

SLR

*Society for Learning in
Retirement*

SPRING 2011



QuickTime™ and a
decompressor
are needed to see this picture.

*SLR, 1434 Graham Street
Kelowna, BC V1Y 3A8
250-448-1203
www.slrkelowna.ca*

SLR DIRECTORS FOR 2011/2012

David Counts	President (Oct.-Mar.)	250-548-3544
Vera Ito	President (Apr.-Sept.)	250-491-2790
Marnie Turnell	Vice-President/Volunteer	
	Coordinator	250-868-2242
Darlene Osterlin	Treasurer	250-470-1850
Doug Whitehead	Treasurer	250-868-6166
Jill Starky	Secretary	250-491-3002
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Joan Sande	Social Director	250-766-3486
Heather Schneider	OC Representative	250-762-5445
Don Wray	Director	250-712-1228
Board Meetings: 2nd Friday of each month, except July		

PROGRAM COMMITTEE

Ilse Erwig	Chair	250-768-1319
Edie Lavroff		250-491-4757
Lori Marshall		250-763-5634
Sigi Narjes		250-768-8733
Toshi Sakamoto		per 250-768-1319
Marnie Turnell		250-868-2242
Leslie Turner		250-860-4481

SOCIAL COMMITTEE

Joan Sande,	Chair	250-766-3486
Phyllis Rowe		250-491-4464
Toshi Sakamoto		per 250-766-3486
Jan Shortland		250 452 6764
Jill Starky		250-491-3002



HOW TO CONTACT US
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SPRING 2011 REGISTRATION

- **IN PERSON** Monday, March 21 to Friday, March 25, 2010
9:00 am to 2:00 pm, Martin Centre
- **SLR OFFICE** From March 28 on, Monday to Friday, between 9:00 am and 12:00 noon
Office is closed Saturday, Sunday and Holidays
- **DROP OFF:** From Monday, March 21 onwards, during office hours, you may drop your completed registration form with your payment in the locked mailbox beside the SLR office door.
- **BY MAIL:** Send your completed registration form to:
SLR, 1434 Graham Street, Kelowna, BC V1Y 3A8
A **printable** registration form is also available on the SLR website (www.slrkelowna.ca)
Registrations will be dated upon receipt and allocated accordingly.

MEMBERSHIP FEES

Annual SLR membership @ \$15.00 for the period of September 1, 2010 to August 31, 2011.
If you have not renewed your 2010/11 membership, please send your cheque to the SLR office or pay at registration.

PRESIDENTS' MESSAGE

By the time you are reading this newsletter, the winter term is over, the AGM is past and the cold of February forgotten. Spring is on its way to the Okanagan and we have the new term's study groups to tempt you with. SLR is offering a range of spring courses on topics that look as diverse as they are interesting. Remember, however, that YOU are our only source of new study groups and study group leaders. On the subject of course material, one does not need to be an "expert" or have an encyclopedic knowledge to explore a subject and be the study group leader. Shared interest in a topic and a willingness to explore things together is what peer learning is all about. If there is a topic that you wish to be offered - offer it or find someone who would. Don't wait, just do it!

During the winter term the Board decided to replace the carpets and do a major clean-up of the rooms. Let's all pitch in maintaining an atmosphere conducive for a comfortable learning environment. There also will be a change in the boardroom. One of our longest-serving Treasurers, John Ewens, is resigning and so is our Public Relations officer, David Parsons. We owe them our heartfelt thanks. We look forward to seeing some new faces, with new ideas, on the Board.

A final note on our membership, which has been declining rather than growing. Most of the decline is simple attrition. Those who founded SLR are now fifteen years older than they were then and there are those who are moving away to be closer to their children. Seeing that Kelowna and surrounding communities are retirement destinations, our numbers should be increasing. SLR offers opportunities such as new friendships, intellectual stimulation, good company, and, oh yes, cookies...things that can complement anyone's retirement. Tell others about SLR, that's how most of us got there. Spread the word and take some brochures and newsletters available in the office. You may be doing someone a tremendous favour. Think of it, the person you enroll might be the one who offers just the study group you want to participate in. So you might be doing yourself a favour, too.

Have a great spring term and enjoy your summer

David Counts (Fall and Winter President)

Vera Ito (Spring and Summer President)

C A L E N D A R O F E V E N T S - S P R I N G 2 0 1 1



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

WEDNESDAY, APRIL 6, 2011, 12:30 – 2:00 PM

LUNCH 12:30 – 1:00 PM MEETING 1:00 – 2:00 PM

MARTIN CENTRE ROOM A/B

INFORMATION AND GROUP LISTS AVAILABLE

FOR SPRING '11 SGLS AND SGCS

POWER POINT INFORMATION FOR NEW SGLS: 2:00 – 3:00 PM

CALENDAR SPRING TERM 2011

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

Holidays: April 22: Good Friday; April 25: Easter Monday; May 23: Victoria Day

WELCOME PARTICIPANTS TO A NEW ROUND OF SLR COURSES

YOU WILL BE CONTACTED. Before you begin your course(s), your Study Group Leader (s) or the Co-Leader(s) or Study Group Coordinator (s) will contact you. If you have not been contacted before your course starts, please call the appropriate Study Group Leader or Co-Leader or Coordinator to confirm your attendance and to ask any questions you might have regarding the course.

WHEN THE COURSE YOU HAVE CHOSEN IS NOT WHAT YOU HAD EXPECTED, let your Study Group Leader know and sign up for another course if there is still space. Register with the Office Manager, Linda Grant. If you decide not to sign up for another course, your money will be refunded in full.

COURSE NUMBERS. In some instances course numbers are preceded with the number 2. This means that it is a course that will be presented outside the Martin Community Centre. Please check the place and address before signing up.

COFFEE BREAKS. During the session we usually break for coffee and cookies after one hour. Coffee is prepared on a rotating basis by the participants and cookies are optional. To protect the environment, please bring your own cup instead of using the disposable ones.

WHO TO CONTACT. If you have any questions about the course, please don't call the office but the Study Group Leader or the Coordinator at the number listed in the course description.

ABOUT THE SPRING 2011 PROGRAM

ROLLING ALONG, fall, winter and now spring again. Then it's off to a long leisurely break. But I am ahead of myself. For this spring program we, again, have new Study Group Leaders and new courses. May we welcome Jim Howard, who has a focus on the women novelists before Jane Austin; I hope all you book club and writing veterans will join Jim and enjoy his course. New also is the mathematics course John Clements is going to present: Ten Mathematical Ideas...Everyone Should Know. Get your binoculars dusted off because the new SGL, Hugh Westheuser, will take us into the outdoors to do some bird watching. Donna Duke has signed up to lead a series of outings to digitally photograph Kelowna's public art and to discuss the results during separate sessions. So you see, there is no lack of outdoor fun and learning, which is also good for all those stiff joints and muscles most of us collected this winter. New courses are always very much appreciated and a heartfelt thanks and welcome goes out to our new SGLs. The Program Committee has a new member, Leslie Turner, and she immediately immersed herself in what the Committee likes to do: gently persuading our Study Group Leaders to present the programs we have come to love and respect them for. To all you SLR members, best wishes for an interesting and fulfilling spring term. *On behalf of the SLR Program Committee*

Ilse Erwig,

Chair

P.S. We apologise to the SLR members who were not able to join their favourite courses before they were full. There always is another term and, frankly, we love to have that problem.

BETWEEN SPRING AND FALL – WANT TO BECOME AN SGL?

Summer! There is quite a stretch between spring and fall where we can give some thought to the possibility of joining SLR's corps of Study Group Leaders as an SGL yourself. The areas to consider, among other things, are Art of Advertising, Computer skills ("new to nerd"),

History of BC, History of Drama (and perhaps Dramatic Art), Languages, Modern History, Mid Eastern Politics, Poetry, Tai Chi.

Contact any of the members of the Program Committee to discuss any subject you might feel

passionate about and want to share with other like-minded people. Download a Course Proposal Form from the website, slrkelowna.ca, get a copy from the SLR office, or ask any member of the

Board or Committees. Their names and numbers are on page 2.

S P R I N G 2 0 1 1 P R O G R A M

#111S NEW ASPECTS OF TRAVEL – TRAVEL BY COMPUTER **FULL**

Three sessions of new information about current baggage regulations and costs, simple ways to create relaxed holiday itineraries, positive and negative aspects of booking online, new packing innovations and the many ways that are available to capture your vacation memories. Please call Judy for more information.

Leader: Judy Smith (250-762-5154) **FULL**
 Fee: \$11
 Duration: Monday, April 18, May 2 and May 9
 (April 25 = Easter Monday)
 Time: 10:00 – 12:00 am
 Sessions: 3
 Max/Min: 16/10
This is an extension, as pre-planned, to the previous travel course, *New Aspects of Travel*.

#211S BEGINNER BRIDGE

Experience what the game is all about. There will be opportunities to play, talk, observe, discover, draw conclusions, laugh and develop ways of thinking about the game. Textbook: "Bidding in the 21st Century" will be available from the Study Group Leader.

Leader: Ardelle Cates (250-766-5164)
 Fee: \$23
 Duration: Monday, April 11 – June 20
 Time: 10:00 – 12:00 am
 Sessions: 9
 Max/Min: 16/8

#311S THE POWER OF MYTH

We will view and discuss the 6 one-hour videos featuring Joseph Campbell being interviewed by Bill Moyers. Their discussions on a variety of ancient myths are thought provoking and can give new perceptions of one's spiritual journey. Join us for some fascinating insights.

Leader: Vera Ito (250-491-2790)
 Fee: \$17
 Duration: Monday, April 11 – May 30
 Time: 1:00 – 3:00 pm
 Sessions: 6
 Max/Min: 24/6

#2111S POTTERY

Complete at least one piece of beautiful handcrafted pottery such as plaques and tiles. Lots of glazes and design ideas to choose from. Clay, boards and special tools will be available. Bring an apron, small clean plastic containers, sponges, rags, rolling pin and a knife, as well as things for creating impressions.

An extra \$10 is included in the registration fee for clay, boards and glazing materials.

Leader: Richard Weston (250-861-6168)
 Fee: \$33 (\$10 for materials included)
 Duration: Monday, April 11 – June 20
 Time: 1:00 – 3:00 pm
 Sessions: 9
 Max/Min: 6/2 (including 2 Sandalwood residents).
Location: Workshop, Sandalwood Resort, 580 Yates Road, Kelowna.

#411S THE MOTHERS OF THE NOVEL: The Women Novelists before Jane Austen

The recent popularity of Jane Austen's novels (especially in movies) may have many believing she was the first female novelist of significance. In fact, there were many successful and popular women novelists in Britain for over a hundred years before Austen, who had some influence on her work. This course would look at *short* novels by Aphra Behn, Catherine Trotter, Mary Davys, Eliza Haywood, Charlotte Lennox and Frances Burney, which were raunchy, funny and daring. Some familiarity with Austen's novels would obviously be helpful.

Leader: Jim Howard (250-767-3005)
 Fee: \$25
 Duration: Tuesday, April 19 – June 21
 Time: 10:00 – 12:00 am
 Sessions: 10
 Max/Min: 16/6
Some of the texts are available through Amazon or Chapters online or from local libraries. Others are more obscure but would be accessible through the UBC Okanagan libraries. Jim may also provide his own copies, or photocopied versions, for participants who are unable to get access to these sources.

Jim recently completed his PhD as a retirement project. His dissertation was on British women writers of the 18th century.

#511S RECORDER ENSEMBLE LEVEL ONE
Participants in this program must be able to read music and have had previous experience playing recorder or other instruments. There are many sizes of recorders and you are encouraged to try them all. Instruction in technique and ensemble playing will be given. Those participants showing proficiency at this level will be invited to join the Orchestra. **FULL**

Leader; Sue MacDonald (250-707-0546)
Fee: \$25
Duration: Tuesday, April 12 – June 14
Time 10:00 – 12:00 am
Sessions: 10
Max/Min: 16/6
FULL

#2211S BIRDING FULL
We will meet in the Martin Centre parking lot and drive together to a birding "hot spot." Binoculars are essential, as well as the ability to walk two or three kilometres over possibly uneven terrain. If the weather is bad on either the 3rd or the 10th, the outing will be postponed to the 17th. With any luck, this will be prime migrating time through the Okanagan, and the best opportunity to see many species around here.

Leader: Hugh Westheuser **FULL**
Co-Leader: Pat Zander (250 769 4174)
Fee: \$9
Dates: Tuesday, May 3 and May 10
Time: 8:15 am - 12:00 noon approximately
Sessions: 2
Max/Min: 10/6
Meet at 8:15 am in the parking lot behind the Martin Centre

#611S ESTATE AND FINANCIAL PLANNING
Create your personal estate plan. Ensure your life's work transfers to the beneficiaries of your choosing, with as little interference, fees and delays as possible. Topics include benefits/limitation of wills, probate fees and final income taxes, joint owners, designation of beneficiary on RSP/RIF plans, executor duties and other essential information.

Leader; Ted Duck (250-860-6403, ext 2242)
Fee: \$11
Duration Tuesday, April 12 – 26
Time: 1:00 – 3:00 pm
Sessions: 3
Max/Min: 16/6

#711S LET'S WRITE FULL
Do you have a passion for writing? If so, join our supportive group to polish your fiction, creative non-fiction, poetry, family history or other writing projects. Participants must be willing to give and receive constructive criticism. Members' work will be taken home, critiqued and discussed at the following week's meeting. Please contact Susanna for further information.

Leader: Susanna Svendsen (250-763-2014)
Fee: \$21
Duration: Tuesday, April 12 – May 31
Time: 1:00 – 3:00 pm
Sessions: 8
Max/Min: 10/5
FULL

PLEASE NOTE: If this course is full, there will be an extra writing course on another day. Everyone should register for the #811 course and the group will be split up if and as required.

#2311S REIKI, THERAPEUTIC AND HEALING TOUCH
Continuation of the winter sessions with more hands-on work on massage tables. You will need yoga mats, pillows and light blankets.
This course is presented at The Okanagan Chateau, Activity Room, 114-2100 Benvoulin Court Kelowna.

Leader: Harry Sukkau (250-762-4004)
Co-Leaders: Reta Derkson (250-542-2667) and Brandy Bistricky (250-448-0488)
Fee: \$25
Duration: Tuesday, April 12 – June 14
Time: 1:00 – 3:00 pm
Sessions: 10
Minimum: At least 8

SLR is organizing a garage sale and flea market, art and crafts sale and coffee shop at the Martin Centre on Saturday, May 7. Keep your new and gently used articles for this sale and rent a table by yourself or with someone else. You keep the proceeds.

More information on page 16.

#811S TEN MATHEMATICAL IDEAS AND THEIR EVERYDAY APPLICATIONS EVERYONE SHOULD KNOW FULL

TOPICS: 1. The far-reaching consequences of very simple algebra; 2. The simplest ideas in probability and finance (gambling, risk management, etc.); 3. Numbers and their fascinating quirks, computer computation; 4. The concept of a proof; 5. Famous easy-to-understand problems, etc.; 6. Geometry and art, topology, GPS, etc.; 7. Chaos theory; 8. Fractals and Mandelbrot sets; 9. The mathematics of social choice (voting systems, etc.); and 10. Cryptography (e.g. MasterCard security), bar codes, etc.

Leader: John C. Clements (250-869-4948)
Fee: \$21
Duration: Wednesday, April 20 – May 25
Time: 10:00 – 12:00 am
Sessions: 8
Max/Min: 16/8
For this course no specialized knowledge or background will be required.
Please visit: <http://www.mathstat.dal.ca/~clements/>

FULL

#911S SOCIAL AND MORAL PHILOSOPHY FULL

This course requires no prior background in philosophy and avoids the often intimidating language in which philosophy can be expressed. We will engage in thoughtful, stimulating and accessible discussions of moral and ethical issues within our society, such as human rights, justice and equality, freedom and liberty, etc. We will explore some of the major problems which have always challenged thinking men and women. Together we can make this an exciting, provocative, illuminating, helpful and enjoyable time.

The first hour of each session will consist of a round-table discussion on a question given the previous week. All participants will be asked to think about it during the week and give a brief summary of their thinking. In the second hour, we will have a presentation to learn what has been written about the ideas that have shaped our world. The presentation will be followed by a question period and discussion. There will be suggested topics for presentations, but they will not be cast in stone, and there will be room to add to or expand upon any particular subject.

Leaders: Madeleine Bourdon (250-868-0964)
Frank Harvey-Smith (250-860-0432)

FULL

Fee: \$17
Duration: Wednesday, April 20 – June 1 (except May 4)
Time: 10:00 – 12:00 am
Sessions: 6
Max/Min: 20/10

**#1011S WILDFLOWERS OF KELOWNA AND THE ROCKY MOUNTAINS
A SLIDE SHOW PRESENTED BY DR. GEORGE SCOTTER**

**WEDNESDAY, MAY 4, 10:00 – 12:00 AM, ROOM B
SGC: Toshi Sakamoto (250-491-2183)**

Bring a Friend Registration Required No Fee

Dr. George Scotter is an ecologist with a deep understanding of wildflowers and appreciation of their beauty. No stranger to SLR, we welcome him back for another of his engaging and popular shows of stunning plant and flower photographs, with a display of fresh seasonal flowering plants growing in the Okanagan Valley. The first half hour will be spent identifying these plants.

#1111S INS AND OUTS OF CONDO LIVING

Discussions of the Strata Act of BC, including the Strata Property Amendment Act of 2009 (Bill 8), Unit Entitlement, Bylaws, Rules, Financial Statements, Insurance, Privacy, Conflict Resolution, Bare Land Strata, AGMs and other subjects of interest to condo owners. You will receive detailed handouts at the course (*an extra \$3 is included in the registration fee*). Discussion and individual presentations are encouraged.

Leader: Ilse Erwig (250-768-1319)
Fee: \$28 (includes cost for handouts)
Duration: Wednesday, April 13 – June 15
Time: 1:00 – 3:00 pm
Sessions: 10
Max/Min: 16/6
Recommended for strata property owners and members of strata councils.

Guest speakers: Property Manager, Owner/Developer and Real Estate Broker

#1211S SLR BOOK CLUB

Meet once a month to share your readings of selected books. Viewpoints are enriched through discussion, so your perspectives and insights are always welcome. Book selections are: **April 13:** *The Vanishing Act of Esme Lennox* by Maggie O'Farrell, and *The Whirlpool* by Jane Urquhart; **May 11:** *What the Psychic Told the Pilgrim* by Jane Christmas, and *The Best Laid Plans* by Terry Fallis; **June 8:** *Barney's Version* by Mordecai Richler, and *An Audience of Chairs* by Joan Clark.

Leader: Susanna Svendsen (250-763-2014)
Fee: \$11
Dates: Wednesday, April 13, May 11 & June 8
Time: 1:00 – 3:00 pm
Sessions: 3
Max/Min: 10/5

#1311S EXERCISE WITH LAUGHTER

Why do we laugh and why, as we get older, do we seem to laugh less? Learn to laugh again from inside out for no reason. Laughter is exercise that changes your breathing, optimizes your muscles, uplifts your spirit and benefits your health.

Leader: Barbara J. Morrell (250-859-0227)
Fee: \$9
Dates: Wednesday, April 20 and 27
Time: 1:00 – 3:00 pm
Sessions: 2
Max/Min: 24/6

#1411S MENDING FAMILY EMOTIONAL DISCORD AT A LATER STAGE IN LIFE

Mending 'broken bridges'— open up new possibilities for positive change in generational and intergenerational relationships. Will it still be possible after we have entered our senior years to successfully address the causal elements that initially severed family relationship ties? We will address universal family issues, Carl Jung's archetypal connections, and the common grounds for discord that run across all cultures. Private explorations and general themes will be discussed openly, but what you share with the group is your choice.

Leader: Patricia Donahue (1-250-503-3826)
SGC: Ilse Erwig (250-768-1319)
Fee: \$5
Date: Thursday, April 14
Time: 9:30 am – 12:30 pm
Session: 1 (3 hours)
Max/Min: 16/8
*Patricia, a registered nurse and psychological therapist, has written a novel, **Mighty Orion-Fate**, which is available in local bookstores. It describes major issues concerning seniors. Her workshop is based on practical experiences.*

#2411S RECORDER ORCHESTRA

To participate in this program players must have at least intermediate skills. This includes the ability to play fluently in key signatures up to 3 sharps and 3 flats. Good sight-reading and tuning competence is required. Our goal is to progress both individually and as an ensemble to performance standards. Opportunity to audition for this class will be provided. Please consult with the director before registering for this program.

Music Director: Jean Harrod (250-763-8470)
Fee: \$27
Duration: Thursday, April 14 – June 23
Time: 10:00 – 12:00 am
Sessions: 11
Max/Min: 20/8
Location: Multipurpose Room, Missionwood Resort, 1075 Barnes Ave., Kelowna

#1511S THE FOUR FUNDAMENTAL PRINCIPLES OF HEALTH– LEARN IT, LIVE IT

Learn to understand the physiology of disease while journeying through the human body, and prepare to do something about it with the tools that will be given to you. Pain is there not without a reason and chronic disease does not just happen. The information offered in these four sessions is based on the latest research. Health is yours to take care of – just do it.

Leader: Joshua Stehmeier (250-448-9097)
Fee: \$13
Duration: Thursday, April 21 – May 12
Time: 10:00 – 12:00 am
Sessions: 4
Max/Min: 16/8

Dr. Stehmeier is a chiropractor with a practice in Kelowna.

*Bottom Line:
without the gift, but the gift is nothing without work.*

The artist is nothing

Emile Zola

#1611S PHOTO COMPOSITION

Learn how to effectively compose a photographic image. Each session will consist of a critique session followed by an illustrated lecture. The topics will be related to basic photo composition and the art of seeing and design. Please bring three of your favourite images and your camera to the first session.

See course #1711S Digital Photography to practise your new skills.

Leader: Greg Dean (250-764-4839)
Co-Leader: Steve Tod (250-861-4142)
Fee: \$13
Duration: Thursday, April 21 – May 12
Time: 10:00 – 12:00 am
Sessions: 4
Max/Min: 16/8

In view of the hands-on instruction the maximum enrollment has been set at 16.

#2511S WRITING YOUR MEMOIRS

You'd like to write your memoirs but don't know where to start? This course will offer suggestions, an outline, provide information and allow discussion and support for your journey. Learn how to include genealogy, documents and photographs to present your finished story in an attractive, inexpensive format. There will be a writing assignment each week. Missionwood residents are encouraged to join with a maximum 2 residents.

Leader: Joanna Blacklock (250-764-2609)
Fee: \$25
Duration: Thursday, April 28 – June 30
Time: 10:00 – 12:00 am
Sessions: 10
Max/Min: 16/6 (*including 2 places for Missionwood residents*)

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

#1711S DIGITAL PHOTOGRAPHY

Field trips to capture images of City of Kelowna's Public Art will alternate with class time to view and critique your images. Critique sessions will be enhanced by comments from professional photographers invited to join us. This course is suitable for all levels of experience.

Check also course #1611S Photo Composition to learn about composition, lighting, the art of seeing and design.

Leader: Donna Duke (250-765-6034)
Fee: \$23
Duration: Thursday, April 14 – June 9
Time: 1:00 – 3:00 pm
Sessions: 9
Max/Min: 16/4

'It's not what you look at that matters, it's what you see.'

#1811S QUANTUM TOUCH

A natural and remarkably effective easily learned method of generating a powerful healing energy that accelerates the body's ability to heal itself, assists in pain relief and stress reduction, and provides balance, comfort and much more. Course includes DVD-learning with meditation and breathing exercises with hands-on practice time.

Leader: Lorraine Foster (250-765-5015)
Fee: \$23
Duration: Thursday, April 28 – June 23*
Time: 1:00 – 3:00 pm
Sessions: 9*
Max/Min: 10/5

The dates have been changed from what has been scheduled in the newsletter. The course will start later.

#2611S RIGHT PLANT, RIGHT PLACE **FULL**

Two weekly sessions visiting a garden in West-Kelowna. Master Gardeners in attendance to answer questions.

Session 1: A walk through a garden: watering according to the needs of flowerbeds; colour combinations and leaf textures; gardening as an expression of art; landscape architecture on a shoe string. **Session 2:** A look at the changes from the week before. How to use the flowers of the garden, pick them, condition them and use them to make a flower arrangement (handouts available). The arrangement will be raffled off for \$1 each (for cost of styrofoam and conditioners, payable to Marianne).

Leader: Marianna Boda (250-769-5632)
Fee: \$9
Dates: Friday*, June 3 and 10
Time: 1:00 – 3:30 pm
Sessions: 2
Max/Min: 12/8

This is the Spring Program's only course presented on Friday. **FULL*

Address available at registration.

Bottom Line: "Try to learn something about everything and everything about something."

Thomas H. Huxley

**SOCIETY FOR LEARNING IN RETIREMENT
MARTIN CENTRE 2011 SPRING TERM TIMETABLE AND ROOM ALLOCATIONS**

T	RM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 – 12:00 AM	A	111S TRAVEL BY COMPUTER Judy Smith Apr. 18, May 2,9 3 sessions P. 5	411S MOTHERS OF THE NOVEL Jim Howard Apr. 19 – Jun. 21 10 sessions P. 5	811S TEN MATHEMATICAL IDEAS John Clements April 13 – Jun 1 8 sessions P. 7	1411S MENDING FAMILY DISCORD Patricia Donahue April 14 1 - 3 hr. session P.8 1511S PRINCIPLES OF HEALTH Joshua Stehmeier April 21 – May 12 4 sess. P. 8	
	B	211S BEGINNER BRIDGE Ardelle Cates Apr. 11-Jun. 20 9 sessions P. 5	511S RECORDER ENSEMBLE Sue Macdonald April 12 -June 14 10 sessions P. 6	911S PHILOSOPHY Madeleine Bourdon & Frank Harvey-Smith, Apr. 20–Jun. 1 (except May 4) <u>6 sess. P. 7</u> 1011S WILD FLOWERS LECT. George Scotter May 4 P.7	1611S PHOTO COMPOSITION Greg Dean and Steve Tod Apr. 21– May 12 4 sessions P. 9	
1:00 – 3:00 PM	A		611S ESTATE & FINANCIAL PLANNING Ted Duck Apr.12 - 26 3 sessions P. 6	1111S CONDO LIVING Ilse Erwig Apr. 13 – June 15 10 sessions P. 7	1711S DIGITAL PHOTOGRAPHY & PUBLIC ART Donna Duke Apr. 14–Jun. 9 9 sess. (Apr. 14, 28, May12,26, Jun.9 indoors) P. 9	
	B	311S POWER OF MYTH Vera Ito Apr. 11 – May 30 6 sessions P. 5	711S LET'S WRITE Susanna Svendsen Apr. 12 – May 31 8 sessions P. 6	1211S BOOK CLUB Susanna Svendsen, Apr.13, May11, Jun 8 3 sessions <u>P. 8</u> 1311S EXERCISE WITH LAUGHTER Barbara Morell Apr.20/27 2 sessions P. 8	1811S QUANTUM TOUCH Lorraine Foster Apr. 28 – Jun. 23 9 sessions P. 9	

2011 SPRING HOLIDAYS:

Good Friday, April 22; Easter Monday, April 25; Victoria Day, Monday, May 23.

NO CLASSES ON FRIDAY

QuickTime™ and a decompressor are needed to see this picture.

**SOCIETY FOR LEARNING IN RETIREMENT
MARTIN CENTRE 2011 SPRING TERM TIMETABLE AND ROOM ALLOCATIONS
OUTSIDE VENUES**

COURSE #	COURSES	PAGE
#2111S	POTTERY , with Dick Weston, Monday, April 11 – June 20, 1:00 – 3:00 pm, 9 sessions, Workshop, Sandalwood Resort, 580 Yates Road, Kelowna	5
#2211S FULL	BIRDING with Hugh Westheuser and Pat Zander, Tuesday, May 3 and 10, 8:15 – 12:00 am, 2 sessions, meet at the parking area behind the Martin Centre.	6
#2311S	REIKI, THERAPEUTIC TOUCH , with Harry Sukkau, Reta Derkson and Brandy Bistricky, Tuesday, April 12 – June 14, 1:00 – 3:00 pm, 10 sessions, Activity Room, Okanagan Chateau, 114-2100 Benvoulin Court, Kelowna.	6
#2411S	RECORDER ORCHESTRA , with Jean Harrod, Thursday, April 14 – June 23, 10:00 – 12:00 am, 11 sessions at the Multipurpose Room, Missionwood, 1075 Barnes Road, Kelowna.	8
#2511S	WRITING YOUR MEMOIRS with Joanna Blacklock, Thursday, April 28 – June 30, 10:00 – 12:00 am, 10 sessions, Games Room, Missionwood, 1075 Barnes Road, Kelowna.	9
#2611S FULL	RIGHT PLANT, RIGHT PLACE , with Marianna Boda, Friday, June 3 and 10, 1:00 – 3:30 pm, 2 sessions, West-Kelowna (Location given at registration)	9

SLR OUTSIDE VENUES



MISSIONWOOD
1075 Barnes Avenue, Kelowna



SANDALWOOD
580 Yates Road, Kelowna



OKANAGAN CHATEAU
21 Benvoulin Court, Kelowna

ATTENTION ALL MEMBERS
Please direct inquiries about courses, missed sessions or attendance to the appropriate Study Group Leaders, Co-Leaders or Study Group Coordinators and NOT to the SLR Office. Phone numbers are posted in the Courses Section.
Thank you.

NOTICE TO NEW STUDY GROUP LEADERS

The Study Group Leaders' customary orientation meeting and complimentary luncheon will be held on Wednesday, April 6. At that time you will receive your envelope with instructions, a handbook, your contact list with the names of your course's participants. After this meeting, for the first time there will be a Power Point show as a virtual tour of the Martin Centre where it involves the goings-on of the Society for Learning in Retirement. Not so new Study Group Leaders, if you are still unsure about the facilities, management structure, principles of peer learning and other SLR details, please stay behind and be part of this new Power Point presentation.

Ilse Erwig, Chair, Program Committee

NON-SLR PROGRAMS OF INTEREST TO SLR MEMBERS (SLR REGISTRATION NOT REQUIRED)

SOAPSTONE CARVING DROP-IN THE ROTARY CENTRE FOR THE ARTS DONNA LEE, INSTRUCTOR

Members of SLR may drop in any time every Saturday between 11.00 am and 4:00 pm. Fee: \$10 plus the cost of the stone, payable to Donna.

This is an informal introduction to soapstone carving open to beginners without any age restrictions. The day is meant to be light-hearted with an eclectic mixture of ages and skills providing a fun atmosphere. Hope to see you at the:

**Rotary Centre for the Arts
Kelowna Sculptors Network Society
Room 112 - 421 Cawston Ave. Kelowna BC,
QUESTIONS? CONTACT DONNA
AT 778 478-0364 OR AT flexart@hotmail.com**

FALUN GONG AND QIGONG TEACHINGS AND EXERCISE PRACTICE FREE ON-GOING DROP-IN PROGRAM

with Joy Wang (250-869-6003)

**EVERY SUNDAY FROM 10:00 – 11:00 AM
IN THE OAKROOM, HAWTHORN PARK
CENTRE, 867 KLO ROAD, KELOWNA**

“Practice” refers to the exercises – five sets of easy-to-learn gentle movements and meditation. Cultivating oneself is essential; practicing the exercises supplements the process. The characteristics of the universe— Falun Gong is a high-level cultivation practice guided by Truthfulness, Benevolence and Forbearance. “Cultivation” means continuously striving to better harmonize oneself with these universal principles.

**EVERYONE WELCOME
REGISTRATION NOT REQUIRED**

PAINTING OUTDOORS – WEATHER PERMITTING

Patricia Gulyas, Study Group Leader for the Acrylic Painting courses, is offering the opportunity to paint outdoors. The subject can be a landscape or anything else you want. The goal is to be outside, to have fun and to observe and understand the concepts of shade and light, depth and perspective and to be able to apply these to your own painting. We will be at different locations in Kelowna in the evening from approximately 6:00 to 8:00. The first session is on June 17

The location to start off is the Rotary Park in Kelowna where there is a bench with a wonderful view. Email Patricia at arpadcreation@hotmail.com or call 250-767-2807 for more information.

Bottom Line: The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' - the pig was 'committed'." (unknown)

FRONT PAGE STORY

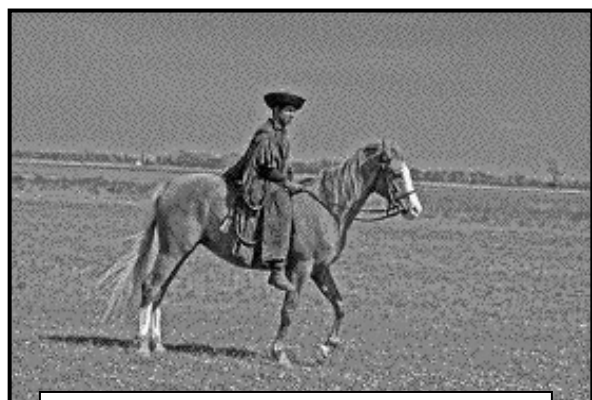
“Hungarian Landscape” by Patricia Gulyas



The painting “Hungarian Landscape” is done by our “painter in residence” Patricia Gulyas. Her name, she explained, means goulash in Hungarian, but it is spelt “gulyas.” The name is also often associated with “cowboy.” Patricia has graciously given permission to use her painting for our spring newsletter front page.

In 2010 Patricia joined the Hungarian Dance Group in Kelowna and last summer the Hungarian Club and the Dance Group organized special events, a picnic and an auction, to raise money for the Group to attend the National Hungarian festival in Winnipeg, which is being held in different cities every year. Patricia thought that to help raise funds she had something that she could use easily: her art, her work. So she decided to paint something typically Hungarian. The painting was auctioned off to one of the members of the Dance Group.

What you see on the front page is only half of the original painting, obviously not in colour. The cowboy is dressed in a blue coat with the other half of the painting showing a typical well that can be found in the countryside, which reminds Patricia of Alberta where she spent a few months some time ago.



Hungarian Cowboy (Internet photo)



Backcountry well (Internet photo)

Patricia was inspired by a picture sent to her by one of her friends, which gave her the idea. She loves blue and she loved the blue traditional costume the cowboy is wearing. She commented: ... *“In the back country it's common to find this type of well to give water to the cattle. The long stick of wood is used as balance to bring down an empty bucket and bring up the bucket with water.”* What you see is a typical Hungarian folkloristic picture with the (blue) cowboy, the landscape and the well.

Ilse Erwig

“WHAT’S YOUR PASSION?”

SLR is very lucky to have Study Group Leaders with so many diversified backgrounds. Some have worked in the health fields, some in the field of letters, some had to dig in the earth and some in people’s minds, but all of us have a passion which triggered the need to become a study group leader at SLR. This feature of the newsletter hopefully will be a forum for your short stories, articles and perhaps exposés involving your particular passion. For this edition Jack Mighton recalls the development of his passion for literature. Read on!



*Jack and Grace at Dylan Thomas’s Table
in Laugharne, Wales*

Having been invited to write something about the passion that led me to become a study group leader, I must acknowledge three passions, which may seem excessive. The first arose in adolescence and has had me in its grip ever since, but the unholy addiction to golf has no place on this page. In grade school I found literature somewhat appealing, but never imagined having a lifelong passion for the stuff. At university I took it more seriously and discovered that literature is not a self-contained discipline, but the contents of literary works include history, philosophy, psychology, politics, and so on, and that we have been blessed with a virtually unlimited accumulation of novels, poems and plays dealing with every aspect of human experience. There could be no excuse for boredom in this pursuit! And so

I was fortunate to have found a career that would continue to satisfy my appetite for literature.

My wife, Grace, and I share a passion for self-directed travel as well as for literature. We have enjoyed trips to many countries and have occasionally visited sites associated with favorite authors: Thomas Hardy, John Fowles, Dylan Thomas. The experiences of travel, as well as the experience of reading a good book are naturally accompanied by the urge to tell people about them, and this is where SLR comes in. When we retired to Kelowna fifteen years ago my passion for golf was easily accommodated, but for someone who was far from ready to abandon the stimulation of literature, and still anxious to contribute to the learning of others with the same interest, SLR (nee OILR) was a great surprise.

I think it is true that the passion for literature once acquired remains unabated throughout one’s life. This is abundantly evident in the study group I formed twelve years ago and continue to lead every fall semester. We discuss two or three novels from the rich heritage of English lit, and members of the group report on portions of the texts. Someone speaking with enthusiasm about the characters, events, ideas or style in a great novel, and having members of the group respond with further commentary or applause is testimony to the pleasures of learning. And this is what I am fortunate to be a part of in our study groups.

Some words from the ancient Greek playwright *Aeschylus* could be an appropriate motto for SLR:

“Old and ready to learn is always young.”

Jack Mighton

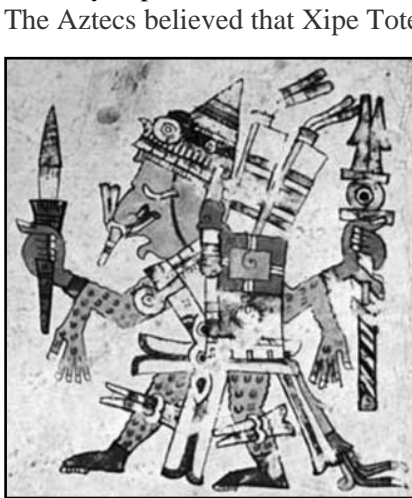
SPRING

And Now For Something Completely Different: The Ancient Spring God Xipe Totec*



Last spring the focus was on the beneficent *Ostara*, the goddess of new life descending from the heavens bringing new light and new life. This spring we will look at something completely different, the bloodthirsty Mesoamerican god Xipe Totec. He is called “The Flayed One,” (he would flay himself) the god of spring, of new vegetation and patron of the gold- and silver-smiths. On the left is the image of Xipe Totec in the Florentine Codex.

Triangular nose, round eyes, big lips and flapping extra extremities are signs that he is wearing someone else’s skin. Also note the stitches on the upper chest where the heart was removed. Part of the deity’s garment is seen through the hole in place of the genitals. Below is the deity depicted in the Codex Borgia.



The Aztecs believed that Xipe Totec was the divine personification of sprouting seedlings, which separate into multiple shoots, seen as a form of self-torture. In order to ensure good crops every year, human sacrifices were called for. On the spring equinox in March—the time of the Spanish Conquest which was around 1500--before the onset of the rainy season the annual festival of Xipe Totec, also known as *Tlacaxipehualiztli* (“flaying of men in honour of Xipe”) was celebrated. Annually, captives were forced to fight Aztec warriors

in games called “gladiator sacrifices” performed in the name of their spring deity. These fights were carried out at the end of the festival by five Aztec warrior, i.e. two Jaguar Warriors, two Eagle warriors and one left-handed warrior, using obsidian-edged swords called *macuahuitl*. The opponents, usually POWs, had to fight with a wooden sword edged with feathers. The Eagle Warrior (right) earned his rank after acts of bravery on the battlefield by not killing the enemy but taking as many of them prisoner instead. Understandably so, because the priests needed the wretched captives for the divine gladiator sacrifices.



After the opponent had been killed, his heart and genitals were removed. Then the body was carefully flayed to produce a nearly whole skin, often adorned with bright feathers and gold jewelry, that was then worn by the priests for twenty days during the fertility rituals that followed the sacrifice. This ritual using human sacrifices would ensure healthy crops. Statues depicting Xipe Totec show him as a large figure wearing a freshly flayed skin with an incision where the heart was removed. Flaying a victims’ skin represented the self-sacrifice of maize seeds’ when they shed their outer covering. Spring covers the earth with new vegetation, a “new skin” as it were. Priests performing the rites of spring wore these new skins to represent the regeneration of plants. It’s possible that Xipe Totec was originally derived from an ancient Olmec god. He was later worshipped not only by the Aztecs, but also the Zapotecs, Mixtecs and a few Maya city-states. Representations of Xipe Totec first appeared at Xolalpan, near Teotihuacán, and at Texcoco in connection with the Mazapan culture during the post-Classic Toltec phase (9th–12th century AD). Gold and silver workers made their own offerings at Xipe Totec temples, particular his main temple in Yopico.

* Pronounce *She pee TO tec*



SLR MAY FAIR

Garage Sale or Flea Market
WHEN???

SATURDAY, MAY 7

from 11:00 am to 3:00 pm

GYMNASIUM

Martin Community Centre

WHAT???

RENT a table for \$10 and

SELL YOUR:

New or gently used articles

Art and crafts and/or

that of your friends'

Plants and flowers, garden tools,

outdoor decorations and more

AND THE MONEY IS ALL YOURS

QuickTime™ and a
decompressor
are needed to see this picture.

To rent a table contact Edie: 250-491-4757 or
elavroff@shaw.ca

THE COZY CORNER CAFÉ

Get off your feet and don't' say
'nay'

take a break at the CC Café

QuickTime™ and a
decompressor
are needed to see this picture.

This is a work in progress; check the posters for new information.

May Fair proceeds go towards the purchase of educational DVDs and books to
benefit SLR study groups

Contacts: Edie Lavroff (elavroff@shaw.ca/250-491-4757) or Ilse Erwig (250-768-1319/ilse1@telus.net)