, 2018

F18R02: Sat, Nov 24; 9 am–4:30 pm

Pre-registration required by: Tue, Nov 13, 2018

Together is Better: Building Collaborative Communities and Effective Organizations

People everywhere are asking for a voice in the design and governance of their communities and are ready to step up in unprecedented numbers. They are looking for genuine inclusion: a place where individual thinking can connect to the whole in deep and thoughtful ways and where plans of action can be communally developed and implemented. The potential for social change through collaborative thinking is impossible to forecast. At the very least this awakening holds the power to move us far beyond convention in our thinking about what is possible.

This course is intended for those interested in building capacity for collaboration and developing the skills to engage a creative and innovative community. It is a response to the growing awareness that conventional models of leadership, organizational development, and problem solving have outlived their usefulness and are unable to meet community goals of inclusion and collaboration. It is based on the belief that wisdom and mindfulness are socially constructed and democratically mobilized.

Participants will learn to build communities of trust and inclusion, create space for open dialogue that expands possibility and potential, legitimately recognize the minority or marginalized voice, address contentious issues in a fair and balanced way, mobilize collective thinking, bring accountability to sustainable practices, and anticipate emerging issues.

Maureen Mason's professional life extends from the classroom to the boardroom as a teacher, project coordinator, faculty associate, mediator, and facilitator in both the public and private sector. She works extensively with models of inclusion and deep democracy and believes that to manage the complexities of contemporary life we must first learn how to gather the best in our collective thinking.

Are you interested in learning more about this course?

Join Maureen for a **short information session** where she will talk about the course and ways it might connect to other capacity-building initiatives in Powell River. Bring your questions and your curiosity to VIU on **Thu, Sep 13 at 6 pm.**

BCCO 001 | Instructor: Maureen Mason

3 sessions

\$120 + GST (if tuition is a barrier, contact the campus.)

Choose one of the following:

F18R01: Thu, Sep 20 – Oct 4; 1–4 pm

F18R02: Thu, Sep 20 – Oct 4; 6–9 pm

Mastering the Coaching Approach: For Leaders, Coaches, Managers and HR Professionals

Coaching has proven to be a gateway for managers to improve employee engagement and accountability in their teams and working partnerships. Continued professional and career development for both experienced leaders and new managers is critical in today's global market place. Mastering the Coaching Approach enables positive interactions that start by establishing a clear alliance using trusted listening that creates awareness followed by powerful questioning that expands options, resulting in better decisions, purposeful planning, and commitment to action.

This Coaching Program provides managers with the skills to avoid being tellers and advice givers, and instead, learn to actively support others to solve their problems and own their results, creating a culture of accountability and collaboration. Maximizing development opportunities is a key strategy in succession planning and coaching is the tool that helps capture these opportunities. We will focus on and practice 10 key coaching competencies, supported with feedback and mentoring from a certified professional coach and facilitator. Participants' engagement and capacity to coach will be well developed and practiced by the end of the program.

NOTE: The course includes three full-day in-person sessions (one session a month), plus three 1.5-hour virtual sessions via internet video-conference platform. The virtual sessions will provide interactive mentoring that supports application of skills and develop strategies for addressing key learning challenges. They will be delivered in between in-person sessions (schedule to be determined by the participants and their instructor).



For the past 18 years, **Michele A. Roy** has dedicated her career to the development of leaders, managers, and administrators, focusing on organizational productivity. Michele's key activities and areas of focus are teaching coaching skills, fostering communication and relationships, building leadership and performance excellence, and supporting managers to execute succession plans.

In 2010 Michele received the Prism Award for coaching excellence with Chevron Canada Resources. Additionally, she was on the Optimum Talent team of coaches who won the 2016 Prism Award for their work with McKesson Canada.

Michele's Coaching Skills Training Program has supported leaders, managers, and coaches to master a coaching approach when working with their clients, staff, employees, and teams. Her interactive approach links application of coaching skills with leaders' strategic business objectives, making learning relevant and increasing their motivation in applying coaching skills to achieve performance and leadership goals.

MACO 001 F18R01 | Instructor: Michele Roy
6 sessions (including three virtual sessions)
Fri, Sep 28, Oct 19 & Nov 30; **8:30 am–4:30 pm**
\$500 + GST

The New Retirement – Prepare for Retirement Beyond Dollars and Cents



Over the last 90 years, longevity in western culture has increased by an average of 30 years. Retirees can now expect to live for 30 to 40 years—longer than in any other stage of life. We are seeing a shift into the “new retirement,” which focuses on expanding rather than contracting our personal effectiveness. Individuals today want a new sense of authenticity and contribution during their retirement.

Redefine Your Retirement

Retirement is not an ending: it is the start of a new journey. Retirement coaching can transform your beliefs about yourself, reframe your perceptions about the ways in which you can contribute, invigorate your thinking, and expand your capacity for living fully during your retirement.

How Retirement Coaching Can Help: For most of us, any transition asks us to move away from old ways of seeing ourselves to try on a new way. The “old retirement” is often seen as a withdrawal, involving non-involvement and apathy. Our society often devalues retirement because we associate it with getting old, and this creates images of being slow, unattractive, and unproductive. In this workshop, you will create awareness about next steps as you consider retirement and the changes that can come with this next stage of life.

Together we will look at retirement beyond financial planning. We will explore the physical, mental, emotional, and relational aspects of retirement. We will discuss common attitudes and biases about retirement, determine how ready you are to retire, identify healthy habits that will increase your well-being, and examine how to prepare your marriage/relationships for this next stage of life. You will leave the workshop with an action plan and resources that will guide your next steps.

NOTE: The course will be followed up with 2 one-hour virtual coaching sessions (schedule to be determined by participants and coach).

For the past 18 years, **Michele A. Roy** has dedicated her career to supporting others to learn and develop, using facilitation, training, and coaching to help create awareness and design actions that bring individuals closer to their goals. More recently, she has been supporting senior leaders and managers to transition into their retirement years. She believes that preparing for retirement is critical in managing a thoughtful transition and creating a readiness to embark on a new path after dedicating years to work and managing others.

NEWR 001 F18R01 | Instructor: Michele Roy
1 session (plus two virtual sessions)
Thu, Oct 18; **5:30–9 pm**
\$90 + GST

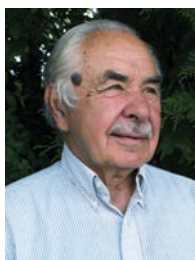
Biogeoclimatic Ecosystem Classification (BEC)



Do you know what BEC is? The BEC system depends upon plants as indicators of soil moisture and nutrition. Plants respond to changes in soils; therefore, they are the best source of actual site information available.

This course is intended for those interested in knowing how to effectively manage and care for their own property or the local terrain. Skills learned will include terrain form, shape, and function; terrain composition, soils, and associated hydrology; and form and function of vegetation as indicators of terrain and site values. BEC applications include gardening, forestry, and landscape rehabilitation.

NOTE: Course includes two Saturday field trips (dates to be determined by the group).



Stephen M. Drosdovech, a Forest Professional and BEC Specialist, has worked with other forest scientists to develop BEC applications, including during his time at BCIT. Later in his work as a consultant, he became known and valued by the local forestry community. BEC applications were a

major aspect of his forest practice on the Sunshine Coast, southern Vancouver Island, and many of the Gulf Islands including Texada. Before his retirement, Stephen worked as a teaching assistant in the Forest Resources Technology Department at BCIT, was employed by Tla'amin First Nation as their Capacity-Building Manager to develop employment initiatives and training, and conducted a number of Bio-Engineering projects for Fisheries and Oceans Canada to re-vegetate local stream riparian areas for shade protection of critical habitat.

Are you interested in learning more about this course?

Stephen will hold a short information session to talk about this course. Bring your questions and your curiosity to VIU on **Thu, Sep 27 at 6 pm**.

BECL 001 F18R01 | Instructor: Stephen Drosdovech

8 sessions (including two Saturday field trips)

Thu, Oct 18 – Nov 22; **6–8 pm**

\$176 + GST

Seats are limited

3D Animation Introductory Masterclass



In this introductory masterclass, students will have an overview of how the 3D animation process works, and what the steps are to create an animated shot from scratch, from shooting a video reference to recreate it on the computer.

Claudia will go over the 12 basic animation principles, which are the most important tools for an animator, and will provide an overview of how staging and 3D cameras are important. Students will learn how to convey emotions like joy, sadness, fear, and strength through drawings and posing with a character rig.

The main software used in the 3D industry for animation and cameras is Autodesk Maya, and Claudia will demonstrate the animation, camera menus, and tools (graph editor, dope sheet, track editor, timeline, etc.) to give the students a basic idea of how to navigate the program.



Claudia Bic is a freelance animator, previs and layout artist. She has worked with a number of entertainment companies and animation studios in Canada, Spain, Switzerland and Italy. Claudia is passionate of cinema, photography, and visual arts in general. She is convinced that we

can change so much in this world for good through arts and entertainment, and connect people emotionally with reality and fiction.

ANIM 002 F18R01 | Instructor: Claudia Bic

2 sessions

Mon & Tue, Dec 3 & 4; **5:30–8:30 pm**

\$90 + GST

Woodwork Class – Make a Knock-Down Table with Concrete Top for Home



Build a cedar wood, knock-down furniture base with a square cast concrete top, perfect for an indoor or outdoor coffee table. The approximate dimensions are 24 x 24 inches top and 20 inch high base (61 cm X 51 cm). We will use common woodworking shop tools including table saws, routers, drills, miter saws, band saws, sanders, and pneumatic nail guns to create the base and build a form to cast the top. It is possible to add designs to the top

as well as a polished concrete finish. No previous experience is required, but those with experience will enjoy the challenge. A qualified instructor will guide you through safety, tool use, construction procedures, and materials.

NOTE: Students will need safety glasses, rubber gloves for household cleaning, and hearing protection would be wise, as well as closed-toe footwear. No open-toed shoes allowed.



Gary Huculak has a background that has prepared him well for the job of instructor in the Dual Credit Carpentry Foundation Program at VIU – Powell River. He has his Red Seal Carpentry Certification and taught drafting and construction for more than 17 years in Alberta. While working building high-end custom homes in Lethbridge, Gary put himself through school and earned a fine arts degree in painting and sculpture, in addition to a teaching degree that he puts to good use at VIU – Powell River.

WOOD 002 F18R01 | Instructor: Gary Huculak

4 sessions

Sat, Oct 13 – Nov 3; **10 am–1 pm**

\$150 + \$40 for materials + GST

Seats are limited

Location: Oceanview Education Centre

Tools and Techniques of Acrylic Painting – Level 1

Acrylic paint is an incredibly versatile medium with a wide variety of applications. This course is for those who wish to develop or improve their understanding of acrylic techniques whether in representational or more expressive styles. After discussing a variety of materials and their many uses, we will progress to painting exercises leading students on to their own paintings. Examples of the instructor's art and the work of other painters will be discussed. This is a hands-on, technique-driven exploration of the painting process by a teacher who can explain and demonstrate tight, controlled rendering as well as a broader, more painterly, approach. All subject matters are welcome but painters of the landscape will find this class particularly invaluable. Some painting experience is an asset. Please bring samples of your work/influences.

Additional Expenses

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

NOTE: Materials list will be available at registration.

ACRY 001 F18R01 | Instructor: Rick Cepella

6 sessions

Wed, Oct 17 – Nov 21; **6–8:30 pm**

\$153 + GST

From Fibre to Fashion Series The Contemplative Stitch: Basics

Slowing down the production, reconnecting to the creative: the Contemplative Stitch: Basics class introduces participants to the Zen of hand stitching. Through the application of a few basic stitches, participants will discover the joy in working with stitch to create decorative, functional, and story-filled pieces.

This course is perfect for beginners or seasoned sewers. No sewing machines or technology are required, just curiosity and a desire to slow things down. Participants will have the opportunity to master the basics and explore the revival of traditional stitch techniques, while applying them for functionality, embellishment, and even a little stress therapy.

Additional Expenses

Students are required to buy the \$7.50 supply kit, which the instructor will have available for purchase.

NOTE: Materials list will be available at registration. Coffee and tea will be provided; participants may wish to bring a light lunch.

FIBR 001 F18R01 | Instructor: Wendy Drummond

1 session

Fri, Sep 28; **11 am–3 pm**

\$45 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

The Contemplative Stitch: Boro

Slowing down the production, reconnecting to the creative: the Contemplative Stitch: Boro class introduces participants to a Japanese form of stitching and textiles that traditionally was referred to as “mended or patched cloth,” a skill that was necessary in keeping clothing functional and warm. Today, however, Boro has been elevated to an art form that can be functional, decorative, and story-filled. In this course you will enjoy the journey through the history and practice of Boro and its application of stitch.

This course is perfect for beginners or seasoned sewers. No sewing machines or technology are required, just curiosity and a desire to slow things down. Participants will have the opportunity to master the basics and explore the revival of traditional stitch techniques, while applying them for functionality, embellishment, and even a little stress therapy.

Additional Expenses

Students are required to buy the \$7.50 supply kit, which the instructor will have available for purchase.

NOTE: Materials list will be available at registration. Coffee and tea will be provided; participants may wish to bring a light lunch.

FIBR 002 F18R01 | Instructor: Wendy Drummond

1 session
Fri, Oct 12; **11 am–3 pm**
\$45 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Getting to Know Your Serger

Learn to maximize your serger's potential, and join Sandy to discover how versatile your machine is. Once you start serging, you'll never look back. Topics include understanding serger functions, easiest threading - tips and tricks, understanding tension, sewing tips, perfect serging on any fabric, and tips for knits.

NOTE: If you own a serger, please bring it along. If you don't have a serger, but would like to learn how to use one, a few will be available to try.

FIBR 003 F18R01 | Instructor: Sandy Elvy

1 session
Fri, Nov 2; **10 am–12 pm**
\$39 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Loom Knitting

Have you tried needle knitting or crocheting and ended up frustrated? Are your hands too sore to needle knit or crochet? Then loom knitting might be for you!

This course is an introduction to the basic loom stitches to get you started loom knitting. Endless possibilities can be made using round knitting looms. From chunky cable knits to fine lace, if it can be needle knit, it can be loom knit. No previous experience is necessary.

NOTE: Please bring any round loom, loom pick, and approx. 50 g of cotton yarn. Don't have a loom? A few will be available to try.

FIBR 004 F18R01 | Instructor: Anne Michaels

1 session
Sat, Oct 13; **1–4 pm**
\$39 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Introduction to Tapestry Weaving on a Frame Loom

This workshop will cover the basics of tapestry weaving on a frame loom. With the simple, versatile, and portable design of a frame loom, artist and instructor Haley Hunt-Brondwin will introduce you to the creative, expressive, and accessible art form of tapestry weaving inspired by the current modern weaving movement. Participants will gain a foundational knowledge of weaving terminology, techniques, and basic design practices to create their own woven artwork. There will be plenty of hands-on work time in the workshop when students will get to learn and practice.

Additional Expenses

Materials fee of \$45 to be paid to the teacher on the day of the workshop.

FIBR 005 F18R01 | Instructor: Haley Hunt-Brondwin

1 session
Sat, Oct 27; **1–5 pm**
\$45 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Exploring E-textiles

Come out and join Deb and Fran for a fun session exploring how technology and textiles can combine to create a fashionable and useful garment. Participants will make a headband incorporating a sewn electronic circuit using electroluminescent wire for a fun light-up effect.

**Courses may be cancelled
due to low enrollment.**

Additional Expenses

Students are required to buy the \$25 supply kit, which the instructors will have available for purchase.

FIBR 006 F18R01 | Instructors: Deborah Dumka and Fran Cudworth

1 session

Sat, Nov 3; **1–4 pm**

\$39 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Printing Techniques for Textiles

Shaunie and Fran will introduce a number of different ideas that could be used during up-cycling textiles and giving them new life. Techniques covered will include stamping, stenciling, and using a mini silk screen.

Additional Expenses

Students are required to buy the \$20 supply kit, which the instructors will have available for purchase.

FIBR 007 F18R01 | Instructors: Shaunalee Yates and Fran Cudworth

1 session

Sat, Sep 29; **1–4 pm**

\$39 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Upcycle Clothing with Crochet

Transform your old clothes into a bowl! During this class, students will learn in a hands-on format, creating along with the instructor in real time. Students will spiral cut “tarn” (t-shirt yarn), learn the principles of and practice using finger crochet, learn a single crochet stitch and a rope crochet stitch, learn how to start and end a crochet piece, and learn to crochet in a round. Discussion about the ethical and social elements of the fashion industry will complement the project tasks.

NOTE: Materials list will be available at registration. Participants may wish to bring a light lunch.

FIBR 008 F18R01 | Instructor: Carly Filewich

1 session

Fri, Nov 16; **9 am–4 pm (lunch break 12-1 pm)**

\$65 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

JOIN US at the Philosopher’s Café

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

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

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

At VIU – Powell River

Moderator: Fred Guerin

Open Thursdays; **2-4 pm**

Sep 13 - Dec 13

\$5 Drop-in fee

Introduction to Nuno Felting

Nuno felting is a process whereby wool fibre is worked into a ground of silk chiffon through a process using agitation, hot water, and soap: basically everything you are not supposed to do to wool. The participants will complete a small scarf or “neck cozy” to take away. Shaunalee will also include ideas for further embellishments.

Additional Expenses

Students are required to buy the \$15 supply kit (including silk ground and wool fibre), which the instructor will have available for purchase.

FIBR 009 F18R01 | Instructor: Shaunalee Yates

1 session

Fri, Nov 23; **9 am–12 pm**

\$39 + GST

Location: Fibre Space at Oceanview Education Centre, room 200

Entrepreneurship in the Arts Mini-Series



This series of workshops is designed for emerging professional artists or entrepreneurs looking to build their skills in marketing and promotions, fundraising and resource development, and market research. Take all three, or pick the workshop that best suits your needs. Participants will be encouraged to bring their current projects, questions, and road-blocks to the group to enhance personal learning with real-life examples.

Mini-Series 1: Intro to Marketing and Promotion for the Arts

Learn tricks of the trade to properly communicate, market, promote, and broaden the reach of your artist profile or arts-based business. Participants will be led through an overview of marketing and promotions best practices: branding, marketing and promotion plans, media relations, customer data collection and maintenance, email campaigns, social media tools, marketing and promotional events, free, web-based tools and resources, and more.

EART 001 F18R01 | Instructor: Caitlin Bryant

3 sessions

Wed, Oct 3-17; **6–8 pm**

\$76 + GST

Mini-Series 2: Intro to Market Research for the Arts

In Intro to Market Research we will explore market research tools and best practices. Participants will identify their customer base, prove or dis-prove assumptions about customers' needs, explore competitive advantages and opportunities for growth or product development, look at online tools for engagement, and identify marketing and promotional opportunities.

EART 002 F18R01 | Instructor: Caitlin Bryant

3 sessions

Thu, Oct 4-18; **6–8 pm**

\$76 + GST

Refund Policy for Community Education and Training Classes

Fees are refundable until two weeks before the course start date. Note that we are unable to issue refunds after this deadline; however, a full refund will be issued if a course is cancelled.

Mini-Series 3: Intro to Fundraising and Resource Development for the Arts

Join us for this introduction to the basic principles and best practices of fundraising and resource development. Participants will be led through an overview of fundraising campaigns and budgeting, grant research and writing, corporate sponsorship, in-kind donations, crowd-funding, and fundraising tools such as events, special occasion permits, 50/50 draws and raffles, and more.

EART 003 F18R01 | Instructor: Caitlin Bryant

3 sessions

Wed, Oct 24-Nov 7; **6–8 pm**

\$76 + GST



Caitlin Bryant has 15 years of work experience and education in the arts, culture, and community development. She has had the pleasure of being involved in countless events, programs, and productions spanning the visual arts, community events, theatre, dance, music, and speaker series.

Introduction to the Laser Cutter

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

MAKE 001 | Instructor: Thomas Gray

1 session

\$50 + GST

Choose one of the following:

F18R01: Thu, Oct 18; **6–9 pm**

F18R02: Thu, Nov 15; **6–9 pm**

Maximum of four participants

Introduction to 3D Printing

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

MAKE 002 F18R01 | Instructor: Steve Ruegg

1 session

\$50 + GST

Date: TBD

Introduction to Arduino

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

NOTE: Please bring a laptop.

MAKE 003 | Instructor: Brodie D'Angio

1 session

\$50 + GST

Choose one of the following:

F18R01: Sun, Oct 28; **1–4 pm**

F18R02: Sun, Nov 18; **1–4 pm**

Maximum of four participants

Intermediate Arduino: More Power!

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

NOTE: Introduction to Arduino or equivalent experience is required. Please bring a laptop.

MAKE 005 F18R01 | Instructor: Thomas Gray

1 session

Tue, Nov 20; **6–9 pm**

\$50 + GST

Maximum of four participants

Advanced Arduino: IoT



Introduction to using the NodeMcu microcontroller board. The NodeMcu is similar to the Arduino, but has built in Wi-Fi, which allows it to communicate and integrate with the internet. **NOTE:** Introduction to Arduino or equivalent experience is required. Please bring a laptop.

MAKE 006 F18R01 | Instructor: Brodie D'Angio

1 session

Tue, Nov 27; **6–9 pm**

\$50 + GST

Maximum of four participants

Introduction to Linux with the Raspberry Pi



Using equipment provided by the Makerspace, we will cover the basics on installing and using the Linux operating system.

MAKE 008 F18R01 | Instructor: Thomas Gray

1 session

Thu, Sep 27; **6–9 pm**

\$50 + GST

Maximum of four participants

Community Education and Training – Courses' Info Sessions

Together is Better: Building Collaborative Communities and Effective Organizations

Are you interested in building capacity for collaboration and developing the skills to engage a creative and innovative community?

Join us for a free information session and meet the instructor **Maureen Mason** who will provide an overview of this course. Maureen will also talk about ways this course might connect to other capacity-building initiative in Powell River. Bring your questions and your curiosity. This course is available at VIU's Powell River.

Date: Thursday, Sep 13, 2018

Time: 6 pm | Room: 134



Biogeoclimatic Ecosystem Classification (BEC)

Do you know what BEC is? Are you interested in knowing how to effectively manage and care for your own property or the local terrain?

Join **Stephen M. Drosdovech**, a Forest Professional and BEC Specialist, for a free information session to learn more about his course, and the applications of the BEC system. Skills learned will include terrain form, shape and function; terrain composition, soils and associated hydrology; and form and function of vegetation as indicators of terrain and site values. This course is available at VIU's Powell River.

Date: Thursday, Sep 27, 2018

Time: 6 pm | Room: 135

Call 604-485-2878 to register | Contact Name: Xochitl Hernandez | Contact Email: xochitl.hernandez@viu.ca

Introduction to JavaScript with the Raspberry Pi

In this class, Ben will cover the basics of JavaScript programming and debugging using your web browser, no internet required.

NOTE: Bring a USB drive if you want to take home your work.

MAKE 009 F18R01 | Instructor: Benjamin Collings

1 session

Thu, Oct 4; **6–9 pm**

\$50 + GST

Maximum of four participants

Introduction to Python with the Raspberry Pi

In this class, Thomas will cover the basics of Python programming using the Raspberry Pi computer.

NOTE: Bring a USB drive if you want to take home your work.

MAKE 010 F18R01 | Instructor: Thomas Gray

1 session

Thu, Oct 11; **6–9 pm**

\$50 + GST

Maximum of four participants

Introduction to Cloud Computing with Google Compute Engine

In this hands-on class, you will receive an introduction to cloud computing with Google Cloud Services. You will create an account and a server, set up cloud storage, and build a test web page.

Pre-requisite: Intro to Linux class or a basic understanding of how the internet works is recommended.

MAKE 011 F18R01 | Instructor: Thomas Gray

1 session

Thu, Oct 25; **6–9 pm**

\$50 + GST

Maximum of four participants

**NEVER STOP
LEARNING**



Fibre Space



Promoting Natural, Sustainable Fibre:

Art, Advocacy and Activism

EVERYONE Welcome!

Fibre Space at Vancouver Island University, Powell River campus is a community engagement project, offered in partnership with VIU-PR and School District 47, for the purpose of supporting the growing interest in local fibre and fashion, and to gather direction for future community education and training workshops and courses that go beyond what the fibre space will offer.

- Textile/Fibre Workshops
- Artist-in-Residence
- Special Project Sessions

Community drop-in sessions by donation. Drop by and bring your Fibre project or your Fibre challenge!

Thursday; **10 am-4 pm**

Location: Oceanview Education Centre, room 200.

For more details, check our Facebook page: facebook.com/fibrespace, or contact us by email fibrespace.viupr@gmail.com.

Learn to Solder by Building Your Own Flashlight

Using equipment and a kit provided by the Makerspace, you will learn to solder by building a (hopefully) functional flashlight!

MAKE 012 | Instructor: Thomas Gray

1 session

\$50 + GST

Choose one of the following:

F18R01: Thu, Sep 20; **6–9 pm**

F18R02: Thu, Nov 8; **6–9 pm**

Maximum of four participants

Elder College

for everyone!

Membership: only \$20 (RMEM 001 C18R01)

Those under 50 can register for an additional fee of \$20 + GST to attend any class (RECS 001 C18R01)

Basic Spanish

Are you planning on a trip to a Spanish-speaking country? Then join Clara, and enjoy learning Spanish! Come prepared for some work and laughs in the fun and relaxed learning environment Clara creates. This course will introduce basic Spanish to people who like to learn languages. Useful vocabulary as well as basic grammar will be covered.

ELDE 063 F18R01 | Instructor: Clara Montoya
5 sessions

Wed, Nov 14 – Dec 12; **10:30 am-12:30 pm**
Fee: \$42 + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

Chinese Dumplings



If you love dumplings, this is the class for you! Join Hang to transform ready-made wrappers into different dumplings and serve them with a unique chili oil soya sauce. You will learn different methods for cooking dumplings: steaming, boiling, and pan frying as pot stickers. This is a great hands-on class for anyone looking for the basic principles to be creative with their fillings in the future. Tie on your apron, and get ready to have some fun!

NOTE: Please bring plastic containers for leftovers.

ELDE 078 F18R01 | Instructor: Thai Hang Mathieu
1 session

Fri, Oct 19; **11 am-1:30 pm**
Fee: \$17 + \$22 lab fee + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

Location: TBA
Seats are limited

A Taste of Lebanon



This hands-on cooking class is a fun way to learn about the ingredients, flavours, and stories that make up a culture revolving around food. With its “shared plates” meal style, Lebanese cuisine is perfect for entertaining at home. Join Linda in this cooking class where she will introduce you to some delicious traditional home dishes, tips, and tricks. Once you have completed cooking, enjoy the meal you just created, and be prepared for a food experience that you will never forget. On the menu: Pita bread, kohlrabi and cucumber salad with sumac, hummus Kawarma, Labneh (yogurt cheese), Maqlubieh (layered rice, chicken, eggplant, tomatoes and cauliflower), and Baklava with candied orange peel. Sounds good, right? We can assure you that it will taste even better.

NOTE: Please bring plastic containers for leftovers.

Linda Shaben has worked in the restaurant industry for 30 years, in both front- and back-of-the-house capacities. She has owned and operated two cafés, one in Edmonton and one in Cumberland. She has been self-employed for the past 8 years, currently under the name of *Zeitoun Specialty Foods and Catering* in Powell River. Linda says, “My mother has been my mentor and teacher in the traditional cuisine of Lebanon, sharing recipes and preserving techniques that she learned from *her* mother.”

ELDE 083 F18R01 | Instructor: Linda Shaben
1 session

Tue, Nov 6; **1-4 pm**
Fee: \$17 + \$22 lab fee + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

Location: TBA
Seats are limited

Elder College members get reduced rates!

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

Introduction to Reading the Tarot

What is it about a deck of 78 cards that makes it such a mystery? Is the tarot simply a beautiful deck of cards, or is there something more to it? Do you need to be psychic to read the tarot, or can anyone learn? Come and explore the world of tarot, and find out for yourself.

Through hands-on, group, and individual activities you will learn the symbols on the cards and their meanings, ways to explore and develop your own intuition, and how to begin reading for friends and family.

Teresa Harwood-Lynn has been reading tarot cards since 2010 and has a monthly tarot column in the Powell River Living magazine.

NOTE: Tuition includes a deck of Rider Waite tarot cards.

ELDE 084 F18R01 | Instructor: Teresa Harwood-Lynn
2 sessions

Wed, Oct 10 & 17; **1:30-3 pm**

Fee: \$22 + \$29 lab fee + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

Seats are limited

St John Ambulance Therapy Dog Program

Few things are more rewarding than therapy dog work. Not only can you personally brighten the days of those who need companionship, but you get to witness firsthand the incredible impact a gentle, joyful dog can have on the lives of others.

Boosting spirits in Canadian communities for over 20 years, the Therapy Dog Program is alive and well in Powell River. We are always looking for individuals who wish to provide health-care-oriented volunteer service within our community, using their dog to assist. Come and learn about what makes the St John Ambulance Therapy Dog program unique and the steps involved in becoming part of a Therapy Dog team. Jerry, the Therapy Dog, looks forward to meeting you!

ELDE 082 F18R01 | Instructor: Debra Maitland
1 session

Thu, Nov 1; **1:30-3:30 pm**

Fee: \$17 + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

De-stress (Take Time for You)

Learn from a professional how to de-stress, increase vitality, identify your biggest obstacle to stress reduction, and then get rid of it to regain balance in your world of work and personal demands. Penny likes to infuse her classes with humor and words of inspiration which evoke the wisdom of ancient traditions in an atmosphere of comfort and ease, and at the same time build an understanding of how to take care of the needs of the body and mind in these challenging times.

NOTE: If you have any yoga props such as a mat and bolster, please bring these along to class. Dress comfortably, and note that participants should be able to lie on the floor with or without a chair for assistance.

Penny Gelber has an extensive background in Hatha yoga training and teaching; as well, she is trained in somatics which explores ways of retraining the mind/body connection to relieve muscle tension. Penny likes to make these forms of exercise accessible, practical, and enjoyable with gentle yoga moves that address the needs of the body for strength and help to maintain flexibility. She has devoted 20 years to the practice of Vipassana meditation, a method of developing mindfulness as a tool which helps to cope with stress.

ELDE 085 F18R01 | Instructor: Penny Gelber
2 sessions

Tue, Oct 16 & 23; **1:30-2:30 pm**

Fee: \$22 + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

**Oops,
don't wait too long to register!**

Courses may cancel due to low enrolment!

Are You Fit to Drive? - “It’s All in Your Head”



This is a 2-hour awareness/information presentation which examines cognition as it relates to driver fitness and the safe operation of motor vehicles or heavy equipment. It is ideal for any one that operates a motor vehicle for work or pleasure.

In this course we will look at how the brain processes information during driving and what impact distractions have on cognition and peak driving performance. We will sift through research that has been conducted over the past decade into distracted driving and discuss the most important findings with links to cognition. Topics include:

- Art vs. Act: driving basics; what is cognition?
- Cognitive Skills for Driving: the brain and normal driving; what is distracted driving?
- The Brain and Distracted Driving: current issues; the impacts of technology
- Myth Busting – Multi-tasking: passengers, driver condition, and environment
- Checking out vs. Checking in: causes of impairment; what is cognitive impairment?
- Risk Identification: Bill C-45 and the “Driving Tsunami”

This highly informative and topical session often leads to enlightening discussion about incidents that occurred as a result of driver distraction and/or cognitive impairment.

ELDE 086 F18R01 | Instructor: Shaun Garvey

1 session

Wed, Nov 7; **9:30-11:30 am**

Fee: \$17 + GST

Those under 50 can register for an additional fee of \$20 + GST to attend this class

Did you know?

Our Elder College Classes
are open to adults of all ages!

Call for Volunteer Instructors



Interested in sharing what you love?

Are you engaged in personal or professional projects and would like to have an opportunity to teach to the VIU community? If so, please consider participating as a volunteer instructor in our VIU ElderCollege Program.

VIU ElderCollege Instructors enjoy:

- Interested and interesting students
- An enthusiastic and participatory environment
- Few hours of teaching, rather than a full semester
- No exams or assignments to grade
- Complimentary VIU ElderCollege membership
- ElderCollege instructors do not need previous teaching experience, they just need to love their topic and be able to communicate it well to their students!

Volunteer instructors

make VIU ElderCollege a success.

Get involved by volunteering to be an instructor.

Please contact Xochitl Hernandez at:

xochitl.hernandez@viu.ca,

or call **604.485.8053**

to sign up to be a volunteer instructor!

NEVER STOP LEARNING





LIFE NEVER STOPS TEACHING



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