

# Canterbury ElderCollege Welcomes You!

Canterbury ElderCollege is about to launch its 19<sup>th</sup> Semester in Fall 2019; once again, our three Curriculum Committees have worked enthusiastically to develop an amazing variety of courses. We can anticipate more excitement as we move forward with this wonderful opportunity for older adults.

Canterbury College is the residential Anglican College affiliated with the University of Windsor. Our affiliated ElderCollege program was founded in 2011 to provide educational outreach to the growing segment of the population aged 55 and better, and to enhance the attractiveness of the Windsor/Essex and Chatham-Kent County regions as retirement destinations.

ElderCollege's founding philosophy is to offer low cost educational opportunities throughout all those communities where people live. We do this through a network of remote campuses. Our courses are intended to be fun and stimulating for all participants and include opportunities for social interaction. And, all our courses are designed and offered by volunteer instructors with a passion for their chosen subjects!

Canterbury ElderCollege was explicitly designed to provide pleasant learning opportunities for older adults who want to experience enrichment of their lifestyle through active involvement in education, and thereby contribute to the social and cultural enhancement of their community and their personal lives.

So, as we welcome everybody to our new Fall 2019 Semester, we invite you and your friends to peruse the courses being offered within our sparkling new Course Calendar. We hope you will have the opportunity to indulge in the immense variety of interesting, exciting and often entertaining courses that have been developed for your educational and social enjoyment. We are so looking forward to seeing you soon in a fun course!

*Dr. Gordon W.F. Drake, FRSC*  
*Principal, Canterbury College*

*Dr. Lloyd Brown-John*  
*Director & Founder of ElderCollege*



# THE CITY OF WINDSOR

OFFICE OF THE MAYOR

---



DREW DILKENS, DBA  
MAYOR

September 2019

Canterbury ElderCollege  
2500 University Avenue West  
Windsor, ON. N9B 3Y1

*"We can change the world and make it a better place.  
It is in your hands to make a difference."* | Nelson Mandela

On behalf of the City of Windsor, I offer best wishes for a rich and full year to all of the educators, mentors, members and participants that make up the family at Canterbury ElderCollege.

Your educational institution is dedicated to the principle of lifelong learning by offering courses that truly matter to people over the age of 55. Since your launch in 2011, you have grown to offer nearly 100 courses each semester throughout Windsor, Essex and Kent Counties, providing seniors with the incredible opportunity to teach and learn. Through these courses, and the skilled volunteer instructors delivering them, your institution continues to provide learning opportunities for older adults who seek to enrich their lives through active involvement, education, and by contributing to the social and cultural development of their communities. Through your social activities, outreach work, and relevant course offerings (including those that focus on structure and operation of municipal governments), you help ensure Windsor has knowledgeable, inspired citizens who are interested in having a positive impact on the community around them.

Citizens involved with ElderCollege are people who are actively engaged in our city. They work collaboratively to offer quality educational activities that inspire others to learn and to share ideas, expertise and social experiences with colleagues, neighbours, friends, family and other Windsorites. In this way, the people of ElderCollege embody the true spirit of Windsor that makes our city so special.

Windsor City Council is committed to our city being the absolute best that it can be. We focus on improving infrastructure, attracting investment, and creating opportunities that bring vibrancy to neighbourhoods throughout our entire community. Organizations like ElderCollege are crucial to making and keeping our city strong and prosperous. You help provide spaces to gather, to hear one another's histories, to celebrate heritage, to learn from each other's experiences, and to write the next chapter of the Windsor Story together.

Thank you for being a part of what makes Windsor such an amazing place to learn, live, work, play and invest. I wish everyone at ElderCollege the very best in the autumn semester.

Sincerely,

Drew Dilkens

---

(519) 255-6315 • 350 City Hall Square West, P.O. Box 1607, Windsor, Ontario N9A 6S1 • FAX: (519) 255-7796  
E-mail: [mayoro@citywindsor.ca](mailto:mayoro@citywindsor.ca)



2021 Division Road North  
Kingsville, Ontario N9Y 2Y9  
Phone: (519) 733-2305  
[www.kingsville.ca](http://www.kingsville.ca)  
[kingsvilleworks@kingsville.ca](mailto:kingsvilleworks@kingsville.ca)

## OFFICE OF THE MAYOR

August 2, 2019

Canterbury ElderCollege  
2500 University Avenue West  
Windsor, ON  
N9B 3Y1

### **RE: Best Wishes for Your New Semester**

On behalf of the Town of Kingsville, we would like to thank Canterbury ElderCollege for the invaluable contributions being made to the social and cultural development of our community. Your dedication to the principle of lifelong learning inspires our 55 (and better) population to grow experience, develop friendships and share knowledge with others. By offering fascinating courses on local history and a broad range of other topics (many of which are delivered by our very own residents), you empower educators, mentors and participants to enrich their lives and actively engage with our community.

The Town of Kingsville values the overall health and well-being of its citizens. Continued learning and self-improvement has a positive impact on the mind and body, which is especially important at all stages of our lives. Your educational institution plays a role in keeping our residents happy, healthy and young-at-heart by providing social opportunities, community outreach, and interesting course material that showcases our vibrant industries and celebrates our rich heritage.

We wish the students, teachers, and all the volunteers in the ElderCollege family another exciting semester of studying for the pure love of learning. Thank you for inspiring people to follow their passions at any age, and for helping ensure Kingsville and our Essex County remain a progressive and prosperous place to live.

Sincerely,

A handwritten signature in black ink, appearing to read "Nelson Santos".

Nelson Santos, Mayor  
Town of Kingsville

# MEMBERSHIP · REGISTRATION · TUITION

## FALL 2019

REGISTRATION STARTS:

*Tuesday September 10<sup>th</sup>, 2019*

## ANNUAL MEMBERSHIP FEE

\$15+HST = **\$16.95**

## HOW TO REGISTER

### Online

Using Visa or MasterCard

Registration opens at 12:00am on the first day of registration

[www.uwindsor.ca/canterbury/eldercollege](http://www.uwindsor.ca/canterbury/eldercollege)

### Over the Phone

Using Visa, MasterCard or Mailing a Cheque

10am to 3pm (519) 253-3000 x4944

### In Person

Using Visa, MasterCard, Debit Card or Cheque

10am to 3pm Canterbury College at 2500 University Ave. W.

## TUITION FEE OPTIONS

Individual **Course Fees** which are between \$25 and \$55 (+HST)

**OR**

**Buffet-Course Fee\*** allowing you to take up to **12 courses** in 1 semester (Fall or Spring) for **\$155 (+HST) per person**

\*The Buffet-Course Fee only applies to basic Course Fees and does not include: 1. Annual Membership Fee 2. Additional Material Fees for a course 3. Any Trip/Travel Courses 4. Other Specified Courses

***Please see page 70 for our Policies.***

## Canterbury ElderCollege Funding

We truly value your participation and want you to be informed regarding how our organization operates. Your membership, course fees and donations assist with our ongoing daily operation. The money we receive goes right back into the program and assists with the cost of office administrators, advertising, marketing, accounting, the online registration system and website and printing and distribution of the course catalogue. We greatly appreciate your generous support and participation which helps us to remain viable and contributes to our ongoing success.

## A Friendly Reminder

*Please Help Us...*

Many of our ElderCollege courses fill-up quickly. For these we create waiting-lists. If you are unable to attend a course for which you have registered (especially those taking the *Buffet Course Option*) please let us know in advance so we can invite those on the waiting-list to take your vacated spot.

THANK YOU  
from your  
ELDERCOLLEGE TEAM!!!

## How You Can Help

Please consider making a tax-deductible donation to help support our program. Tax receipts are issued for donations of \$10 or more. All donations are made to **Canterbury College** (Charitable #11 883 7418 RR0001). Your generous gift will help us to develop and sustain Canterbury ElderCollege in Windsor and Essex County.

Canterbury ElderCollege is extremely grateful for the funding received from our sponsors who help make this program a reality.



WINDSOR-ESSEX  
Compassion  
Care Community



AMICA  
SENIOR LIFESTYLES



---

WITH SPECIAL THANKS

For our Project

***“Let’s Remember: Learning about and Celebrating  
Local Canadian Veterans.”***

**4 Free Courses: 1 in Fall 2019 (pg. 55) and 3 in Spring 2020**

Funded by Veterans Affairs Canada  
Financé par l’Anciens Combattants Canada



## To those who opened their doors to us...

We'd also like to express our sincere appreciation to all of the facilities and businesses who have generously offered their locations for us to hold our courses. Without this support the ElderCollege program would not be possible!

## You Are the Best!

Amica Mature Lifestyles	Ojibway Nature Centre
Atlas Tube Centre	Ontario Garden Vegetable Growers
Canadian Transportation Museum	Paula's Fish Place
Chartwell Leamington	Point Pelee National Park
Chartwell Oak Park LaSalle	Reid Funeral Home
Chartwell St. Clair Beach	Royal Canadian Legion Branch 594
Chatham Retirement Resort	RZH Canada
Comber & District Historical Society	Seasons Amherstburg
Duff-Baby House	Seasons Belle River
Essex & Comm. Historical Research Soc.	Seasons Royal Oak Village
Essex Retirees Social Club	St. Andrew's Retirement Residence
Filipino Community Centre	St. Andrew's Anglican Church
Fort Malden Historical Park	Tecumseh Library
Harrow Research & Development Centre	The Village of Aspen Lake
Kingsville Community Centre	WFCU Centre Arena
Life After Fifty - East End	Windsor Lawn Bowling Club
Life After Fifty - West End	

## Thank You!

# We would like to express our sincere appreciation to...

Our **Instructors**, who volunteer their time and expertise to provide us with lifelong learning!

Our **Course Managers**, who volunteer to create and facilitate programs, contact instructors, distribute brochures and help promote Canterbury ElderCollege.

Our volunteer **Curriculum Committees**, who develop the courses, work closely with the Instructors and Course Managers, and spend their time to get “the word out” about this valuable community program.

## Become a Volunteer

If you would like to share your life skills with others and volunteer as one of our Instructors, Course Managers or as a member of one of our Curriculum Committees please call us at 519-253-3000 x4944

### **ADVISORY (The Fine Print)**

*Canterbury ElderCollege and its volunteers make every effort to ensure diversity of courses and, thus diversity of views and opinions on a wide range of topics. However, and in consequence, the views and opinions of persons offering Canterbury ElderCollege courses should not in any manner be interpreted as representing or reflecting policies of Canterbury ElderCollege or the views or opinions of Canterbury ElderCollege staff and volunteers.*

# Other Programs Offered by Canterbury



## Christian Studies Program

*Canterbury College works in conjunction with Huron University College to provide educational opportunities which can count towards a Certification in Theology.*

General Interest courses can fulfil Lay Reader requirements and are open to all who are seeking a better understanding of their faith and spirituality. Although these courses may be about religion they will not contain a specific devotional component.

This semester, there are 7 ElderCollege courses that participants can take which will count as credit for Lay Reader courses in proportion to the number of course hours. We can provide, by your request, certification upon completion of any of these Lay Reader designated ElderCollege courses.

To receive a certificate a \$15 (+HST) fee will apply.

These courses are marked with a certificate symbol like this  !

## Licentiate in Theology

This is a pre-degree diploma program intended for those who take seriously a call to Ministry while recognizing that "Ministry" is made manifest in many diverse yet equal ways. For example, the LTh may be undertaken:

- for personal development, to deepen your knowledge for discipleship
- for those contemplating Ordained, Diaconal or Ordination for Specialized Ministry
- for those already in Ministry and seeking to complement their education
- for those looking to work in Chaplaincy

By entering into agreements with other educational institutions, Huron University College has ensured that students across Canada, and across denominational traditions, will have a full range of course options.

***For more information please contact***

***Gordon Drake • [gdrake@uwindsor.ca](mailto:gdrake@uwindsor.ca) • 519-253-3000 x5041***

***Laura MacMillan • [laura@uwindsor.ca](mailto:laura@uwindsor.ca) • 519-253-3000 x4944***

# *ElderCollege Invites You*

*to attend the our  
Distinguished Speaker Series*

with **Certified Specialist in Dermatology**

**DR. JERRY TAN**

Saturday, October 19<sup>th</sup>

1:00pm – 3:00pm

Canterbury College, 2<sup>nd</sup> Floor

2500 University Ave. W.



## *As Your Skin Ages*

It is a bit of a truism: "As you age so too does your skin...often in unwanted ways". Join highly regarded Windsor medical dermatologist Dr. Jerry Tan as he helps you both to understand and to respond to your aging skin. Dr Tan will discuss how to keep your skin healthy and happy and how skin structure changes over time; assessing skin lesions whether dangerous or not; plus common skin rashes and, finally skin care for health and happiness. Dr. Tan will discuss the vital importance of your skin, how it changes with aging and skin problems associated with aging and in many cases, he will suggest prospective remediations.

*Maximum of 50 participants.*

\$10 (+HST) for ElderCollege Members

\$25 (+HST) for non-Members

***This course is not included in the Buffet-Course Fee***

Instructed by Dr. Jerry Tan      Managed by Dr. Lloyd Brown-John

**Dr. Jerry K. L. Tan MD FRCPC** obtained his undergraduate medical degree from Queen's University and trained in internal medicine at the University of Toronto. He completed his residency in dermatology at the University of British Columbia and the University of Michigan. He teaches dermatology at the Schulich School of Medicine, University of Western Ontario. In addition to his practice in general dermatology, his research focus is on the following disorders: acne, rosacea, psoriasis; and the following processes: clinical assessment methodology, patient-reported outcomes and medical decision-making.

# AMHERSTBURG CAMPUS

## Ahoy! Amherstburg's Marine Past

Through a collection of photos and stories this course will showcase the marine industry that flourished in the Port of Amherstburg since the 1880's. A highlight of the course will be the colourful history of McQueen Marine Ltd. that was based in Amherstburg for over 50 years. The photo collection will span from the sailing vessels of the late 1800s through steamships and steam tugs to the modern-day Equinox and Trillium class 21<sup>st</sup> century laker ships. Come aboard to hear the stories told by crew members of McQueen's famous tug Atomic. See what our Detroit River shoreline and Amherstburg's Navy Yard Park looked like 50 years ago.  
Class Size: Max. 20

1 Monday 2:00pm – 4:00pm December 2

LOCATION: Seasons Amherstburg Retire. Residence, 681 Front St. S

COURSE FEE: \$25 + HST = **\$28.25**

Instructors: *David Cozens, Cliff Morrison & Al Jackson*

Course Manager: *Jim McTavish*

BIO NOTE: **Dave**, (a boat nerd), has lived on the Detroit River in Amherstburg for 50 years. Captain **Cliff** started with McQueen Marine at age 14 as a cook and worked his way up to Captain of the famous tug Atomic and then the powerful Amherstburg. When McQueen Marine closed in 1979, he worked for Gaelic Tugboat Co. of Detroit. Wheelsman **Al** started at McQueen Marine at age 14 as a deck hand and later spent 5 years on Imperial Oil's tanker fleet.

## British Army Garrison Cooking

Have you ever wondered what soldiers ate in the war of 1812? Well, in this hands-on presentation, course participants will get to make a period 19th century recipe in the historic cookhouse at Fort Malden. Cooking over a fire in the hearth, participants will start by making a simple teacake, which was used as a third meal for British soldiers at Fort Amherstburg.

The participants will then make a ‘hobnail’ which is a hearth cookie. Take this journey back in time. Class Size: Max. 10

1 Tuesday 1:00pm – 3:00pm November 26

LOCATION: Fort Malden National Historic Site, 100 Laird Ave.

COURSE FEE: \$25 + HST + \$6.05 Museum Fee = **\$34.30**

Instructor: *Alex Dale*

Course Manager: *Malcolm Campbell*

**BIO NOTE:** *Alex is currently an Interpretation Officer for Parks Canada at Fort Malden. He began his career as a young volunteer at Fort Wellington in Prescott, Ontario (1990). In 2007 he relocated to Amherstburg as the Education Coordinator at Fort Malden. His position has evolved into being the Visitor Experience Interpretation Officer, running not only the myriad of education programming, but also the interpretation, animation and historic weapons program.*

## **Fighting the Phoney War**

The Phoney War, the early stage of world war two, was a time of secrets, threats and the faint hope for a negotiated peace. Author Al McGregor explored events in Canada, the U.S, Great Britain and Europe as part of the research for his new novel “An Angry Sky, A Novel of the Phoney War.” The presentation centers on what he learned of the anxious days between 1939 and 1942. Class Size: Max. 24

1 Monday 1:00pm – 3:00pm October 28

LOCATION: Seasons Amherstburg Retire. Residence, 681 Front St. S

COURSE FEE: \$25 + HST = **\$28.25**

Instructors: *Al McGregor*

Course Manager: *Malcolm Campbell*

**BIO NOTE:** *Al is an author specializing in historical fiction. His earlier books and Elder College Courses have explored Canada and the American Civil War, the final drive to Canadian Confederation and the 1917, a key year in world war one. The former television anchor and reporter lives in rural Elgin County.*

## **Martial Music in the 19<sup>th</sup> Century**

If you enjoy music, history, and love a military parade, this presentation is for you. It will include details on how military music was used throughout the 19<sup>th</sup> century in Canada. Participants will be able to hold and try out a wide variety of instruments, and hear the differences between garrison duty calls, battle signals, ceremonial and marching music, chamber and tavern music. Please Note: many of the instruments are quite loud.

Class Size: Max. 20

1 Wednesday

2:00pm – 4:00pm

October 30

LOCATION: Fort Malden National Historic Site, 100 Laird Ave.

COURSE FEE: \$25 + HST + \$6.05 Museum Fee = **\$34.30**

Instructor: *Alex Dale*

Course Manager: *Ruth Wass*

BIO NOTE: See page 12.

# CHATHAM-KENT CAMPUS

## **Family History: Developing Your Personal Family History - A Template**

This is NOT a course in family genealogy. This is a course about building a template upon which you can, if you wish, construct, record and even publish your own personal and family history. Every family has a valuable history. Generally history is about great events. Yet history is also about people and the overall construct of history can be supported by unique histories of families and individuals. Despite limited educations my parents published a hard bound, 466 page personal history of their lives. I worked with them to see that book written, edited and printed. It is an ordinary history of an ordinary family yet described on one occasion by Canada's national librarian "as the type of history we need more of." Let' see what we can do to map out your family's history! This course will be a Workshop on designing, compiling and recording your personal family history. We won't write your family history but we will offer some ideas and

guidance on how it can be done. We will explore why and how preparing a record of your personal family history can be an important part of understanding our collective social, cultural and historical fabric. Note: You will need a writing device; some paper and an imagination.  
Class Size: Max. 15

**SPECIAL NOTE:** This course is also being offered on different dates in both Essex and Windsor.

1 Friday 1:00pm – 4:00pm November 8  
LOCATION: St. Andrew’s Retirement Residence, 99 Park St.  
COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Lloyd Brown-John* Course Manager: *Diane Gilhula*  
**BIO NOTE:** *Lloyd is a retired professor of political science. He is also an author of several books, a retired columnist and a retired political analyst. He taught international law, constitutional law and administrative law at the University of Windsor in the Political Science Department. He and Marilyn are truly world travelers (over 115 countries including 8 in which they have lived). They also founded ElderCollege.*

### **GPS to Your Health: Your DNA is Not Your Destiny!**

Your food, your supplements, your thoughts, your home, your work, the people you're around... how do they affect you? The term “epigenetics” describes how your environment, not your DNA, dictates over 90% of your wellbeing. The environmental impact on the living system, the wisdom of your cells, and your perception control your survival. Learn how you can optimize your health and live a more vibrant life. Learn about your BioField and what energy medicine is and isn’t! Let's journey outside the box and learn how we can utilize the 60,000 thoughts we have daily to optimize your life and your wellness! Class Size: Max. 20

1 Tuesday 1:00pm – 3:00pm October 22  
LOCATION: Chatham Retirement Resort, 25 Keil Drive  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Greg Foster*

Course Manager: *Beverlee Bodnar*

**BIO NOTE:** *With 30 years in the Wellness Industry, as a holistic personal trainer, Sales Rep for a Nutraceutical company, Radio personality, Store owner, Cell-WellBeing Practitioner and VibroAcoustic Therapist, **Greg Foster** has done presentations to young folks and the veterans of life and will share the knowledge he has learned over the years.*

## **Home-Made Herbal Gifts**

The holidays are rapidly approaching and invitations to parties and gatherings are beginning to pile up. You know that you want something thoughtful and inexpensive to present to your hosts or to give as a secret Santa present, but you don't have time (or the inclination) to scour the stores for appropriate gifts. Are you ready to be inspired by herbal gift ideas that are beautiful, thoughtful, healthy, home-made? If so, this is the class to take. Class Size: Max. 12

1 Tuesday

1:00pm – 3:00pm

October 15

LOCATION: St. Andrew's Retirement Residence, 99 Park St.

COURSE FEE: \$25 + HST + \$8 Material Fee = **\$36.25**

Instructor: *Alice Silcox*

Course Manager: *Anne Gooch*

**BIO NOTE:** ***Alice** is back again with a new and creative course! She is a retired teacher who grew up in Windsor. As a child, she learned to cook with mixtures of fresh herbs and spices. Now she grows herbs in pots just outside her back door and preserves them in various ways for use in the winter.*

## **Mental Wellness in Aging**

Mental health disorders and illnesses are not a part of normal aging, and older adults have the right, and deserve to receive services and care that promotes their mental health. Mental health is an integral component of healthy aging. This presentation will provide an overview of common mental health disorders experienced by older adults such as depression, anxiety and dementia, how to identify red flags, and when and how to seek help. It will also provide practical and evidence-based strategies on how to maintain good brain health and wellness as we age. An overview

of the Geriatric Mental Health Outreach Team, services provided and how to connect with community support will be provided. Class Size: Max. 20

1 Wednesday 1:00pm – 3:00pm November 13

LOCATION: St. Andrew's Retirement Residence, 99 Park St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Nicole Basiaco*

Course Manager: *Alice Silcox*

**BIO NOTE:** *Nicole*, earned her BScN from McMaster and has worked in the field of Mental Health and Addictions in various roles/settings including inpatient psychiatry, Assertive Community Treatment Team and Outpatient Mental Health and Addictions at C-K Health Alliance. She next earned her Primary Care Nurse Practitioner Certificate, followed by a Master's Degree in Nursing U of W 2012. Her 15 years of nurse practitioner experience includes: primary care, palliative and end of life care, and most recently geriatric mental health.

## **Routes to the Forks**

The downtown core of Chatham, historically referred to as “The Coloured Man’s Paris” and prior to that, “The Forks”, was a safe haven for fugitive slaves coming across on the Underground Railroad. Though freedom was gained once in Canada, Blacks still faced a difficult time. Many free Blacks also came to this area because of its high Black population. The area gave way to opportunity to those hard working, skilled and educated men/women who lived here. The Black Mecca Museum is packed with important history of Chatham-Kent’s Black community from 1790 to present day. There is a strong focus on the successes of the Black population in CK’s history. Our course begins with a short film summarizing the history of the Black community. Though CK is no longer 1/3 Black as it was in the 19<sup>th</sup> century, the legacy of these settlers is not forgotten. Following the film, we will hear some of the most illustrious stories (not in the film) and then take in some of the displays in the museum. The walking tour covers the same neighbourhood where abolitionists and prominent businessmen once lived and includes stops outside some of Chatham’s early Black churches which still have congregation today and other points of interest. We conclude with a visit to BME Freedom Park, which is on the site of the first BME Church in Canada. The park’s focal point is a bronze bust of Mary Ann Shadd Cary,

sculpted by her three-time great niece, Artis Lane. Shadd Cary was an educator and abolitionist who sought to improve the lives of people regardless of race or gender. Class Size: Max. 20

**SPECIAL NOTE:** The outdoor walking tour will be about 4 blocks, held rain or shine! Please wear appropriate clothing and footwear for the weather.

1 Tuesday 1:00pm – 3:00pm October 29  
LOCATION: Chatham-Kent Black Historical Society, 177 King. St. E.  
COURSE FEE: \$25 + HST = **\$28.25**

Instrs: *Samantha Meredith & Dorothy Wallace* Crs. Mgr.: *Anne Gooch*  
**BIO NOTE:** ***Dorothy** (nee Wright) was born and raised in the East Side of Chatham where she continues to live today. She got involved at the CK Black Historical Society and Black Mecca Museum over five years ago and is currently the President of the Board of Directors. Much of Dorothy's family history can be found in the archives of the society along with over 460 other Black families. **Samantha** was born and raised in Chatham and is currently the Executive Director-Curator of the CK Black Historical Society and Black Mecca Museum and archives. Samantha graduated from Lakehead University with an HBA in History and a Bachelor of Education. She has been in her position with us for almost four years.*

## **Secrets of Southwest Elgin County: A Bus Trip**

Sometimes you re-visit places to remind yourself that they exist. On other occasions you search for new and, perhaps, secret places, about which you knew nothing. On this ElderCollege bus trip course we will visit some notable places in southwestern Elgin County. We will discover some secrets that we may not have known such as the site of Canada's first (and to then, the worst) commercial air craft disaster near an almost forgotten railway village. We'll discover a restored house now a museum. A vanished First Nations village and a memorial to those who died at a now forgotten World War II air training base. We may even visit the rhubarb capital of Ontario and a few other surprise places! And we will enjoy lunch and some free time for shopping in Port Stanley. And perhaps we'll have time to visit Ontario's smallest jail or a once thriving railway community. Class Size: Min. 18 - Max. 20

**SPECIAL NOTE:** This day trip also has a pickup/drop-off in Essex

***This course is not included in the Buffet-Course Fee***

1 Friday 9:00am (approx.) – 6:00pm October 18

LOCATION: TBD

COURSE FEE: \$35 + HST + \$45 Trip Fee\* = **\$84.55**

\*Fee Includes: Bus Transportation & Museum Fee. Lunch is not included.

Instructor: *Lloyd Brown-John* Course Manager: *Marilyn Brown-John*

**BIO NOTE:** *Lloyd and Marilyn are inveterate travelers and explorers.*

*There are few back roads in western and southwestern Ontario that they have not traveled. So, you are invited to join them on another fun exploration of some little secret and forgotten places mainly in Elgin County.*

## **Zentangle: Artful Meditation**

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, providing artistic satisfaction along with an increased sense of personal well-being. This method is enjoyed all over the world across a wide range of skills, interests and ages. We believe that life is an art form, and that the Zentangle Method is an elegant metaphor for deliberate artistry in life. In addition, studies have shown that Zentangle is a mindfulness activity with many benefits – it aids with anxiety/stress and useful in the treatment of chronic pain, fibro-myalgia, blood pressure, and insomnia. This workshop is a basic introduction and will provide the beginner with the history of Zentangle, intro. to the eight basic steps and expose them to associated vocabulary and tools used. During the workshop, students will be immersed in creating actual Zentangle tiles and will leave with a clear understanding that “Anything is possible one stroke at a time”. Beginner tangles are easily accomplished and provide a sense of “I can do this!” This is a great starter class that is bound to leave you thirsty for more.  
Class Size: Min. 6 - Max. 20

**SPECIAL NOTE:** Zentangle art is created by building on itself from start to finish; therefore, **participants are asked to arrive early so the course**

**can start on time.** The Instructor will not be able to catch up late arrivals as that would require all participants to stop and wait. We appreciate your understanding.

1 Tuesday 1:00pm – 3:00pm November 12  
LOCATION: Chatham Retirement Resort, 25 Keil Drive  
COURSE FEE: \$25 + HST + \$20 Material Fee = **\$48.25**

Instructor: *Manon Hughes* Course Manager: *Diane Gilhula*  
**BIO NOTE:** *Manon can't remember when she wasn't involved with art in one form or another, and loves sharing her knowledge and passion with others. She has found in the Zentangle Method a wonderful medium that boosts self-esteem, and brings a sense of knowing that, "Yes I can and yes I am an artist!"*

## ESSEX CAMPUS

### **Chariots of Fire: The History of the Fire-Fighting Apparatus**

We are sure that throughout our lives most of us have been fascinated by fire trucks and fire fighting equipment. Many of us will have even followed fire trucks to calls because we were curious. Their sirens are like a clarion call awakening this curiosity. The equipment has evolved from the "bucket brigade" to sophisticated and complex vehicles performing a variety of specialized tasks. This course will provide an insight into that technological evolution as we look at the types of fire fighting apparatus which has been used in Windsor over the past 150 years. And, perhaps as a surprise to some, we will recount a very substantial contribution made to the evolution of fire fighting technology by the local Seagrave manufacturing facility. Class Size: Max. 20

1 Wednesday 10:00am – 12:00pm November 27  
LOCATION: Cdn. Transp. Museum, 6155 Arner Tline Cty. Rd. 23  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Walt McCall*

Course Manager: *Penny Paul*

**BIO NOTE:** *Walt*, an avid fire buff for over 60 years, says it all began in Toronto (1950), when he became a regular visitor at his local fire hall. Within hours of his family arriving in Windsor (1953) he was peering through the doors of Station 3 on Turner Road. He's written 9 books on fire apparatus, articles for fire service trade journals and has been Editor of 4 fire buff publications. Walt wrote 75 historical items for the Windsor Fire & Rescue Service website and has owned several fire engines.

## **Death by Pandemic: The Great Spanish Flu Epidemic in Canada**

As the carnage and human death toll of World War I ended in November 1918, ironically an even greater carnage and human death toll was about to engulf the world. In this course we will explore the reasons and consequences of the great Spanish flu epidemic in general, and specifically upon, Canada. Globalization of a deadly disease occurred very rapidly and with an enormous death toll. Indeed, more people perished from the Spanish flu than had died in the hell of World War I. We will review the history of the epidemic and endeavour to explain how and why it occurred. Specifically, we will look at the impact upon Canadians and seek to explain how and why the deadly flu spread so quickly and took so many lives in one year. We may even explore the probability of a similar type pandemic in future. We shall also learn from Windsor-Essex County Health Unit about the "flu" and its various types including a discussion about how flu is transmitted, the importance of flu shots (especially for older people), vaccines and how they are adapted to changing strains of the flu. Class Size: Max. 35

1 Thursday

1:30pm – 4:00pm

October 31

LOCATION: Essex Retirees Social Club, 32 Russell St.

COURSE FEE: \$25 + HST = **\$28.25**

Instrs: *Lloyd Brown-John & Wajid Ahmed* Crs. Mgr: *Marilyn Brown-John*

**BIO NOTE:** *Wajid* is Chief Medical Officer for Windsor and Essex County. He received his medical training in Pakistan. After practicing for several years and completing a Master's degree in Health Administration, he moved to Canada for further training in public health. He started his public health education at the University of Waterloo and then joined the Center

for Addiction and Mental Health, where he completed a fellowship in Addiction Medicine. Prior to joining the WECHU, he completed his Public Health and Preventive Medicine Residency training at the University of Ottawa. **Lloyd's** bio note can be found on page 14.

## Down at the Depot

This course will take a look at the former Tecumseh, Ontario railway depot, inside and out. This will include its history with CGW, Grand Trunk and Canadian National Railway. The station is now on the grounds of the Heritage Village at the Canadian Transportation Museum site. This station and its operation and contents are representative of stations once dotting the entire railway landscape across Canada. The session will be held in the train station building. The importance of these stations to the communities they served, and details of their operation will be described. You will have a chance to explore the building and perhaps think back to an earlier and simpler time and mode of travel. Class Size: Max. 15

1 Friday 1:00pm – 3:00pm October 25  
LOCATION: Cdn. Transp. Museum, 6155 Arner Tline Cty. Rd. 23  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Stephen Phillips* Course Manager: *Gary MacLeod*  
**BIO NOTE:** **Stephen** is a retired Customs Officer. He worked for the CNR for 10 years and has had a life-long interest in trains.

## Earth Changes Through Time

This course will summarize in general terms the many events that changed our planet from a molten ball to the present benign, bio-friendly environment. To get to the present, the earth went through a number of amazing changes. While many of the details are still a mystery to us, the story is gradually coming together, even though the evidence is meagre and complex. New information and interpretations have recently come to light and this will be included. This presentation will be in non-technical language and cover only the major events. Class Size: Max. 30

#1 First four billion years: Earth's geologic, environmental and the increasing influence of biological action

#2 Remaining half billion years: how life increasingly took control of the environment; look at basic geologic processes such as plate tectonics

2 Tuesdays 1:00pm – 3:00pm Nov. 26 & Dec. 3

LOCATION: Essex Retirees Social Club, 32 Russell St.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Paul Bourque*

Course Manager: *Cobe Weaver*

BIONOTE: **Paul** is a former teacher with a background in geology and physical geography. He has kept up with recent developments and other topics of interest. He has previously presented a number of ElderCollege course on geology, paleontology, canoeing and history.

## **ElderCollege's Trivia Championship**

Did you get caught up in the Trivial Pursuit frenzy in the 1980's? Would you like to be the 2019 ElderCollege Trivial Pursuit Champion? In this two-week course up to 24 people will compete the first week to win a spot in the final game to be held in the second week. Standard Trivial Pursuit rules, with a couple of ElderCollege (house) rules will prevail. Questions will come from over a dozen different Trivial Pursuit game editions. Why not sign up and join in the fun? Satisfy your competitive spirit. Games will be available the second week for those not in the finals game. In the interest of fair play, cell phones cannot be used. Class Size: Max. 24

2 Tuesdays 1:30pm – 4:00pm Nov. 12 & 19

LOCATION: Essex Retirees Social Club, 32 Russell St.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Penny Paul*

Course Manager: *Kaye McMann*

BIO NOTE: **Penny** is a retired medical technologist and has always loved playing games.

## **Essex District High School: A Look Back**

From its inception in 1885 to the new modern-day educational facility it is now, Essex District High School has burned down, been rebuilt, expanded, modernized and graduated thousands of students over multiple generations. This course will take a look back at the principals and

teachers who made the county's first high school famous in its own right. Who owned the property that the school is on? When was the town of Essex actually founded? Class Size: Max. 15

1 Tuesday 2:00pm – 4:00pm November 5  
LOCATION: Essex & Comm. Historical Research Soc., 18 Gordon Ave.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Fred Groves & Laurie Kowtiuk* Course Manager: *Ruth Wass*  
**BIO NOTE:** ***Fred** is a director with the Essex and Community Historical Research Centre. **Laurie** is the President of the Essex & Community Historical Research Society. She has been a member since the beginning of the Society 11 years ago. ECHRS has a collection from the Essex High School dating since the beginning of its existence.*

## Evolution of The Automobile

This course will explore the history and development of what is commonly referred to as the North American Big Three automobile manufacturers, GM, Ford, and FCA. Included will be stories about the merging and acquisition of other successful, and not so successful “independent” manufacturers, as well as their expansion and development in Canada. With a tour of the Canadian Transportation Museum, the course will cover the evolution of the automobile, and include showing some interesting accessories and driving aids available over the years. Class Size: Max. 15

1 Thursday 10:00am – 12:00pm October 31  
LOCATION: Cdn. Transp. Museum, 6155 Arner Tline Cty. Rd. 23  
COURSE FEE: \$25 + HST + \$4 Museum Fee = **\$32.25**

Instructor: *Dan MacIntyre* Course Manager: *Tom Noble*  
**BIO NOTE:** ***Dan** has been a member and volunteer for the Canadian Transportation Museum and Heritage Village for over 35 years, serving several years on the Board of Directors, and as chair of the Transportation Museum. As well, since his retirement from FCA, Dan has been very active with the Children's Education Program sponsored by the CTMHV.*



Instructor: *Cathy Knight*

Course Manager: *Marilyn Young*

**BIO NOTE:** *Cathy* has a B.A. and M.A. from the University of Windsor as well as professional certification (PLGCS) from the University of Toronto in Canadian and English genealogy. She has expertise in French Canadian genealogy, Ontario and Michigan research. She is a member of the Association of Professional Genealogists, Ontario Chapter.

## India & Nepal: The Taj, Tigers & the Himalayas

Let's visit to India, that ancient and mysterious country that gave birth to two great religions and is now becoming an economic powerhouse. An archaeology that goes back to the dawn of civilizations, and a history that reflects a country at the crossroads for every culture in Europe and central Asia. It is still the place to come face to face with a Bengal tiger, and to play in a muddy river with friendly Asian elephants. We'll explore the history and see the great cities of north Indian, with their gilded palaces and huge fortresses. Hear the love story behind the the Taj Mahal. Float down the holy river Ganges, passing Varanasi, called the oldest city in the world. Then we travel to the chaotic Nepalese border, seeing Buddhist sights along the way. Crossing into Nepal we follow the footsteps of the Buddha into the Himalayas. Just beyond the town of Pokhara we run out of road and start a four-day hike into the Himalaya. After two days of steep hiking we run into a wall of 8000M peaks, the Annapurna range. Turning east, we hike amongst giant rhododendron trees, with snow covered peaks on our left, then south, back to the road that will take us to the capital of Nepal, Kathmandu, the ancient silk road city of stupas, temples and palaces. Class Size: Max. 25

- #1 India: Mughal emperors, Delhi tourist sites, Agra (the Taj), Jaipur, and Varanasi and the tiger conservation area at Ranthambore.
- #2 Nepal: In the footsteps of Buddha through foothills to Pokhara, then Annapurna range, ending in the legendary city of Kathmandu

2 Thursdays

12:45pm - 3:45pm

Nov. 28 & Dec. 5

LOCATION: Essex Retirees Social Club, 32 Russell St.

COURSE FEE: \$45 + HST = **\$50.85**

Instructor: *Peter Imeson*

Course Manager: *Mike Alexander*

**BIO NOTE:** *Peter* is a retiree who enjoys traveling and outdoor pursuits.





LOCATION: Cdn. Transp. Museum, 6155 Arner Tline Cty. Rd. 23  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor: *Penny Horne*

Course Manager: *Penny Paul*

BIO NOTE: *Returning to school in her mid-40s, **Penny** completed an HBA (Engl.RLST) B. ED (P/Jr/Sr) & MA(RLST-Holocaust). While teaching, she added numerous specialists to her vitae. Her teaching career included guidance counsellor, librarian, and writing and working on curriculum documents while continuing to teach. Her passion and compassion for others has led her on many journeys in life.*

## **Secrets of Southwest Elgin County: A Bus Trip**

Sometimes you re-visit places to remind yourself that they exist. On other occasions you search for new and, perhaps, secret places, about which you knew nothing. On this ElderCollege bus trip course we will visit some notable places in southwestern Elgin County. ....*Please see page 17 for the full course description.* Class Size: Min. 18 - Max. 20

**SPECIAL NOTE:** This day trip also has a pickup/drop-off in Chatham

***This course is not included in the Buffet-Course Fee***

1 Friday

8:00am – 6:00pm

October 18

LOCATION: Municipal Park. Lot, behind Dollar Tree Store, 61 Talbot St. N.

COURSE FEE: \$35 + HST + \$45 Trip Fee\* = **\$84.55**

\*Fee Includes: Bus Transportation & Museum Fee. Lunch is not included.

Instructor: *Lloyd Brown-John*

Course Manager: *Marilyn Brown-John*

BIO NOTE: **Lloyd** and **Marilyn** are inveterate travelers and explorers. *There are few back roads in western and southwestern Ontario that they have not traveled. So, you are invited to join them on another fun exploration of some little secret and forgotten places mainly in Elgin County.*

# HARROW CAMPUS

## 911 EMS Response

One of the most frightening and stressful times in life is having to call 911 for a medical emergency for yourself or a loved one. When should someone call an ambulance, and what information is helpful for the paramedics and the hospital staff? Learn what skills and equipment paramedics use to treat patients in the prehospital environment. Although rewarding, being a paramedic comes with an emotional and physical toll, attending to people's tragedies and emergencies whether at home or on highways is stressful. Class Size: Max. 25

1 Thursday

2:00pm – 4:00pm

October 17

LOCATION: St. Andrew's Anglican Church, 210 King St. E.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Michele Taylor*

Course Manager: *Esther Meerschaut*

BIO NOTE: **Michele** is an Advanced Care Paramedic, proudly serving communities in Windsor and Essex County for 28 years. She is an advocate for the mental wellness of paramedics, serving as co-chair of the Essex Windsor EMS Peer Support Team and Master Trainer in R2MR (Road to Mental Readiness). Michelle is also proud to be a member of the 4<sup>th</sup> Watch Honour Guard and Provincial Review Team.

## Harrow Research & Development Centre: 110 Years of Agricultural Research

The Harrow Research and Development Centre (RDC) means different things to different people. To farmers and extension agrologists it's a source of information and consultation; to local gardeners it is a place to go for advice regarding their problem weeds or insects; to the business community it represents a relatively large and steady source of customers, to school children it is an extension of their science class; and to others – scientists, technicians, general and administrative support staff it is an exciting place to work. Many people have no idea that within this facility

some of the world's leading agricultural research is being conducted on a daily basis. Join ElderCollege for an exploration course on the latest agricultural research taking place at the Harrow RDC. Class Size: Max. 20

**SPECIAL NOTE:** No sandals or open toed shoes are allowed in the greenhouse area during the tour of the facility and the fields.

1 Tuesday 1:00pm – 3:00pm October 15  
LOCATION: Harrow Research & Development Centre, 2585 Cty. Rd. 20  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Della Johnston* Course Manager: *Esther Meerschaut*  
**BIO NOTE:** *Della is the Director, Research, Development and Technology for Agriculture and Agri-Food Canada's Research and Development Centres in Harrow and London, Ontario.*

## Trivia Time

Back by Popular Demand. Last year's trivia challenge was a great success and people told us they wanted more. So, we are back with all new questions, like: 1. In the television series, in which county did the Duke family live? 2. Which British Monarch was born 24 May? 3. True or False? The poisonous pufferfish is considered a delicacy in Japan. Get the answers to these questions and test your brain with more at our next session. Work alone or with a partner. Class Size: Max. 30

1 Thursday 2:00pm – 4:00pm October 3  
LOCATION: St. Andrew's St. Andrew's Anglican Church, 210 King St. E.  
COURSE FEE: \$25 + HST = **\$28.25**

Instrs.: *Esther Meerschaut & Ted Steele* Course Mgr.: *Orysia Rivest*  
**BIO NOTE:** *Esther and Ted were both teachers and love trivia!*

# KINGSVILLE CAMPUS

## A New Health Crisis Called Loneliness

This session explores loneliness and the impact it has on health and well-being. The affects can be staggering for the individuals experiencing it and for our health care system. We are all at risk as we move through life transitions and changing life circumstances. This phenomenon exists across the world, across all age groups and all socioeconomic backgrounds. Strategies will be suggested to prevent and overcome loneliness by supporting naturally occurring supportive networks, and linkages to community resources. Learn what is happening to combat loneliness locally and in other parts of the world. Participants will be invited to explore their own risk factors and to contribute to the Compassion Care movement in Windsor and Essex County. We can all make a difference! Class Size: Max. 15

1 Thursday

1:00pm – 3:00pm

November 14

LOCATION: Kingsville Community Centre, 1860 Division Rd. N.

COURSE FEE: **FREE** with ElderCollege Membership

Instructor: *Diane Mulcaster*

Course Manager: *Maureen Myers*

**BIO NOTE:** *Diane has been a registered nurse for more than 40 years working in hospital and in the community in various capacities, including frontline nursing as well as in a management capacity. Diane completed a Master of Health Studies in 2016. Being passionate about the topic of loneliness, Diane firmly believes we all need to know how it affects us, how to prevent it and to support those who are living it. We are all at risk and we can all make a difference!*

## Hidden Stories of History

Learn the real stories behind some of the people and events we have all heard about. Why was Amelia Earhart's famous last flight doomed from its beginning? What were the roots of the werewolf stories, in many locations around the world? Who was the real Dracula, and if he was so

terrible, why haven't we heard of him more? What is the truth behind the Frankenstein story? Where is Castle Frankenstein and can it be visited today? Join us and learn... the rest of the story. Class Size: Max. 20

1 Tuesday

1:00pm – 4:00pm

October 22

LOCATION: Kingsville Community Centre, 1860 Division Rd. N.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Ted Steele*

Course Manager: *Jim McTavish*

BIO NOTE: **Ted** is a retired teacher. He is currently on the executive of the Harrow Early Immigrant Research Society (HEIRS).

## LAKESHORE CAMPUS

### **Estates Law Changes That Can Affect You**

The course will explain some of the changes that have been made to Ontario's Estate Laws. The changes affect you, your executor and your beneficiaries. Executors have more responsibilities and they may now be penalized for making mistakes. Careful planning can simplify things for your executor and reduce the impact of the new laws. You will learn some easy strategies proven to reduce estate tax, save your estate money, and simplify things for your executor and those you love. Class Size: Max. 30

1 Monday

2:00pm – 4:00pm

November 4

LOCATION: Atlas Tube Centre, 447 Renaud Line Rd.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Darren Hebert*

Course Manager: *Mariette Renaud*

BIO NOTE: **Darren** is a lawyer who focuses his law practice on Estates Law. He helps clients simplify things for their executors and their families. He does this by showing clients how to minimize estate taxes and by customizing their Wills and Powers of Attorney. He guides executors in their duties and helps them avoid penalties. Darren has published several articles in local papers, he has taught numerous law courses at our local

*colleges, and he provides explanations of Estate Laws to financial advisors.*

## **Last Invasion: General McArthur's Grand River Expedition of 1814**

There will be a brief review of the events of the War of 1812 which led to McArthur's Actions in the fall of 1814. We will examine the purpose of McArthur's actions and the overall effects upon the population of the London and Western Districts and the overall impact on the War. We will include a tour of the sites of McArthur's campsites throughout his two-week adventure. We will also detail the damages to the economy of the region. From the discussions we will determine reasons why McArthur is not held in esteem as other War of 1812 heroes such as Perry, Harrison and Scott. We will review the available resources upon which McArthur's Raid can be researched. Class Size: Max. 20

1 Friday 1:00pm – 3:00pm October 11  
LOCATION: Seasons Belle River Ret. Res., 1700 Essex County Rd 22  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Glenn Stott* Course Manager: *Malcolm Campbell*  
**BIO NOTE:** *Glenn is a former elementary school educator, as well as local historian from Arkona Ontario. Glenn has self-published a number of books related to the war of 1812 and other topics concerning Southwestern Ontario.*

## **Russia's Mongolian Heritage: An Exploration**

Looking for a fascinating course? Well here it is as we scan 250 years of Russian history in effort to understand modern Russia. From the 13th to the 15th century Russia was under Mongol rule or "The Tartar Yoke". From this Mongol Empire "Dark Age", some Western historians suggest Russia inherited its penchant for territorial expansion and centralized power. Beginning about 882 Russia was a loose federation of East Slavic tribes under the reign of the Rurik Dynasty and known as: "Kievan Rus". Byzantine Empire Christianity entered Russia early in the 11th century. However, Russia remained divided into principalities with local princes constantly jostling for power. The Mongol invasion of Kievan Russia



Instructor: *Carmen Starnichuk*

Course Manager: *Gary MacLeod*

**BIO NOTE:** ***Carmen** is a retired Postal Superintendent with an interest in human nature in general. Having time to think has fostered a weird fascination with junk: why we accumulate it, what we do with it, and its impact on our environment.*

## LASALLE CAMPUS

### Digital Presenting: The Everything Guide

Back by popular request, this course will help all to become better presenters, and to navigate the seemingly-complicated world of digital presenting. From the very basic to advanced tips, the Guide to Digital Presenting will cover multiple methods, things that can go wrong, and even new abilities you don't even know you can make use of! After the presentation, there will also be an hour-long seminar on how to create a vibrant PowerPoint presentation, so make sure to bring your laptops and your questions with you. Class Size: Max. 25

1 Saturday

10:00am – 1:00pm

October 26

LOCATION: Seasons Royal Oak, 2400 Sandwich W. Parkway

COURSE FEE: \$35 + HST = **\$39.55**

Instructor/Course Manager: *Charles Bain*

**BIO NOTE:** ***Charles**, a frequent ElderCollege presenter since 2014, received his Master's Degree in History from the U of W 2009, and his Bachelor's in Education in 2013. Covering a wide range of historical topics, he is always eager to engage with ElderCollege participants. He believes strongly in the value of teaching history to enhance our understanding of the world and ourselves, and invites you to come to his courses, enjoy them, and to think.*

## Forgotten Females of History

This is the FINAL TIME that the Forgotten Females course will be offered! Officially to be retired after this session, Forgotten Females of History takes a look at the many, many historical women who were left out of popular accounts in order to create a view of history that encompassed only half the world. This very well-received and exciting course will cover the entire span of history from the ancient to the recent, looking at the important women who have filled human experience with art, science, culture – and served in war and politics. If you've wanted to take this course before, or just want to see it again, make sure to do so before it's gone! Class Size: Max. 25

3 Saturdays                                      10:00am - 12:00pm                                      Nov. 2, 9 & 16  
LOCATION: Seasons Royal Oak, 2400 Sandwich W. Parkway  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Charles Bain*

BIO NOTE: **See previous course.**

## History of Comic Books and Superheroes

This course would be an overview of how comic books came to be and how superheroes evolved since their creation in 1938. We will explore comic books "then and now", terminology and multimodality, comic panics, and the evolution of superheroes. Class Size: Max. 20

4 Saturdays                                      10:00am – 12:00pm                                      Nov. 9, 16, 23 & 30  
LOCATION: Chartwell Oak Park LaSalle, 3955 13th St.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor: *Taylor Goddard*

Course Manager: *TBD*

BIO NOTE: **Taylor** has a BA in English (minor in History) and a B of Ed. from the U of Windsor. She is a registered high school teacher and her love of education is incredibly vast. Taylor has always loved superhero movies, and during her university career, she took courses in Comic Books, which she thoroughly enjoyed. Taylor has studied not only the history of the genre, but the analysis of specific artistic choices and techniques. She is loving the chance to share her passion and knowledge with the ElderCollege community.

## Inside the Tyrant Empire: Resistance Movements to Nazi Germany

In every country occupied by the evil of fascism, people chose to resist. The form of this resistance changed from place to place, and the stories these brave individuals left behind must resound throughout history. This course will examine the breadth of the subject, looking at those who fought back across Western Europe, who joined partisan armies in the East, and those who fought back within Germany itself. The course will also look at the complicated picture of the French Resistance, its mythology and its very long shadow. This course is a must for enthusiasts of World War II, and those fascinated by the lives of 'ordinary' people in times of trouble. Class Size: Max. 25

- #1 Western Europe and Germany
- #2 Poles, Partisans, and the Resistance in the East
- #3 The French Resistance: Fact, Myth, and Legacy

3 Saturdays                                      10:00am - 12:00pm                                      Nov. 23, Dec. 7 & 14  
LOCATION: Seasons Royal Oak, 2400 Sandwich W. Parkway  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Charles Bain*

BIO NOTE: See page 35.

## Steel Wings: Aviation in World War II

This course will cover the major events that occurred in the air during the Second World War. Starting with the way the major forces prepared for battle, the lessons will work their way through the shifting advantages, arriving technology, and catastrophic consequences of aviation between 1939-1945. The first lesson will cover the backdrop to the war and the early years of Blitzkrieg. The second will cover the advance into Russia and the entrance of Japan into the war the third will cover the turning of the tide and the slow march towards victory. Class Size: Max. 25

3 Saturdays                                      10:00am - 12:00pm                                      Sept. 28, Oct. 5 & 12  
LOCATION: Seasons Royal Oak, 2400 Sandwich W. Parkway  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Charles Bain*

BIO NOTE: See page 35.

# LEAMINGTON CAMPUS

## **Buddha's Dhamma (Teaching)**

In this course, you will have the opportunity to learn the ten qualities to become a buddha: the levels of generosity, the morals of Buddhism, the Path of Purification, respect of other religions, and the Law of Nature. The course will follow Dhammapala through years in the monastery, education, and travels to North America. There will be an introduction to Buddhism and the Dhamma: the teachings of Buddha as the path to the improvement of Self, of Community, and Mankind, "the World". Class Size: Max. 25

1 Thursday

1:00pm – 3:30pm

October 10

LOCATION: Chartwell Leamington Retirement Residence, 1 Henry St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Dhammapala*

Course Manager: *Glenna Lane*

BIO NOTE: **Dhammapala** was born in Laos, in the city of Luang Pra Bang in 1952. At age 13, he joined the monk school as a novice studying Buddhism. He believes in lifelong learning. In 2005, he moved to Hawaii and became an abbot at Sacred Falls Temple.

## **Early History of Comber and East-Essex County**

In this course we will explore the early history of the village of Comber and the eastern Essex County area. The course is being held in the former Maple Grove Public School (1894), now known as the Comber and District Historical Society Museum. We will look at the early settlers who came to this area, where they came from and the development of the area in those early years. We will check out the early businesses and the importance of agriculture and how it progressed through the years. You will also have

an opportunity to explore the museum with all of the artifacts from the area. Class Size: Max. 20

1 Wednesday                      2:00pm – 4:00pm                      October 2  
LOCATION: Comber & District Historical Society Museum, 10405 Hwy 77  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Mark McKinlay*                      Course Manager: *Malcolm Campbell*

**BIO NOTE:** *Mark was born and raised in Toronto. He relocated to Comber back in the 1970's and has been a very active volunteer in the community. He and his wife, Linda, have been married for 41 years and have 4 children and 7 grandchildren. He is a retired Computer Program Analyst and the current president of the Comber Museum.*

## **Essex County Vegetable Greenhouses**

The greenhouse vegetable sector in Essex County is a shining example of home-grown success and recognized world wide for excellence. Join us as we step through the history of the sector in the region and highlight the innovation that has made the sector what it is today. We will cover production basics, packaging, logistics and retail distribution. As well, we will describe sustainability, workforce needs, future growth potential and the impact on regional economic development among other topics. This course will provide attendees with a detailed description of an important local industry. Class Size: Max. 40

1 Monday                              1:00pm – 4:00pm                              November 4  
LOCATION: Ont. Greenhouse Vegetable Growers Office, 32 Seneca Rd.  
COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Justine Taylor & Niki Bennett*                      Course Manager: *Penny Paul*

**BIO NOTE:** *Justine Taylor has worked for the Ontario Greenhouse Vegetable Growers since 2011 and currently oversees all matters related to sustainable production and policy development for Ontario greenhouse farmers. Dr. Taylor obtained her Ph. D in analytical chemistry from the University of Alberta and has a wide range of experiences across the physical and life sciences. On behalf of Ontario's greenhouse vegetable farmers, Dr. Taylor oversees the delivery of a sector specific programming that focuses on research, sustainability, recruitment and education.*

## Final Tribute: Funerals From the 19<sup>th</sup> Century to the Present

This course will look at changing funeral practices over the years to the present. We will look at changes in customs, embalming, pricing as well as legal requirements and what you need to know to complete funeral arrangement today. We will also walk through the paperwork required to begin the settling of an estate. Time and space permitting, we will also provide a tour of the funeral home. Class Size: Max. 25

1 Wednesday 9:00am – 11:00am October 16  
LOCATION: Reid Funeral Home, 14 Russell St.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructors: *Kevin & Christie Reid* Course Manager: *Jim McTavish*  
BIO NOTE: **Kevin** is a third-generation funeral director at Reid Funeral Home. **Christie** is in charge of the Funeral Home's Aftercare Services.

## Kayaking Here and There: Armchair Travel

Come explore areas across North America through the eyes of a well-travelled kayaker, at various times, over the past 35 years. Georgian Bay - Killarney to Byng Inlet, Dunnville Marshes - Grand River, Ontario, Clayoquot Sound - British Columbia, North Channel – Ontario, and Ten Thousand Islands - Florida Everglades. Although the primary focus is kayaking, we will also discover the character of each area, both past & present. Class Size: Max. 20

1 Thursday 2:00pm – 4:00pm November 21  
LOCATION: Chartwell Leamington Retirement Residence, 1 Henry St.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Gerry Hucko* Course Manager: *Susan Ross*  
BIO NOTE: **Gerry** started his kayaking career over 50 years ago, paddling a home-built plywood kayak in the family farm irrigation pond. Since then, his kayaking horizons have expanded to include areas that are in this presentation. Some, like the Grand River and the North Channel, reflect where he has lived - others were enjoyed as special trips.

## Point Pelee: Marvels of Monarch Migration

Let's explore the fascinating and mysterious world of the Monarch butterfly. Learn about life cycles, milkweed, and the incredible journey taken by monarchs each year. Participate in our evening monarch counts at the Tip as we go in search of monarchs roosting among the trees. At night, enjoy the luxurious comforts of a Parks Canada oTENTik accommodation. Then in the morning, it's back to the Tip in the hopes of catching a glimpse of some departing butterflies. Dinner, breakfast and oTENTik accommodation included. Class Size: Min. 10 - Max. 30

### Occupancy Rates:

*INCLUDES:* 2 meals, 1 night accommodation, entry into the park & tax  
Single oTENTik occupancy - \$144 per person  
Double oTENTik occupancy - \$104 per person  
Quadruple oTENTik occupancy - \$74 per person

### Registration Deadline

Registration closes on September 17<sup>th</sup>.

**SPECIAL NOTE:** When you register you will be paying the course fee which will act as your deposit and hold your spot. We will contact you before September 10<sup>th</sup> to process the rest of the payment based on the occupancy rate you are choosing.

### ***This course is not included in the Buffet-Course Fee***

3:00pm Tuesday September 24<sup>th</sup> to 11:00am Wednesday September 25<sup>th</sup>

LOCATION: Camp Henry, Point Pelee Ntl. Prk., 1752 Point Pelee Dr.

COURSE FEE\*: \$35 + HST = **\$39.55** (*this is also your deposit*)

\*We will contact you to collect payment for the oTENTik separately.

Instructors: *Andrew Laforet & Darlene Burgess*

Course Manager: *Susan Ross*

**BIO NOTE:** **Andrew** has always had a passion for camping, exploring the great outdoors, and learning. He has been an interpreter with Parks Canada since 2012, sharing his love of nature and history with thousands of curious visitors each year. **Darlene's** love of butterflies started in northern Ontario as a young girl. Her passion for Monarchs began around 2005. She began raising them on potted Crown Flower, and now she



Lake Erie's fish plus other goodies in a delicious exploration of great food and fine white wines. Hosted by Paula's Fish Place in Leamington (just over the beach from Lake Erie and down the road a tad from Pelee Island Winery), we will compare the taste of white wines and several fish dishes plus a crowd favourite at Paula's Fish Place, frogs' legs. We will learn about each wine and explain how the wines and the food can meld tastes. Here is an opportunity to learn how Southwestern Ontario's favourite fish and seafood restaurant built its reputation. And those white wines, well.... Class Size: Max. 30

1 Thursday 2:00pm – 4:30pm October 10  
LOCATION: Paula's Fish Place, 857 Point Pelee Dr.  
COURSE FEE: \$25 + HST + \$35 Material Fee = **\$63.25**

Instructors: *Paula Ouellette & Lloyd Brown-John*

Course Manager: *Marilyn Brown-John*

BIO NOTE: **Paula** and her capable staff have been serving thousands of dinners the very best of Lake Erie's fish. With the assistance of her Mother and even some sisters, Paul's Fish Place has developed a remarkably fine reputation. And, you should try her pies! **Lloyd** grew up on Canada's west coast eating fish. But he and Marilyn had to come to Ontario to match great freshwater fish with fine wines.

## TECUMSEH CAMPUS

### **Communication Devices for People with Hearing Loss**

This course will focus on new technology to enhance independence and increase an individual's ability to communicate with people by employing new technologies. Participants of this course will get to see a variety of different devices demonstrated such as: alerting devices, amplified telephones, Assisted Listening T.V. devices, Fire Safety, Bluetooth technology and hearing aids. Class Size: Max. 20

**SPECIAL NOTE:** This course is also being offered in Windsor.

1 Monday

11:00am – 12:00pm

November 25

LOCATION: Tecumseh Library, 13675 St. Gregory's Rd.

COURSE FEE: **FREE** with ElderCollege Membership

Instructor: *Bonnie Petryschuk*

Course Manager: *Gordon Haggert*

**BIO NOTE:** *Bonnie has worked in community services for over 30 years.*

*She has a background in sociology and gerontology. She has been a Hearing Care Counselor for 13 years with the Canadian Hearing Society, a non-profit agency providing services to children and adults with a hearing loss.*

## **Guitar: Learn How to Play**

Got a 6-string acoustic guitar or a baritone ukulele collecting dust in your basement? Now is the time to pull it out and learn how to play it. In this 5-week course you will learn how to make music. Here is what you can expect. Class Size: Max. 12

**SPECIAL NOTE:** You must supply your own guitar or ukulele.

#1 Holding the guitar, D & A7 chords, basic strum & 5 songs

#2 Strumming, up strokes, review D & A7 chords & introduce G chords & 3 new songs

#3 Review songs & strumming, using guitar picks and 3 new chord songs

#4 Playing 3/4 time and 3 new 3/4 time songs

#5 Tuning the guitar, F#m, Em, chords, Calypso & Strumming, plus 3 new songs

5 Tuesdays

10:00am - 12:00pm

Oct. 1, 8, 15, 22 & 29

LOCATION: Chartwell St. Clair Beach, 13500 Riverside Dr. E

COURSE FEE: \$55 + HST = **\$62.15**

Instructor/Course Manager: *Roger Mousseau*

**BIO NOTE:** *Roger started playing the guitar in the 60s and played with the New College Singers in SW Ont. & Michigan. He began to teach others using the method that he developed and offered guitar courses at St. Clair College and St. Anne's High School until he retired in 1998. Roger's approach is to keep it simple, interesting and fun. No one has ever dropped out of his courses.*

## **Guitar Advanced: Continue to Learn How to Play**

This course is a continuation of the Guitar: Learn to Play course. Participants must have their own 6-string guitar or baritone ukulele. We will review the knowledge already acquired in previous courses and look at any difficulties the course may have encountered while practicing on their own. Participants who did not complete the “Guitar: Learn How to Play” can join if they have some guitar playing experience. Class Size: Max. 12

**SPECIAL NOTE:** You must supply your own guitar or ukulele.

- #1 Review songs and brush up on techniques. Work on F#m Em chords and learn songs using these chords.
- #2 Learn to play in the key of G & using G, Em C and D7 chords. Learn appropriate songs.
- #3 Practical application of the Capo & using it with our music. How it helps in playing and learn more songs.
- #4 Chord chart: explain how it's used to find new chords from songs you want to learn in the future. Learn more songs.
- #5 Intro. to fingerpicking & basic fingerpicking styles and how to use with a variety of songs. Learn more songs.

5 Thursdays                      10:00am - 12:00pm                      Oct. 3, 10, 17, 24 & 31  
LOCATION: Chartwell St. Clair Beach, 13500 Riverside Dr. E  
COURSE FEE: \$55 + HST = **\$62.15**

Instructor/Course Manager: *Roger Mousseau*

BIO NOTE: *See previous course.*

## **Let's Celebrate the Diversity of LIFE!**

This planet is home to 8 million+ species and you live in one of the most diverse regions in Canada with over 2000 species of plants and 400 species of birds. Learn how scientists identify and classify these organisms. It's important that we understand to preserve a healthy planet we need to maintain this biodiversity by maintaining species diversity, genetic diversity as well as ecosystem diversity. Class Size: Max. 24

- #1 Classifying life's diversity: Learn how species are identified and named

based on how species are related.

- #2 Have a look at life's diversity from the simplest organisms: bacteria, viruses, and the first single celled protists.
- #3 Let's look at the first multicellular organisms and their journey onto land: Hint...it all begins with plants!
- #4 What exactly is an animal? How are they organized into groups? The variety of body types & strategies for survival will blow your mind.
- #5 The biodiversity crisis: We are now undergoing the 6th greatest extinction. Let's look at the causes & see if we can think of a solution.

5 Tuesdays                      1:30pm – 3:30pm      Oct. 29, Nov. 5, 12, 19 & 26  
LOCATION: Tecumseh Library, 13675 St. Gregory's Rd.  
COURSE FEE: \$55 + HST = **\$62.15**

Instructor: *Therese McCloskey*      Course Manager: *Carmen Starnichuk*  
**BIO NOTE:** *Therese holds an Honours degree in Biology and Geology. She taught 30 years of science at the secondary level. Terry's style of instructing is interactive with the class and features many hands-on activities. She has travelled extensively with interest in seeing the great diversity of life in all of its different ecosystems.*

## **Ontario's Forgotten Fruit: The Pawpaw**

This course will explore one of our region's most mysterious native trees: the Pawpaw. Through both indoor and outdoor sessions, we will become acquainted with this often-misunderstood tree, its unique characteristics, quirky history and potential opportunities as a local food crop. We will also experience these trees firsthand through a tour of two cultivated Pawpaw plantings, as well as a Pawpaw seedling nursery. There will also be an opportunity to taste its unique fruit. Class Size: Max. 16

2 Tuesdays                      9:30am – 12:00pm                      Sept. 24 & Oct. 1  
LOCATION: Chartwell St. Clair Beach, 13500 Riverside Dr. E  
COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Dan Bissonnette*                      Course Manager: *Diane Gilhula*  
**BIO NOTE:** *Dan has an educational background in horticulture and ecology. He is also a recognized public speaker and educator. He has studied and grown the native Pawpaw for over 15 years. Dan is also the*



- #1 Overview, wholeness, spirituality, physical
- #2 Mental, Social dimensions
- #3 Financial, End of Life

3 Tuesdays                                      10:00am – 12:00pm                                      Nov. 5, 12 & 19  
LOCATION: The Village of Aspen Lake, 9855 McHugh St.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *John Meyer*

**BIO NOTE:** *Upon retirement from the Faculty of Ed. (U of W) in 1999, John undertook volunteer participation & leadership in three local and two national retirees' associations. This experience enabled him to focus on both the theoretical and practical experience of aging. For 20 years he has been sharing that history and personal experience with small groups in a format including slides and interaction. John invites you to share your wisdom and experience within the six components of aging gracefully.*

## **As Your Skin Ages**

*ElderCollege is truly fortunate be able to bring you this very special event!  
The 2<sup>nd</sup> installment of our  
NEW Distinguished Speaker Series*

It is a bit of a truism: "As you age so too does your skin...often in unwanted ways". Join highly regarded Windsor medical dermatologist Dr. Jerry Tan, as he helps you both to understand and to respond to your aging skin. Why do wrinkles appear where you least want them? Dermatitis, moles, psoriasis, and other imperfections appear or occur when you least expect them and, often, in places that make you wonder, how and why? Dr. Tan will discuss how to keep your skin healthy and happy and how skin structure changes over time; Assessing skin lesions whether dangerous or not; plus common skin rashes and, finally skin care for health and happiness. In this short course Dr. Tan will discuss the vital importance of your skin, how it changes with aging and skin problems associated with aging and in many cases, he will suggest prospective remediations. *See page 10 for more information.* Class Size: Max. 50

***This course is not included in the Buffet-Course Fee***

1 Saturday

1:00pm – 3:00pm

October 19

LOCATION: Canterbury College, 2500 University Ave. W.

COURSE FEE: \$10 + HST for ElderCollege Members = **\$11.30**

\$25 + HST for non-Members = **\$28.25**

Instructor: *Dr. Jerry Tan*

Course Manager: *Lloyd Brown-John*

**BIO NOTE:** *Dr. Jerry K. L. Tan MD FRCPC (Internal Medicine and Dermatology) is an adjunct professor at the University of Western Ontario and in private practice in Windsor, He obtained his undergraduate medical degree from Queen's University and trained in internal medicine at the University of Toronto. He completed his residency in dermatology at the University of British Columbia and the University of Michigan. He teaches dermatology at the Schulich School of Medicine, University of Western Ontario. In addition to his practice in general dermatology, his research focus is on the following disorders: acne, rosacea, psoriasis; and the following processes: clinical assessment methodology, patient-reported outcomes and medical decision-making.*

## **Bird Watching at the Ojibway Nature Centre**

In earlier sessions ElderCollege has provided courses on birding at Point Pelee. In this course we will experience a change of venues. This birding experience will be conducted at the Ojibway Nature Centre. It will begin with an interactive PowerPoint presentation about the birds that can be found in the Ojibway Complex, how to identify them and tips on successful birding. You will then be taken birding in Ojibway Park and into the Tallgrass Prairie Nature Reserve as time permits. It will be important to dress appropriately for the weather and venue. Class Size: Max. 20

**SPECIAL NOTE:** Binoculars are recommended, but not required for this course. Please dress appropriately for the weather. Insect repellent and sunscreen recommended.

1 Thursday

10:00am – 12:00pm

October 3

LOCATION: Ojibway Nature Centre, 5200 Matchette Rd.

COURSE FEE: \$25 + HST + \$8 Facility Education Fee = **\$36.25**

Instructor: *Staff Naturalist at Ojibway* Course Manager: *Mike Alexander*

**BIO NOTE:** ***Naturalists** at Ojibway promote the conservation and restoration of its diverse natural heritage. They strive to provide educational opportunities for the people of Essex County to become acquainted with and better understand the natural environment. Naturalists are people interested in nature and our local environment. Members come from various backgrounds; some work professionally in the fields of conservation and education, while others are people who wish to explore and learn about Essex County's nature.*

## **Building a Hockey Team—A Behind the Scenes Look**

Have you ever wanted to know how a hockey club operates? If you are a hockey fan, this course is for you. It will provide a detailed look at the operation of the Windsor Spitfires. Topics to be covered will include: identifying players, the drafting process, signing players, training players, the support system for them, building the team, in-session development and bringing a team together. The group presenting will be made up of managers, coaches, trainers, academic advisors and the business department. Class Size: Max. 40

1 Wednesday 11:00am – 1:00pm November 20

LOCATION: WFCU Centre, Governor's Room, 8787 McHugh St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Spitfire Staff* Course Manager: *Jim McTavish*

**BIO NOTE:** *Some of the **Spitfire Staff** that are scheduled to present are: VP of Business and Hockey Operations, Head and Assistant Coaches, Head Trainer and Director of Business Development.*

## **Canada's M&M's (Music and Movies!)**

This course indulges participants with Canadian music and movies. A chronology of music will be explored from the earliest songs of New France to today's music. Although the emphasis will be on traditional folk and country music, pop, rock, jazz, and the blues will also be studied. The influence of the CRTC ruling of 1969 will be discussed. Both English language and French language films (with English subtitles) will be viewed in the other two sessions. All sessions will be in English. This is a great

opportunity to learn about Canada's contribution to music and cinema, which is an important part of Canada's heritage and multicultural society.  
Class Size: Max. 24

- #1 Canadian Music (English)
- #2 Canadian Music (French, Italian, Portuguese & Spanish)
- #3 Canadian Film (English)
- #4 Canadian Film (French)

4 Saturdays                      10:00am – 12:00pm                      Oct. 5, 12, 19 & 26  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Larry Beneteau*

**BIO NOTE:** *Larry is a graduate of the University of Windsor in History, Communication Studies, and Languages (English, German, French, Italian and Spanish). He is a former High School teacher from 1973 to 2003. Larry believes in promoting our Canadian identity.*

## **Capacity Assessments and Powers of Attorney**

What you may not realize and what you ought to know about *mental capacity* and *powers of attorney*. What are your 'rights'; POA options; what can you do to protect yourself in a POA; who determines whether you are mentally incapable of managing your finances or personal care and what can you do if you disagree with that finding? These are just some of the questions that will be explored. Class Size: Max. 24

1 Wednesday                      10:00am – 12:00pm                      November 13  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Carol A. Caverzan, B.A., B.Ed., M.A., M.S.W., R.S.W.*

Course Manager: *Marylou Ouellette*

**BIO NOTE:** *For the past 22 years, Carol has been a provincial Designated Capacity Assessor, pursuant to the Substitute Decisions Act and accountable to the Capacity Assessment Office, Ministry of the Attorney General. She functions as an Assessor and Consultant for*



Instructor: *Saverio Rinaldi*

Course Manager: *Cobe Weaver*

**BIO NOTE:** ***Saverio** has worked in the Information Technology field recently as VP, Client Services and previously Chief Technologist. Saverio Rinaldi is a Distinguished Information Technology Architect certified by The Open Group and formerly an HP Distinguished Technologist. Saverio Rinaldi is a founding member of the Softech Alliance the predecessor to the WEtech Alliance in Windsor-Essex.*

## **Computers: Back to Basics**

Everything seems more difficult without the basics or even a manual to get started. We will cover basic usage and concepts to be comfortable using Microsoft Windows. How to use the internet effectively, how to understand and troubleshoot your own WIFI. Learn overall concepts about the computer parts to help you make effective purchases. Class Size: Max. 24

**SPECIAL NOTE:** Portable windows devices and laptops are welcome. We will not be discussing Mac/Apple or Android products.

1 Tuesday

1:00pm – 4:00pm

October 1

LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Kevin Cosgrove*

Course Manager: *Connor Cosgrove*

**BIO NOTE:** ***Kevin** is a computer service technician with over 20 years working with computers and supporting end-users. Although he has industry certifications as a technician, the bulk of his learning has taken place on the job, dealing directly with the people who use computers and the questions and problems that they experience.*

## **Computers: Beyond the Chips and Wires**

In this 4-part course offered in collaboration with Windsor's leading computer service company, PC Outfitters, we will provide you with Internet safety Tips as well as some base knowledge and terminology of your computer or other similar device. We explain the "how's" and "why's" of things that can jeopardize your computer and your privacy. The course will focus on the safety measures needed in common, day to day computer usage and provide some street smarts for the digital world. Class Size: Max. 24

4 Tuesdays 10:00am – 12:00pm Oct. 8, 15, 22 & 29  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor: *Kevin Cosgrove*

Course Manager: *Connor Cosgrove*

**BIO NOTE:** *Kevin is a computer service technician with over 20 years working with computers and supporting end-users. Although he has industry certifications as a technician, the bulk of his learning has taken place on the job, dealing directly with the people who use computers and the questions and problems that they experience.*

## **Early Christian & Byzantine Art**

In the 4<sup>th</sup> and 5<sup>th</sup> centuries, the Germanic tribes overwhelmed much of the Roman Empire and the power shifted eastward to the city of Constantinople which was sitting at the gateway to two continents. This city as the hub of a new and distinct culture, part Greek and part Eastern, became very wealthy and powerful. But all was not lost in western Europe, for as the barbarian tribes settled among the peoples that they conquered, they adopted and adapted their customs, styles and religion which was Christianity. Thus, we have a fusion of Roman art, Christian symbols and Byzantine opulence. By the year 800 AD, Charlemagne had united the various tribes of western and central Europe into what was called the Holy Roman Empire. Class Size: Max. 24

#1 Early Christian / Byzantine

#2 Illuminated Manuscripts

#3 Celtic Art

#4 Carolingian Art

4 Thursdays 10:00am – 12:00pm Nov. 7, 14, 21 & 28  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Marylou Ouellette*

**BIO NOTE:** *Marylou holds a BA with an Art History major, a MA in Medieval Art with a minor in Islamic Art and an Honours BA in English.*

## Evil: The Problem of Evil

If there is a perfect God then the basic problem for humans is how to reconcile evil. Topics that will be explored in this course are natural evil, moral evil and the problem of animal suffering. We will also consider both religious and non-religious solutions. Class Size: Max. 15

5 Fridays                      10:00am – 12:00pm                      Oct. 25, Nov. 1, 8, 22 & 29  
LOCATION: Life After Fifty (West End), 635 McEwan Ave.  
COURSE FEE: \$55 + HST = **\$62.15**

Instructor: *Edward King*

Course Manager: *Cobe Weaver*

**BIO NOTE:** *Edward* has been married for 57 years, has two daughters and one granddaughter. He taught philosophy and special education; he has a BA, Bed, five master's degrees and one PhD and has taught philosophy and special education. He has traveled extensively numbering 60 countries at last count! He is also a student of several modern languages, and an avid runner.

## Experiencing War & Conflict: How Veterans Survive

In this course we will have the rare opportunity to listen and to learn from the personal experiences of two of Canada's veterans. We will join them as they recount experiences in both Afghanistan and in Kosovo. The reality of keeping the peace is heavily underlined by danger, fear and often injury and death. Learn what it is like to face danger as a routine part of your job. Emotions from fear to elation can be triggered by an opponent's rifle pointed at you. Join us while we honour the courage of two of our uniformed veterans. Class Size: Max. 50



*We are very proud to bring you the 1<sup>st</sup> of 4 courses which are designed to recognize the contributions and sacrifices made by our local Canadian Veterans. This program is offered with thanks to VAC and their Commemorative Partnership Program – Community Engagement Funding*

**SPECIAL NOTE:** Refreshments will be provided.

1 Monday                      9:00am – 12:00pm                      October 21  
LOCATION: Royal Canadian Legion Branch 594, 5030 Howard Ave.

COURSE FEE: **FREE** with ElderCollege Membership and with thanks to grant funding received from **Veterans Affairs Canada**

Instructors: *Michael Akpata & Peter Berry*

Course Manager: *Lloyd Brown-John*

**BIO NOTE:** *Michael* retired from the Canadian Armed Forces primary reserve with 26 years of service. In 2007, he served in Afghanistan with 2nd battalion Royal Canadian Regiment where he received both the Taskforce Commander's Commendation, and the Area Commander's Commendation. Mike stays active with veteran's issues and is currently involved with the Operation Stress Injury support group, as well as the Royal Canadian Legion. In 2014 Mike ran and was elected to the position of Councilor for the Town of LaSalle. **Peter** is the Harbour Master/ Director of Operation of Windsor Port Authority and the Chair of the St. John's Church Veteran's Heritage Committee. He served in a peacekeeping law enforcement capacity during the Balkan Wars in the Former Yugoslavia as a border patrol officer/ investigator serving under Canadian Border Services Agency

## **Family History: Developing Your Personal Family History - A Template**

This is NOT a course in family genealogy. This is a course about building a template upon which you can, if you wish, construct, record and even publish your own personal and family history.....Please see page 13 for the full course description. Class Size: Max. 15

**SPECIAL NOTE:** This course is also being offered on different dates in both Chatham and Essex.

1 Thursday 1:00pm – 4:00pm November 21

LOCATION: Life After Fifty (West End) 635 McEwan Ave.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Lloyd Brown-John*

Course Manager: *Marilyn Brown-John*

**BIO NOTE:** See page 14.

## Healthy Brains: Reducing Your Risk for Alzheimer's Disease

What's good for your brain? Here is a course to help you to learn what steps you can take to improve your brain health and reduce your risk for developing Alzheimer's disease. Participants in this course will learn how to differentiate between dementia and Alzheimer's disease. The course will include identification of the four areas of brain health including challenging your brain, being socially active, making wise choices and protecting your head. We will also discuss how to make lifestyle changes to reduce your risk and create a self-management plan to implement for your own personal success. Class Size: Max. 50

1 Thursday 1:00pm – 4:00pm November 21

LOCATION: Alzheimer Society Education Auditorium, 2135 Richmond St.

COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Rosemary Fiss*

Course Manager: *Gary MacLeod*

**BIO NOTE:** *Rosemary is the Director of Programs with the Alzheimer Society of Windsor and Essex County. She has been with the Society since March 2004. Rosemary holds numerous certifications in the dementia field, including being a Master Trainer for DementiAbility and Best Friends Approach and a Coach in Gentle Persuasive Approaches.*

## Islam & Muslims in Canada

The course will help you gain an appreciation for the Islamic worldview and Muslim identity by learning introductory concepts of Islamic creed, and religious practices of Muslims. Students will also learn about the historical development of Islam as it came to be today and the contemporary application of traditional rituals as minorities in Canadian public and political spaces. Class Size: Max. 25

#1 Creed & Ethics

#2 Rituals & Practices (including places of worship and Ramadan)

#3 Worldviews & Identities: faith, nationality, religion, culture

#4 The beginning of Islam and it's modern development to current times

#5 Brief history of Muslims in Canada

#6 Political Engagement and Social Work

6 Wednesdays 12:30pm – 2:30pm Sept. 25, Oct. 2, 9, 16, 23 & 30  
LOCATION: The Village of Aspen Lake, 9855 McHugh St.  
COURSE FEE: \$55 + HST = **\$62.15**

Instructor: *Imam Yousef Wahb* Course Manager: *Marylou Ouellette*  
**BIO NOTE:** *Yousef is a graduate of Al-Azhar's Faculty of Languages and Translation, where he studied Islamic Studies in the English Language. He has also acquired an Advanced Level of Qira'at (Quranic modes of Recitation) from Al-Azhar Institute. He has dedicated over 10 years as an imam and visiting lecturer at various Islamic Centers, mosques, schools, and youth camps.*

## **Islam in Focus: One Theme, Three Topics**

This series of lectures is structured to inform participants about the growth of Islam in Western Europe and Canada in the last half-a-century or so. During the Centennial year (1967), there was little mention of Muslims in Canada but according to Canada's 2011 National Household Survey, there were 1,053,945 Muslims in Canada, or about 3.2% of the population, making Islam the second largest religion in the country after Christianity. Islam has been present in continental Europe since the 8th century – controlling a region in Spain, known as Al-Andulus between 711 and 1492. The growth of Islam in Western Europe since WWII has been phenomenal. There are many causes, including needed workforce, refugee and asylum admittances and conversions, etc. We will look at the Muslim demographics and institutions in several countries of Western Europe, including Sweden, Germany, France, the UK., the Netherlands, Belgium, etc. The presence of Islam in the Indian sub-continent (aka South Asia) goes back to the early 7<sup>th</sup> century. Muslims in South Asia today number around 600 million people, with Pakistan, India, and Bangladesh representing the 2nd, 3rd, and 4th most populous Muslim states in the world. The total number of Muslims in India today is estimated at 189 million, third in the world after Indonesia and Pakistan. Class Size: Max. 21

- #1 Islam in Canada, 1900-2050
- #2 Islam in Western Europe, 1950-2050
- #3 Islamic rule in India, 710-1857

3 Wednesdays 1:30pm – 3:30pm Oct. 16, 23 & 30  
LOCATION: Chartwell Royal Marquis, 590 Grand Marais Rd. E.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/ Course Manager: *Sushil Jain*

**BIO NOTE:** ***Sushil** is a graduate of a Muslim University in India and holds a Ph.D. from a British University. He has previously offered numerous courses for ElderCollege. This is Sushil's 10<sup>th</sup> semester of volunteering with ElderCollege. You will enjoy this politically incorrect course.*

## **Lawn Bowls: A Sport for Lifelong Enjoyment**

This course encourages an appreciation and understanding of lawn bowling as a healthy and enjoyable lifelong leisurely activity. Expert instruction focuses on game history, equipment, and techniques, allowing a participant to achieve enough proficiency to feel confident in their skills on the greens. We shall be employing Bowl Canada's "Long Term Athlete Development Program" as a guide. Instruction can be accomplished even in cool, rainy weather. Class Size: Max. 10

**SPECIAL NOTE:** Participants must wear flat, heel-less shoes.

1 Wednesday 7:00pm – 9:00pm September 25  
LOCATION: Windsor Lawn Bowling Club, Enter at 2461 McDougall St.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Martin Henly*

Course Manager: *Bob Mitchell*

**BIO NOTE:** ***Martin**, a very enthusiastic Certified Lawn Bowls Coach, has been the Head Coach of the Windsor Lawn Bowling Club since 1997. He is well-regarded as an excellent bowler with multiple club and district championships to his credit.*

## **Mental Health and Addictions in Windsor/Essex – What Might the Future Look Like?**

An interactive discussion on the current state of services in our community with descriptions of the perfect patient journey envisioned by two leading organizations in service delivery in Windsor Essex. There will be an opportunity for course participants to provide feedback, ask questions and

generally be informed about the planning to create a state-of-the-art mental health and addictions system locally. Class Size: Max. 20

1 Tuesday 10:00am – 12:00pm November 26  
LOCATION: The Village of Aspen Lake, 9855 McHugh St.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructors: *Patrick Kolowicz & Robert Moroz* C.M.: *Malcolm Campbell*

**BIO NOTE:** **Robert** is the Integrated Director of Outpatient and Community Services with HDGH and the Canadian Mental Health Association (Windsor-Essex Branch). Robert has helped lead the transformation of Mental Health & Addiction Services in our region. **Patrick** is the Director of Health and Mental Addictions at HDGH and currently oversees a significant portion addiction services within our region. Patrick is the chair of Treatment & Recovery Group, a function of the Windsor Essex County Opioid and Substance Strategy (WECOSS). Robert and Patrick serve as Committee Members on the WECOSS Leadership Committee, which is committed to the ongoing development and implementation of a community-based opioid and poly substance strategy that will reduce the burden of related social and health issues in our community. Robert and Patrick both promote mental health and addiction system integration.

## **My, How Windsor's Changed!**

What was it like growing up in Windsor between 1940 and 1960? This course will provide a reflection on the experiences of one person who grew up in Windsor at that time. The topics described are generic, but the details are memories of the experiences of the individual who lived them. Topics will include family life, the neighbourhood, friends, recreation, education, transportation, and many aspects of the city itself. I am sure that the details presented will trigger the memory banks of others from that era and beyond. Attendees will be encouraged to reflect on their own experiences and will be encouraged to add their personal experiences regarding the various issues raised. Attending this course will be like going to a high school reunion. Come and join us. Class Size: Max. 20

1 Monday

2:00pm – 4:00pm

October 21

LOCATION: The Village of Aspen Lake, 9855 McHugh St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Jim McTavish*

Course Manager: *Penny Horne*

**BIO NOTE:** *Jim* was born in London, but his parents moved to Windsor when he was a year old. He attended F.W. Begley School and Walkerville Collegiate. He is a graduate of Western University and the University of Toronto from which he received the degree of Doctor of Education (Ed.D). He spent his career as a high school teacher in Harrow and Windsor, a consultant with the Ontario Ministry of Education, and as a private educational consultant. He has served as a Curriculum Chair for ElderCollege for the last few years.

## Origami Christmas

This is the 3<sup>rd</sup> offering in the origami course series, following origami cake and sushi created in Spring 2018 and 2019, respectively. Previously, the participants used origami paper with lines to fold, but this time, origami paper without such lines will be used. Therefore, this is an intermediate origami course, but beginners who would like a challenge can also participate. Paper folding (i.e., origami) is a Japanese culture inherited for over 600 years. Since several decades ago, people have created more origami items, such as animals, plants, clothing, food, and even Christmas decorations. In this course, you will pick your own origami paper and then create some specific Christmas decorations. Join us and enjoy folding and transforming square origami paper into cute, beautiful Christmas decorations. Class Size: Max. 5

1 Tuesday

10:00am – 12:00pm

December 3

LOCATION: The Village of Aspen Lake, 9855 McHugh St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor/Course Manager: *Satoko Nguyen*

**BIO NOTE:** *Satoko* is originally from Japan. She acquired a Gerontological PhD degree in USA and published "Fear as a predictor of life satisfaction in retirement in Canada" (*Educational Gerontology*, 2014). Living in Windsor, Satoko teaches social science, Japanese, and English at an international academy in Novi, MI. She translates Japanese



Taking Photos and Managing your Photos. Note: the best class experience is for those students with an Apple or Android device. If you are not sure if you have an Apple or Android device, please check where you purchased the device, your phone provider, or an expert. If you know how to access the settings on your device select: Settings, About Phone (or About Tablet), Software Info which should indicate the type of device. Class Size: Max. 12

- #1 Introduction, Buttons, Screen Layout, Gestures, Working with Apps
- #2 Keyboard, Voice to Text, Common Settings, Data, Wi-fi, Phone Calls, Messaging
- #3 Contacts, Search
- #4 Taking Photos and Managing your Photos

4 Wednesdays                      1:00pm – 4:00pm                      Nov. 6, 13, 20 & 27  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$55 + HST = **\$62.15**

Instructor: *Saverio Rinaldi*                      Course Manager: *Ruth Wass*  
**BIO NOTE:** ***Saverio** has worked in the Information Technology field recently as VP, Client Services and previously Chief Technologist. Saverio Rinaldi is a Distinguished Information Technology Architect certified by The Open Group and formerly an HP Distinguished Technologist. Saverio Rinaldi is a founding member of the Softech Alliance the predecessor to the WEtech Alliance in Windsor-Essex.*

## **Submarine Officer: My First Career**

This course relates the personal experience of the instructor during his service in the US Navy as an Officer aboard Nuclear Submarines. The first session will cover initial training in submarine systems and nuclear propulsion and service aboard a ballistic missile submarine. The second session will cover service aboard an attack submarine, including surfacing at the North Pole. The third session will cover advanced training and service at sea aboard USS Portsmouth and service on shore, including The Office of Naval Intelligence. The final session of the course is a practical exercise where students will collaborate in pairs to simulate tracking and attacking a target. They will use the same techniques as submarine crews at sea in combat and in training. Class Size: Max. 24

4 Fridays 3:00pm – 5:00pm Nov. 1, 8, 15 & 22  
LOCATION: Canterbury College, 2500 University Ave. W.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor: *Alan Richardson* Course Manager: *Charles Bain*  
**BIO NOTE:** *Alan served in the U S Navy from the mid 1970's through the mid 1990's, qualified in nuclear submarines with assignments at sea and on shore staff.*

## **Tayo'y mga Pinoy: We are Filipinos**

Filipinos are well-known for their values in family, religion, and hospitality. Discover the beauty and vibrancy of the Filipino culture in this two-session course that presents an insight into the beautiful Philippine land, history, language, and people. Participants will learn about the traditions and values that shape the Filipino character, traditional food and delicacies, music and dance, and travel destinations worth a visit to The Philippine Islands. Class Size: Min. 8 - Max. 15

2 Mondays 1:00pm – 3:00pm Nov. 18 & 25  
LOCATION: Filipino Community Centre, 935 Northwood St.  
COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Charmaine Valbuena* Course Manager: *Mike Alexander*  
**BIO NOTE:** *Charmaine is an active member of the Filipino community in Windsor-Essex County. She currently serves as secretary for the Filipino Community Centre. She also helped organize the Salin Lahi Dance Troupe, a Filipino folk-dance group. Charmaine managed several initiatives, including Mother's Day Concert Fundraiser at the Filipino Community Centre and Culture Days 2015 at Oakwood Community Centre.*

## **Trees of the Carolinian Forest**

The Carolinian Forest of Southern Ontario makes up about 1 percent of Canada's landmass. Unfortunately, most of the natural areas within this region have been lost to development. The few remaining areas are estimated to support 25 per cent of our country's species at risk. Learn

various ways to identify some of the trees found in the Carolinian forest as you enjoy a leisurely walk through a portion of the Ojibway Prairie Complex. Class Size: Max. 20

1 Friday 10:00am – 1:00pm October 4  
LOCATION: Ojibway Nature Centre, 5200 Matchette Rd.  
COURSE FEE: \$35 + HST = **\$39.55**

Instructor: *Bill Roesel* Course Manager: *Gordon Haggert*  
BIO NOTE: *After graduating with a Bachelor of Science Degree in Forestry from the University of Toronto, **Bill** began a career in the field of Urban Forestry. First, Bill worked for the City of North York and came to Windsor in 1992 to be the City Forester. Although Bill has retired, he remains active in the community by participating in initiatives that promote the protection of the environment, including being an active Board member of The Friends of Ojibway Prairie.*

## **Ukraine: News of War, Church & Politics - Explained**

In this course a leading local authority on the Ukraine will explain and analyze the complexities of contemporary Ukraine and why hostilities with Russia broke out, culminating in annexation of Crimea, war in the Donbas and the granting of canonical independence of the Orthodox Church of Ukraine. Class Size: Max. 24

1 Wednesday 10:00am – 12:00pm November 27  
LOCATION: Amica Mature Lifestyles, 4909 Riverside Dr. E.  
COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Ihor Stebelsky* Course Manager: *Malcolm Campbell*  
BIO NOTE: ***Ihor** is Prof. Emeritus Geography/Political Science U of W. With a PhD (U of Washington '67) in Geography and Soviet Area Studies he's a specialist of the Former Soviet Union. As geography subject editor who authored many entries in the Encyclopedia of Ukraine (U of T Press '93) and Ukraine entries in Columbia Gazetteer of the World (New York '98), he is well-informed in Ukraine. He believes in the value of knowing geography, history & politics to understand international relation. You're invited to enjoy his stimulating presentations, think and ask questions.*

## White (European) Slaves in the Middle East and Ottoman Empire

When we think of slavery today, most of us would think of the Trans-Atlantic slave trade; European slave traders capturing West African blacks into slavery and bringing them to work on plantations and in households. What is not well-known is that the whites and Europeans were also kidnapped and sold as slaves in many parts of the world, including the Americas. White Europeans/Christians were captured by Muslim pirates and traders from the Middle East. Some of the kidnapped were females, taken by Muslims and sold as sex-slaves to rulers and wealthy people of the Middle East who could afford them and house them as in harems. The Islamic slave trade of white Europeans across the Sahara, Red Sea, East Africa, and Indian Ocean is an important new topic for many in Canada. This course on White Slavery (ca 1600-2000) – will open your eyes and minds about a difficult and sensitive topic that has not received its due attention in this politically correct, multicultural environment of the Western world. Class Size: Max. 15

- #1 Slavery in the ancient world and in religion: the Bible, the Koran and other religious texts
- #2 Barbary Slave trade, Irish kidnappings; white European slaves in the Arab world and Islamic empires
- #3 White slaves (Irish, Scottish & English children), USA & Caribbean; slavery and kidnappings of whites by non-Europeans in modern times.

3 Wednesdays                      1:30pm – 3:30pm                      Nov. 6, 13 & 20  
LOCATION: Life After Fifty (West End) 635 McEwan Ave.  
COURSE FEE: \$45 + HST = **\$50.85**

Instructor/Course Manager: *Sushil Jain*

**BIO NOTE:** *Sushil* hold an M.Ed. degree from the University of Windsor and a Ph.D. from a British University. He has previously offered courses on History of India, Easternization/ Islamization of the Western World, Demographic change(s) in Canada since World War II, and more! This is Sushil's 10<sup>th</sup> semester of volunteering with ElderCollege. You will enjoy this course if you think Slavery is only a White man's doing or simply a Christian issue.

## Who is that Non-Royal Female on Our New \$10 Bill?

The Bank of Canada made a brilliant decision when, from 461 nominees they short listed to five exceptional Canadian females - two activists, a poet, an engineer and an athlete whose image could appear on the next new series of Canadian bank notes in 2018. The selection committee chose a Black woman! To be depicted on our newly designed ten-dollar bill, "The Lady on Our Money", is Viola Desmond, a dynamic African Canadian entrepreneur, a hair dresser, an educator, a hard-working community trail blazer, an unwitting activist and a determined feminist who stood up for Civil Rights. Learn about the unique changes to our new \$10 bill. And, come to know the only non-royal female featured on our currency, her accomplishments and the impact she made on Canada's/international history. Class Size: Max. 21

1 Wednesday

1:00pm – 3:00pm

October 9

LOCATION: Chartwell Royal Marquis, 590 Grand Marais Rd. E.

COURSE FEE: \$25 + HST = **\$28.25**

Instructor: *Elise Harding-Davis*

Course Manager: *Sue Peltier*

**BIO NOTE:** *Elise*, author, historian, grant writer, recipient of the Carnochan Award from the Ontario Historical Society in 2016 for 30 plus years of activism & volunteerism for matters uplifting Black heritage in Ontario & beyond. Consulting historian/educator for the Ontario Black Youth Action Plan Program with the Coalition of Justice, Unity and Equity in Windsor/Essex County.

## Windsor: And Then There was One

In the early part of the 20<sup>th</sup> century the urban area of Windsor consisted of several independent border cities - Windsor, Ford City, Walkerville and Sandwich. Then in 1935, all these entities were combined, by legislation, into one municipality – the city of Windsor. This move was welcomed in some quarters and objected to strenuously in others. This course will describe the situations that existed and developed in Ford City and Walkerville prior to the amalgamation and then look at the effects that followed in both. As well, the actual process that created the combined communities will be described. Local historians Herb Colling and Chris Edwards will share the findings on this issue from research they did for

their books on the two municipalities – Ford City and Walkerville respectively. Class Size: Max. 25

1 Thursday 1:00pm – 3:00pm December 5

LOCATION: Life After Fifty (East End), WFCU Centre, 8787 McHugh St.

COURSE FEE: \$25 + HST = **\$28.25**

Instructors: Herb Colling, Chris Edwards & Jim McTavish

Course Manager: *Sue Peltier*

BIO NOTE: **Herb** and **Chris** are local historians and authors of several books on the Windsor areas. Both are regular presenters at ElderCollege. **Jim** is the Chair of the Essex County Curriculum Committee for ElderCollege.

# Parking Information

## **Amica Mature Lifestyles, 4909 Riverside Drive E., Windsor**

Amica has a few visitor parking spots right next to the building. You can also park in the McDonald's parking lot which is directly behind Amica's building. You can access the McDonald's parking lot from Wyandotte Street (4840 Wyandotte St. E.). Parking is also available across and a little down the street from Amica in the parking lot next to Coventry Gardens. This parking lot can be found at the corner of Pillette and Riverside Dr. Your final option is to use Amica's underground parking lot. There are some available spots here; however, space is somewhat tight, and it will require some manoeuvring.

## **Canterbury College, 2500 University Ave. W., Windsor**

For courses and registration at Canterbury College, you are welcome to park in the Canterbury Lot. Although you will see signs that say "Private Parking" or "Permit Only", you may use our lot anyway. Canterbury Staff member that monitors this lot, and, our staff will not tow any vehicles during ElderCollege functions. Canterbury Parking includes the lot right beside our building accessible via University Ave. W., as well as the additional lot accessible via Patricia Ave. The two parking lots are no longer connected.

## **The Village of Aspen Lake, 9855 McHugh St., Windsor**

The Village of Aspen Lake has a parking lot at the front of it's building, but it can often get quite full! There is a second lot behind the building that you can also use. To access the lot, turn south on Cypres Avenue off of McHugh Street. Turn right into the first driveway (before the long fence). This driveway will take you straight into the back lot; you just need to walk to the front of the building to go in the main entrance.

## **Life After Fifty, East End, 8787 McHugh St., Windsor**

The Life After Fifty East End Centre is located inside the WFCU Centre. Enter the parking lot and follow the road along the building until you reach the *Community Centre and Pool* entrance. Park there and enter those doors. Life After Fifty is immediately to your left!

*If you need further clarification, maps, or other information,  
please feel welcome to contact us!  
519-253-3000 x4944 or [laura@uwindsor.ca](mailto:laura@uwindsor.ca)*

# POLICIES

## Registration

ElderCollege Membership is required to register for courses. You must register in advance through Canterbury College. Payment is accepted by Visa, MasterCard or Cheque. (No person will be refused access to an ElderCollege course due to financial hardship).

## Refunds & Credits

Membership Fee is *Non-Refundable*. You must withdraw from a course no later than **two days** before the first session of the course starts to be refunded or receive a credit for the Course Fee. Credits issued expire after 1 year and cannot be redeemed at any time for a cash refund. Trips will have a different refund policy.

## Course Cancellation

We reserve the right to cancel or re-schedule a course at any time. Every effort will be made to notify participants. You can choose between a full refund or credit towards another course if we cancel the course.

## Waitlists

If a course is full you may add your name to a waitlist. Adding your name to the list does not obligate you to take the course. Your spot in the course is not guaranteed until payment is received. Waitlists only apply to the current semester and do not carry forward into other semesters.

## Privacy Policy

All information obtained at Canterbury ElderCollege will be carried out in accordance with the policies of the *Personal Information Protection Act*. Instructors are given participant contact information for the purpose of conducting their course. From time to time, photographs or video clips may be taken during events or courses. This material may be published for the purpose of promoting our program. Should you wish that your picture or video not be published, please notify the Canterbury ElderCollege staff.

For further information on all of our *Policies and Procedures* please visit our website at: [www.uwindsor.ca/canterbury/eldercollege](http://www.uwindsor.ca/canterbury/eldercollege)

# INDEX

## #

911 EMS Response.....	29
-----------------------	----

## A

A New Health Crisis Called Loneliness.....	31
A Walk Through Historic Sandwich Towne .....	47
Ageing Gracefully: Challenged by Six Components .....	47
Ahoy! Amherstburg’s Marine Past .....	11
AMHERSTBURG CAMPUS.....	11
As Your Skin Ages.....	10, 48

## B

Bird Watching at the Ojibway Nature Centre .....	49
British Army Garrison Cooking.....	11
Buddha’s Dhamma (Teaching) .....	38
Building a Hockey Team—A Behind the Scenes Look .....	50

## C

Canada’s M&M’s (Music and Movies!).....	50
Capacity Assessments and Powers of Attorney .....	51
Chariots of Fire: The History of the Fire-Fighting Apparatus.....	19
CHATHAM-KENT CAMPUS .....	13
Christian Studies Program.....	9
Communication Devices for People with Hearing Loss .....	43, 52
Computer Security – Protecting Yourself Against Cyber Criminals.....	52
Computers: Back to Basics.....	53
Computers: Beyond the Chips and Wires .....	53

## D

Death by Pandemic: The Great Spanish Flu Epidemic in Canada.....	20
Digital Presenting: The Everything Guide .....	35
Down at the Depot.....	21

## E

Early Christian & Byzantine Art.....	54
Early History of Comber and East-Essex County .....	38
Earth Changes Through Time.....	21
ElderCollege’s Trivia Championship .....	22
ESSEX CAMPUS .....	19
Essex County Vegetable Greenhouses .....	39
Essex District High School: A Look Back.....	22
Estates Law Changes That Can Affect You .....	32
Evil: The Problem of Evil.....	55
Evolution of The Automobile .....	23
Experiencing War & Conflict: How Veterans Survive.....	55

## F

Family History: Developing Your Personal Family History - A Template. 13, 24, 56	
Fighting the Phoney War .....	12
Final Tribute: Funerals From the 19 <sup>th</sup> Century to the Present.....	40
Forgotten Females of History.....	36

## G

Genealogy in the 21 <sup>st</sup> Century .....	24
GPS to Your Health: Your DNA is Not Your Destiny!.....	14
Guitar Advanced: Continue to Learn How to Play.....	45
Guitar: Learn How to Play.....	44

## H

HARROW CAMPUS .....	29
Harrow Research & Development Centre: 110 Years of Agricultural Research.....	29
Healthy Brains: Reducing Your Risk for Alzheimer’s Disease .....	57
Hidden Stories of History .....	31
History of Comic Books and Superheroes .....	36
Home-Made Herbal Gifts .....	15

## I

India & Nepal: The Taj, Tigers & the Himalayas .....	25
Indigenous People in Essex County: A History.....	26
Inside the Tyrant Empire: Resistance Movements to Nazi Germany .....	37
Islam & Muslims in Canada .....	57
Islam in Focus: One Theme, Three Topics .....	58

## K

Kayaking Here and There: Armchair Travel.....	40
KINGSVILLE CAMPUS .....	31

## L

LAKESHORE CAMPUS .....	32
LASALLE CAMPUS.....	35
Last Invasion: General McArthur's Grand River Expedition of 1814 .....	33
Lawn Bowls: A Sport for Lifelong Enjoyment .....	59
LEAMINGTON CAMPUS.....	38
Let's Celebrate the Diversity of LIFE! .....	45

## M

Martial Music in the 19 <sup>th</sup> Century .....	13
Mental Health and Addictions in Windsor/Essex – What Might the Future Look Like?.....	59
Mental Wellness in Aging .....	15
More Recorded Music on Period Machines .....	26
My, How Windsor's Changed!.....	60

## O

Ontario's Forgotten Fruit: The Pawpaw .....	46
Origami Christmas .....	61

## P

Parking Information.....	69
Point Pelee: Marvels of Monarch Migration .....	41
POLICIES .....	70

## R

Remembering the Future: Lessons Learned from the Holocaust.....	27
Routes to the Forks .....	16
Russia’s Mongolian Heritage: An Exploration .....	33

## S

Secrets of Southwest Elgin County: A Bus Trip .....	17, 28
Sir Wilfrid Laurier vs. Sir Robert Borden: A Tale of Two Gentlemanly Combatants in Canadian Politics.....	62
Smartphone and Tablet Basics.....	62
Steel Wings: Aviation in World War II .....	37
Submarine Officer: My First Career .....	63

## T

Tayo’y mga Pinoy: We are Filipinos.....	64
TECUMSEH CAMPUS .....	43
Tomatoes: An Exploration of an Amazing Fruit/Vegetable, Back by Popular Request!.....	42
Trash or Treasure: A Brief History of Junk.....	34
Trees of the Carolinian Forest .....	64
Trivia Time .....	30

## U

Ukraine: News of War, Church & Politics - Explained.....	65
--	----

## W

White (European) Slaves in the Middle East and Ottoman Empire.....	66
White Wines and Fish Dishes .....	42
Who is that Non-Royal Female on Our New \$10 Bill? .....	67
WINDSOR CAMPUS .....	47
Windsor: And Then There was One.....	67

## Z

Zentangle: Artful Meditation .....	18
------------------------------------	----

# My ElderCollege Courses

#	Campus	Course Title	Pg.
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			



