



# KPURA News

## Volume 8 Issue 2

### December 2024

#### Keeping Connected

### Annual Picnic at Crescent Park

### Board of Directors Report

KPURA continues to increase its profile on KPU campuses. Board members attended the Surrey Campus Open House on Oct 5. We now have a banner, rack cards, and business cards to hand out to interested persons visiting our table.

Our support of Age Friendly University Principles continues. The Board invited Meredith Laird, Manager, Curricular Support, to speak to the Board about Prior Learning Assessment and Recognition (PLAR) to our October Board meeting. Meredith was accompanied by Pal Treham, Recognition of Prior Learning Specialist. Please see a separate article in this newsletter. PLAR is one of the several programs that can support non-traditional, older, and senior students wishing to upgrade their education.

Our relationship with Randall Heidt, VP External Affairs continues. We had a spirited meeting at Randall's office, Langley campus, at the end of August. He has been extremely supportive and has assisted with many of our events and activities.

The Board continues to develop our strategic goals for 2024/2025.

#### 2024-25 Board of Directors:

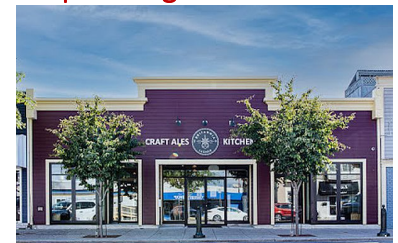
- Chair – Carol Barnett,
- Vice-Chair – Terri Van Steinburg,
- Secretary – Alice Macpherson,
- Treasurer – Roger Elmes,
- Members at Large: Events – Sooz Klinkhamer, Liaisons – Bob Perkins, Sandra Carpenter, Yale Shap Geoff Dean, Astrid Opsetmoen



KPU Activities

Page 2

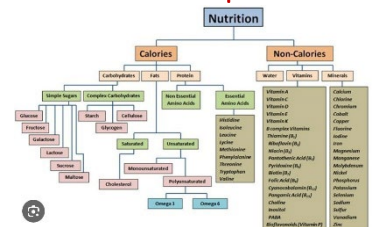
#### Upcoming Seasonal Social



December 12, 2024

Page 3

#### Event Reports



You Are What You Eat with Dr Bob  
Pages 4

## Activities at KPU

### Kwantlen Polytechnic University Open House, October 5

KPURA was well represented at KPU Open House held 5 October at the Surrey Campus. Hundreds of attendees from the community and afar came to learn more about what KPU offers, join in the hunt for stamps at various tables and displays to win prizes, and enjoying the presentations from diverse groups - a welcome from our indigenous colleague Lekeyten, a hoop dance from Eli, a demonstration of acupuncture, and many Kwantlen faculty and staff to speak with regarding programs and courses.

We, of course, were interested in speaking with our 'future' retirees, and perhaps encouraging them to share their (non-KPU) emails so we can send them our newsletters and announcement of events. And (of course) have a Werthers butterscotch candy or two!



**Richie, Sooz, & Astrid**

### Ignite a Dream at KPU Tech September 28



**RA Board Member Geoff Dean and Colleen McGoff Dean**

The Surrey Firefighter's Ignite a Dream 2024 Fundraiser was held on September 28, 2024 on the KPU Tech Campus in Cloverdale and raised \$45,000. These funds will support Surrey youth through bursaries to overcome the financial barriers to education at KPU. The fundraiser showcased various wines, beer and culinary treats from BC businesses. The main sponsors were the Gary & Gail Grehlish Foundation, Scotia Bank, Save On foods and Keep it Simple Consulting.

The food was a delicious sampling of different appetizers that each restaurant had created and presented in various creative ways. The very tasty treats were provided by: The Boathouse, Chez Christophe, Earls, Milestones, Original Joe's, Sheila's Catering, Tap, Uli's and West Coast Culinary Creations. Some of the restaurants even handed out coupons to use at their restaurants at a future date.

The beverages were sponsored by Keep It Simple Consulting and our own KPU Brewing was also there showcasing their beer. I can't speak to the alcoholic beverages that were available, but the non-alcoholic ones were very enjoyable.

A further highlight was the appearance of the Surrey Firefighter's Pipes and Drums Band, who marched in around the middle of the evening and performed briefly before marching out again.

I can highly recommend attending this annual fundraiser in the future, as I am sure that the food and beverages presented will be top notch based on recent experience. With tickets only \$60 each or 10 for \$500 it is a wonderful way to support students and enjoy culinary delights at the same time. – *Astrid Opsetmoen*

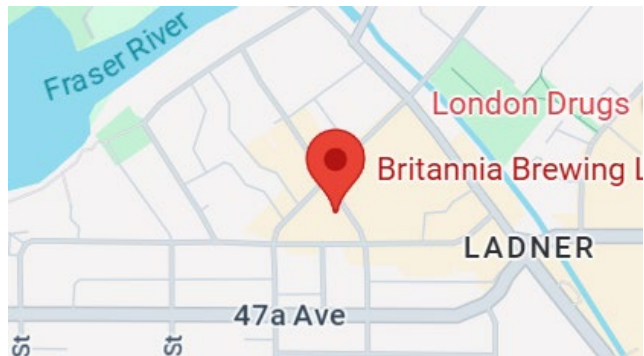


## KPURA Upcoming Events

### KPURA Seasonal Social, December 12

Come and join us at Britannia Brewing Company Pub at 4821 Delta St., Ladner Village on **Thursday 12 December** at 12 noon for a seasonal social lunch with your friends and colleagues. We have reserved a space for us to be together (inside) and we look forward to seeing you there!!

Note: there is 2 to 3 hour free parking on the streets surrounding this pub in Ladner.



Here's a map showing the location, right in downtown Ladner!

You can have a look at their current Fall/Winter menu on line at Britannia brewing Company Ladner.

<https://www.bbco.ca/ladner/#menu>

Their menu is extensive and includes appetizers, lots of lunch choices including a variety of salads, and favourites, and sweet fixes. There are lots of dishes available and one other is sure to catch your eye. Also on offer is a wide selection of ales on tap, along with craft cocktails, and non-alcoholic beverages.

Our Members and Friends are welcome!

**Please indicate whether you will be joining us** for this festive seasonal social by emailing: [KPURA@KPU.ca](mailto:KPURA@KPU.ca)



*Britannia Brewing Pub, 4821 Delta St, Delta, BC*

## Science Webinars with Dr Bob

### January 23<sup>rd</sup> Foraging/Fermenting – Making Fruit Wines at Home

Bob has been making fruit wines at home for over 35 years. This session will take us on virtual tour of the various fruits that can be found on our 1.5 acre property on Sproat Lake. He will then describe the process involved in converting the fruits into wine, including all the necessary ingredients, in addition to the fruit and sugar. Bob is an award winning wine maker and will walk you through his process and final products. Sadly, as this is a webinar, there will not be tastings.

### February 20<sup>th</sup> You Are What You Eat – Part 2

The feedback from Part 1 (reading labels and carbohydrates) was very positive. This second session will be focused on triglycerides (fats/oils). We will consider the process of digestion, as well discuss the issues surrounding saturated versus unsaturated triglycerides, and the omega system of labeling fatty acids. is marked for a session on making fruit wines.

Please let us know if you are interested in either session by filling out the survey sent out earlier, or simply sending an email to [KPURA@kpu.ca](mailto:KPURA@kpu.ca)

## KPURA Social Event Reports

### KPU Retirees Annual Picnic – September 5, 2024

Our chosen location, **Crescent Park**, 129<sup>th</sup> Street and 28<sup>th</sup> Ave in South Surrey, has proven to be a wonderful haven for us to meet, eat a lunch, and socialize.

KPURA held its annual Picnic In The Park, at Crescent Park on September 5. The weather was outstanding and the location was, as usual, beautiful. A small but enthusiastic crowd assembled and had the opportunity to catch up with each other, enjoy lunch in the great outdoors, and nibble on complimentary cookies provided by KPURA.

The question came up, "Why is this annual picnic held in Crescent Park?" Of course, Roger Elmes had this answer.

"For many years Kwantlen held annual picnics for employees and their families. In the early years, some were held at HMCS Discovery in Stanley Park and included whaler races between Douglas and Kwantlen. Later, Crescent Park became the 'traditional' site always featuring Don Currie's 45 gallon oil drums converted into barbecues with senior administrators as 'chefs'. There were games for all. along with the free food and drinks. These were often big events with 100-150 attending."

This year our group was smaller than in the 'old days' but a good and interactive time was had by all.

Next year, please come join us to recreate some of those memories. We won't even force you to play games! We look forward to the opportunity for chatting, reminiscing, and catching up with old friends and colleagues.



*Roger and Marie Claire arriving at the picnic*

## You Are What You Eat Webinar report

On Nov. 14th Bob Perkins gave a wonderful Zoom presentation to a very engaged group on the wonderful world of reading food labels, followed by a discussion of carbohydrates, sugars and sugar substitutes. Food processors have more than 20 ways of putting "sweet things" in our products available at the grocery store. It can be difficult to decide which sweetener is "better". Bob kindly built up our vocabulary and scientific knowledge as we explored what sugars are and discussed how the food industry uses them.

A big takeaway was that any ingredients ending in "OSE" on a food label are sugars. These sugars may be simple monosaccharides ranging to more complex carbohydrates called polysaccharides. Glucose, fructose and galactose are monosaccharides, whereas starch is a polysaccharide. The smaller molecules are easier for our body to digest and convert into energy but their absorption pathways are different and thus it is important to understand which sugars the larger polysaccharides break down into. Fructose is converted in the liver and so requires more time and energy than glucose. Glucose is absorbed quickly in our stomachs and is what is responsible for our "sugar rush" when we eat foods that contain large amounts of it.

Other sugars that are hidden in food labels are alcohols such as xylitol, sorbitol and erythritol. Sugar substitutes such as aspartame and saccharin are problematic because the signal to the brain indicating that sugar is coming, is false, which causes a person to eat or drink more to try to compensate.. So those "empty calories" aren't as innocent as they may appear to be.

Our session was very interactive and no prior scientific expertise/knowledge was required.

One shocking takeaway for me was that there are 62teaspoons of table sugar in a 2 litre bottle of Mountain Dew!! Most other soft drinks have "only" 24-28 teaspoons! – *Astrid Opsetmoen*

### Common Sweet Food Additives

- Maple syrup ... largely Sucrose
- Agave syrup ... largely Fructose
- Corn syrup ... largely Glucose
- Honey ... largely Fructose
- Brown sugar ... Sucrose + Molasses
- HFCS ... largely Fructose

***some of the sugars we commonly use***

## More Virtual Learning Opportunities

### Free Virtual Event through AROHE

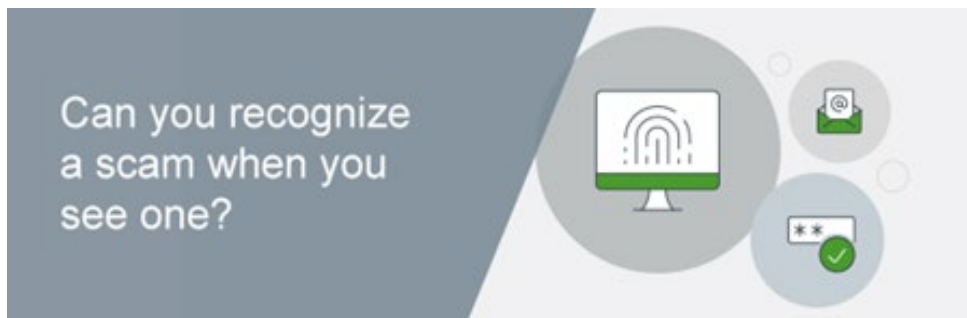
KPURA is a member of AROHE and our members benefit from events that they offer.

#### *Learn and Share in Interactive Webinars*

AROHE's Idea Exchange webinars, developed by the Research and Education Committee, offer the opportunity to explore retirement transitioning issues, hear about successful retiree programs/practices, learn about issues affecting retired faculty and staff, and share resources with others. These interactive webinars are conducted using the Zoom meeting platform.

#### **Next Up!**

**Cyber Fraud and Personal Security Insights, Tuesday, April 08, 2025, 10:00 AM - 11:00 AM,** focusing on cyber threats and how you can protect yourself, presented by Fidelity Investments.



### Cyber Fraud and Personal Security Insights

**Tuesday, April 08 – 10-11 am PDT** Cyber threats are everywhere, which is why it's important to understand what it takes to keep yourself cybersafe. We are proud to team up with Fidelity Investments to offer this exclusive virtual workshop to share important information about common financial scams and ways you can monitor, protect, and safeguard your data.

**Presenter: Gary Rossi** leads Fidelity Investments Personal Security Insights Program, educating clients about cyber and personal security threats. Mr. Rossi previously worked as a special agent for the Federal Bureau of Investigation (FBI), specializing in white-collar crime investigations, including financial frauds, cybercrimes, and public corruption matters.

[Register for the Cyber Fraud & Personal Security Insights Webinar](#)

[Virtual activity archived from earlier this year: Reimagining Retirement](#)

### **AROHE (Association of Retirement Organizations in Higher Education)**



At AROHE, we know that higher education retirees are assets of society who reinvent, NOT retire from, life; positively impact their communities; and contribute to the greater good. AROHE supports all phases of faculty/staff retirement through a dynamic member network that links retired faculty/staff associations, retiree and emeriti centers, and campus offices that engage retirees such as human resources, academic affairs, alumni, and

advancement/development. AROHE provides resources and connections to increase retirees' value to their colleges/universities, communities, and professions in the areas of philanthropy, advocacy on behalf of the institution, volunteerism, and institutional knowledge and commitment.

Fidelity's mission is to strengthen the financial well-being of our customers and deliver better outcomes for the clients and businesses we serve. With assets under administration of \$11.7 trillion, including discretionary assets of \$4.5 trillion

as of June 30, 2023, we focus on meeting the unique needs of a diverse set of customers. Privately held for over 75 years, Fidelity employs over 70,000 associates who are focused on the long-term success of our customers.





## Upcoming Community Theatre

### Colleen McGoff Dean

At Naked Stage we strive to bring a collection of interesting, sometimes provocative and always entertaining productions. To order season's tickets please visit: <https://www.nspociety.com/upcoming-shows>

Scroll down the page and choose your preferred day. If during the season you wish to change, no problem!

For our 2024/2025 season we are proud to present:



### Renovations for Six

by Norm Foster

Shayna and Grant Perkins are new in town. Eager to make friends, the young couple decides to host a dinner party. The guest list includes two other couples, and all are undergoing house renovations and all could use a little fix-up in their relationships too! Hell breaks loose at the dinner party in this fast-paced comedy as secrets are revealed and cultures clash.

February 21, 22, 23, 2025



### Murderers

by Jeffrey Hatcher

Three comic monologues about revenge, blackmail, money, jealousy, justice, sex, and murder. Each tale depicts desperate passions, old wounds and cold calculations that intersect in the sundrenched world of the Riddle Key Luxury Retirement Village in Florida. Each story is a cat-and-mouse mystery featuring culprits who tell how they decided to commit the perfect crime and what tripped them up along the way.

April 25, 26, 27, 2025



### Take Down The Letters

by Sue Schleifer

Finally ready to clean out her late husband's closet, Lynn discovers a box of letters. She invites her mom to accompany her on the reading journey that takes them to the 70s and his former girlfriend, who is searching for her purpose in life. What do the letters reveal, and what will Lynn learn about herself and her own relationships?

June 6, 7, 8, 2025

We are grateful for the support we receive from the City of Surrey and the Arts Council of Surrey

## Prior Learning Assessment and Recognition at KPU - FLEX

The Office of the Provost & Vice President, Academic is augmenting the Prior Learning Assessment and Recognition at KPU. Meredith Laird, Manager, Curricular Support, updated the Board at a recent meeting. Meredith was accompanied by Pal Treham, Recognition of Prior Learning Specialist.

PLAR has been available for many years as a method of assessing non-credit education and work experience accumulated by mature students that wish to seek a new credential at KPU. The augmented program has created more streamlined pathways for Trades and Indigenous students to ensure that prior learning is considered in all new program development. Credit and a grade may be assigned.

Meredith and Pal have and are developing a more inclusive and efficient set of supportive documents that will assist both student and the faulty assessor. This is called Rapid PLAR. Templates will be available for the Brewing and Brewery Operations program and all programs offered by the Melville School of Business for the assessment process. A bonus is that the application and assessment will be free of charge to the student. More information and contact details are available at <https://kpu.ca/flex>.

An active and accessible PLAR program supports the **Age Friendly University** Principle 2: *To promote personal and career development in the second half of life and to support those who wish to pursue second careers*. KPURA looks forward to watching the Rapid PLAR program grow for non-traditional, older, and senior students at KPU.

## Become a Member of KPURA

### The KPU Retirees Association

Invites you to join us for the purposes of:

- Encouraging fellowship among retirees by maintaining existing and promoting new friendships;
- Organizing social events for university retirees;
- Facilitating continuing engagement with the university;
- Facilitating the free exchange of information and discussion of topics of interest to members;
- Advocating on issues and topics agreed to by the association; and
- Representing the members of the society to Kwantlen Polytechnic University and other entities.

Visit our website for more information and resources: <https://www.kpu.ca/retirees>

## Advocacy

### The Urgent Need for Pharmacare in Canada

The fight for Pharmacare, a publicly funded, universal drug coverage program, has become front and centre for many organizations across Canada, including the BC Health Coalition, Council of Canadian and the Canadian Health Care Coalition.

A recent poll conducted by the Canadian Federation of Nurses Union indicted 87% of Canadians support a pharmacare program.

The Federal Liberal government, because of the confidence and supply agreement with the NDP, have committed to introducing legislation to implement a National Pharmacare program by the end of 2023.

Canada has universal health care, but, unlike other countries with universal health care, it does not have universal coverage for prescription drugs.

Why is a publicly funded, universal drug coverage program so important?

According to the Canadian Federation of Nurses Union, the lack of affordable prescription drugs could be causing premature deaths due to heart disease and diabetes.

A public pharmacare plan could increase prescription drug use substantively, and provide relief for those who are currently skipping medications due to the cost of those medications.

A paper by the Canadian Medical Journal indicates that Canadians have gone without basics such as food and heat for their homes due to the cost of prescription drugs.

Even having a health benefit plan can still mean paying out of pocket, and for seniors living on a fixed income this can really add up.

The parliamentary budget officer in his report of October 13, 2023, said that a single-payer universal drug plan could have estimated economy-wide savings of \$1.4 billion in 2024-25 and a further increase in savings of \$2.2 billion in 2027-28. The report goes on to say that these estimates do not include savings to the healthcare system as a whole.

Right now, the pharmaceutical industry is the only beneficiary of our current system.

If you would like to add your voice and support a national pharmacare program check out the link below to the Pharmacare Now campaign by the Council of Canadians:

<https://canadians.org/pharmacare-now/#signup>

---

### KPURA on Social Media – Facebook

KPURA has a Facebook page that is designed for KPU retirees to exchange views and updates, as well as catch up on KPURA news. Upcoming KPURA sponsored events are posted as are photos of the event itself. Many of these events are free and all KPU retirees are invited to attend.

When there is a charge for an in-person tour or other activity, non-KPURA Members will be charged a slightly higher fee. (It pays to be a member!)

All KPU retirees are invited to join the Facebook page (after a quick review by the administrators). It is a closed group so only Facebook group members are permitted access to the names of other Facebook page members. For safety, all posts are previewed before becoming visible. Follow us at <https://www.facebook.com/groups/KPURA> and give us a 'like'!!



**Sandra Carpenter –  
Board Member and Facebook follower**



## Science and You Series

### Radioactivity (Part 1)

#### Bob Perkins

I had a number of positive comments about my article in the last KPURA newsletter concerning the number of “different” water molecules in a glass of water. In this article I will expand upon that introduction by considering radioactivity in more detail.

Before we start, let’s go back and consider a sample of “ordinary” water. For every one billion ( $10^9$ )  $H_2O$  molecules made up of the isotopes H-1 and O-16. There will be approximately:

- $2 \times 10^6$  water molecules made up of the isotopes H-1 and O-18 (0.2%)
- $3 \times 10^5$  water molecules made up of the isotopes H-1, H-2 and O-16 (0.03%)
- $3 \times 10^5$  water molecules made up of the isotopes H-1 and O-18 (0.03%)
- 22 heavy water molecules made up of the isotopes H-2 and O-16 (22 ppb)

Most samples of water will have almost no detectable amount of “radioactivity”; i.e., molecules containing the radioactive isotope of hydrogen tritium (H-3).

So, what makes a given atom stable or radioactive? It all comes down to the ratio of neutrons and protons in the nucleus of the atom. Nuclear chemists are really only concerned with the nucleus of the atom, and thus refer to the various nuclides of the elements, and their possible nuclear reactions. As I mentioned in the previous article, the Periodic Table is made up of 118 different elements, but there are more than 3500 different isotopes (nuclides) of these elements. After element #82 (lead) there are no stable nuclides of the heavier elements. So, this means that majority of the known nuclides are radioactive.

Here are a few examples to consider:

- Carbon (#6) has **2 stable** and **13 radioactive** nuclides
- Chlorine (#17) has **2 stable** and **22 radioactive** nuclides
- Tin (#50) has **10 stable** and **29 radioactive** nuclides
- Radon (#86) has **0 stable** and **39 radioactive** nuclides

When these radioactive nuclides “decay”, the process will continue until the final nuclide is no longer radioactive; i.e., stable

You may remember from your high school chemistry course that there is a definite arrangement of electrons around the nucleus of the atom. The chemical property of that element is dependent upon the number of electrons in the outmost shell, the valence electrons. There is also a definite arrangement of neutrons and protons in the nucleus of the atom, but we will not discuss this here. The following table illustrates the relationship between the protons and neutrons for the 279 stable nuclides of the elements.

**TABLE 18.1 Number of Stable Nuclides Related to Numbers of Protons and Neutrons**

Number of Protons	Number of Neutrons	Number of Stable Nuclides	Examples
Even	Even	168	$^{12}_6C$ , $^{16}_8O$
Even	Odd	57	$^{13}_6C$ , $^{47}_{22}Ti$
Odd	Even	50	$^{19}_9F$ , $^{23}_{11}Na$
Odd	Odd	4	$^2_1H$ , $^6_3Li$

Note: Even numbers of protons and neutrons seem to favor stability.

**Types of Nuclear Reactions** – The simplest way of understanding nuclear reactions is to assume that the unstable nuclide is either too heavy (too many neutrons) or too light (not enough neutrons). The nuclide will undergo a series of decay reactions until the final product will be one of the 279 stable nuclides as shown above.

**Alpha Decay** – This is the process favoured by nuclides that are far too heavy (large number of protons and neutrons).



The radioactive nuclide U-238 emits an alpha particle (He-4 nucleus) and produces Th-234. Th-234 is still radioactive, and the decay reactions will continue until a stable nuclide of lead is formed.

**Beta Decay** – This is the process favoured by nuclides that are slightly too heavy (small number of protons and neutrons).



The radioactive nuclide C-14 emits a beta particle (high speed electron) and produces the stable nuclide N-14. During the process a neutron in the nucleus is converted to a proton and an electron. The electron is ejected from the nucleus, and the atomic number of the nuclide goes up by one.

**Positron Decay** – This is the process favoured by nuclides that are too light.



The radioactive nuclide C-10 emits a positron (high speed anti-matter electron) and produces the stable nuclide B-10. During the process a proton in the nucleus is converted to a neutron and a positron. The positron (positive electron) is ejected from the nucleus, and the atomic number of the nuclide goes down by one.

In all three of these nuclear decay reactions, there is also the release of significant gamma radiation.

If we return to the decay of U-238, the following nuclear equation indicates that a total of 8 alpha particles and 6 beta particles will be ejected before the formation of the final stable nuclide Pb-206.



Granite can contain small amounts of U-238, and in some parts of the country it is recommended to test for radon in the basement of your house. This is a concern as the radioactive gas radon is one of the intermediate nuclides produced in the above reaction sequence. Breathing in the gas may lead to producing solid radioactive nuclides that can cling to lung tissue, a possible risk for damaging cell function.

**That is likely more than enough information for now, my plan for the next article is a discussion of the half-life of radioactive nuclides, as well as the energetics associated with naturally occurring radioactivity.**

See also: <https://www.cbc.ca/news/health/cancer-treatment-research-targeted-alpha-therapy-1.7384434>

## Early days at Kwantlen College



How many of our readers remember these accommodations?

The first Kwantlen ‘buildings’ in Surrey.

Send us your thoughts and reminiscences along with any other pictures you have of Kwantlen’s early days.

[kpura@kpu.ca](mailto:kpura@kpu.ca)

## KPU Reflections

This is a series highlighting interviews from the KPU Oral History Project.

### ‘My arm had burst into flames’

*Excerpts from the interview with Lee Woodson, Psychology Instructor*

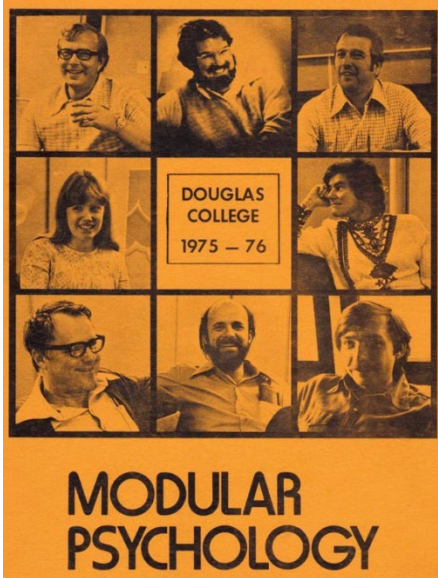


Photo: KPU Archives

Lee Woodson, bottom row, middle, shown with his Douglas College psychology department colleagues before they were divided in the 1981 split that created Kwantlen College. Here is part of the interview with Lee Woodson, a founding member of KPU’s psychology department.

Lee Woodson began his long tenure with KPU when it was still part of Douglas College, starting at the college’s two-year-old New Westminster campus before transferring to Surrey a year later.

“In those days I had an awful lot of mature students – people who were in their 30s and 40s,” he remembers. “It changed dramatically many years later when we built the permanent campuses.”

One September, Lee remembers walking into a class of 60 students – seemingly all in their late teens.

“What they attributed it to at the time was that the college itself was worried that with the new building they would have all this space...they were afraid they wouldn’t be able to fill. So, they sent the counsellors out to all of the high schools, beating down the doors: ‘Come to Kwantlen’.... And they did.”

Lee started working “swing shifts” early in his career – requiring an instructor to teach the same class in morning and evening – and continued until he retired.

“It was designed to accommodate people who work swing shifts. You find people in the hospitals and other jobs they work three or four weeks on days, so they are available in the evening. Then they get put on evening shifts and they are available in the daytime. So, it was to facilitate people like that being able to take the course straight through and not miss anything in so doing.”

As a psychology instructor, he used to take his students to UBC’s sensory deprivation facility in the 1970s. Students would spend 24 hours in a small room equipped with only a bed and small fridge. No light, no sound.

“Twenty-four hours is a long time with no sensory input of any kind. Now there was a monitoring device so that if you panic or something someone could access the room, actually you could open the door yourself if you wanted to get out. It’s like one of those walk-in freezers you see in the grocery stores.”

In the classroom, Lee had a few clashes with technology. During one lecture, Lee was leaning over an overhead projector, his big wool sweater pressed up against the hot lamp. A student noticed the flames first.

“Sure enough my arm had burst into flames from the heat of the bulb of the overhead projector. So, I’m jumping around the classroom trying to pat out this fire. Everybody is just falling on the floor laughing.”

When cellphones started making an appearance, he told his students he didn’t want to hear them in class. One day, a student’s phone rang. Moments later the student had another call. This time she answered it.

“I had to stop. Everybody is looking at her and she says (to me), ‘It’s for you.’ The whole place just fell apart in laughter. ‘It’s my mom.’”

The student’s mom was one of Lee’s colleagues who was sick and wondered if Lee could teach her class later that day.

(Written and compiled by Matt Hoekstra for KPU.)

[Read the full interview transcript.](#)

Transcripts of completed interviews are available on the project’s website through the KPU Archives: <https://archives.kpu.ca/oral-history-project>



# 21<sup>st</sup> Century Reflections

21 years ago

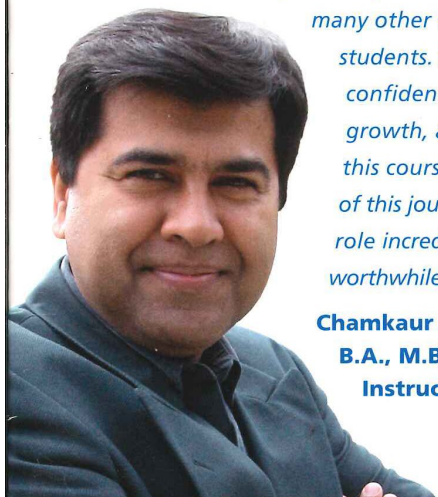
## Faculty Excellence

Behind every successful Kwantlen student, you'll find a dedicated Kwantlen instructor. Providing ongoing support and mentorship to students and graduates, many of our award-winning faculty receive commendation from peers and students for their unique blend of academic and industry experience and their commitment to excellence in education.

*"The BBA Entrepreneurial Sales students have generated almost \$300,000 in scholarship funds, providing needed assistance to many other Kwantlen*

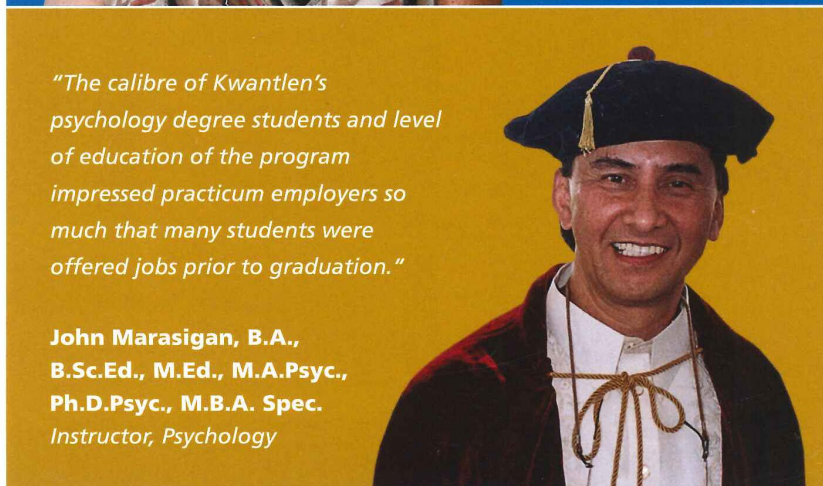
*students. Students gain confidence, personal growth, and success in this course. Being a part of this journey makes my role incredibly valuable and worthwhile."*

**Chamkaur Cheema,**  
B.A., M.B.A.  
Instructor, Business



*"The evolution of our two-year diploma into a FIDER-accredited four-year bachelor's degree program means better qualified design practitioners, responsible for making our world's built environments safer and healthier. As my students succeed, I succeed."*

**Sooz Klinkhamer, B.A.A. (Interior Design), M.A.**  
Chair, Interior Design Dept.



*"The calibre of Kwantlen's psychology degree students and level of education of the program impressed practicum employers so much that many students were offered jobs prior to graduation."*

**John Marasigan, B.A., B.Sc.Ed., M.Ed., M.A.Psyc., Ph.D.Psyc., M.B.A. Spec.**  
Instructor, Psychology



*"I have the privilege of co-learning with a diverse group of students by creating an open, caring environment. I facilitate student learning and help students become not only excellent nurses, but caring members of society who want to make a difference and work for social betterment."*

**Balbir Gurm, R.N., B.S.N., M.A.**  
Instructor, Nursing

## Research Updates

### Canadian Research on Aging



Canadian Longitudinal Study on Aging  
Étude longitudinale canadienne sur le vieillissement

The Canadian Longitudinal Study on Aging (CLSA) is a large, national research platform on health and aging allowing researchers to answer critical questions on the biological, medical, psychological, social, lifestyle and economic aspects of aging, disability and disease. The CLSA follows 51,338 men and women who were aged 45 to 85 at recruitment, for 20 years.

CLSA defines its aim as “to find ways to help us live long and live well, and understand why some people age in a

healthy fashion while others do not. What is learned from the CLSA will help improve the health and well-being of people in Canada and around the world”. It indicates that its “research platform has been envisioned as infrastructure to enable cutting-edge, interdisciplinary approaches to population-based research and empower evidence-based decision-making”.

It has just launched an updated improved website <https://www.clsa-elcv.ca/> that provides easy access to its Data Preview Portal; 600+ approved research projects around the world using CLSA data; [1,500+ CLSA news stories which report on and simplify the findings](#) in over 400 published peer reviewed studies; and has created over 250 training opportunities for young researchers by providing alphanumeric data to qualified graduate students and postdoctoral and clinical fellows at no cost.

### Cognitive Benefits of Photo Reminiscence Therapy

Back in Newsletter 6.1 we told you about a free webinar on this approach. The research is fascinating and has the power to improve the quality of life for those with dementia by minimizing social isolation and improving medication compliance and general cognitive performance. The pilot project looked at the behavioral and somatic responses of older adults in senior living care through pRT grounded in a curriculum-based platform and intergenerational framework. A company, Vivid-Pix, was a member of the coalition that sponsored the research and has posted the research article here: <https://www.vivid-pix.com/reminisce/>

Don't let your memories fade



Organizational Coalition:  
National Institute for Dementia Education (NIDE);  
CERTUS Institute | CERTUS Senior Living, LLC;  
Vivid-Pix; Tellegacy; achi, LLC

This link, <https://www.vivid-pix.com/family-activity-videos/> leads to “Create Family History Time Capsules” – a series of ways to use pictures to recall memories and connect family member. While company offers software tools for sale, you can do much of their suggested activities without this aid.



## Fall Prevention

November is Fall Prevention Month, a time to raise awareness about the risks of falls. Falls are a significant health concern for older adults, as they can lead to injuries, loss of independence, and a decline in overall quality of life. They are also the leading cause of injury-related hospitalizations among older adults in Canada, and between 20% and 30% of older adults fall each year. But the good news is, many falls are preventable and there are things you can do to stay steady on your feet.

# McMaster

## OPTIMAL AGING PORTAL

### 1. Keep moving

- Engage in activities that improve strength, balance, and flexibility, like tai chi, yoga, or walking. Even simple tasks like gardening or housework contribute to staying active.

### 2. Make your home safer

- Remove tripping hazards: Clear clutter, secure loose rugs, and ensure good lighting everywhere.
- Install grab bars: In the bathroom, near the toilet and in the shower, grab bars provide extra support.
- Modify your home: Consider installing ramps or stairlifts if stairs are a challenge.

### 3. Talk to your doctor

- Medication review: Some medications can cause dizziness or drowsiness. Discuss any side effects with your doctor.
- Vision check-up: Eye exams can identify and address vision problems that may increase fall risk.

### 4. Wear supportive footwear

- Properly fitting shoes: Avoid loose slippers or high heels and instead opt for supportive shoes with non-slip soles.

### 5. Stay hydrated and eat a balanced diet

- Dehydration: Can lead to dizziness and weakness. Drink plenty of fluids throughout the day.
- Nutritious food: A balanced diet rich in calcium and vitamin D contributes to strong bones.

### 6. Be mindful of your surroundings

- Take your time: Avoid rushing, especially on stairs or uneven surfaces.
- Use assistive devices: If you need a cane or walker, use it consistently.
- Be aware of your environment: Pay attention to changes in terrain and potential hazards.

Fall Prevention Month is a great reminder to take proactive steps to protect yourself and your loved ones. By incorporating these tips into your daily routine, you can significantly reduce your risk of falls and maintain your independence.

**Remember:** If you do experience a fall, don't hesitate to seek medical attention, even if you don't feel injured. Read through our resources below to learn more about strategies you can employ to protect yourself from falls.

**Roger Elmes adds: If you do fall the stronger your bones the less likely you will suffer a fracture. Your bones are made of living tissue and they get stronger when you use them. For bone strengthening exercises check out the range of light, moderate and high energy exercises you can use to strengthen your bones at this reliable source:**

<https://theros.org.uk/information-and-support/bone-health/exercise-for-bones/>

## Featured Resources

### Falls Prevention Webinar with Dr. Marla Beauchamp

7:00 PM ET (4 pm PST) Wednesday, December 4, 2024

[Register Here](#)



See more resources at: <https://www.mcmasteroptimalaging.org/>



## Brave Neuf World

### Sweet Nothings

#### Lesley Neufeld

As the days grow shorter, we enter, sweetly, into everyone's favourite time of year — Candy Season.

Things kick off at Hallowe'en with our secret stashes of bite-sized Snickers. December's high holy days of peppermint bark, rum balls, and macaroons melt into Valentine's sampler box of heart-shaped assorted creams. And we don't emerge from the sugar coma until we've bitten off the chocolate bunny's ears. By April, if we're lucky, our blood sugar A1C will just squeak in under the diabetes threshold of 7.0, "Yes! My body can still make its own insulin!"

We get all spring and summer to detox, ready to start anew when October rolls around again. Will we ever learn? Not likely.

What is it with our sweet tooth, anyway?

Preferring sweet over bitter is in our DNA. It's self defense, passed down across the aeons from our prehistoric ancestors. Babies learn to distinguish between the pleasantly sugary sensation of mashed carrots — a biological mechanism that helps them avoid potentially toxic substances — like, say, mashed turnips. From there it's a slippery slope to Cap'n Crunch and Froot Loops.

According to my research, the term, "sweet tooth" dates way back to the 1300s — (you could say it is an idiom that is "long in the tooth," ha ha) — a reference that meant food was "toothsome" or tasty — i.e., sweet to the palate.

Clearly, we come by our love of sugar naturally. Kids grow up believing that candy is their birthright. As adults, we lap up headlines about chocolate being good for us like it's the only good news on Planet Earth. Even our language is sprinkled with candied phrases: sweet talker, sugar coated, sugar Daddy, sugar pill, short and sweet, your own sweet time, a rose by any other name would smell as sweet, sugar buzz, a sweet deal, as sweet as pie, like taking candy from a baby — which come to think of it might be harder than it sounds.

Children are supposed to love candy, aren't they? Everybody does. Right? Not this kid. I was the oddball who couldn't give two hoots about Hallowe'en loot. Sure, it was fun to go out and collect it like all the other little hooligans in the neighbourhood. But I was only playing along, feigning my glee about the eventual sugar OD. And the next day at school, when kids would groan about their stomach aches and glucose-induced hangovers, I'd be like, all smug. By January, my bagful of unwrapped candy (nothing came wrapped in those days) would be stuck to the side of the breadbox where it got stuffed on November 1st. Inside, the jawbreakers, licorice whips, candy corn, and Bazooka gum congeal into one sticky, rock hard lump of crystallized sugar, looking like a neon geode from the Cenozoic era. Just after New Year's my mother would throw it in the trash.

I grew out of that phase. Now I can put away a mini Coffee Crisp or Kit Kat with the best of them. A sister-in-law who sends a box of Purdy's at Christmas? Bring it on!

These days chocolate bars and Smarties come in hygienic little wrappers with no expiry dates. If you bought the Hefty Pak for your Trick or Treaters, I bet you saved some for yourself. ("One for the kiddies. Two for me.") You could easily indulge your sugar habit until candy cane season, maybe even Valentine's if you play your cards right.

On October 31 at our house, we hand out toothbrushes. Trick or Treat, kids! The candy is for MEEEEEE! Bwa-hah-hah-hah-hah!



## Time for Cookies

### Cheerio / Chocolate Chip / Oatmeal Cookies

#### **Bob Perkins**

(note: this recipe is from the 2009 cookie exchange in East Vancouver. These two grandchildren are now 15 years older.)

I hope you have as much fun making/eating the cookies as we (Bob, Bella & Victoria) do.

The first task is to determine whether the 5-year old (Bella) will mix the “dry” ingredients and the 3-year old (Victoria) will stir the “wet” ingredients or vice versa. In order to avoid having too much of the “wet” stuff or the “dry” stuff spread all over the kitchen counter, floor and Grampa, it is very important that each granddaughter has her own bowl and wooden spoon and apron.

Step 1. Try and find the cookie trays – as a back-up plan, find the pizza trays as the cookie trays appear to be in use in the art-nook for an art project.

Step 2. Try and remember to pre-heat the oven to 375°F

Step 3. Have little ones choose which apron they want to wear – this can take a while as they have several.

Step 4. Have the girls choose which chair they want to use to stand on – mediate argument as one chair is better than all the others – remind them as to who had the “best” chair the last time cookies were made.

Step 5, 6, 7 ... The order of ingredient addition and mixing is cyclical as I move from one bowl to the other bowl – helping them to add their own ingredients and keeping an eye on the rate of stirring/mixing.

#### **Wet Bowl**

2 eggs (cracked by the 3-year old) followed by ½ cup of brown sugar ... Grampa may have to remove some eggshell from bowl at this point

#### **Dry Bowl**

1½ cups whole-wheat flour followed by 1 tsp baking powder and ½ tsp baking soda ... watch for dry material shooting out of bowl if too mixing is too enthusiastic

#### **Wet Bowl**

½ cup maple syrup .... 3-year old likes the colour change at this point

#### **Dry Bowl**

1½ cups rolled oats .... Grampa wonders if a bigger dry bowl may be needed

#### **Wet Bowl**

½ to ¾ cup of an unsaturated oil (whatever type is available) added along with a liberal shaking of flaked coconut ... Grampa dispenses some to each granddaughter for immediate consumption

#### **Dry Bowl**

Substantive addition of chocolate chips...stirring in both bowls stops as girls decide how many they need for immediate consumption

#### **Wet Bowl**

2 capfuls of vanilla and some nuts are added...stirring in both bowls again stops in order to put nose close to the cap and remark on how wonderful it smells

## Third Bowl

The contents of both bowls are now combined into a third bowl – much larger than either the “wet” bowl and the “dry” bowl. Each girl now stirs like crazy, remarking on how hard it is and it must be Grampa’s turn to stir.

Jug of milk is brought out from the fridge and the box of Cheerios is located from the pantry cupboard and the two are now added in turn until the 3 of us decide that it looks OK to cook/eat. Grampa then applies cookie batter to the cookie sheets/pizza pans while the assistant cooks retire to the kitchen table with their wooden spoons to consume the cookie dough off the spoons.

## Cooking

Cookie dough is applied to the cookie sheets either as a lump, or some of the lumps may be processed further by the application of the bottom of a drinking glass. It depends on whether the final fate of the cookie is to be simply eaten in a hurry as is or dunked in a glass of milk before being devoured.

Cook in the pre-heated oven (if you remembered to pre-heat the oven before all the excitement started) for 10 to 15 minutes. The actual cooking time is approximate as quite often Grampa will be cleaning up spilled milk on the kitchen table as eating cookie batter off a wooden spoon works up a thirst and what can I say – accidents do happen if a 3-year old decides that she is perfectly capable of pouring out milk from a 4L container into a 3-year old sized drinking cup, despite the suggestion of a 5-year old that her sister really isn’t big enough to do it.

## Cookie Exchange (most wonderful) Time of Year

KPURA members Tally Wade and Alice Macpherson continue to facilitate a Community Kitchen. One of the core events each year is the annual Cookie Exchange on the first Saturday of December. With 10-12 households participating the morning of the exchange sees up to 1,728 cookies arrive on site. Each household bakes up to 144 of their signature holiday cookie and packages them up in dozens to share.

Everyone sips on coffee, tea, or cider as they taste the various offerings and hear the stories about them. A little later we all leave with a dozen of each of the cookies from all the others. A terrific way to kick off the festive season with a wide variety of goodies to share.



Recipes are collected and added to the master Cookie Book. Feel free to take a copy of our [2023 Cookie Book](https://www.dropbox.com/scl/fi/3dlnjv1i2qfgyzy89uw9t/2023CCCK_Cookie_Book.pdf?rlkey=gsv0eslq4s4obgajocce0rh9i&st=ix63ud1f&dl=0) with 100 recipes – all have been made and enjoyed over the past 15 years.

[https://www.dropbox.com/scl/fi/3dlnjv1i2qfgyzy89uw9t/2023CCCK\\_Cookie\\_Book.pdf?rlkey=gsv0eslq4s4obgajocce0rh9i&st=ix63ud1f&dl=0](https://www.dropbox.com/scl/fi/3dlnjv1i2qfgyzy89uw9t/2023CCCK_Cookie_Book.pdf?rlkey=gsv0eslq4s4obgajocce0rh9i&st=ix63ud1f&dl=0)



# Retirees Travel – Home and Abroad

## Coastal Cruising on the MV Aurora Explorer

### Sooz Klinkhamer and Richard Hartfiel

Looking to explore more of British Columbia? Love the water and wilderness and wildlife? Let us suggest a cruise on the MV Aurora Explorer!!!

The M.V. Aurora Explorer is a 135' steel landing craft. As you can see in the picture, the 'cargo/freight' is loaded onto the lower deck and can consist of any type of item required by logging camps, fishing lodges, or other clients along the remote waterways and inlets of central coast BC. Deliveries are made, and pick-ups of a variety of items are also done (such as dumpsters of garbage from high end remote resorts), crushed plastic bottles and cans, vehicles requiring repairs, etc.)

Next level up is the galley and dining room/lounge/library area where excellent meals are enjoyed, including continental or full breakfast options, choices of lunch entrees, and delicious (sometimes caught fresh seafood, or BC sourced meats, vegetables, etc.) meals - with lunch and dinner including BC wines or local brewery items.



**MV Aurora Deck Load**

This adventure is a 5 night 6 day exploration of either the Broughton Archipelago (Kingcome / Knight Inlets, sometimes Seymour Inlet) or to the Discovery Islands (Bute / Toba / Loughborough Inlets, Desolation Sound region). The adventure departs from Menzies Bay, north of Campbell River, and returns to the same location. There is accommodation for 12 guests, and six crew.

The next deck up from the loading area is staterooms, accommodating 12 guests maximum on this 'working freighter'. Each room has twin beds and a private bath, an upgrade since our first trip 8 years ago, when washrooms and showers were 'down the hall'.



**Excellent food from the galley**

Need a snack at 6 am or 11 pm. Well, help yourself to the fresh baked goodies in the cookie jar or pastry tins.

And above all this, the upper open deck and the bridge - where you are invited to spend time with the Master and crew as space allows.



**Captain on the Bridge**





**Magnificent scenery**

As mentioned above, we have previously done this trip (Broughton Archipelago 8 years ago). And frankly, are considering doing it again since each journey is so different.



**Cruising Life on a working vessel**

Binoculars are standard in each stateroom, and also in the dining area/lounge, and bridge areas. It is very common to hear the crew advising that orca, humpbacks, seals, sea lions, grizzlies, deer, eagles, are within easy viewing distance as we make the journey!

If this interests you, I would advise to **'get on it!'** Aurora Explorer is often booked 1 or 2 years in advance, primarily due to 'word of mouth' and 'repeat travellers'.

And each day passengers are invited to go ashore, walk a beach, have a ride in a 4x4 to the top of a mountain on an unused logging road, explore the wilderness to view a deserted mining or logging camp.



**Docked! Time for Adventures!**

All fascinating stuff!



**View from up the mountain**

Don't hesitate to contact MARINE LINK TOURS at [tours.admin@marinelinktours.com](mailto:tours.admin@marinelinktours.com) or phone Colleen (tours administrator) at 250-286-3347. You won't regret it!!

## Affiliate Organizations



College and University Retiree Associations of Canada  
Associations de retraités des universités et collèges du Canada

### CURAC Member Newsletter Roundup

Please enjoy missives from your fellow retirees, selected by newsletter editors at each RA.

#### Concordia University Pensioners Association ([see all newsletters](#))

- [Artificial Intelligence \(AI\)](#) by Alex Senbush
- [President's Message](#), by Garry Milton

#### Association of Dalhousie Retirees and Pensioners ([see all newsletters](#))

- [Trip to Blue Beach](#), by Stewart Cameron

#### Kwantlen Polytechnic University Retirees Association ([see all newsletters](#))

- [Lunch and Learn with the KPU Retirees Association](#), by Alice Macpherson
- [Report from the Great KPURA False Creek Maritime Tour 2024](#), by Sooz Klinkhamer

#### University of Lethbridge Retired Academic Staff Association ([see all newsletters](#))

- [UCP's Alberta Pension Plan — What's the bottom line?](#) A presentation by David Carpenter, former Mayor of Lethbridge (transcript of talk)

#### McGill University Retiree Association/Association des retraité(e)s de l'Université McGill ([see all newsletters](#))

- [Faculty Club Centenary Book](#), by Neil Stewart

#### University of Manitoba Retirees Association ([see all newsletters](#))

- [Old Age](#), by Gene Walz
- [Adult Companionship Services Director Launched](#), by Bill Kops

#### L'Association des Bibliothécaires, Professeures et Professeurs retraités de l'Université de Moncton ([see all newsletters](#))

- [Diners de l'ABPPRUM, Repas en mai: conférence de Mathieu Wade](#), par Mathieu Wade et Évelyne Foëx
- [Images du Congrès Mondial acadien](#), par Paul LeBlanc

#### Simon Fraser University Retirees Association ([see all newsletters](#))

- [Night of the nighthawks](#), by Ehor Boyanowsky
- [Story fractals of my life](#), by Meguido Zola
- [Reviving memory: Train travel in Germany](#), by Heribert Adam

#### University of British Columbia Emeritus College ([see all newsletters](#))

- [Knowledge, Understanding... Reconciliation](#), by Linc Kessler
- [News from the Special Interest Groups: Veterans and Military Affiliated; Photo; Poetic Odysseys; Easy Riders; Book Club; Travel Group; Vegans; Wine Appreciation](#)

#### University of Victoria Retirees Association ([see all newsletters](#))

- [Joseph Conrad - A Century Later](#), by G.W. Stephen Brodsky
- [The Dunsmuir Ring](#), by Don Lovell

#### University of Waterloo Retirees Association ([see all newsletters](#))

- [Overcoming despair: How football helps one widow cope](#), by Ed Jewinski
- [Waterloo Word Search](#), by Judi Jewinski





# TALK

Third Age Learning  
at Kwantlen

In-person and online courses and activities

## WINTER/SPRING 2025 TALK COURSES

Registration opens January 6

How Climate Change Affects Sea Ice	Feb 18	Online
Everything EV (Electric Vehicle)	Feb 25	Online
Vaccinations	Feb 28	Langley
Field Trip: Non-alcoholic beer & wine	Mar 4	Offsite
Women in Science	M 7/14	Richmond
Film Study: Film Noir	M 10/11	Surrey
An AI Experience	Mar 12	Richmond
You Are What You Eat (Carbohydrates)	Mar 18	Online
Frustrating Everyday Products	Mar 21	Richmond
The World of Work	Mar 28	Surrey
Armchair Travel: Umbria, Italy	Mar 31	Online
Prehistoric Art Was Not Primitive	Apr 2	Surrey
Armchair Travel: Travel & Photography	Apr 4	Online
Internet Safety & Security	Apr 8	Online
Confronting Population Denial	Apr 9	Online
Considerations for an Aging Brain	Apr 11	Richmond
Field Trip: Museum of Anthropology	Apr 15	Offsite
Accessing Health Services	Apr 16	Richmond
Journalism: The Future of News	Apr 23	Online
Stress and Brain Health	Apr 29	Surrey
How Birds Help Trees Adapt	May 2	Surrey
Happiness and the Human Brain	May 6	Langley
Field Trip: Craigdarroch Castle, Victoria	May 7	Offsite
Field Trip: Explosion of Bird Song	May 16	Offsite
Field Trip: BC Farm Museum	May 23	Offsite

### PLEASE JOIN US!

TALK membership is only \$10 per year and we keep the cost of our courses very low.

Celebrating 25 years of stimulating  
lifelong learning for adults over 50!

### SPECIAL EVENT

#### TALK'S COMPELLING CONVERSATIONS

Saturday, March 1, 2025

at 10:00 am at KPU Richmond campus

**How can we make your future better?**

**Featuring Futurist Jim Bottomley**

We've entered the *Innovation Age* where maximum change causes stress that divides us.

What are your fears for the future?

In a divided world, how can we better connect?

**Free and open to the public.**

Register at [kpu.ca/talk](http://kpu.ca/talk)

### TALK'S PHILOSOPHERS' CORNERS

#### Wisteria Place in Richmond 10:30 AM

**Feb 6:** Are we becoming a more uncivil & non-caring society?

**Mar 6:** How does culture affect our personal identity?

**Apr 3:** Will religion ever become obsolete?

**May 1:** What makes you feel like you are living life to the fullest?

#### Crescent Gardens in Surrey 11:30 AM

**Feb 13:** Are drug consumption sites helpful?

**Mar 13:** Globalization: good or bad?

**Apr 10:** Is "manifestation" a real thing?

**May 8:** Effect of the loss of traditional media.

#### City of Langley Library 11:30 AM

**Feb 27:** Is happiness the goal?

**Mar 27:** Can we survive without religious beliefs?

**Apr 24:** What can we do about mental illness among youth?

**May 22:** Should there be term limits on politicians?

**TALK's Philosophers' Corners are open to the public.**

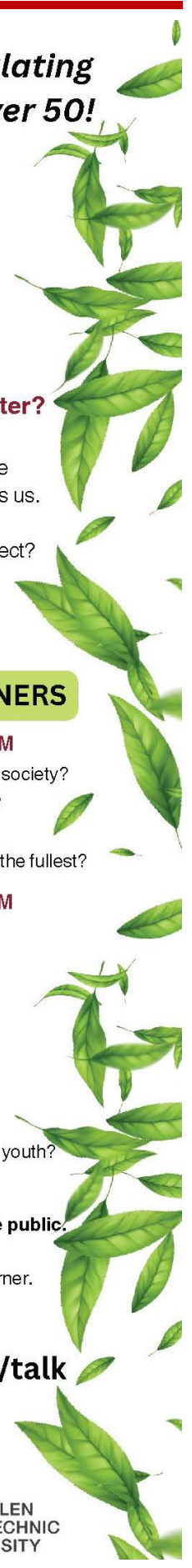
No need to register.

See more info at [kpu.ca/talk/philosophers-corner](http://kpu.ca/talk/philosophers-corner).

**MORE INFORMATION: [kpu.ca/talk](http://kpu.ca/talk)**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY





KPURA is a member of the Association of Retirement Organizations in Higher Education. Here is a link to their latest newsletter – November 2024.

This issue of *AROHE Matters* highlights how retirement organizations strengthen the connection, support and engagement of retirees with campus administration.

[https://www.arohe.org/resources/EmailTemplates/AROHE%20Matters%202024-09/index\\_preview.html](https://www.arohe.org/resources/EmailTemplates/AROHE%20Matters%202024-09/index_preview.html)

We are delighted to introduce the "Voices of Historically Black Colleges and University (HBCU) Retired Professionals," an extraordinary series of interviews now available on the AROHE website. This collection features insightful conversations with esteemed retired faculty members from HBCUs, offering profound glimpses into their remarkable journeys and lasting contributions to higher education.

This initiative stems from our deep-seated commitment to inclusivity and the celebration of diversity within our membership and the broader academic community. Inspired by the dedication of our board member Emma Gillom Ward, who tirelessly worked to engage retired organizations from HBCUs, we have taken significant strides to foster engagement and collaboration.

In 2023, we embarked on a groundbreaking partnership with Morehouse College National Alumni Association, enlisting the support of Michael Levesque and two exceptional student interns, Melanie DeLaRosa and Noah Jamison. Under the dedicated leadership of our esteemed board members Kaye Jeter and Caroline Kane, these interns conducted insightful interviews with five retired HBCU faculty members, capturing invaluable experiences and aspirations. The professional production help of a wonderful volunteer, Eric Johnson, was also essential.

We invite you to visit our website and immerse yourself in these powerful stories that highlight the rich tapestry of voices within our educational community. Each interview is a testament to the wisdom, resilience, and enduring legacy of HBCU educators who have shaped countless lives and advanced the mission of higher education.

Join us in honoring these voices:

- **Explore the Interviews:** Access the "Voices of Retired HBCU Retired Professionals" Series.
- **Share Your Reflections:** Engage with us on [LinkedIn](#) to share your thoughts on these inspiring stories.
- **Connect with Us:** If you are a retiree interested in sharing your story, email us at [info@arohe.org](mailto:info@arohe.org).

[Visit the "Voices of HBCU Retired Professionals" web page](#)

We extend our deepest gratitude to each interviewee for their generosity in sharing their journeys. Their stories inspire us all, and we are profoundly grateful for the opportunity to preserve and amplify their voices.

At AROHE, we believe that every retiree's story is a vital part of our collective heritage. We are committed to celebrating retiree contributions and fostering a community where all voices are heard and valued.

Besides AROHE and CURAC, these are some of the other organizations that we are connected to.



**The Association of British Columbia College Pension Plan Retirees**

CPPR represents retired members of the BC College Pension Plan, in other words retired instructors and administrators from some of BC's universities and from the Colleges and Institutes.

<https://www.cppr.ca/>



Council of Senior Citizens' Organizations of B.C.  
<https://coscobc.org/>

Established in 1950, the Council of Senior Citizens' Organization (COSCO) is an umbrella organization made up of many seniors' organizations and individual associate members.

Registered under the Societies Act since 1981, COSCO has grown and now represents approximately 80,000 seniors in British Columbia.



**Canadian Federation of Pensioners**

The Canadian Federation of Pensioners (CFP) advocates on behalf of defined benefit pension plans and their members. Pensions are deferred wages, earned while working and payable after retirement. Canadian pensioners have worked hard all their lives and deserve the full pension to which their former employer committed.

We are fighting to ensure governments across Canada work together to safeguard defined benefit pensions. Our advocacy includes:

- Monitoring the Implementation of the Pension Protection Act
- Calling on Governments to Require Full Pension Funding
- Making Companies with Underfunded Pensions Accountable
- Advocating for Informed Consent for Pension Plan Changes
- Supporting Pension Rights Education

<https://www.pensioners.ca/>

KPURA also monitors and corresponds with other organizations that are working to improve the welfare of older adults. These include:

- BC Federation of Retired Union Members
- BC University Retirees Associations
- Canadian Association of Retired Persons
- Canadian Coalition Against Ageism
- National Federation of Pensioners





## You Benefit by being a Current Member of KPURA

KPURA members receive priority registration for our organization’s events!! So please remember to renew your membership annually, or – better yet – become a Life Member. That way, you’ll not only be supporting YOUR retirement organization, but will be assured access to our in person events when numbers are limited such as the False Creek Boat tour in July.

### **Why is a Lifetime Membership in KPURA a Good Option?**

#### **Terri van Steinburg, Membership Coordinator**

When I joined KPURA, I opted for a lifetime membership for the convenience of it. I knew I would forget to renew and so I paid for my lifetime membership and now I never have to think about it again. AND, no more annoying email reminders from Geoff or Terri to deal with! :-)

You can enjoy all the events that KPURA has planned without wondering if your membership is up to date, or quickly renewing so you can participate.

Lifetime memberships benefit KPURA too. It provides stability through a core membership group and is helpful for our financial planning. If you are interested in a Lifetime membership, it can be activated at any time.

AGE	FEE
66-69	\$240
70-75	\$200
76-79	\$170
80+	\$140

In recognition of the efforts of our Founding Members, \$25 will be deducted from each of the above fees if they choose to switch to Lifetime Membership at any time. Any other current annual dues paying members who decides to switch from Annual to Lifetime Membership will similarly receive a deduction of \$25.

I hope you’ll join me and many others by switching to a lifetime membership in KPURA!

## Members Receive

1. Newsletter 3 times a year – *KPURA News* – keeping us connected with news of retirees’:
  - a. travels,
  - b. community-based activities,
  - c. research and scholarly activities,
  - d. social activities.
2. Reduced fees for KPURA-sponsored activities such as lunches, local outings, boat tours, wine tastings, heritage, and walking tours.
3. Keeping connected with colleagues and friends – with the “Kwantlen Family”.
4. Maintaining friendships and creating new ones.
5. The exchange of information.
6. Intellectual engagement.
7. Ongoing support from and to the university.
8. Representation of their interests as retirees.
9. Access to benefits of the College and University Retirees Association of Canada (CURAC) 42 member associations (including KPURA) embracing some 16,000 retirees.

**CURAC Benefits** for KPURA members [www.curac.ca](http://www.curac.ca) :

- a. Discounted travel
- b. Discounted home and car insurance
- c. Discounted pet insurance
- d. Extended health insurance – in some aspects better than our group pension health insurance – rates are not age-banded
- e. Two different travel/trip cancellation plans – one is not age-banded
- f. Quarterly Newsletter
- g. Annual National Conference

## Newsletter Information

Thank you for reading **Newsletter #23** from the KPU Retirees Association. The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees. Thanks to all the contributors for this and past issues.

### We welcome you to Join Us!

We really want to know what you would like to see in the KPURA Newsletter. We also look forward to your memories and your contributions. Please share!

The newsletter is always looking for pictures and stories. They can be about your adventures at Kwantlen and beyond into community activities or travels near and far.

Do you have a photo or short story to share of your days at Kwantlen?

How about your travels or adventures before or after retirement?

Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies?

***We are interested in it all!***

Feel free to join in with an article of up to 500 words with several pictures to illustrate.

Your Newsletter Committee would welcome more input, members, articles and photos.

***Please send information and articles to [kpuranews@gmail.com](mailto:kpuranews@gmail.com)***

or by surface mail to: **KPURA, c/o President's Office**, 12666 – 72<sup>nd</sup> Avenue, Surrey, BC, V3W 2M8

**Alice Macpherson**, Editor, KPURA News

## In Memoriam

### *Wayne Jeffries*

**November 13, 2024** – Wayne was found, deceased, at home by a close friend. He had been managing well after his strokes but was not in the best of health a few weeks ago, still this was unexpected.

Roger Elmes notes: Wayne Jefferies was one of the most energetic academics I knew. He ran summer music camps, organized trips to Italy, eastern Canada, the USA, and elsewhere for Kwantlen music students to play in orchestral festivals, liaised with the local music community organizations <https://fvwe.ca/> about often involving Kwantlen music alumni, played in several ensembles, taught French horn, conducting and other subjects and conducted the Kwantlen orchestra, You can imagine the organizational skills and energies needed to organize and implement these activities. He was not afraid to corner the various presidents on behalf of financial and administrative support for these student events. In addition, he served on many of the committees in his department. Boundless energy and enthusiasm are apt descriptors. Such a high level of activity can sometimes ruffle feathers. But while artists are known to occasionally do battle over music domains and academic territory it was always amazing to me to see them come together and seamlessly perform.

Wayne was also a tower of support to his departmental colleague Elizabeth Lamberton during her long bout with cancer right up to her premature death in 2016. <https://music.ubc.ca/news/in-memoriam-dr-elizabeth-lamberton-ma-78-phd-88/> I saw him several times accompanying her on walks to the White Rock Farmers' Market and later pushing her in a wheelchair through the market which was near her condo.

## In Memoriam

### *Lindagene Coyle*

**September 3, 2024** – KPURA Board member and Vice-President Emeritus Lindagene Coyle passed away on Monday September 3, 2024.

Lindagene's storied career at KPU spanned 33 years, beginning at Douglas College in 1973. She joined DC/KPU in 1973 as an educational planner, a critical position for UT students who were trying to sort out a path through university before many courses were even articulated (approved) by the universities, as well as helping students choose and plan for careers in a cornucopia of an ever-growing list of other programs. Lindagene would go on to do a variety of things at KPU. She was president of the BCGEU local, then of the KFA, and ultimately part of the senior management team. She made so many contributions to Kwantlen that she was unique in its history.



*Lindagene at Surrey campus, 1995*

Lindagene also became a KPU student—something she reflected on in a 2017 interview with Roger Elmes and Alice Macpherson for the [KPU Oral History Project](https://archives.kpu.ca/uploads/r/kwantlen-polytechnic-university-archives/3/e/4/3e4e2c88ec58944c00f5e7596f43ea34bdb1d2526e99f228e50e85cc630540dd/Transcripts_KPU_Oral_Lindagene_Coyle.pdf)

at [https://archives.kpu.ca/uploads/r/kwantlen-polytechnic-university-archives/3/e/4/3e4e2c88ec58944c00f5e7596f43ea34bdb1d2526e99f228e50e85cc630540dd/Transcripts\\_KPU\\_Oral\\_Lindagene\\_Coyle.pdf](https://archives.kpu.ca/uploads/r/kwantlen-polytechnic-university-archives/3/e/4/3e4e2c88ec58944c00f5e7596f43ea34bdb1d2526e99f228e50e85cc630540dd/Transcripts_KPU_Oral_Lindagene_Coyle.pdf)

"It was fascinating because I was able to take courses at no cost. As a staff member I could take courses and that was fantastic for me."

As she noted in her interview "I tell people, because I was in my early '20's when I started working here, I grew up at Kwantlen, my children grew up with Kwantlen, all of my children went to Kwantlen. [Laughs]

When Lindagene retired from KPU, she was honoured with Vice-President Emerita status. But retirement couldn't keep her away from KPU for long. Lindagene became heavily involved in KPU alumni activities, as well as served on the board of Third Age Learning at Kwantlen (TALK) and most recently, the KPU Retirees Association.

It was an amazing career alongside a long history of contributions to the larger community. She was an active community member and sat on many other boards, including the Richmond Chamber of Commerce, the Business and Employment Action Committee of Surrey, the Surrey Social Policy Advisory Committee, the BC Labour Force Development Board, the Coalition of Visible Minority Peoples of BC, and the Canadian Club of Vancouver to name a few. She was the founding president of Women in Post-Secondary Education and was a Protocol Officer during the 2010 Winter Olympics.

Lindagene was also a core member of the Rotary Club, joining the Richmond Sunset Rotary in 2002. She would go on to become secretary, treasurer, president, Paul Harris Committee chair and hold other director positions there. She would also hold roles with the district 5040 and 5050 Rotary Clubs.

We have great respect for Lindagene and her words of advice, points of view, and energy.  
A life well lived and now a person missed by many.

We remember our retired and now passed Kwantlen colleagues through our In Memoriam page on our website at: <https://www.kpu.ca/retirees/memoriam>