

ElderCollege at Silver Harbour: Fall 2024

Books Unlimited Book Club (on Zoom)

This popular book club, established in 1997, continues to welcome both returning and new participants. This friendly group loves to talk about fiction and occasionally a non-fiction book. If you would like more information on Books Unlimited, please email info@silverharbourcentre.com, and we will have the facilitator contact you.

Wed 1:30 – 3:00 pm
via Zoom
\$25

Sept 18 – “Remarkably Bright Creatures” by Shelby Van Pelt

Oct 9 – “The Promise” by Damon Galgut

Oct 30 – “The Island of Missing Trees” by Elif Shafak

Nov 20 – “The House of Doors” by Eng Tan Twan

Dec 11 – “Middlemarch” by George Eliot

“Mythos: Eastern Religions” by Joseph Campbell

In this 5-part series, Joseph Campbell will take us through the shaping of the Eastern Tradition and examine spirituality through the mythic images of Hinduism and Buddhism. The course will explore the core ideas at the heart of the Eastern tradition and examine the differences between the Eastern and Western traditions. Discover the systems of yoga that grew out of the mainstream of Indian spirituality, learn the chakra, and journey through the Tibetan Book of the Dead.

Each session will begin with a 50-minute recorded presentation by Joseph Campbell followed by a discussion of the ideas presented in the video facilitated by Marga Hanna.

Marga Hanna is a retired University Professor, Art Therapist and Trauma Therapist. During her graduate work she studied at Pacifica University which maintains the Joseph Campbells archives.

Wed 1:00 - 3:00 pm
Card Room
Sept 25 – Oct 30
\$25

Sept 25: The Inward Path

Oct 2: The Enlightened One

Oct 9: Our Eternal Selves

Oct 16: no class

Oct 23: The Way to Illumination

Oct 30: The Experience of God

The Changing Demographics of Canada: 1941-2041

This course follows Canadian demographics from the 1941 census to 2041. It looks at the social, economic and political impacts of various demographic cohorts during that century, especially the Baby Boomers, and the emergence of multiculturalism through expanded immigration since the 1970s. Attention is paid to Indigenous demographics, especially in the 21st century. Demographic trends from the 2020s to the 2040s are based on Statistics Canada projections.

Course blog: https://crofsblogs.typepad.com/the_changing_demographics/

Fri 10:00 am – 12 pm; Oct 4 – 25

Card Room

\$25

Oct 4: **Background. 1941-1945: The “Greatest Generation” and the Silent Generation.** The generation that had children during the Depression and World War II.

Oct 11: **1946-1964: The Baby Boomers.** Transformers of society, politics, and culture.

Oct 18: **1965-1996: Generation X and the Millennials.** Growing up multicultural under neoliberalism.

Oct 25: **1996-2045: Generation Z and Generation Alpha:** Pandemic, climate change and migration

Presenter: **Crawford Kilian**

Crawford taught at Vancouver City College in 1967-68 and was an instructor at Capilano College from 1968 to 2008. He has published 22 books, both fiction and non-fiction, and has written hundreds of articles and book reviews. He is currently a contributing editor of The Tyee.

Geological Rambles

This course consists of 4 field trips to locations within local parks or nature areas containing interesting and significant rock exposures. Lead by Lindsay Bottomer P.Geo, who has over 45 years experience working in mineral exploration worldwide, the last 30 years in Vancouver, participants will learn about the history and geological evolution of the region. Participants must provide their own transportation. A moderate level of fitness and mobility is required, as the course takes place on natural terrain with some steep, uneven ground. The course will proceed regardless of weather conditions, so please dress accordingly Walking poles and sturdy footwear are recommended. Exact locations and directions to rendezvous points will be confirmed by email to registrants in September.

Thu 9:50 am – 12:00 pm +/-

Oct 3 - 24

\$25

Oct 3: **Cleveland Dam.**

Meet at 9:50 am at Cleveland Dam parking lot, 5077 Capilano Road, North Van.

Oct 10: **Princess Park and Greenwood Park.**

Meet at 9:50 am at Princess Park parking lot, Princess Ave at Osborne Road.

Oct 17: **Pilot House**, West Vancouver.

From Park Royal, drive west on Marine Dr for approx 10 km. to 4700 block. Exit left on Piccadilly South and take first left (steep, downhill, one-way) onto Pilot House Road. Park in one of the parking bays on the left. Assemble at the anchor and historical marker immediately before sharp right-hand turn.

Oct 24: **Lower Capilano River and Sentinal Hill**

Meet at Park Royal South parking lot behind Simon's. Carpooling may be arranged here to meet at intersection of 10th St and Leyland Park. The walk includes climbing a number of flights of stairs and up some fairly steep roads. Bring walking poles, if you have them.

Healthy People, Healthy Planet

Our hope this Fall is that you will be inspired to take climate action in your own lives to restore equilibrium in our environment locally. The relationship between the health of all life on earth and the health of the planet, and the fact that this relationship crosses every part of our lives - from food to fashion - is the vision behind this series of 3 presentations.

Mondays 1:30 – 3:00 pm

Card Room

Sept. 16 – Oct. 7 (no class Sept 30)

\$25

Sept. 16: **“RegenerateBC: sharing climate solutions for hope and action.”** A presentation by Michelle Sheardown, a facilitator and director of [RegenerateBC](#). Michelle has been involved in many forms of climate action – from rewilding her own yard to campaign organizing. By providing individuals with information about known solutions to the climate crisis and encouraging people to use their own agency to influence and support change, she hopes to inspire action.

Sept. 23: **“Climate and Food Systems: key shifts, to which we can all contribute, to make our agriculture and our diets more supportive of a stable climate.”** A panel discussion with [Eleanor Boyle](#) (a Vancouver-area writer on food policy and sustainable diets); Darcy Smith (BC Program Manager for [Young Agrarians](#)); and Devon Cook (member of [National Farmers Union Region 8](#), filmmaker currently working on [The Hands That Feed Us](#)). Facilitator, Michelle Sheardown.

Oct. 7: **“Cosmetic Conundrum.”** A short video will be shown (The Story of Cosmetics), followed by a panel discussion on the topic of the cosmetics industry and its effects on the health of people and the planet. Panelists Aleesha Harris (Arts & Life editor at The Vancouver Sun and Province, covering fashion, beauty and lifestyle for more than 13 years); and Megan Hepburn (an artist based in painting and perfumery. Working with ethically sourced raw ingredients, she started a botanical perfumery, [Cracher Dans La Soupe Parfum](#) in 2017). Facilitator, Michelle Sheardown.

History from A – Z in Three

Three well-known and knowledgeable past Elder College speakers will together cover a wide variety of topics in history – from turning points in history such as the asteroid that killed the dinosaurs to the development of the first vaccine; the history of liquor policy in BC from 1920 – 2020; and close notable U.S. elections over the past 200 years and the consequences of these (a timely topic for November). Long-time contributors Allan Orr, Ed Kry and Bob Fuhr will enlighten us.

Fri 10:00 – 11:30 am

Card Room

Nov. 1-15

\$25

November 1st – Allan Orr – History of Liquor Policy in British Columbia (1920 – 2020): From Strict Government Control to Liberalization. Long-time and very dedicated Elder College contributor and past history teacher, Allan Orr will cover the history of liquor policy in B.C. from the days when it was considered a medicine in itself to today's tug-of-war between greater government control and the demands of consumers for more liberalization. Allan will discuss the factors that contributed to the many changes that have occurred over this period.

November 8th – Ed Kry - Turning Points in History. Ed was a major contributor to Elder College not only as the Founding Chair of Elder College Board of Directors and the President of the Society (in its former period) but a presenter as well. In this session, enjoy Ed's view of a few major turning points in history from the asteroid that killed the dinosaurs, to the printing press, to the wheel, to the first vaccine, and more. Unexpected final topics will be exciting and one will be hilarious.

November 15th – Bob Fuhr – Close U.S. Presidential Elections – Bob has been a History Instructor at Kwantlen University in Surrey teaching courses in both American and Canadian history and also has been a regular presenter in Elder College's History courses for a number of years. In this session, Bob will discuss several notable elections over the past 200 years highlighting their issues and consequences for the nation. The role of the Electoral College, and the complexities and imperfections of the American political system will be raised.... A particularly timely topic for this November date.

Meet Our Local Authors– Fall 2024

This fall, six authors will discuss their very diverse stories... a writer of historical novels to a writer who grew up in rural India and much later became an MP and provincial Premier.

This fall, six authors will discuss their very diverse stories... a writer of historical novels; a doctor who worked in Afghanistan; a woman who has written about her experiences travelling the Camino de Santiago; a fellow with tips on effective public speaking; an author who will offer tales about risky search and rescue operations and ending with a former premier and MP.

Tues 10:00 – 11:30 am

Card Room

Oct 29 – Dec 3

\$25

Oct. 29th – Roberta Rich left her law practice several years ago to write full time. She has written a trilogy of historical novels set in 16th century Venice and Constantinople which were on the Globe and Mail's best seller list and were published in over 19 countries and translated into 9 languages. Her recent novel, ***The Jazz Club Spy***, is set in New York in 1938. Roberta is an experienced and entertaining presenter.

November 5th – Maureen Mayhew is a family doctor, a clinical professor at UBC, and a certified leadership coach. For 3 decades she provided primary care and led public health programs across Canada, Asia and Africa. In 2000 she began working in Afghanistan with Médecins sans Frontières and spent the next decade rebuilding their shattered healthcare system. In ***Hand on My Heart: A Canadian Doctor's Awakening in Afghanistan*** she reflects on surprising moments of disorientation, fear, wonder, joy and personal growth.

November 12th – France Fehr grew up in Quebec and moved to Vancouver in 1989 where she happily taught FSL to thousands of children on the North Shore. At age 60, in 2019, with her husband, she walked 800 kilometers on the Via Podiensis, a historical trail across France that is one of the routes of the Camino de Santiago. This physical and mental challenge led her writing her first book (and soon after a French version). ***On Foot in France/ Mon Camino en France*** is a story of courage, determination and friendship. This year, they went back on the Camino, walking the Portuguese Camino.

November 19th – Jim Francis - Jim spent most of his career in Personal and Commercial Banking. After retiring from banking, Jim wrote **How Not to Suck at Public Speaking** to support business communications courses he taught at Ashton College, BCIT, and Capilano University; where he also facilitated various business management and entrepreneurial studies programs. Jim now spends much of his time skiing, fishing, boating, writing stories for his grandchildren, and wondering how he ever found time to actually work.

November 26th – **Cathalynn Labonte-Smith's *Rescue Me*** takes us behind the scenes of some of North America's riskiest search and rescue operations. Cathalynn shares real-life stories as told by volunteer members of Search and Rescue teams, who find the lost, and rescue the injured, in the most extreme conditions and situations that the wilds of North America throw at them. She uncovers everyday dangers, from the unexpected risks of familiar urban settings to the extreme conditions in North America's wilderness.

December 3rd – **Ujjal Dosanjh** - A lawyer and BC's 33rd premier and later an MP as Minister of Health, Mr. Dosanjh is first and foremost a courageous advocate for social justice who has devoted his life to public service. In his book, ***Journey After Midnight***, he tells of his life growing up in rural India where he was exposed to debates of his father and grandfather, both strong supporters of India's freedom at a pivotal time in India's history and traces his fascinating route to the Canadian political scene. He has also recently published, ***The Past Is Never Dead: A Novel***.

What's News?

Are you interested in following current events? What's News is a discussion group that focuses on current topics in local, national and international news. Meeting once a week, this group offers you an opportunity to be informed, get caught up to date and express your opinions about the significant stories of the day. For this fall, some significant issues that we can anticipate include elections in BC and the United States, as well as ongoing conflicts in Europe and the Middle East.

Thur 1:30 - 3:00 pm
Card Room
Sept 26 - Dec 12
\$25