



East Shore Sojourn

By Ron Welwood

On a beautiful, sunny Monday (May 14th), 32 LiRers cruised the waters of Kootenay Lake aboard *MV Osprey 2000* — the group reassembled at the Yasodhara Ashram at Walkers Landing and later moved on to the Gray Creek Community Hall.

A tour of the Ashram property culminated in an uplifting experience within the *Temple of Light* — a stunning, architectural wonder. The creation of this outstanding structure was an incredible challenge for both designers and builders who incorporated the concept of a lotus' eight petals spiralling upwards to join around a skylight at the apex. This unique structure has received accolades for its outstanding acoustics. A superb, vegetarian lunch consumed in silence completed this Ashram venture.

In the afternoon we drove south along Crawford Bay to the Gray Creek Hall where we were the guests of the Gray Creek Historical Society. The century-old log structure, Canada's oldest continuously serving community hall, had also served as Gray Creek's elementary school. For almost an hour longtime resident and historian, Tom

Lymbery, without script, entertained his guests with anecdotes relating to the East Shore. Afterward many LiR members visited Lymbery's legendary Gray Creek Store (1913) before returning to the Kootenay Bay ferry terminal.

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Seniors Transportation in the West Kootenays

By Aira Windtree

You will want to remember Dana Burgess. She's a veritable storehouse of information on senior's transportation needs for getting around the Kootenays. Dana is the West Kootenay Seniors Transportation Co-ordinator. She helps seniors find transportation solutions so that they can more fully participate in their communities. "We have a fantastic rural transit system. It gets folks through the corridor from Trail to Argenta. But, if you put one factor of mobility into the mix, which many seniors have challenges with, that system becomes impossible for seniors to use," says Dana. That's where her work begins. The Seniors Transportation program is a part of the Nelson CARES Age Friendly Initiative, which is focused on enhancing the health, independence and community inclusion of Kootenay seniors.

Dana can provide information on Transit, HandyDART, Rideshare, Carshare and the Volunteer Driver Program. She also travels throughout the West Kootenays and will meet with seniors in their own homes and communities. She is a part of a working group, meeting 6 times per year which is focused on advocating locally and provincially for improved transportation services for seniors. Contact Dana for information, appointments or home visits -250-352-2708, or check out – dana@nelsoncares.ca and info@kootenayseniors.ca. Her office is located at 709 Vernon Street. Call before you come as Dana is often travelling in the Kootenays.



New Board Biographies



2018-19 LiR Board: Sheila, Grace, Kathy, Richard, Margaret, Pat, Sandra, Christine S, Heather, Christine B, and Jack

2018/19 LiR BOARD RESPONSIBILITIES

CHAIR Pat Gibson

SECRETARY Heather Myers

VICE-CHAIR Kathy Hrabluk

TREASURER Sheila Kerr

ARCHIVES COMMITTEE Chair: Judy Deon, Heather Myers

COMMUNICATIONS COMMITTEE Chair: Grace Devaux, Pat Gibson, Richard Peppinck

FINANCE COMMITTEE Chair: Sheila Kerr, Pat Gibson, Grace Devaux

INTERGENERATIONAL PROJECTS LIAISON - Pat Gibson

MEMBERSHIP COMMITTEE Chair: Richard Peppinck, Kathy Hrabluk

PROGRAM COMMITTEE Chair: Margaret Stegman, Heather Myers, Sandra Tozer, Sheila Kerr, Christine Boyd, Jack Harrison

SOCIAL COMMITTEE LIAISON Chair: Johanna Sandkuhl

SELKIRK COLLEGE COMMUNITY EDUCATION LIAISON
Christine Schmidt

TECH COMMITTEE Chair: Richard Peppinck

Richard Peppinck

I arrived to Nelson in September of 2016, after having a successful career as a teacher, Vice-Principal, Principal and college instructor to students preparing to become teachers. I was introduced to LiR last September. LiR is an extension of relationship building and I have enjoyed the many opportunities to make connections with people. LiR will be celebrating its Tenth Anniversary this year and I am privileged to share in the governance as a board member.

Margaret Stegman

I'm a retired elementary teacher, originally from New Zealand but a happy Nelson resident since 1978. I've been a member of LiR for three years, joined the Programming Committee after the first year, then the Board. On hearing that LiR's 10th anniversary is imminent, my immediate thought was "I wish I could have retired earlier!"

Pat Gibson

This 10th anniversary year will be a year of celebration and of reflection – time to revisit the vision and values of LiR, the changes that have occurred during the past few years, and to ask if we, the Nelson LiR community, are continuing to meet the objectives written by the 'founding four'. It will be a time, too, to talk about the future, to picture what LiR will look like and what we will accomplish in the next five to ten years.

Sandra Tozer

I joined Learning In Retirement five years ago shortly after I retired. In the second year I became a member of the Program Committee and joined the Board later that year. I look forward to our 10th anniversary and think we should celebrate all the people who made LiR possible. It was their hard work that made it possible for all of us to enjoy the Friday morning speakers, courses, field trips and friendships.

Christine Schmidt, Selkirk College Liaison to LiR

The LiR experience brings growth, friendships, inspirations and memories. Happy 10 year Anniversary LiR.

Heather Myers

I have thoroughly enjoyed participating in LiR's talks and events, and am now happy to serve on the Board and support an excellent organization. I love the variety of interests and experiences represented by LiR and its members, and their enthusiasm for learning new things.

Christine Boyd

My background is in health care and also marketing. As a result I am always interested in our health care professionals and their innovative methods for supporting us. I also appreciate good local promotion, as that is the key to being noticed. I am delighted to be part of LiR and especially at this time, with the tenth anniversary on the horizon.

Jack Harrison

I was born and bred in Montreal in a multi-lingual and multi-cultural working class neighborhood. When I turned 20 I traveled the world for a couple of years and then returned to Montreal. For the next four decades I worked for General Electric mostly in the area of large rotating equipment. I moved to Nelson two years ago and reinvented my life. On my third day here I joined LiR. I am honoured to be asked on the board and to contribute back to a community that has given me so much joy, wisdom and friends.

Sheila Kerr

I have a degree in Home Economics from UBC and have been a 4H club leader, TV cooking show hostess, Antique and Decorating store owner and renovator of many buildings. LiR has so many curious members that it keeps us on our toes finding and developing programs and outings to interest you. My rule of thumb is that if it tweaks my interest, chances are you will also enjoy yourself and make new friends along the way.

Grace Devaux

My first LiR course was on memoir writing in 2011. Since then I have had to limit my choices from the amazing variety offered. Who knew I could have so much pleasure in painting or writing poetry. This is my sixth year on the board and I am thrilled to celebrate the 10th Anniversary of LiR for the exciting opportunities in lifelong learning it continues to offer our community.

Kathy Hrabluk

Originally from Mississauga ON I've lived in several provinces along with Phoenix Az. My husband Ken and I moved to the beautiful Kootenays last summer and quickly became enthusiastic members of LiR. As a retired educator and lifelong learner I recognize the value and inherent asset of LiR to the vibrant local community. As a new Board member I look forward to supporting the good work of LiR and the well-deserved upcoming 10th anniversary celebration.

Notes from Chair and Reviews

THE VIEW FROM THE CHAIR

By Pat Gibson

WHAT A YEAR IT WILL BE!

If you have faced and met the challenges of this past summer – heat, water restrictions, road construction, tourist influx, congested traffic conditions, family and friend visits – then you are READY for the challenges of another Learning in Retirement (LiR) year – another outstanding calendar of programs and courses - and a celebration of the decision made with determination, intelligence, and passion 10 years ago, to form this group dedicated to lifelong learning and to the value of elders in the community.

The traditional symbol of 10th anniversaries is tin; it is meant to represent toughness, durability, and devotion in a relationship – sounds like the characteristics of LiR!

The Program Committee has developed a comprehensive and thoughtful Fall program of courses and Friday sessions – it is uncanny

how they can zero in on our most important learning needs at this time in our lives – the courses are varied, interesting, and will contribute to the quality of everyday living for each of us. Again, a reminder to everyone, that if you sign up for a course, please be responsible in attending and respecting the arduous work of the volunteer instructors.

LiR has been approached by two additional organizations to participate in intergenerational projects in the Nelson area; more information will be available this fall.

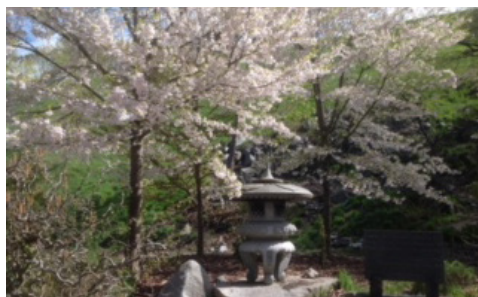
The LiR 10th Anniversary Celebration planning committee is meeting to begin brainstorming how best to recognize the accomplishments of the past 10 years, to acknowledge LiR's progress and current status, and to set goals for the next 5-10 years! The committee will be asking for members' ideas as well.

I hope for all to have an enjoyable year of friendship, learning, personal growth, and celebration!



Izu-shi Friendship Garden - stone lantern gift (below) from Izu-shi, gate (above) built to celebrate 30 years of friendship between two cities

There are now plans to send a Nelson delegation to Izu-shi in spring of 2019 and everyone is welcome to join the seasonal cultural events. Check the Facebook page or www.nelsonizushi.com or email nelsonizushi@gmail.com



Sister in Japan: Renewing the Nelson Izu-shi Friendship

By Richard Peppinck

We were greeted to this presentation by learning how to say good morning in Japanese. *Ohayo Gozaimasu* and welcome to this review.....This informative and educational presentation by members of the Nelson Izu-shi Society shared the history and their experiences honouring the 30 years of the friendship between Nelson and Izu-shi, our sister city in Japan. Following the principles of the Intergenerational Project they encourage sending a multigenerational delegation for cultural exchange visits. This union between the two cities has resulted in the creation of and the continued maintenance of the 'Friendship Garden' in Cottonwood Falls Park here in Nelson. To celebrate the 30 years of friendship a new gate was built with much community support. In Izu-shi, they have built a complete Baker Street Boutique in Niji no Sato, a local theme park.



Baker Street boutique in Izu-shi

LiR Multi-Session Courses - Fall 2018

NO EARLY REGISTRATION FOR CLASSES

Registration for classes (other than NDCC classes) will begin at 9:00 am on Friday, September 7 by phone, by e-mail, or in person at the main office, Silver King Campus - Telephone 250-352-6601

LiR membership sign-up or renewal, however, can happen any time during office hours at the SKC administration office.

If you sign up for a course and are unable to participate, please notify Selkirk College at the above telephone number. Often there are others on a waiting list. If you give advance notice (one week prior to the first class), you will receive a refund for your class.

To All Members: If you sign up for a course, please be committed and try to attend all sessions. There are often people on a wait list who would love your 'spot'. Remember that our instructors are volunteers and they put a lot of work into their presentations. They deserve a full audience. Please honour their work by being committed and attending all classes.

MULTI-SESSION COURSES

Autumn Term: September – December 2018

HUMOUR 101

Thursdays – September 13, 20, 27, October 4, 11 - 1:00 – 2:30

Instructor: **Joel Guay**

\$15 plus tax – 5 sessions. Enrolment: Min. 5 / Max. 14

Location: SKC Room 116A

Back by Popular Demand. "Laughter enhances blood flow to the body's extremities and releases pain-killing chemicals. And it heals tired bodies" - Patch Adams. This will be a five-week course in which we explore the humour in our lives and find creative ways to express this humour in order to improve the quality of life for ourselves and for those around us. Pack your funny bone and come have fun with us.

Joel has been retired for many years. His seven grandchildren are teaching him that "there is not a shred of evidence to suggest that life is serious." He is still struggling with this idea. He needs help!

SIMPLY FINANCE

Mondays – September 17, 24 - 1:00 – 2:30

Instructor: **Barbara Fouillard**

\$6 + tax – 2 sessions. Enrolment: Min. 6 / Max. 12

Location: SKC Room 116A

This course simplifies personal finance. Learn how to increase cash flow and manage debt, how proper protection is your foundation, how to build wealth and accumulate assets, how to preserve and transfer your wealth.

Barbara began her financial career six years ago to complement an administrative position that she held. With her children beginning their university years, she realized that she was lacking in the basics of finance and that she was not alone. As she learned, she developed a passion to share the information Canadians are sadly lacking. As baby boomers will be involved in the largest transfer of wealth, it is imperative that we learn how to ensure this transfer serves Canadian families most effectively.

THE JOY OF BRIDGE

Tuesdays – September 18, 25, October 2, 9, 16, 23, 30, November 6 - 1:30 – 4:00

Instructor: **Angus Paton**

\$24 + tax – 8 sessions. Enrolment: Min. 8 / Max. 28

Location: SKC Cafeteria

Back by Popular Demand. The more time given to learning and practice, the better for play and the greater enjoyment of this challenging, fascinating game. Experienced as well as beginner players are welcome to attend this course. The material, however,

will concentrate on the basics. Instruction will take place in the first thirty minutes of each session thereby leaving two hours for play and analysis. If your objective is to have fun with this cerebral sport, we offer a non-critical opportunity to develop your game and to meet and make new friends.

Angus is a retired banker and has enjoyed recreational bridge over the years, winning or losing!

WATERCOLOUR PAINTING

Wednesdays – September 19, 26, October 3, 10, 17, 24 - 9:30 – 12:00

Instructor: **Norm Watts**

\$18 + tax – 6 sessions Enrolment: Min. 6 / Max. 20

Location: 10th Street Campus Room P103

Back by Popular Demand. Using photographs and still life set-ups, we will explore the wonderful possibilities of watercolour painting – using transparent washes to achieve the luminous quality that watercolour is known for.

Norm is a machinist by trade and has worked on job sites before becoming an industrial arts teacher and working in Nelson. He has a degree in Art History (UBC 1972) and has maintained an interest in watercolour painting because of its unique ability to capture the effects of light.

IDEAS CAFE

Tuesdays – September 25, October 9, 16, 23, November 6, 13, 27, December 4 – 10:30 – 12:00

Facilitators: **Glyn Humphries** and **Patrick Quinn-Young**

\$24 plus tax – 8 sessions. Enrolment: Min. 8 / Max. 18

Location: SKC Room 16 except December 4 in Room 116A

Back by Popular Demand. Patrick and Glyn return as moderators for the 8th version of Ideas Cafe. A wide variety of topics are decided upon each week by the group. The sessions proceed with 'much fun, laughter, and frivolity' while solving all the world's problems!

Glyn worked as a school teacher and as a counselor in Alberta, NWT, and in England, finishing his career as a distance education teacher and counselor in the Nelson School District. Patrick was shanghaied into a naval academy at age 14! At 17, he found himself on a merchant ship bound for the Orient. After 40 years on the 7 oceans – many as captain – he came to the Kootenays – as far from the oceans as possible. He is a founding member of LiR.

LiR Multi-Session Courses - Fall 2018

COMPUTER TUTOR DROP-IN

Thursdays – September 27, October 25, November 29 – 1:00 – 3:00
Instructor: **Lindy Flynn**
\$3 + tax – choose your date(s) – Enrolment: Min. 2 / Max. 5 (at a time)
Location: SKC Room 118 – Computer Lab

Help When You Need It! If you have questions about your computer, the internet, your smartphone, tablet, databases, WordPress websites or most things technological, drop in once a month with questions and receive personalized, friendly assistance from a former school teacher.

Lindy has taught art and technology to kindergarteners, college students and elders. She loves helping people learn to use computers, the internet, and technology to enrich and bring joy to their lives (rather than frustration!). It REALLY is fun!

INTRODUCTION TO PICKLEBALL

Mondays – October 1, 15, 22 – 10:15 – 11:45
Instructor: **Janet Henderson**
\$9 + tax + Facility Fee of approx. \$10 - 3 sessions. Enrolment: Min. 6 / Max. 30
Location: Selkirk College Gym - 10th Street Campus, Mary Hall

An introduction to pickleball. You will need clean, indoor, non-marking court/tennis shoes (or clean running shoes) and a spirit of fun. A few paddles are available but try to borrow one! Balls will be provided. There will be a rental fee for the gym shared by the number of people who sign up, approximately \$3.50 per person per session depending upon our numbers. Once registered you will be notified how much the rental fee is per person. Please pay in advance of the first class at the Credit Union – informing the clerk “LiR Pickleball” – so that your money is targeted for this class.

Janet has been playing pickleball for 3 years and the more she plays it, the more she loves it!

INTRODUCTION TO BOOK BINDING

Mondays – October 1, 15, 22, 29 – 1:30 – 3:00
Instructor: **Jane Merks**
\$12 + tax – 4 sessions. Enrolment: Min. 4 / Max. 10
Location: SKC Room 116A

Back by Popular Demand. We will be making samples of four book styles – single signature, stab bound, accordeon, and to-and-fro. There will be lots of information on papers, glues, and tools and lots of samples to look at. An 18” steel ruler is the only equipment you need to bring. Jane will supply the rest. There will be a \$10 supply fee – please bring to the first class.

Jane is a graphic designer/artist who learned how to bind books over 20 years ago. After leaving the teaching profession, she ran PB+J Press with her husband Peter Bartl, producing limited edition artists' books and letterpress ephemera.

ROAMING AROUND THE PACIFIC RIM - PART I

Wednesdays – October 3, 10, 17 – 1:00 – 2:30
Instructors: **Bob McLure, Betty Hohn, Marty Horswill, Raj Downe**
\$9 + tax – 3 sessions. Enrolment: Min. 8 / Max. 40
Location: SKC Room 16

October 3: - Bob McLure – Born in Perth, Western Australia, Bob always wanted to be a teacher and after gaining some small town experience, his desire to travel overseas to see the world took him to England, Scotland, Ireland, Saudi Arabia (where he unfortunately spent some time in prison), Africa, Ontario and finally Nelson. Bob's early years Down Under provided many unique life forming opportunities which have, he feels, stood him in good stead through many cold Canadian winters!

October 10: Betty Hohn and Marty Horswill - Betty's sister and family were career missionaries in the highlands of Papua New Guinea for 28+ years. Visiting them was an opportunity too good to miss. She spent 3 weeks on each visit, one week in their village in the highlands and one week on the north coast in or near Madang, snorkeling (Betty) and diving (Wayne). The third week was a travel week.

Marty worked for three years in Papua New Guinea from 1984 to 1987 as the Field Director for CUSO, the Canadian volunteer development agency. His role was to identify and negotiate volunteer placements with prospective local employing agencies – in PNG CUSO placements were mostly with national or provincial government agencies – to select volunteers to fill the placements and to provide orientation and other supports to them while in PNG.

October 17: Raj Downe – Raj was born and raised in the Fiji Islands in the South Pacific. She was educated in Fiji and in Canada. After 6 years of teaching, she immigrated to Canada with her family. She has lived and worked in B.C., Alta, NWT, and Nunavut. She retired in 2016 and moved back to Nelson and the best thing she did was to join Learning in Retirement.

ROAMING AROUND THE PACIFIC RIM - PART II

Wednesdays – October 24, 31, November 7 – 1:00 – 2:30
Instructors: **Brian Deon, Lena Horswill, Margot & Bernie Zimmer**
\$9 + tax – 3 sessions. Enrolment: Min. 8 / Max. 40
Location: SKC Room 16

October 24 – Brian Deon – A year in Australia - reflections on the culture, wildlife, flora and history of this great southern continent as it was in 1993 with some brief commentary on islands of the South Pacific including Rarotonga, Fiji, Tahiti and New Zealand.

October 31 – Lena Horswill – Lena was born in Ipoh, Perak, in West Malaysia and received all her schooling in Johor Bahru. She immigrated to Ottawa in 1972 as a 25-year old. Lena makes periodic visits to Malaysia as she has a brother who lives in Johor Bahru, a city close to Singapore. Lena moved to Nelson in 1987 and was the Executive Director of Nelson Community Services until her retirement in 2013.

November 7 – Margot & Bernie Zimmer – They will share their experience of living in Christchurch, New Zealand for a year on a working holiday during which they explored the city and the country. Bernie was working in Christchurch right after the earthquake that devastated the city. They have resided in Nelson for 40 years. Margot has worked as an RN, prenatal instructor, postnatal resource and preschool teacher. Bernie has worked as a carpenter, refrigeration operator and building inspector.

KNITTING THE EUROPEAN WAY

Wednesdays - October 3, 10, 17, 24, 31, November 7, 14, 21 - 10:00 – 11:30
Instructor: **Birthe Achtner**
\$24 + tax – 8 sessions. Enrolment: Min. 6 / Max. 10
Location: SKC Room 116A

In the European way of knitting, you use both needles simultaneously. It is a faster method than the one we usually see in North America. Casting off is done the same way for both methods but I will teach a few different ways of casting on. Bring a set of needles No. 3 or 4 and two balls of smooth yarn.

Birthe has been knitting since she was 5 years old. She attended Capilano College in North Vancouver for two years where she learned weaving, fabric painting, and design.

LiR Multi-Session Courses - Fall 2018

ESSEINTRICS STRETCH AND STRENGTH

Thursdays – October 4, 11, 18, 25 – 10:30 – 11:30

Instructor: **Melody Parenteau**

\$12 + tax + facility fee of \$8 - 4 sessions. Enrolment: Min. 6 / Max. 30

Location: The Moving Centre, 533 Baker Street

Essentrics is a strength and stretch class where we stretch over 600 of our skeletal muscles through pain-free and zero impact exercises set to music. We also work on balance and posture. Do you have stiff joints or chronic pain? Do you lack energy or strength? Do you want to lose weight or tone? Are you recovering from an injury? If you answer “YES” to any of these questions, you will really enjoy the benefits of Essentrics. Once registered, please pay the \$8 facility fee at the Credit Union in advance of the first class. Tell the clerk at the Credit Union “LiR – Essentrics”.

Melody is a fitness and health enthusiast. With a background in teaching piano, singing and dance, she felt very comfortable in beginning to teach group fitness and started teaching jazzercise in 2005. After seven years she took a short break and started her training in Essentrics. She brought Essentrics to Nelson in 2013 and teaches two classes a week as well as offering private or small group sessions.

MUSIKING AROUND THE WORLD

Thursdays – October 4, 11, 18, 25 – 3:00 – 4:30

Instructor: **John Galm**

\$12 + tax – 4 sessions. Enrolment: Min. 6 / Max. 12

Location: 742 - 2nd Street, Nelson

Musiking Around the World presents an opportunity to experience a large collection of musical instruments acquired from many years of teaching World Musics. Many of the ensembles will involve everyone. No musical experience is needed.

John has presented many music courses for LiR and is Professor Emeritus from the University of Colorado.

MUSHROOMS OF THE KOOTENAYS

Friday – October 5 (Classroom Session) – 1:00 – 2:30

- October 6 (Field Trip) – 1:00 – 4:00

Instructor: **Trish Meeker**

\$6 + tax – 2 sessions. Enrolment: Min. 6 / Max. 24

Location: SKC 116A - October 5

Field Trip: Location TBA

Learn about fungi in the Kootenays; then participate in a mushroom gathering foray in the Nelson area.

Trish was raised in Nelson and has been a passionate student of fungi for over 30 years. In season she spends many happy days each week harvesting fungi in the wild. She was a presenter in our LiR courses “Our Integrated World” and “The Fungus Among Us”.

HISTORY AND MYSTERY: Questions About the Past for the Future

Saturdays – October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8 – 9:30 – 11:30

Instructor: **Charles Jeanes**

\$30 + tax – 10 sessions. Min. 8 / Max. 24

Location: SKC Room 116A

Back by Popular Demand. Until very recent times, all cultures shared spiritual common denominators which were sometimes ‘organized.’ In organized spiritual communities, the people were members of a religion. This course is not a history of religion. Be clear, your opinion about “religion-in-general” is not a reason to avoid a course such as this one. Charles is interested in spiritual topics and this interest is a foundation for the course. Topical conversation and social talk is very important in this course, all set within the broad parameters of historical and spiritual exploration. There are no required readings nor student presentations in this course.

Charles, historian, journalist, father and grandfather, intends to be a peer of course participants, not “the leader” nor “the expert” on questions we explore. (Contact telephone 250 352 6416)

CODING FOR DUMMIES

Tuesdays – October 9, 16, 23 – 10:00 – 12:00

Instructor: **Kevan Woodcock**

\$9 + tax – 3 sessions. Enrolment: Min. 6 / Max. 12

Location: SKC Room 118 – Computer Lab

Learn about coding – a new ‘language’ that affects many parts of our daily life. We are told that everyone should learn a little bit about coding and all students will be learning it as an important skill – a 21st century form of reading and writing! Kevan will regale us with stories about adventures in coding and teach us the basics. By the end of the first session, you will be able to code a game or app for your smartphone or computer – and become the coolest grandparent on the block!

Kevan is an engineer and has been writing code and working in technology for 40 years. He has developed many custom solutions for military, government, education, and private sector organizations, including many “firsts”, and it’s been a lot of fun learning along the way. Kevan has worked with machine vision systems allowing robots to see their environment, with fiber optics, telecoms, radio communications, and some very interesting government installations. He is happy to share his experience and stories and teach us the basics of coding so we know what’s being talked about.

WOMEN IN FILM

Tuesdays – October 9, 16, 23, November 6 – 1:00 – 2:30

Instructors: **Barbara Bergen, Gretchen Jordan-Bastow, Sarah Hayward, Nancy Rosenblum**

\$12 + tax – 4 sessions. Enrolment: Min. 6 / Max. 40

Location: SKC Room 16

October 9 – Barbara Bergen – “It Was A Blast!” - A recounting of her 27 year career in film, exploring the demanding nature of this industry and why it is so rewarding. Barbara has enjoyed a successful career as a Producer and Executive Producer of TV commercials spanning 27 years. As Executive Producer of Apple Box Productions in Toronto, she assembled and marketed a world class roster of directors with whom were garnered many international awards including Bessies, Clios, a London International, and a Cannes Lion.

October 16 - Gretchen Jordan-Bastow – “The Creative, the Money, & the Politics” - 30+ years in Canadian Film. Gretchen has extensive experience in business and administrative work and is educated as a visual artist and photographer. She has experience both on the technical side, where she did still photography for “Beachcombers, CBC’S Family Pictures” and numerous NFB productions; and on the production side, where she worked as a production coordinator on feature films and series including “A Different Dance, Circumstances Unknown.”

October 23 – Sarah Hayward – “The Change Agents” - Sarah will share and discuss the making of this film, locally produced by her and directed by Robyn Sheppard, the LVR drama teacher. She made movies in Hollywood with Canadian director Norman Jewison and worked with great actors, including Gregory Peck, Robert DeNiro, Denzel Washington, and Donald Sutherland – just to name a few.

November 6 – Nancy Rosenblum – “Putting Together the Puzzle.”

This presentation traces Nancy’s personal journey as a multiple Emmy award-winning film editor. Her love of storytelling, visual imagery and the joyful challenge of finding creative ways to put the puzzle pieces of filmmaking together inform her success in shaping documentaries, reality TV, film and her own filmmaking.

LiR Multi-Session Courses - Fall 2018

BEGINNERS UKULELE

Wednesdays – October 10, 17, 24, 31, November 7, 14 – 10:30 – 11:30
Instructor: **Ann Coen**
\$18 + tax – 6 sessions. Enrolment: Min. 6 / Max. 12
Location: 2220 Kootenay Street (Please Carpool – limited parking)

Bring your ukulele (and singing voice) and let's have some fun. We will learn how to tune it, learn chords and how to put them together and we will experiment with different strumming techniques. If you would like to bring a 'device' (such as an iPad), we will also search for and share great Ukulele Song websites. All you need is a ukulele – the song sheets and chord charts will be provided.

Ann is a self-taught lover of the ukulele and continues to learn and have fun with this great little instrument. She is a retired residential designer (and nurse from way back) and has lived in Nelson for eons (well, only 43 years)!

THE HEALING POWER OF FASTING

Wednesday – October 10 – 2:30 – 4:00
Instructor: **Ulla Devine**
\$3 + tax – 1 session. Enrolment: Min. 8 / Max. 24
Location: SKC Room 116A

This is a one-day workshop to learn about why, when, and how to fast safely. Learn when NOT to fast; learn about fasting under supervision and the many health benefits of intermittent fasting. Learn how to fit fasting into your unique life situation.

Ulla is a practising colon hydrotherapist in the Nelson area and enjoys researching, experimenting with, and sharing cutting edge nutrition and lifestyle practices.

SEX HEALTH AS WE AGE

Fridays – October 12, 19, 26 – 1:00 – 2:30
Instructor: **Judith Fearing**
\$9 + tax – 3 sessions. Enrolment: Min. 6 / Max. 20
Location: SKC Room 116A

Closeness, intimacy and touch are lifelong needs that do not get old even when we do. In this three-session course we will explore topics such as what is sexuality, what influences it, what is normal as you age, how to navigate through the years, and discovering what you want. Topics will be presented through stories, videos, anonymous questions and some discussion for those who wish to share. Everyone will learn something new in this fun and non-threatening workshop.

Judith is an RN with many years of experience in maternal/child health and community health. She has taught nursing at Selkirk College and is a Certified Sexual Health Educator through Options for Sexual Health (<https://www.optionsforsexualhealth.org/education/shec>)

LEARN TO PLAY SNOOKER

Wednesdays – October 17, 24, 31, Nov. 7, 14, 21 – 1:30 – 3:00
Instructor: **Bill Bryce** (with **Brad Howard** assisting)
\$18 + tax + \$18.00 facility rental fee to be paid at the Credit Union prior to the first class – 6 sessions
Enrolment: Min. 2 / Max. 6
Location: Royal Canadian Legion, Victoria and Stanley

The course will teach the use of the snooker (pool) cue and the rules of snooker. The first four sessions will be instructional with the last two combining instruction and game play. For those with access to the internet, there will be optional YouTube videos to view which form the basis for the instruction. All equipment will be supplied.

Bill is a retired bookkeeper. He moved to the Kootenays in 1979 and worked at Whitewater for ten years, five of them as a ski instructor. In 1993 he went back to school, got a bookkeeping certificate and worked as a contract bookkeeper until 2015. Brad is a retired accountant who loves to fish and collects coins on the side.

SING TOGETHER

Wednesdays – October 17, 24, 31, November 7, 14, 21 – 3:30 – 4:30
Instructor: **Mary Audia**
\$18 + tax – 6 sessions. Enrolment: Min. 8 / Max. 35
Location: 10th Street Campus Room P103

This is an old fashioned sing-along with an accompanist and sing-a-long lead. It is not a choir but Singing Together for the fun of it. No previous singing experience is required. The program selection will be songs primarily from the sing-a-long book "Sing Together" that was produced under a 2010 New Horizons grant. It will be augmented by songs suggested by participants who are requested to provide 5 – 15 songs that they like to sing. Singing in groups makes connections that enhance well being, is good for your heart, soul and health as well as providing stimulation for the memory and mind.

Mary is a retired RN and Yoga teacher. She has been involved in singing as a soloist and in groups with choirs, operas/musicals. She has enjoyed running sing-a-longs for Nelson's Mom and Me program and was the Music Advisor for Brownies and Guides. She spent the last 20 years of her Nursing career providing sing-a-longs for seniors at Broader Horizons. When she retired she worked with a steering committee to develop "Sing Together".

BRAIN GAMES

Mondays – October 29, November 5, 26, December 3 – 10:00 – 11:30
Instructor: **Susan Milner**
\$12 + tax – 4 sessions. Enrolment: Min. 6 / Max. 24
Location: SKC Room 116A

Come and have fun exercising your brain! We have a wide variety of logic puzzles and games to explore, some using pencil and paper, some using colourful manipulatives. Most involve patterns and are highly visual. A very few involve basic arithmetic, but there is not a single fraction or percent to be seen. The puzzles are usually graduated, so participants can go as far as they like in terms of difficulty.

Susan taught post-secondary mathematics in British Columbia for 29 years, starting at Okanagan College and ending up at the University of the Fraser Valley. After retiring she returned to Nelson where she volunteers for Science World, taking math and logic games into K-12 classrooms all over BC. She loves sharing puzzles and games with people of all ages from pre-schoolers to their grandparents. In 2014 she was awarded the Pacific Institute for the Mathematical Sciences, Education Prize.

OPEN TO A NEW PERCEPTION

Tuesdays – October 30, November 6, 13, 20, 27 – 1:00 – 2:30
Instructor: **Bo Pearce**
\$15 plus tax – 5 sessions. Enrolment: Min. 6 / Max. 24
Location: SKC Room 116A

BACK BY POPULAR DEMAND. Always new videos and content. Become aware of life altering discoveries founded in sciences such as Neuroscience, Quantum Physics, Ancient History and Consciousness Studies. Videos will include talks and interviews by well known scientists, researchers, and lecturers. Once we become aware of these discoveries, we may find ourselves rethinking and expanding the very nature of our own reality. Videos will be followed by class discussion. These specifically chosen videos may challenge accepted norms.

Bo Pearce acts as a facilitator of this class. Bo has many years of teaching experience, first with SAIT in Calgary for 23 years in the Business Education Department and then in Nelson operating her own computer skills courses for 17 years. Bo has a life-long interest in seeking answers to mysteries and likes to share new mind-expanding discoveries.

LiR Multi-Session Courses - Fall 2018

INTRO TO FLASH WRITING

Wednesdays, - October 31, November 7, 14, 21, 28, Dec. 5 – 1:00 – 3:00

Instructor: **Lindy Flynn**

\$18 + tax – 6 sessions. Enrolment: Min. 6 / Max. 12

Location: SKC Room 116A

From 750-word essays to six word stories, let's play with this provocative genre of literary expression. Using examples, prompts and dialogue we will explore this perfect medium for short pieces of memoir and quick flights of fancy. In *In Short* Bernard Cooper suggests that short nonfiction requires "an alertness to detail, a quickening of the senses, a focusing of the literary lens...until one has magnified some small aspect of what it means to be human." Welcoming all levels of experience, this class focusses on the pleasure of writing and positive support in a non-judgemental, humorous atmosphere.

Lindy's first poem was published in the The Rocky Fork Enterprise (Gahanna, Ohio weekly) when she was 8 yrs. old and she's been scribbling ever since. Lindy's passion for Flash was ignited by Rayya Liebich's classes at Oxygen Art and with neighbor Rayya's blessing, Lindy looks forward to sharing this form with you. She received an MA in Transformative Art from JFKU in Berkeley, CA, and has taught art (and computers) to folks of all ages in a strange variety of venues.

RUSHES TO RICHES IN THE KOOTENAYS

Thursdays – November 1, 8, 15, 22 – 1:00 – 2:30

Instructors: **Terry Turner, Ed Mannings, Brian Deon, Tyler Rice/Linda Caron**

\$12 + tax – 4 sessions. Enrolment: Min. 6 / Max. 24

Location: SKC Room 116A

November 1 – **Terry Turner**: *Terry worked for 20 years in mineral exploration in Australia, New Guinea and throughout Canada. He retired to the Kootenays 28 years ago and volunteered in many organizations including the Chamber of Mines and the Riondel & Area Historical Society. Terry has authored and co-authored four local history books covering the east shore of Kootenay Lake (Bluebell Memories, Impressions of the Past, Remember When, and More Than A Memory).*

November 8 – **Ed Mannings**: *Ed is a lifelong student of Kootenay history and a well-known collector of Kootenay historical artifacts. He sat on the Board of Touchstones Nelson Museum for many years and played a key role in the relocation of that institution to its current location.*

November 15 – **Brian Deon**: *Brian is a fiction writer with a long history in theatre. His interest in personalities led to his work on Robert Sproule, a miner/pro prospector who was one of the first white men to stay in this area. Sadly Robert Sproule never became rich and became embroiled in murder instead.*

November 22 – **Tyler Rice/Linda Caron**: *Tyler is President and CEO and Director of Margaux Resources, based in Nelson/Salmo and Calgary. He has extensive experience with both public and private companies in a wide spectrum of industries, including healthcare, oil & gas production and shipping, oilfield communications, real estate and mining. Linda, Vice President, Exploration, has over 30 years of national and international experience in the mining industry, working as a geological consultant. Most recently, she has acted as Project Manager for several large mineral exploration projects in southern B.C.*

EVERGREEN STORY STRUCTURE

Friday – November 2 – 1:00 – 3:30

Instructor: **Sarah Kapoor**

\$3 + tax – 1 session. Enrolment: Min. 5 / Max. 24

Location: SKC Room 116A

Attendees will be taken through two extraordinarily useful story structure tools and are encouraged to come with a story idea to work with. The first tool will determine story focus and elements, and the second will lay out those elements in a logical way for the intended audience. While designed for visual storytelling, these tools are remarkably applicable to speech, essay or short story, problem solving or even podcasting. This lesson on story structure will equip students for clear and compelling story telling. If possible, watch the first Rocky/Stallone movie or Amelie/Jeunet (ideally both).

Sarah established her career working in news and documentary for the CBC in Toronto for close to a decade. Her background as a documentary filmmaker and love of interviewing led her to win numerous awards internationally. She was the Senior Producer and co-creator of "Canada's Next Great Prime Minister" for CBC Television. Sarah holds a Masters Degree in Journalism from Carleton University in Ottawa and is a founding partner of Pollinator Films which has a decade long specialization in progressive campaigns on multiple platforms.

ADVANCE CARE PLANNING SERIES

Mondays – November 5, 19, 26 – 1:00 – 2:30

Instructor: **Paige Lennox**

\$9 + tax. - 3 sessions. Enrolment: Min. 6 / Max. 24

Location: SKC Room 116A

This class will follow the Advance Care Planning session of October 12 (Friday session). Each week there will be 'homework' and we will sit and fill out the forms together and have open discussions about these important topics.

Week 1: Representation Agreements, Intro to Advance Directives, "MOST" forms, No CPR

Week 2: A deep dive into Advance Directives, ICE (In Case of Emergency) Forms

Week 3: End of Life Planning

Paige has been a Critical Care RN for 25 years and also works as an Independent Healthcare Navigator and Patient Advocate for Patient Pathways. She supports people with complex and serious illness, injury and end-of-life decisions. She still works as a nurse in the hospitals, spends as much time as possible in nature, and plays the banjo!

YOUR GUIDE TO ASTROLOGY

Friday – November 9 – 1:00 – 3:00

Instructor: **Sharon O'Shea**

\$3 + tax – 1 session. Enrolment: Min. 8 / Max. 24

Location: SKC Room 116A

WHAT IN THE COSMOS IS GOING ON? Sharon will discuss the current placements of the planets in the sky and what magnetic influence they would be having on us in our world. We will become students of the art of astrology entering into the Aquarian Age over three planned sessions (now and Winter & Spring Sessions) as the planetary energies change. We will learn to look at a cosmic chart and understand light and time in our lives, in our relationships, and in the world. There is no extraordinary learning necessary – just growing awareness.

Sharon has been a student of astrology since 1965, a practising astrologer until 1995, and a professional astrologer since then.

LiR Multi-Session Courses - Fall 2018

MARIJUANA in CANADA: Medicine, Food, and Controversy

Fridays – November 16, 23, 30 – 1:00 – 3:00

Instructor: **Jim Leslie**

\$9 + tax – 3 sessions. Enrolment: Min. 8 / Max. 40

Location: SKC Room 16

Back By Popular Demand. Topics to be covered will include basic cannabis science/facts (CBD and THC explained), how to cook with cannabis, the current move to legalisation of cannabis/marijuana and the benefits and consequences of this massive policy change for our country. For the first time in 21 years, Canadian medical cannabis patients, young and old, will find it much harder to access the therapeutic products they have come to rely on as the current legal system being created will not provide them, nor will the federally licensed medical cannabis program administered by Health Canada.

Jim holds a Bachelors Degree in Criminal Justice, is a retired Border Services Officer and has been active in cannabis policy reform efforts for 20 years. Jim is also a medical cannabis patient and together with his business partner Mary created The Kootenay's Medicine Tree Medical Cannabis Dispensary in the summer of 2014 to serve and address the needs of the chronically and terminally ill people of Canada.

Community Living British Columbia

Offered in conjunction with Nelson & District Community Centre



Enroll directly at NDCC by phone 250-354-4386 with credit card (MC or Visa) or sign up in person using cash, cheque, debit or credit card. Make cheques payable to NDCC. Registration for these two NDCC courses begins on Thursday 30th August. Please quote the bar codes and identify yourself as a member of LiR.

SHALLOW WATER AQUAFIT

Tuesdays – Sep. 18, 25, Oct. 2, 9, 16, 23, 30,

Nov. 6, 13, 20

12:30 – 1:30 pm

Instructor: TBA

\$20 plus tax – 10 sessions

Enrollment: Min. 16 / Max. 25

Location: NDCC Swimming Pool

Quote barcode #00001085

SHALLOW WATER AQUAFIT

Thursdays – Sep. 20, 27, October 4, 11, 18, 25

Nov. 1, 8, 15, 22

12:15 – 1:15 pm

Instructor: TBA

\$20 plus tax – 10 sessions.

Enrollment: Min. 16 / Max. 25

Location: NDCC Swimming Pool

Quote barcode #00001086

Aquafit is great fun and social event.

The class is suited to our age group and our individual needs. It combines a variety of strength and range of motion exercises which provide a balance of cardio-strengthening and muscle building. Just watch your muscles grow!

Note: the land exercise class USE IT or LOSE IT will not be scheduled this fall.

Identify yourself as an LiR participant.

****Special note:** Wristbands are NOT included with these programs. If additional time before or after class is desired in the facility, you will need to purchase a wristband separately.



3rd Annual LiR Summer Picnic

By Pat Gibson

The 3rd annual LiR picnic was held June 15, at Lakeside Park Rotary Shelter. Attendance this year set another record with a large number of members enjoying a fantastic feast of hamburgers, hot dogs, salads, dips, and desserts! The weather was perfect, the camaraderie and conversation even better. The Social Committee again presented a wonderful event for us.

LiR Elder Care Scholarship

To contribute to the LiR Elder Care Scholarship, please include a cheque in an envelope available on the LiR notice board in Room 16 on the Silver King campus, and mail to Selkirk College. A tax receipt will be forwarded.

Memories of Africa

by Grace Devaux

What an amazing collection of speakers - all passionate about their memories of Africa!

Marylee Banyard spoke of the history of African slavery and the work her parents did while she was growing up in Northern Rhodesia. In a second session, arriving from the hospital in a wheel chair, she told how she had started a project at the women's centre on the family farm with her mother's



Marylee Banyard

sewing scraps and how they made a quilt for an exhibition. With support from Nelson people, quilters and Rotary,

Marylee has visited yearly for fourteen years to encourage the local women to continue this sewing project. **Marisa van Der Vyver**, as a young woman was raised in the centre of Africa, trained as a doctor in South Africa, worked and travelled in Africa and is now living in Canada. **Betty Hohn** as a newly graduated nurse went courageously to Ethiopia in 1974 after the famine to work in the bush clinics, then 43 years later in 2017 went back to visit.

Fannuel Nsingo grew up loving the animals in Zimbabwe and now leads tours that reflect his interest in ecotourism and conservation of endangered species. **Timothy Jackson** also leads tours in Kenya and believes that to understand a culture you need to spend time to experience and appreciate their lifestyle. Each tribe is different. Some have a subsistence living and

body cutting is still an accepted practice, while other tribes and countries are well educated and leaders of change. What an enlightening experience; our image of Africa was changed by the fascinating stories we heard.



Fannuel Nsingo talking with LiR members

Wines of South Africa

by Richard Peppinck

When this stimulating full-bodied wine-tasting class came to a conclusion I thought we should dance out of the classroom singing, "Sippity doo dah, Sippity yay!". But I get ahead of myself. Let's just say the scheduled two hour session was so filled with curiosity it turned into three.

As we entered the classroom the tables were set with two wine glasses per seat, with tasting sheets, a map and fact sheets on South Africa wines. These materials were excellent props. The true translator and wizard behind this adventure was our instructor, Deb Smith, whose wealth of knowledge and seasoned skills as a teacher, were balanced out with a sassy and spirited delivery.

Wine tasting at times might feel like learning a new language that gets in the way of simply enjoying a glass of Chenin Blanc. Deb introduced us to the art of paying attention to the full story of creating and tasting wine. She explained that the wine lingo doesn't have to confuse but instead can reveal a better understanding of a varietal like a Pinotage. I have to admit that all through the session I believed that we would be inducted into some mysterious ritual like a "secret handshake" that would let us into some special wine club. We were simply learning how to pick, describe and appreciate a nice bottle of wine. We were offered four South African wines that had been chosen by Deb. She had made sure that the wines had a good price point (under \$20) and could be found at our local wine shops. The next three hours were filled with learning about aromas and tastes of these specific varietals of the wine regions of South Africa. An example was learning about the Chenin Blanc grape first planted in the Southern Cape in 1655.

In most wine tastings, the processes of swirling, sniffing, sipping and spitting are common. Like I said, we weren't entering some special club. We were here to enjoy an afternoon glass of wine with friends. So spitting was left out. As the class was coming to an end someone in the group asked Deb what wine would she pick on a regular basis. After a pause she replied, "What are we looking for in the day?" It was certain we had found what we were looking for on this day.



Richard Peppinck is presenting Deb Smith, a volunteer appreciation award for the many enjoyable and informative classes on wines she has offered to LiR.

LIR CALENDAR OF ACTIVITIES SEPT-DEC 2018

Drop-In Sessions - mostly Fridays, 10 am

Silver King Campus, Room 16, \$3 at door

(bottom level, nearest side parking lot)

For more information contact:

Diane Watts

250-352-7493

drwatts@telus.net

Roger Oliver

250-229-5606

rogeroliver@shaw.ca

Membership requirements:

- retired persons, age 50+
- annual membership is \$15
- +gst (total \$15.75)
- Cost \$3 per session

Fri. Sep. 7 - Meet the Instructors Multi-session coordinator Diane Watts. Introductions by **Richard Peppinck**
Short presentations by Instructors of the Fall 2018 courses. No charge for this event.

Fri. Sep. 14 - The Challenges and Successes of a Feminist Red Seal Construction Worker/Activist Presenter -**Marcia Braundy**
Marcia will talk about the memorable experiences and multiple paths which led her to become, in 1981, BC's first female "Journey Level" carpenter, with a PhD in Technology Studies from UBC. Today she works to increase women's successful participation in apprenticeships and the skilled trades.

Tues. Sep. 18 - Field Trip: Castlegar Sculpture Walk Trip leader - **Sandra Tozer**
Our eighth annual visit. A tour of 35 new sculptures followed by lunch. Joy Barrett Executive Director of the Sculpture Walk will again be our guide

Fri. Sep. 21 - What Matters Most Presenters - Memoirist **Becky Livingston** and soul biography film-maker **Adrian Juric** will be talking about the process of creating authentic work in their chosen genre. Identifying what matters most, they will discuss topics of structure, timing and vulnerability.

Wed. Sep. 26 - Field Trip to Creston by Bus Trip leader - **Liba Zdrazil**

Fri. Sep. 28 - Canada and Legal Cannabis: What you need to know Presenter - **Jim Leslie** will discuss the new federal Cannabis Act dealing with production, distribution and sale of cannabis across Canada and BC's regulation of retail sales and home based production. Jim has a degree in Criminal Justice and is a retired Border Services guard. He created the Kootenay's Medicine Tree Medical Cannabis Dispensary.

Fri. Oct. 5 - Sexual Health As We Age Presenter - **Judith Fearing**. Closeness, intimacy and touch are lifelong needs that do not get old as we do. Back by popular demand, Judith Fearing is a Certified Sexual Health Educator and RN who has taught nursing at Selkirk College. A fun and non-threatening session where you will learn something new.

Wed. Oct. 10 - Pub Quiz, followed by lunch at Finleys' Quizmaster **Brian Deon**. 10am Seniors' Centre, 717 Vernon St, Nelson for a morning of laughter and learning.

Fri. Oct. 12 - Patient Advocacy, Healthcare Navigation and Advance Care Planning Presenter - **Paige Lennox** helps people navigate the Healthcare system and advocates for them when needed. She works for the company Patient Pathways. She will describe the role of the patient advocate and discuss the Advance Care Planning documents. She has been a critical care RN for 25 years.

Fri. Oct. 19 - Central Asia: travel, history and geopolitics Presenter - **Peter Macek**. Central Asia has a long, fascinating history and presently is the focus of a struggle for dominance by Russia, China, Turkey, and Iran. Peter and his wife spent two months travelling independently in the "Stans" in 2014, the majority in Tajikistan. He will try to present a rounded picture of a poor, beautiful and unstable region. Peter taught ABE at Selkirk College.

Fri. Oct. 26 - Travels Presenter -- **Anna Kallstrom** will bring us along to places that have become important to her in her travels. We will visit Northern Canada where she spent years working and travelling and also head south to other exotic places. She will talk about how and why she travels, her questions and some answers in encountering other cultures.

Fri. Nov. 2 - Travels to Hong Kong and Vietman Presenter **Jim Ford**. Photographs of a journey to Hong Kong, to the hill tribes of North Vietnam, and travel from Hanoi to Saigon. Previously he has showed us photographs of travels in India and Morocco. The recipient of many photography awards, Jim has taught Photography at Selkirk College.

Fri. Nov. 9 - Remembrance: Stories of Bosnia and Afghanistan Presenter--**Mike Legere**. Mike served in Canada's armed forces for 28 years, which included three overseas tours in Bosnia and Afghanistan.

Wed. Nov. 14-- Pub Quiz followed by lunch at Finley's Quizmaster **Brian Deon** 10am Seniors' Centre, 717 Vernon St, Nelson for a morning of laughter and learning.

Fri. Nov. 16 Exploring the Kootenays by Land and Air Presenter **Doug Noblet**. Images of the Selkirk Traverse, the first complete ski traverse of the Selkirk Range in winter, and aerial images of the Valhallas, Kokanee Glacier, Jumbo Pass, the Bugaboos. Douglas Noblet has developed an aerial and nature photography business which combines his great loves of flying and photography in the mountains.

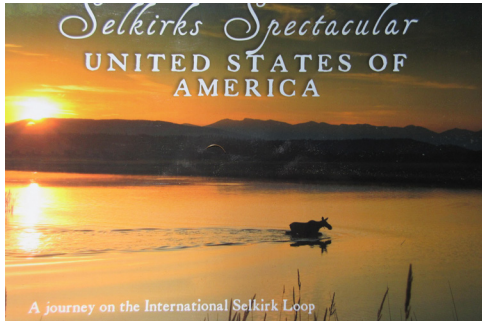
Fri. Nov. 23 -- Current Events Topic TBA

Fri. Nov. 30 - File Documentaries Presenter--**Nancy Rosenblum** Emmy Award winning film and television editor, Nancy Rosenblum, will talk to us about documentary film making, with a little news and reality TV thrown in. Through viewing both an array of documentary film clips and some of her own work we are sure to learn more about the film making process.

Fri. Dec. 7 -- How India Managed to Defeat Polio Presenter - **Sandra England**. Eradication of polio worldwide has been a long term goal of Rotary International. In January Sandra was in India for a Rotary Friendship Exchange. While there she experienced an India National Immunisation Day, a day on which 172 million children under five each receive oral polio vaccine. She is a member of Nelson's Rotary Daybreak club.

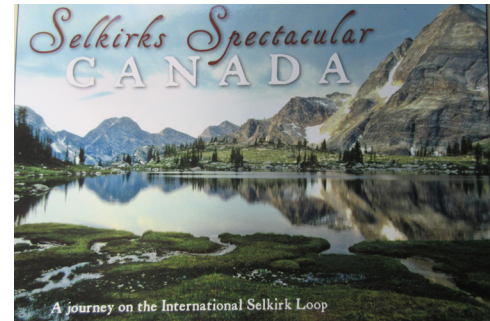
LiR Member Milestones

CONGRATULATIONS TO:



Ross Klatte

Selkirk's Spectacular is a book of photographs and text published in 2014 by Keokee Books of Sandpoint, Idaho. It celebrates the Selkirk Loop road trip through the mountains of southeast British Columbia, northeast Washington, and the Idaho panhandle. The book is in flip-over format, one half covering the Canadian side of the Loop, the other the American side. The photographs are by Jerry Pavia and Tim Cady, both of Bonners Ferry. The text, including a short history of the area, is by LiR member Ross Klatte of Balfour.



Ron Welwood

Ron Welwood's article "J.O. Patenaude: Nelson Optician, Watchmaker & Jeweller" has been published in *British Columbia Genealogist* [June 2018]. It is the third in a planned tetralogy about Patenaude. The paper submitted to BCGS is primarily about M. Patenaude's life and professions including much more than what was edited from the BC History article. This "biography" also includes a sequel with three short, but notable 2017 items connected to this gentle man.

Jana Malinek

Jana Malinek received First Prize in the Open category and "Best in Show" for the West Kootenay 28th Annual Photo Show this year. She says:

"Do not drop down laughing, please!!! Here I am chasing grizzlies and jumping fish and then this mouse wins the show! You know that I like to photograph wildlife but I am not sure if this one counts. I always loved it so I entered it."

Jana also received Honourable Mentions for two entries she submitted to the All Canadian Competition in CAPA (Canadian Association of Photo Arts.) One award went to the audio visual presentation of the Old Growth Forest in the Kootenays (The Inland Temperate Rain Forest) that she presented for LiR recently. The other award was for a photo entered into the Canada 150 contest, stunning photography - *The Messenger*

Congratulations Jana! Thank you for all your support in LiR and sharing your amazing talent.



The Messenger

Ernest Hekkanen

The Elephant Mountain Literary Festival has been a partner with Nelson and District Arts council in selecting (LiR member) Ernest Hekkanen, literary publisher, as one of the recipients of the **2018 Richard Carver Award**. Ernest Hekkanen served as founder and Editor-in-Chief of *The New Orphic Review* for 20 years before the literary journal's retirement in 2018. He is co-curator of the home-based New Orphic Gallery, a Literary Landmark in Alan Twigg's province-wide literary mapping project. Hekkanen, who has published 47 books, is also a poet, short story writer, novelist, essayist, playwright, publisher, printmaker and painter. He is listed in the *Encyclopedia of Literature in Canada*, and *Contemporary Authors* (in the U.S.)



Missed The Plane

Frances Welwood

Frances Welwood's article, "Kaslo's Not-so-Famous Six", was published in *British Columbia History* (Summer 2018). The Kaslo Municipal election of 1918 was a first in Canadian electoral and feminist history, yet very little has been written about it (until now).

For more information about LiR:

Email address: nelson.lir2013@gmail.com Website: <http://selkirk.ca/ce/courses/learning-retirement>

LiR Facebook Group: Learning in Retirement-Nelson BC

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