



Sooke Region Lifelong Learning

Join our Community of Active Learners

FALL 2020

**FREE SESSIONS!
NOW ON ZOOM**

RUSSIAN REVOLUTION

These two sessions will conclude the spring course that was cut short by COVID-19. China Mieville's book "October" is an account of the Russian revolution, told as a gripping story. Mieville's story will be our point of departure for discussion on the successes and failures of that revolution, and its impact on the 20th century.

Presenter: Jack Gegenberg

EV UPDATE

Come and join David and Carol Mallet for an update to the Electric Vehicle landscape in British Columbia. Those that attended their sessions last year will be interested in the changes to the market, as it has been effected by external forces from the glut of gasoline, to COVID 19, to social distance and the use of EV Chargers.

Presenters: David and Carol Mallett

THE HUMAN RELATIONSHIP WITH NATURE, EXPLORING THE ROOTS OF OUR UNBALANCED RELATIONSHIP WITH NATURE

Nature is essential to our well being. However, does nature only have value in material terms – as a resource to sell, to make things with, to build our cities and power our industrial economy? Can we identify the cultural roots of this instrumental relationship with nature? Are there threads in our culture that offer hope for a different relationship with nature?

Presenter: Hester Vair

EAT WELL AGE WELL

Jo Philips plans to talk about the human immune system and the types of support your body needs to strengthen its response to diseases in the world around us.

Presenter: Jo Philips

IN SIGHT!-PHOTOGRAPHY

Intended for the novice photographer, we will cover the basic understanding of photography, knowing your camera, where to continue learning, and what to consider when printing photos. Please bring a camera, whether a cell phone or the latest DSLR camera will do. Camera basics – file size, JPEG, Raw files, Composition, and Lighting. The program times may change at instructor's discretion, but we will let you know.

Presenter: Michael Ingram

MEATLESS MONDAYS AND BEYOND

Introduction to Vegetarian Cooking: Jill has been preparing meatless meals as part of her lifestyle for the past forty years and has been a full time pescatarian for the past eight years. Expand your vegetarian options and learn some tips for converting conventional recipes into vegetarian items. Session one "Introduction to Vegetarian meals" Session two "Vegetarian menus and recipes" Session three will be offered only if there are changes in the current social distancing restrictions. "Potluck long table meal"

Presenter: Jill Marchand

PLAGUES, PESTILENCE AND THE RISE OF NATURE

A review of the book "Plagues and People" by William H. McNeill. Pandemics sweep regularly across the world effecting the rise and fall of civilisations. In this program we will create a timeline from pre-history to the modern day showing these effects. You will never approach history in quite the same way once you have taken this class. The class will be interactive and class discussion and sharing of ideas is encouraged.

Presenter: Chris Moss

GREEN ENERGY: Four Steps to Net Zero Energy Consumption

Transition Sooke's Green Energy Team will be sharing our research on how to sustain our planet for future generations. The Green Energy Team will be offering 4 sessions to coincide with the 4-step approach to reaching net zero energy consumption.

Presenter: Lily Mah-Sen