



NELSON AND AREA LEARNING IN RETIREMENT SOCIETY

View From The Chair

Inside this issue

Board & Committee.....pg 2

Friday Presentations pg 2-6

Course Reviews.....pg 6

Interest Groups..... pg 8-9

Bulletin Board.....pg 11

Hello, to our members as we come to the close of our first “in-person” term. What a pleasure it has been to follow up on our summer picnics to “real time” gatherings for Friday mornings and the Courses.

I want to take time to offer a reality check for our organization. For the last 2½ years, dedicated LiR volunteers went “all out”, maintaining learning and social opportunities for our members during a time of uncertainty and social isolation. However, we have now hit the wall. Many of our robust committees have become diminished and cannot support the same level of activity. Our Board has made the decision to step back to “bare-bones” operations in order to sustain the quality of our activities and the well-being of our volunteers.

ing of our volunteers.

We will continue to welcome members to Friday Presentations, offer courses and support Interest Groups this coming term. We will max out our attendance at 84 people in one room. At this time we will not offer Hybrid Presentations or Field Trips.

Your Board will be looking at innovative ways to increase active engagement of our members. Once that happens, we will again look to expanding our horizons.

As we look forward to the holiday season and New Year, on behalf of the Board, I wish you the joy of the season and many more opportunities to learn and play with your LiR friends!

Jean Carne

Nelson’s Learning in Retirement offers our 50+ community the opportunity to explore old and new interests in a relaxed and stimulating learning environment. LiR members work in partnership with Community Education and Workplace Training at Selkirk College (Nelson) to develop and provide a diverse program of speakers, courses and other activities for its members.

Website:
learninginretirementnelson.ca

Email:
nelson.lir2013@gmail.com

Facebook Group:
Learning in Retirement Nelson
BC



Board and Committee Members / Friday Presentations

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Jean Carne - Chair

Susan Milner - Vice-Chair

Sarah Kemp - Secretary

Raj Downe - Treasurer

Julia Bennett, Kathy Hrabluk, Maureen Kelsey, Marjorie Laisnez, Jane McComb (temporary), Christine Schmidt (Selkirk), Jude Schmitz, Carl Waterer

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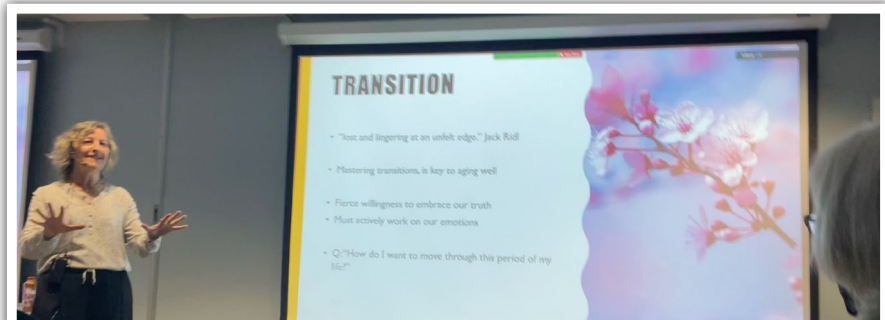
Judy Deon - Chair, Susan Milner, Jude Schmitz

MEMBERSHIP

Maureen Kelsey



Board Members.



When I am 64

Becky Livingstone
September 15th

The first Friday presentation on our return to campus in September was positive and thought-provoking. Becky Livingstone, author and life coach, gave us a joyful look at retirement and old age. Instead of the ageism, prevalent in our society, we must reframe it as sage-ism. Yes, living many decades means we are very wise!

Instead of concentrating on the necessary losses, we must celebrate the gains we have made. We have accumulated friendships, families, knowledge and endurance skills throughout our lives. Most importantly we must not be afraid to share this wisdom with younger generations.

Life is full of changes and each one brings transition which is messy and uncomfortable, but, we are stronger than we think and we will make it through, learning new skills with every change. We have a duty to model aging positively to change the way younger people feel about growing older.

The best news Becky gave us was that according to a longitudinal study by Becca Levy, giving back, and contributing to our community will bring us up to seven more years of a happy life! Isn't this a great incentive to volunteer?

This presentation was in addition to a more in-depth course Becky gave on this topic.

Julia Bennett

The Poetry of Water

Fred Wah
October 7th

Fred Wah started his presentation by saying, “Water creeps into everything I write, from the rice paddy to Kootenay Lake.” Starting with the elements of water, he then linked them to flooding, riparian zones and pictograms as he broadened the context to include the colonization of rivers, dams, borders and nations.

Moving onto the poetics of water, Fred revealed, “What the river taught me”... about the continuity of life, the frogs and the fish, seasonal sounds, about life and death and the power of water. We heard about the proprietary action of naming rivers and waterways, the flow of history and the indigenous peoples who occupied the land and waterways since time immemorial.

He framed his long poem, “Beholden” as ‘part of a long understanding, an embodiment’ of the 2000 kilometers of the waters of the Kootenay and Columbia Rivers. He referenced the impact of the Columbia River Treaty on indigenous peoples, who were not even consulted when the land was flooded to make way for reservoirs and dams. The injustice of it all.

Fred asked, “Why did I not pay attention?” because this was defined as progress.

Why did not all of us pay attention? Now the shores are sad and silent, the frogs no longer sing in spring and will the salmon ever return? I rode along with Fred Wah because, I too, was raised on this river system, feeling his anger and anguish, his grief and loss, the power and pulse of the rivers flowing through my blood, my heart and my soul. Like Fred, the river taught me, finally, about life!

To read “beholden: a poem as long as the river” go to

<https://www.riverrelations>
Judy Biggin



Car #23 – A Community Treasure

Jean Carne
September 23rd

Have you taken a ride on Car #23? Some LiR members have stories of riding her in days long past.

Jean Carne's informative history of the Nelson Electric Tramway Co. told how Car #23 was built in the U.S.A. in 1906 and joined the Company in 1924.

Established in 1899, partly because Nelson had the first hydroelectric system in BC, the Nelson Tramway Company became the “smallest streetcar system in the British Empire”. Jean, whose father, Max, was a tramway driver for 23 years, shared great stories about rail construction, routes, accidents on steep hills, getting children to school, and getting residents to winter and summer celebrations. Car #23 remained in use until 1949 when service on the Nelson Street Railway was suspended and replaced by buses.

In 1951, she was purchased by a veterinarian for \$10.00 and converted into a dog kennel! Yikes!! Later she became a chicken coop and then a storage shed.

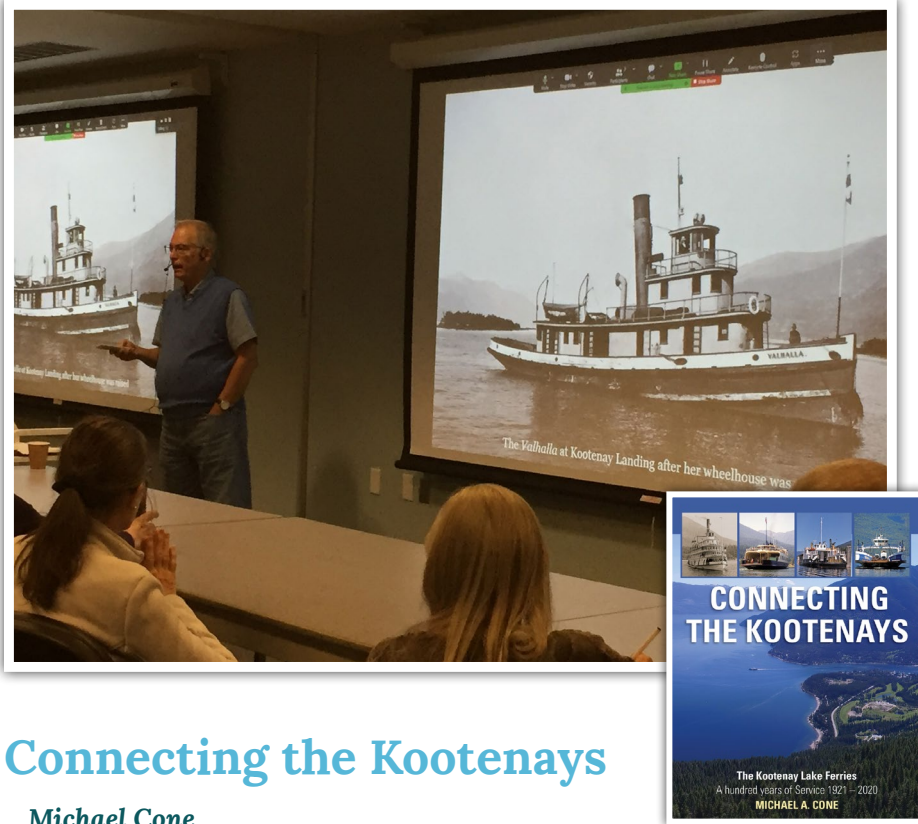
In 1982, she was donated by a new owner to Selkirk College and the Nelson Chamber of Commerce. An economic downturn at the time saw many tradesmen unemployed. Government funding was obtained, and the men became a vital part of the restoration. It took 6 years for Car #23 to be welcomed back into the community.

At first she was put on display. But in 1988, after a group of volunteers established the Nelson Electric Tramway Society, 2 km. of track was laid and mechanical and electrical components were acquired. The formal opening for “Car #23 in motion” was in 1992. For the past 30 years #23 has astounded and entertained thousands of happy riders.

The Tramway Society is always looking for new members – maybe you will even get to drive Car#23 someday!

For more information: nelsonstreetcar.org

Friday Presentations



Connecting the Kootenays

Michael Cone
October 14th

Historian Michael Cone presented a fascinating history of the evolution of transportation in the challenging, mountainous Kootenays.

Covering more than a hundred years, Michael described the history of early days of the coal-fired sternwheelers up to the electric-ready ferry being built in Nelson today. Photographs from the archives showed the tough life of those who worked on the early barges and tugs. It took a heavy physical toll on the men and it demanded a steely endurance to work the 6 hour shifts, in blinding snowstorms or fog, battling ice and deadly floating debris, guided only by local knowledge of various points along the shore. The railway from Crowsnest Pass was built in 1898 but ended at Kootenay Landing. Ore had to be transported from Kimberly and other interior mines to the smelters. It was cheaper to run a sternwheeler from Kootenay Landing into Nelson rather than extend the railway there.

The Ymir and The Valhalla were in service from 1901-1908. They were joined by a new tug, the Hosmer in 1909 at a cost of \$36,000. It later became a houseboat and its remains can still be seen off Bealby Point.

In 1929 an all-steel tug, the Granthall, built in Montreal at a cost of \$98,000, replaced the Valhalla until 1957 when it ended its days at Mirror Lake.

The Ymir remained as a back-up in the CPR shipyard in Nelson which was at that time the largest in B.C. Today on that same site is the RCMP building.

The ferry service ended on December 30th, 1930 when the last section of the railway was completed. Proctor never recovered from the loss of jobs this caused.

For more of this great history - Michael's book is *Connecting the Kootenays - A Hundred years of Service- 1921-2020* on sale at Otter Books.

Julia Bennett

Kokanee Wildlife

Joanne Siderius
October 21st

Joanne Siderius Ph.D., is a wildlife biologist, and the senior naturalist at Kokanee Creek Nature Center in Kokanee Creek Provincial Park. For those who don't know, the Nature Center is adjacent to Kokanee Creek campground, boat launch and day-use area on Kootenay Lake, just a short drive from Nelson. What a wonderful resource it is !!

Joanne introduced Kokanee Park as an ecosystem, provided its history and how the sockeye salmon became landlocked and are now referred to as freshwater kokanee salmon. These salmon are the "keystone" species of other wildlife in the park. They hold the various species together by being the predominant source of food in the park and upon which other forms of wildlife depend in a variety of ways.

A popular attraction in the park is the annual "salmon run" of spawning kokanees, finding their way up to the waters where they hatched, most of them three years ago. Joanne's commentary, video coverage and details provided were a fascinating look at this remarkable event.

Also presented were photos, extensive trail cam footage and information about other wildlife in the park... bear, coyote, deer, cougar, beaver, otter and various birds. Joanne concluded her presentation with an excellent rendition of the song, "I Will Survive", and a reminder that we need to take care of our planet and keep the animals alive. Sound advice, Joanne. Thank you.

The park has a website with over 270 trail cam videos of animals in the park.

See:

[Vimeo.com//kokaneecreekcentre](https://vimeo.com/kokaneecreekcentre).
Carl Waterer

Friday Presentations



Hiking the West Coast Trail

Alison Alder
October 28th

The West Coast Trail is situated on the western side of Vancouver Island between the communities of Port Renfrew and Bamfield. Its approximately 100 kms in length, managed by Parks Canada and a very popular attraction for serious hikers from around the world.

Reservations are required. 100 hikers/day are allowed to start. Designated campsites might be 17 kms apart and situated along the route. Hikers can expect to climb ladders, wade through deep mud or fast flowing waters, cross suspension bridges, take cable cars and cope with wet roots/logs, trees down and vegetation overgrowth. It can be challenging even for experienced hikers. If the weather is bleak maybe for days on end, driving rain, wind, cold and fog can make those several days it takes to complete the trail extremely harsh.

Allison Alder has hiked the trail 6 times with friends and family. Her presentation of stories, experiences, the rugged wilderness and suggestions as to what to expect and how to prepare, were backed up with excellent slides of stunning scenery and well-delivered commentary. Alison stressed the fact...Just because you've heard about the West Coast Trail, doesn't mean you can do it. One has to come prepared for what might lie ahead. To complete this wilderness challenge is exhilarating, inspiring and a memorable experience of nature and life!!

Carl Waterer



3D concrete printed houses

Jim Ziemplanski
November 4th

On November 4 Jim Ziemplanski gave us a wonderful presentation about a small business located in Proctor, TwenteAdditive Manufacturing, which provides 3-D concrete printing technology and software to clients around the world. With offices in Dubai, Montreal, Germany, and Nelson and employing approximately 30 people in total, this company boasts the largest 9-axis 3-D printer in the world. Current plans include development of a printer for two-storey buildings.

Jim outlined some of the advantages of building with this method which includes fast construction (2 - 3 days for a small structure), minimal manpower (2 operators), energy efficiency, flood/earthquake/fire resistance, and minimal waste. TwenteAdditive views itself on the cutting edge of future development as more and more automation comes into all industries as well as the artistic market. Low cost and fast 'setting time' means that: 3-D concrete printing is ideal for building affordable housing units quickly - ideal for upscale "glamping" units or disaster relief accommodation. Other markets include aerospace components, automotive parts, and medical devices. This construction method allows for concrete components in completely new shapes. Plans are initially drawn on a computer and then printed, resulting in intricate shapes for stairs, furniture, walls, and buildings.

Jim presented slides and a video of many of the projects that have been completed, including furniture, a guard house in the United Arab Republic, embossed panels, and a demonstration 'tiny home' in Proctor. We are invited to visit the shop and business in Proctor. This was a fascinating presentation, highlighting one of our region's exciting new companies.

Diane Watts



Invasive Species

Laurie Frankcom brought us an informative presentation on November 25th on Protecting the Kootenays from Invasive Species, also known as noxious weeds.

For more information go to Central Kootenays Invasive Species <https://ckiss.ca> Or call 1-844-352-1160



October 2022 at the Prestige Hotel Nelson

The Seniors Fair

Thank you to our members who volunteered at the LiR table at the recent Seniors Fair. Over 200 attended, and many folks stopped by our table to hear the LiR story. I also spoke to the vendors and heard just how much we are all known and respected in Nelson. Thank you to all who have contributed to this legacy.

Jean Carne

Course Reviews



Climate crisis and us

WHAT CAN WE DO?

A group of 10 interested members came together weekly for six weeks to express our opinions and perspectives about the climate crisis; to think positively, to discuss resiliency, sustainability, and influence change.

We are at the tipping point of saving this planet or not.

With a diverse selection of readings, podcasts, and videos, Ron Robinson of the West Kootenay Chapter (Nelson), Citizens' Climate Lobby Canada (CCL), facilitated a respectful discussion of topics including carbon emissions and their reduction, renewable and clean energy, restorative agriculture, indigenous land sustainability projects, and of course, government policies and economics. Through the online resources, we met leaders and advocates Sir David Attenborough, Kathryn Hayhoe, Chad Frischmann, Michael Pollan, Naomi Klein, and Kate Raworth (re doughnut economics for all countries).

Most importantly, discussion focused on specific ways local communities such as ours can take meaningful actions to manage the problems of the future, such as improved communication for the public from government agencies at all levels, accessible transportation between communities, community gardens, solar energy, water management, decrease in the wastage of food, composting, education in schools (action for climate change is embedded in the BC curriculum).

It is up to us. There are solutions to reversing global warming. It's not "we can't, but how CAN we"?

Learn about Canada's energy plan, the Clean BC plan and Roadmap to 2030, the Nelson Next plan, and the West Kootenay Climate Hub at westkootenayclimatehub.ca

Pat Gibson



Margaret Stegman being creative with ink and watercolour

Fun with Watercolour and Ink

Margaret Stacey encourages and inspires members to have fun, introduces different "tricks" using watercolour and ink and provides different examples to work with. There is lots of time to work on a project or two while Margaret comes by to provide support or ideas. Amazing how ink can define or correct the watercolour image you are trying to create!

Grace Devaux



If a picture is worth a 1,000 words, Pompea Savarin's smile is worth 1,000,000 as she tries the gelato in hand-made cones, rolled especially for Taste of Nelson participants by Gina of Gina's Gelato (pictured behind the counter) at 526 Victoria Street.

A Taste of Nelson – Sampling the Yumminess of Nelson

By Mike Stolte

Can you eat and drink your way through Nelson? We certainly did! Thanks to the amazing organizational efforts of LiR's Becky Livingston, a group of 10 LiRers got to sample amazing food and drink from nine participating Nelson businesses through LiR's first A Taste of Nelson workshop over three Wednesdays. Not only were we treated to yummy samples, the founding entrepreneurs shared their stories of their business passions coming to fruition, overcoming challenges (remember last year's highway closures?) and navigating Covid. The 10 lucky Taste of Nelson participants tried locally-made gelato, chocolate, beer, bread and fish while walking through Nelson's beautiful downtown core in the Fall. Many thanks to the participating businesses who took time and went well beyond the call of duty to inspire us and fill our bellies. Please help to support the generous local businesses who participated: Au Soleil Levant, Nelson Olive Oil, Torchlight Brewery, Oso Negro, Fisherman's Market, Backroads Brewing, Kootenay Chocolate, Gina's Gelato and Charcuterie Totoche.

Mike Stolte

Interest Groups



Beryl puzzled



Bridge Club

Living With Vision Loss

Are you living with vision loss, either newly diagnosed or the progressive development of one of the eye conditions that affect so many of us in our senior years? Would you find it useful to connect with others who are at varying stages of this frightening journey? Are you a family member or loved one providing support for someone with vision loss?

Several LIR members have met and chatted about the issues facing those of us dealing with vision loss due to AMD or sudden traumatic vision loss. There are many other conditions that affect vision as well. We discovered that there are resources and life skills that we can share with each other that might help make the challenges of living with vision loss somewhat less daunting. If you feel you can contribute information, learned skills or ideas, or you are struggling and would welcome fresh ideas, support and resources please get in touch. If nothing else, sometimes talking with others who are dealing with the same difficulties can help make you feel less alone. Please join us.

Send an email to lir22social@gmail.com and Susan will put you in touch with the group.

Bridge Club

The LIR Bridge Club meets on Wednesday afternoons from 1:30 - 3:30 at the Selkirk College cafeteria in Rosemont. It's a drop-in group of 'friendly bridge' players !

LiR Puzzlers

Do you enjoy aha! moments after tying your brain in knots trying to solve puzzles? We might be just the group for you. We have a wide variety of hands-on single-player logic puzzles, which start easy and get harder. You can just feel new synapses forming! The puzzles usually involve colours and shapes in two or three dimensions. There are also a few multi-person games based on spatial relationships and physical characteristics.

The Puzzlers meet Wednesday afternoons near the cafeteria at Selkirk College's Silver King campus.

Crochet Group

Our crochet group meets every few weeks to share patterns, stitches, and stories. Beginners and advanced crocheters are very welcome to join!

We meet at the Silver King campus of Selkirk College, near the cafeteria.

Interest Groups



Wanderers



Wanderers on the rail trail

Snowshoeing Group

The Trompers will be re-grouping once we have adequate snow on the trails, likely January.

Last winter, we met once a week and explored easily accessible trails sometimes within an organized space (Whitewater Ski Hill and Busk Nordic Ski Trails) and sometimes more unorganized spaces (Kokanee, Nelson Golf Course).

We usually decided each week where the next week's adventure would be. We aimed for adventures of about 2 hours. Most weeks, we averaged between 10 and 18 people. There is room for more people in our group. The only requirements for membership are an interest in playing in the snow, physical ability to snowshoe on moderate hills, cold-worthy attire.

Stay tuned in January for notices to re-group!

Lunch Bunch

The Lunch Bunch meets on the first Tuesday of each month from 12:30 until about 2:00. We usually pick a restaurant the month before and we are trying to pick a different kind every time. At this point we have about 10 members, though the monthly attendance is around 6 people. There are a couple of men in the group, so don't be shy about joining us! It is a great way to meet people in a smaller setting. In November, we went to Sushiwood - in December, who knows?

Hot Springers

The Hot Springers may have evolved into an interest group that meets seasonally. We have carpooled mid-morning on a weekday, had our soak at Ainsworth, and then stopped for lunch at a restaurant along highway 3A. An outing is scheduled for 19 December. Come and join us!

Wanderers

Once the snow was off the ground last spring the newly formed Wanderers walked the Kokanee Creek Canyon Trail. From then on they met on Mondays at 10:00 at the Lakeside Park carpark. On other Mondays, it was a brisk walk to Bealby Point or a gentler stroll to the Prestige and back. Sometimes carpooling took us to Kaslo River Walk, Slocan Pools, The Old Growth Forest Trail or the Rail Tracks. As the year went on more enthusiastic walkers branched off, taking longer and more elevated trails, joining hikers meeting on Fridays at 9:00 am.

There are always people to walk or hike with and we now have nearly 40 members on our lists although considerably fewer turn out each time. Next spring watch out for the email or sign up by emailing Susan at lirsocial22@gmail.com and she will forward your name to the Communicator.

If you have an idea for an Interest Group or want to join an existing one send an email to lirsocial22@gmail.com

Love Tales *by Richard Peppinck*

If you know a tale of the spirit of St. Lucia
please tell me, then let it wash over me
with Caribbean mystery something carried by trade winds
filled with spices chocolate plum whispered accounts of love
under a full moon illuminating rare and desired beauty
then I will know you have been there because your love as a
storyteller of a well-aged lusciously seasoned tale will be the proof.



September Road

By Josie Ahearn

Sunset when the husky and I
Walked a September road
Maples, alizarin, burgundy and green
Colours of leaves growing old
Exploding cattails on brittle stems
And a willow-thick pond growing mold
He took the lead with tail on back
His course on padded shoes
Here and there leaving scattered tracks
In dirt heavy with dew
And one last duck sailed alone
On a swollen grey lagoon
Where ghostly poplars make their home
With the eagle and the loon
Overhead uneven greys
Washed a changing sky
And setting sun in the west
Nodded a shy goodbye

Photo Collage



Fred Wah's poem.



The sound tech team.



Cookout in the park, summer 2022.



Peter Bartle cooling off after a hike - Slokan Pools.



Trompers.



Jude Deon striding out.



Happy Holidays!

January to May 2023

Our amazing Program Committee is in the final stages of planning our next exciting lineup of Courses and Friday Presentations for next semester. I for one am in awe of how they find us such eclectic topics and presenters. Here are a just few tasters of what is coming our way in 2023

Humour 101 with Joel Guay, Brain Games Advanced with Susan Milner, Introduction to Geocaching with June Spearman, Pineneedle Basketry with Debbie Gerrits and Maureen Gallinger, BBQ Your Own Lunch with Al Pollard.

As for Presentations, we will hear about the Geology of the Kootenays, the Nelson Mural Festival, Estate Planning, Refugee Support in Nelson and so much more!

The problem is, how to fit all we want to do into our week! Stay tuned for an email from Karen at the end of December with the finalized lists for the spring semester and come and join in the fun in January!

For current information
anytime go to our website

learninginretirementnelson.ca