



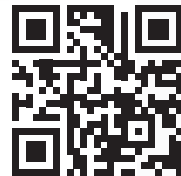
TALK

*Third Age Learning
at Kwantlen*

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

**WINTER/
SPRING
2025**

**Courses start
February 18**



KWANTLEN
POLYTECHNIC
UNIVERSITY

**➤ Online, on-campus
and off-site courses**

➤ HOW CAN WE MAKE YOUR FUTURE BETTER?

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?

As one of Canada's leading futurists, Jim Bottomley has consulted for governments, businesses, nonprofits and individuals to help them find future direction, identify opportunities and cope with the stress of change.



Jim's presentations are always fun and dynamic, with stories from a year backpacking around the world to lessons working across sectors. As a professional speaker, Jim has spoken to one quarter million Canadians about future success strategies. Jim focuses on the web of needs that unites us. He combines 'aha' moments with practical advice to inspire positive change.

This event is open to the public of all ages and free. Whether you are a student, parent, grandparent, faculty or staff member, businessperson or community volunteer, you will find this an inspiring conversation.

Back in 1980 working in new product development, Jim Bottomley was asked to predict the future of cats and dogs, which led him on an unexpected odyssey, eventually becoming one of Canada's leading independent futurists. Jim specializes in providing advice to manage change and facilitate plans. See more about him at <https://jimbottomley.com/speaker>.

Compelling Conversations is made possible by an endowment to the KPU Foundation by former TALK member Winnifred Searle.

DATE:	Saturday March 1
TIME:	10:00 – noon
LOCATION:	Richmond campus, Room 2550B
FEE:	FREE and open to the public
GUEST PRESENTER:	Jim Bottomley
FACILITATOR:	Jean Garnett, 604.277.1130, jeangarnett@shaw.ca
REGISTER BY:	Fri Feb 21 To register see page 42

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TALK EVENTS CALENDAR

➤ TALK REGISTRATION OPENS JANUARY 6

Here is a very handy link to locate your classroom before you leave the house:
kpu.ca/current-students/find-your-classroom

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6 Philosophers' Corner 10:30 am Richmond	7	8
9	10	11	12	13 Philosophers' Corner 11:30 am Surrey	14	15
16 Family Day Campuses closed	17	18 How Climate Change is Affecting Sea Ice 11 am Zoom	19	20	21	22
23	24	25 Everything EV 10 am Zoom	26	27 Philosophers' Corner 11:30 am Langley	28 Vaccinations 10 am Langley	

Field Trip	Online	Richmond	Surrey	Langley
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What makes TALK unique?

TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is lively, full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. For further information on being a TALK volunteer, please visit our website at www.kpu.ca/talk/volunteer.

TALK EVENTS CALENDAR

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Compelling Conversations 10 am Richmond
2	3	4 Field Trip: Non-alcoholic Beer & Wine 10 am Port Coquitlam	5	6 Philosophers' Corner 10:30 am Richmond	7 Women in Science 10 am Richmond	8
9 Daylight Savings	10 Film Study: Film Noir 10 am Surrey	11 Film Study: Film Noir 10 am Surrey	12 An AI Experience 2 pm Richmond	13 Philosophers' Corner 11:30 am Surrey	14 Women in Science 10 am Richmond	15
16	17	18 You Are What You Eat 10 am Zoom	19	20	21 Frustrating Everyday Products 1 pm Richmond	22
23	24	25	26	27 Philosophers' Corner 11:30 am Langley	28 The World of Work 10 am Surrey	29
30	31 Armchair Travel: Umbria Italy 10 am Zoom					

Here is a very handy link to locate your classroom before you leave the house:
kpu.ca/current-students/find-your-classroom

TALK EVENTS CALENDAR

APRIL 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Prehistoric Art Was Not Primitive 1 pm Surrey	3 Philosophers' Corner 10:30 am Richmond	4 Armchair Travel: Travel and Photography 10 am Zoom	5
6	7	8 Internet Safety and Security 10 am Zoom	9 Confronting Population Denial 10 am Zoom	10 Philosophers' Corner 11:30 am Surrey	11 Considerations for an Aging Brain 10 am Richmond	12
13	14	15 Field Trip: UBC Museum of Anthropology 10 am	16 Accessing Services for Seniors 10 am Richmond	17	18 <i>Good Friday Campuses closed</i>	19
20 <i>Easter Monday Campuses closed</i>	21	22	23 Journalism: The Future of News 10 am Zoom	24 Philosophers' Corner 11:30 am Langley	25	26
27	28	29 Stress and Brain Health 10 am Surrey	30			

Uncertain about driving and parking?

Consider carpooling with your friends to TALK events on campus.

TALK EVENTS CALENDAR

MAY 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Philosophers' Corner 10:30 am Richmond	2 How Birds Help Trees Adapt 10 am Surrey	3
4	5	6 Happiness and the Human Brain 10 am Langley	7 Field Trip: Craigdarroch Castle, Victoria 8 am Ferry	8 Philosophers' Corner 11:30 am Surrey	9	10
11	12	13	14	15	16 Field Trip: Explosion of Bird Song 10 am Sunnyside Acres	17
18 <i>Victoria Day Campuses closed</i>	19	20	21	22 Philosophers' Corner 11:30 am Langley	23 Field Trip: BC FarmMuseum Tour 10 am Langley	24

Did you know that TALK now has Gift Cards available?

Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at another time.

Go to www.kpu.ca/talk/courses.

Here is a very handy link to locate your classroom before you leave the house:
kpu.ca/current-students/find-your-classroom

Winter/Spring 2025

How does a Philosophers' Corner work? A volunteer researches the chosen topic and outlines, in a 10-minute presentation, some of the most controversial or interesting points for participants to wrestle with during the discussion. Then, attendees can weigh in with their own thoughts. A moderator keeps track of whose turn it is to speak.

This is different from a regular TALK course, where an expert does most of the talking. We all have a lifetime of wisdom and a Philosophers' Corner is an ideal place to share your thoughts and listen to others' points of view.

You do not have to be a TALK member or over 50 to attend. Attendance is on a first come-first served basis, as space permits.



Richmond Philosophers' Corners will be held at 10:30 am on the first Thursday Wisteria Place, 4388 Garry Street in Multipurpose Room #1. 604.204.0910. wisteriaplace.ca. There is plenty of free parking. Please check in at the Concierge Desk when you arrive. Wisteria Place is generously providing coffee/tea plus a small snack for a drop-in fee of just \$5. Here are the topics:

- Feb 6** Are we becoming a more uncivil and non-caring society?
- Mar 6** How does culture affect our personal identity?
- Apr 3** Will religion ever become obsolete?
- May 1** What activities make you feel like you are living life to the fullest?

Surrey Philosophers' Corners will be held at 11:30 am on the second Thursday at Crescent Gardens at 1222 King George Blvd. There is a donation of \$2 for the Surrey sessions and an optional fee of \$20 for lunch (soup, main course, dessert, coffee/tea) which **participants must pre-order and bring cash.**

Contact jdiston@telus.net for details.

- 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

Langley Philosophers' Corners will be held at 11:30 am on the fourth Thursday at City of Langley Library at 20399 Douglas Crescent. There is no charge and the library generously provides tea/coffee and cookies.

- Feb 27** Is happiness the goal?
- Mar 27** Can we survive without religious beliefs?
- Apr 24** What can we do about mental illness amongst our youth?
- May 22** Should there be term limits on politicians?

TALK needs volunteers to operate!

Please join our Board, Program Committee or Marketing Committee.
See more details at www.kpu.ca/talk/volunteer.

HOW CLIMATE CHANGE IS AFFECTING SEA ICE

Through a guided, virtual experience of museum galleries, join us to take a closer look at our changing climate, learn about its impacts on Alaska, and consider ways that humans and animals adapt to new challenges.

In this session, you will build problem-solving skills and develop approaches to scientific thinking through discussions and guided activities that connect to the virtual experience.

You will observe museum artwork to learn about sea ice ecosystems and practise map-reading skills to investigate the connections between walrus and sea ice.

Noëlle Marty, Anchorage Museum Education Coordinator, will be our guide on this fascinating tour.

The Anchorage Museum is a museum for people, place, planet, and potential, in service of a sustainable and equitable North, with creativity and imagination for what is possible. It offers experiences that are learner driven, object focused, inquiry based, and provide multiple perspectives and ways of learning about Alaska and the North.



DATE:	Tuesday February 18
TIME:	11:00 am – 12:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Noëlle Marty, Anchorage Museum
FACILITATOR:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Thu Feb 13 <i>To register see page 42</i>

EVERYTHING EV

Electric Vehicles are increasing in popularity and are a good choice for those who need personal transportation. Join Raymond Leury, President of the Electric Vehicle Council of Ottawa (EVCO), to hear about Everything EV.

EVCO is a volunteer-based non-profit dedicated to promoting the use of electric vehicles as a viable transportation alternative that is ecological, economical, practical, and available now.

EVCO believes that electric cars are a viable alternative to gasoline or diesel-powered cars, ecologically friendly with no tail-pipe emissions, and economical to operate. EVCO's aims are to keep abreast of developments in the EV Industry and to promote an awareness of electric vehicles by the general public via displays, test drive events and talks.

This presentation will cover the basics of EV ownership including:

- charging at home and away
- long distance travel
- performance in hot and cold weather
- maintenance costs
- Provincial and Federal rebates
- the market outlook for EVs in Canada

Raymond will also dispel some common myths that are circulated in mainstream and social media. The presentation will be followed by a Q&A session that will allow you plenty of opportunity to ask any follow-up questions.



DATE:	Tuesday February 25
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTERS:	Raymond Leury, President EVCO
FACILITATORS:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Thu Feb 20 <i>To register see page 42</i>

VACCINATIONS

Vaccinations have been a game-changer in the history of public health in the world. Since Dr. Edward Jenner created the world's first successful vaccine against smallpox in 1796, numerous communicable diseases have been prevented.

This course will give a brief history of vaccination development as well as inform you about what vaccinations are recommended in Canada at the present time.

Dr. Patricia Warshawski is a retired family physician who practised in Surrey for 37 years.



How can I find the classroom for my on-campus course?

TALK facilitators put up golden coloured room signs. If you want to have an idea ahead of time, here is an interactive map to find your classroom on campus: kpu.ca/current-students/find-your-classroom.

DATE:	Friday February 28
TIME:	10:00 – 11:50 am
LOCATION:	Langley campus, West Building, Room 2130
FEE:	\$15
GUEST PRESENTER:	Dr. Patricia Warshawski
FACILITATOR:	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
REGISTER BY:	Tue Feb 25 <i>To register see page 42</i>

FIELD TRIP: NON-ALCOHOLIC BEER AND WINE TASTING

Non-alcoholic beers and wines have not been so plentiful nor so tasty in the past. Join us at Bevees Booze-Free Bottle Shop and Beverage Room to taste the newcomers to the marketplace.

You will be invited to share a wide selection of some of their most popular non-alcoholic beers and wines.

Bevees Booze-Free Bottle Shop & Beverage Room opened its doors in Port Coquitlam on November 23, 2023. Husband and wife owners Jim O'Connor and Racquel Foran wanted to bring back good old fashioned face-to-face customer service, so a priority was placed on setting up the retail bottle shop and beverage room. It did not take long to realize demand for their products was high. People from far beyond the Tri-Cities want better access to a wider selection of non-alcoholic products. In their effort to be inclusive and offer top-notch service, they are thrilled to oblige by opening Booze-Free Bevees Bottle online. www.bevees.ca.



DATE:	Tuesday March 4
TIME:	10:00 – noon
LOCATION:	Bevees Booze-Free Bottle Shop & Beverage Room 203 - 2748 Lougheed Hwy., Port Coquitlam
FEE:	\$30 (includes tasting fee)
GUEST PRESENTER:	Racquel Foran of Bevees
FACILITATOR:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Thu Feb 27 <i>To register see page 42</i>

WOMEN IN SCIENCE

Most accounts of the history of scientific discovery focus on famous men. Everyone has heard of Albert Einstein, Isaac Newton, Charles Darwin and Louis Pasteur. It is commonly assumed that, because of social strictures, women were not even allowed to study the sciences until well into the 20th century. While this is largely true, some remarkable women overcame these barriers to make significant contributions to our understanding of matter, forces, and how the universe is constructed.

In the first of these two sessions, we'll see how several women made crucial discoveries in chemistry and physics, starting as far back as the 18th century. In the second session we'll see how women laid some of the most important foundations of modern astronomy.

We have placed the first session of this course the day before International Women's Day, March 8.



Back by popular demand! Peter Robbins retired from KPU after teaching biology, mathematics and physics for 24 years. He still has a passion for lifelong learning. His other interests include stage acting, photography, military history and winemaking. He has given TALK many wonderful courses over the years.

DATE:	Fridays March 7 and 14 (2 sessions)
TIME:	10:00 – 11:50 am
LOCATION:	Richmond campus, Room 1380
FEE:	\$20
GUEST PRESENTER:	Peter Robbins
FACILITATOR:	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
REGISTER BY:	Tue Mar 4 To register see page 42

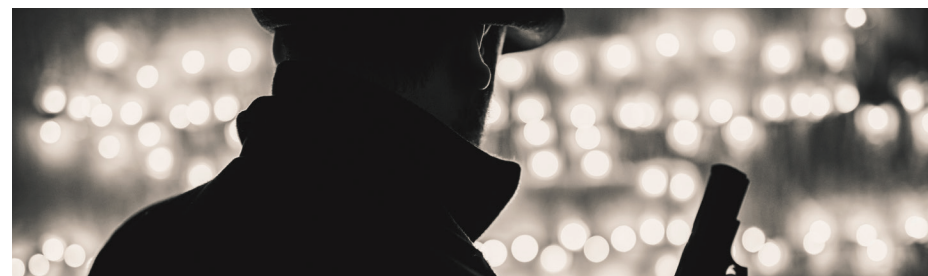
FILM STUDY: FILM NOIR

Into the Darkness: Film Noir and Billy Wilder's Double Indemnity (1944)

Warning: You are entering Noir Country, a landscape populated by hard-boiled detectives and femme fatales who inhabit a cinematic universe marked by grey morality, cynicism, and twisty murder schemes. "Suffering with style," these iconic character types were a staple in American films from the 1940s and 1950s – a period associated with what we call "Film Noir." Since its inception, film noir has sparked the debate over whether it is best defined as a genre, a theme, a film movement, or a cinematic style.

In this two-part series, participants will investigate film noir's aesthetic roots in German Expressionism combined with the influence of street photography and black and white paintings. While several noteworthy examples of film noir will be evaluated, the most iconic example will be the course's centrepiece: Billy Wilder's *Double Indemnity* (1944) starring Fred MacMurray as anti-hero Walter Neff and Barbara Stanwyck as femme fatale Phyllis Dietrichson. Although we be screening select scenes from *Double Indemnity*, it is recommended that you watch Wilder's film in its entirety before joining the noir sessions.

Back by popular demand! Greg Chan is the founder and editor-in-chief of KPU's official film studies publication, *Mise-en-scène: The Journal of Film & Visual Narration*, and the co-director of the KDocs Film Festival. Greg has taught writing, literature, and film studies courses in KPU's English department since 1995. He has given many wonderful TALK courses over the years.



DATE:	Monday March 10 and Tuesday March 11 (2 sessions)
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 116
FEE:	\$20
GUEST PRESENTER:	Greg Chan
FACILITATOR:	Helen Christiansen, 604.536.8134, helenjeanchr@gmail.com
REGISTER BY:	Thu Mar 6 To register see page 42

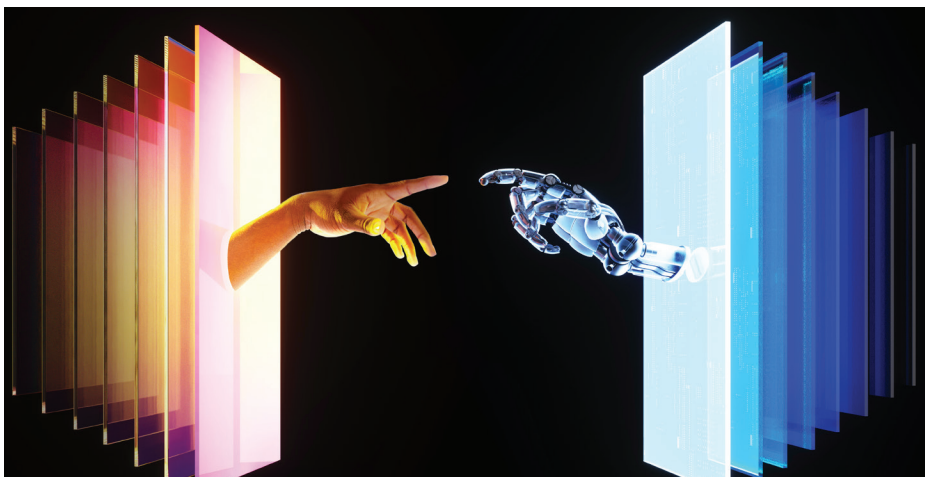
AN AI EXPERIENCE

How comfortable are you with Artificial Intelligence (AI)? Whether you are or not, AI is here to stay. The technology is growing very fast. However, 95% of AI users don't know how to use it and are using it wrong. (ChatGPT will tell you that when asked.)

Dale Jackaman is an expert in the practical usage of AI. In this interactive session, you will learn about what AI is, its purposes, how it was developed, how it works, why to use it, and how to use it properly.

This session will also provide you with an opportunity to meet and interact with an augmented human (robot), Katie. This is your opportunity to understand and enjoy the experience of the emerging world of AI.

Dale Jackaman is a licensed Private Investigator and Security Consultant under BC's Security Services Act. He is the President of Amuleta Security, where he specializes in investigative digital forensics, civil and criminal investigations, and technical surveillance countermeasures. Dale's work has increasingly incorporated the use of Artificial Intelligence, reflecting his commitment to staying at the forefront of technology. Dale has over 40 years of experience in information technology, digital electronics, and cyber investigations.



DATE:	Wednesday March 12
TIME:	2:00 – 3:50 pm
LOCATION:	Richmond campus, Room 2060
FEE:	\$15
GUEST PRESENTER:	Dale Jackaman
FACILITATOR:	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
REGISTER BY:	Thu Mar 6 To register see page 42

YOU ARE WHAT YOU EAT

Carbohydrates

When you shop for groceries, do you put on your glasses or take out a magnifying glass to check ingredients? Do you know what you are reading? This online session will begin by briefly describing how to read a food label and determine what all those strange sounding words actually mean.

The main focus will then be on carbs/sugars. Did you know that there are more than 20 ways that industry can add “sweetness” to a processed food product? This is over and above the use of any artificial sweeteners.

No previous chemistry or biochemistry knowledge is required for the workshop. Here are some questions Bob will answer, plus any others you have:

- Why are food labels so confusing?
- What exactly does the term “organic” mean?
- Why are there so many “chemicals” in food?
- How can “sugar-free” still be sweet?
- Is a “fat-free” product better for me?
- Should I bring a magnifying glass/calculator when I go shopping?
- Why are there so many diet books on the market?

Bob Perkins taught chemistry for 25 years at Kwantlen, then was a part time chemistry professor at Quest University in Squamish and is now a Board member of Elder College in Port Alberni and the KPU Retirees Association.



DATE:	Tuesday March 18
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Dr. Bob Perkins
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Thu Mar 13 To register see page 42

FRUSTRATING EVERYDAY PRODUCTS

Why So Many Everyday Products are Frustrating to Use. (Hint: it's not you!)

Does your TV remote bewilder you? Does your smartphone frustrate you? Do you regularly forget passwords?

This talk makes the case that you are not the problem; you are the victim. Problems with everyday things share a root cause: bad design. Badly designed products leave behind a trail of frustration, errors, fear, and accidents.

In this entertaining and insightful session, we will discuss why violations of good design principles leave us feeling confused, inept, and frustrated. Simply put, product designs that fail to understand the human user inevitably fail the human user.

Back by popular demand! Farhad Dastur is a faculty member in the Psychology Department at KPU. In addition to teaching, he has held several administrative, research, and consultative roles. In 2019, he founded KPU's Virtual Reality Lab, a creative hub where students and collaborators engage in research and educational projects. Farhad's first TALK course was in 2004. Over the years he has lectured on visual illusions, evolutionary psychology, memory, the mind, aviation safety, the Amazon rainforest, and virtual reality.



DATE:	Friday March 21
TIME:	1:00 – 2:50 pm
LOCATION:	Richmond campus, Room 2150
FEE:	\$15
GUEST PRESENTER:	Dr. Farhad Dastur
FACILITATOR:	Jean Garnett, 604.277.1130, jeangarnett@shaw.ca
REGISTER BY:	Tue Mar 18 To register see page 42

THE WORLD OF WORK

This session provides a poignant and fascinating look at people around the world and the diverse work they all do. Dr. Ross Michael Pink interviewed all the people profiled. They include:

- A street child in Mumbai
- A fruit seller at the largest outdoor fruit market in Thailand
- Lori Idlout, a Canadian MP from Nunavut
- The Soviet cosmonaut Georgy Grechko, who saw a UFO when he was in space
- An Indian activist, Rajendra Singh, winner of the Stockholm Water Prize known as the Nobel Prize of Water
- Mikhail Gorbachev
- Fr. Joe Perieria, who founded KRIPA, the effective drug rehabilitation center in India and a renowned Yoga/meditation teacher
- Canadian ballerina Chan Goh
- Niall O'Connor, Director of Sei Bangkok, the largest environmental NGO in the world
- Nobel Prize winner Jose Ramos Horta, who fought for freedom and human rights for the people of East Timor during the brutal occupation by Indonesia

These and more powerful stories will be included in this talk.

Dr. Ross Pink has given many TALK courses over the years as he is a busy traveller when he is not teaching at KPU or writing. His third book, "Understanding Human Security and Climate Change", was co-written with Luthfi Dhofier and published by Edward Elgar in September 2024.



DATE:	Friday March 28
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 232
FEE:	\$15
GUEST PRESENTER:	Dr. Ross Pink
FACILITATOR:	Helen Christiansen, 604.536.8134, helenjeanchr@gmail.com
REGISTER BY:	Tue Mar 25 To register see page 42

ARMCHAIR TRAVEL: UMBRIA, ITALY

Off the Beaten Path in Central Italy: Umbria

Umbria is south of Florence and north of Rome in Italy's mountainous interior.

This tour starts in Perugia, and includes exploring the Apennine Mountains, Lake Trasimeno, and visiting smallish towns like Gubbio and larger centres like Assisi.

"Off the beaten track" towns like Orvieto, Spello, and Spoleto help to round out the discovery of some of the less visited but delightfully picturesque sites in Italy.

We hope that you'll be able to join us for this central Italian tour.

Back by popular demand! Rick Chambers has been doing travelogues for the seniors' program in Ontario for over 12 years. He has travelled often, mostly in Europe and Canada. He has given TALK excellent travelogues on Ireland, Israel and Jordan, Scotland, and Costa del Sol.



DATE:	Monday March 31
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Rick Chambers
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Thu Mar 27 To register see page 42

PREHISTORIC ART WAS NOT PRIMITIVE

Europe's Mysterious First Artists

Scientists say that about 35,000 years ago (give or take 5 or 10,000 years) there was a 'sudden' cultural explosion. People began making great paintings, as good as anything made since, under extreme conditions and with very basic tools and materials.

The art they made is not primitive art. They had a sense of design, and even humour. We have no idea why they did it, what it was for, or what the art meant to them.

This talk will include the controversies that grew around the art discoveries and that today still surround these art works.

Back by popular demand! Linda Quigley taught art history and studio art classes at St. Francis Xavier University in Nova Scotia. She has given many wonderful programs to TALK members.



DATE:	Wednesday April 2
TIME:	1:00 – 2:50 pm
LOCATION:	Surrey campus, Cedar Building, Room 3010
FEE:	\$15
GUEST PRESENTER:	Linda Quigley
FACILITATOR:	Helen Christiansen, 604.536.8134, helenjeanchr@gmail.com
REGISTER BY:	Fri Mar 28 To register see page 42

ARMCHAIR TRAVEL: TRAVEL AND PHOTOGRAPHY

How to look more carefully as we travel near and far

This presentation won't be a travelogue about where someone else has gone, but rather a springboard for your imagination to create your own future reality or recall happy memories.

Alba Arboleda has been travelling internationally since she was two years old. For her, travel is best savored when one takes in the small moments and the essence of a place, capturing them as photographic memories, not rushing to check off and photograph proof that you got to all of the Top Five Must Sees.

The pictures she takes – whether in Peru, Cambodia, Morocco, Finland, Germany or the Okanagan – are about preserving forever moments that capture her imagination:

- Cats lounging on cafe chairs in Monemvasia on the Peloponnese leaving no room for paying customers
- A romantic couple crossing a bridge in Lyon on a rainy Christmas Eve
- A crowded London neighborhood pub of families, friends and dogs sharing a Sunday Roast

Each photograph was taken to remember the feeling experienced in the moment - not as proof of having been in Greece, France, or England. Alba invites you to share some special moments from her travels and encourages everyone to ask questions, share impressions, and celebrate exploration.

Participants will feel inspired to book a trip to travel to new places, to photograph treasured moments, and to see far-off places in a personal way. You may even be inspired to take out your old photographs and write down why you preserved these moments to revisit later.



DATE:	Friday April 4
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Alba Arboleda
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Tue Apr 1 <i>To register see page 42</i>

INTERNET SAFETY AND SECURITY

Scammers, crooks, thieves -- all after your personal information and hard-earned money!

Make technology more enjoyable by being informed and staying safe.

Join Rahim Virani of the KPU Information Security (Infosec) team to learn about some of the current ways that bad actors are using technology and how you can have the upper hand.

You will have a chance to interact, ask questions and experience a few fun activities to practise safe use of technology.

Rahim Virani is an IT professional with over 20 years of experience working in the IT field. He has also spent 7 years as an instructor teaching information technology and security related courses to post-secondary students. His breadth of knowledge in information systems and security enable him to teach courses ranging from Introduction to Security to Digital Forensics, Evidence Imaging, and System Security, Vulnerabilities and Exploits. He is currently working with KPU's Information Security team in IT to help protect the University from the ever-increasing threats and bad actors.



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Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at another time. Go to www.kpu.ca/talk/courses.

DATE:	Tuesday April 8
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Rahim Virani
FACILITATOR:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Thu Apr 3 <i>To register see page 42</i>

...amid unfolding crises

Human population has doubled from 4 billion in 1970 to 8 billion currently and is expected to grow by another 2.5 billion this century. Leading scientific authorities warn that overpopulation and rampant overconsumption are driving climate change, resource scarcity, and biodiversity collapse. However, there is widespread dismissal of the role of population in these crises among journalists, academics, environmental organizations, and policymakers.

In this session, Nandita Bajaj will discuss the factors behind the silencing of this discourse, namely the growth-biased socio-economic systems, past population policies, pronatalism, and human exceptionalism. She will explain the harmful implications of population denial on the most vulnerable people and ecosystems, how the powerful institutions of the state, the church, the military, and the economy perpetuate and benefit from this denial, and why we must urgently move past it.

Strategies will be discussed on how to hold power accountable, while embracing population and economic degrowth as a means to advance social, reproductive, and ecological justice.

Nandita Bajaj is the Executive Director of Population Balance, a US nonprofit that works to inspire narrative, behavioral, and system change that shrinks our human impact and elevates the rights and wellbeing of people, animals, and the planet.



DATE:	Wednesday April 9
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Nandita Bajaj
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Fri Apr 4 To register see page 42

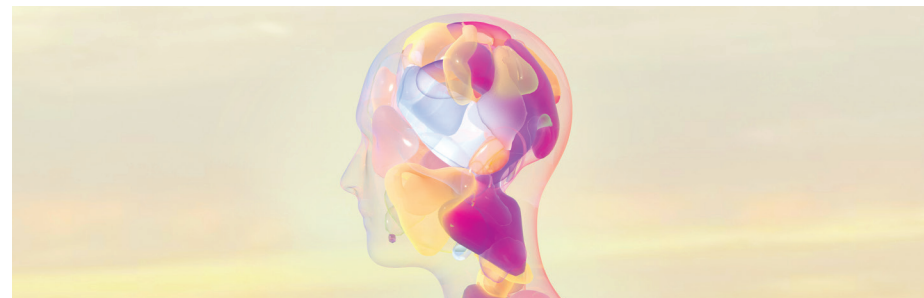
Naturopathic Approaches to Cognitive Health

Dementia doesn't just affect the brain itself. Clinicians must also consider the brain's environment and overall landscape. Dr. Alois Alzheimer's research has greatly influenced studies on beta-amyloid and treatments targeting this protein. However, after decades of research, the focus is shifting to understanding why beta-amyloid plaques form in the first place. This requires stepping back from the amyloid hypothesis to examine the brain's environment from a broader perspective.

In this seminar, Dr. Fung will explore how the brain functions and the pathophysiology behind dementia. He will go beyond beta-amyloid plaques to examine neurons, their networks, the brain as a whole, and how different body systems affect brain function and health.

This holistic approach will provide insights into addressing dementia and cognitive decline more effectively and functionally.

Dr. Romi Fung, ND, M.Sc, Ph.D (cand.) is a naturopathic physician practising in Richmond. He helps patients living with dementia to improve their quality of life by taking an integrative and functional approach. He believes that what happens in the body can also happen in the brain and that there are several biochemical connections from chronic diseases that correlate to cognitive decline. He believes naturopathic medicine has the potential to take a powerful stance on addressing cognitive decline.



DATE:	Friday April 11
TIME:	10:00 – 11:50 am
LOCATION:	Richmond campus, Room 1380
FEE:	\$15
GUEST PRESENTER:	Dr. Romi Fung
FACILITATOR:	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
REGISTER BY:	Tue Apr 3 To register see page 42

FIELD TRIP: UBC MUSEUM OF ANTHROPOLOGY

The Museum of Anthropology (MOA) was established in 1949 as a department within the Faculty of Arts at UBC. In 1976, it moved to its current home, an award-winning concrete and glass structure designed by Canadian architect Arthur Erickson.

Since its inception, MOA has been at the forefront of bringing Indigenous art into the mainstream by collecting and curating traditional and contemporary Indigenous art in a way that respects the artists and the cultures from whom this work comes. MOA resides on the traditional and unceded territory of the Musqueam people; works by Musqueam artists welcome visitors to the site.

MOA is also one of Canada's largest teaching museums with faculty and staff teaching courses in museum studies, museum education, and conservation as well as Indigenous and world art.

MOA houses nearly 50,000 works from almost every part of the world, while the Laboratory of Archaeology houses an additional 535,000 archaeological objects in the building. MOA is known for its sizable Northwest Coast collections, including the finest collection of works by Bill Reid.

Meet in the lobby to gain admittance and join the guided tour. The MOA is wheelchair accessible. Afterwards, join us for lunch at your own expense at Koerner's Pub 1758 West Mall (easy walking distance from the museum).

Nearest parking at UBC parkade at \$4 per hour, located in front of the museum. Parking is also available at the nearby Rose Garden parkade.



DATE:	Tuesday April 15
TIME:	10:00 am – noon (please be in the lobby by 9:45)
LOCATION:	UBC Museum of Anthropology, 6393 NW Marine Drive (NW corner of the campus)
FEE:	\$35 (includes entrance to the museum and guided tour)
GUEST PRESENTER:	One of the Museum's docents
FACILITATOR:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Thu Apr 10 <i>To register see page 42</i>

ACCESSING HEALTH SERVICES

Are you or a loved one struggling with aging and worried about how you will cope? You do not have to do it alone. There are many community services you can access to help. Richmond Cares Richmond Gives (RCRG) provides services and referrals to programs that help seniors remain independent for as long as possible, while keeping them connected to the community. These programs are as follows:

- Seniors' Community Connections - volunteers can help clients access a wide range of community resources and complete applications for benefits and income tax returns.
- Social Prescribing - helps older adults explore community services and activities that can improve their health, well-being, and independence.
- A housing navigator - who assists clients' access to housing supports and resources.
- Richmond Family & Friend Caregiver Hub - for unpaid caregivers to an older adult.
- Friendly Visiting - a companionship program.
- and other services, such as: Grocery Shopping and Delivery; Light Housekeeping Service; Senior Peer Counselling; Prescription Pick-Up and Delivery; Richmond Seniors' Directory.

Carol Dickson is the manager of Senior Community Support Services at Richmond Cares, Richmond Gives (RCRG). Coming from a background in Volunteer Management and Community Programming, she has worked in outreach programs for older adults for 28 years, the past 17 years at RCRG.



DATE:	Wednesday April 16
TIME:	10:00 – 11:50 am
LOCATION:	Richmond campus, Room 1380
FEE:	\$15
GUEST PRESENTER:	Carol Dickson
FACILITATOR:	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
REGISTER BY:	Fri Apr 11 <i>To register see page 42</i>

JOURNALISM: THE FUTURE OF NEWS

Half of the community papers in Metro Vancouver have closed; the other half have mostly moved to an online publication only. The daily papers have far fewer reporters than in the past and are thinner than ever. Where is the news industry headed?

The Canadian government has stepped in to support struggling news outlets with some financial assistance, but will it be enough to keep the presses running? What new business models are emerging, and are they producing quality journalism?

What about artificial intelligence (AI)? How is new technology changing the news you rely on? How are newsrooms using AI today and what might the future look like? Join Tracy Sherlock for answers to these and other questions.

Tracy Sherlock is a KPU Journalism instructor and freelance journalist based in Vancouver who has written for the New York Times, the Vancouver Courier, National Observer and other publications. She worked as a reporter and editor at the Vancouver Sun until 2017 and served as education beat reporter and books editor. She has also worked in community papers and as a web editor. Tracy has received the Jack Webster Award, BC's top journalism prize, and received a citation of merit for the Michener Award, a national journalism award for public service journalism.



DATE:	Wednesday April 23
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Tracy Sherlock
FACILITATOR:	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
REGISTER BY:	Wed Apr 16 To register see page 42

STRESS AND BRAIN HEALTH

Stress results from a set of complex interactions between the endocrine and nervous systems.

Even though it is an adaptive response, chronic stress has been associated with a number of adverse health outcomes, including brain damage and mental illness.

This session will cover the causes of stress, the impact it has on the brain, its psychological consequences, and its effects in the aging brain.

If you are interested in mental health and in understanding how the brain works in health and disease, be sure to join us.

Dr. Ivan Trujillo-Pisanty teaches in the KPU Psychology Department. His general area of expertise is biopsychology. He is particularly interested in the relationship between the brain and psychological processes, basic neuroscience, and psychopharmacology. Specific topics of interest include reward, motivation, addiction, impulse-control disorders, depression, and psychedelic therapies.



DATE:	Tuesday April 29
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 232
FEE:	\$15
GUEST PRESENTER:	Dr. Ivan Trujillo-Pisanty
FACILITATOR:	Sonya Furst, 778.833.3762, sonyafurst@outlook.com
REGISTER BY:	Thu Apr 24 To register see page 42

HOW BIRDS HELP TREES ADAPT TO CLIMATE CHANGE

In this presentation, we will explore the crucial role animals play in plant seed dispersal, particularly in the face of climate change.

Animals, including many bird species, facilitate the movement of seeds across diverse landscapes. This is a vital process for forest regeneration and the maintenance of habitat connectivity, and it may also allow plant species to adapt to a warming climate.

We will examine case studies and current research to illustrate how the decline of bird populations may jeopardize essential ecosystem services like seed dispersal. Ultimately, understanding and preserving seed dispersal carried out by animals is not just about protecting wildlife; it's about ensuring a healthy planet for future generations.

Dr. Marjorie Sorensen teaches in the Biology faculty at KPU. Her research has spanned a wide range of ecological topics, from studying the behaviour of individual species to examining the globally significant impacts of climate change.



DATE:	Friday May 2
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 232
FEE:	\$15
GUEST PRESENTER:	Dr. Marjorie Sorensen
FACILITATOR:	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
REGISTER BY:	Tue Apr 29 <i>To register see page 42</i>

HAPPINESS AND THE HUMAN BRAIN

Trying to achieve the greatest happiness in our life is the goal of every human being. When asking today's young people what contributes to happiness, the answers will be money and fame. Is this really true?

We will explore such thoughts and also come up with what really contributes to happiness. The brain is a very powerful machine and, on the whole, you are in control. If this is true, why do we at times lose moments of happiness and, therefore, how much control do we really have?

Let's explore how the brain works towards happiness and how we can be in the driving seat of happiness, all the time.

Jas Sandher was born in India, educated in England and the US, and moved to Canada in 1983 where he works as a realtor and chairs the Property Assessment Review Panel. He enjoys helping people and finds human behaviour fascinating. His goal in life is to bring the greatest happiness to himself and those that cross his path.



YOU are our best marketing tool.

Please tell your friends about TALK.

DATE:	Tuesday May 6
TIME:	10:00 – 11:50 am
LOCATION:	Langley campus, East Building, Room 1515
FEE:	\$15
GUEST PRESENTER:	Jas Sandher
FACILITATOR:	Heather Cross, 604.762.2469, hscross@outlook.com
REGISTER BY:	Thu May 1 <i>To register see page 42</i>

FIELD TRIP: CRAIGDARROCH CASTLE, VICTORIA

Craigdarroch Castle is a definitively Victorian experience. It is a shining example of a “bonanza castle” — massive houses built for entrepreneurs who became wealthy during the industrial age; in this case, Robert Dunsmuir, a Scottish immigrant who made his fortune from Vancouver Island coal.

This legendary Victorian mansion, built between 1887 and 1890 on a hill overlooking the City of Victoria, announced to the world that Robert Dunsmuir was the richest and most important man in Western Canada.

Robert Dunsmuir died in 1889, leaving his entire estate to his wife Joan, who lived in the Castle until her death in 1908. The immense fortune of the Dunsmuir family is reflected in the four floors of exquisite stained-glass windows, intricate woodwork and fabulous Victorian-era furnishings.

Join us for a full day adventure. Meet at the BC Ferry Tsawwassen terminal for the 8:00 am departure. Free ferry fee (passengers only) for BC residents over the age of 65 with valid ID. Ride the Victoria Transit double decker bus (for an hour) from the Schwartz Bay ferry terminal to the Castle (with one easy transfer). \$5 day pass.

Tour the castle (approx. 11 am – 12:30 pm) and join us for a late lunch at your cost at historic Sticky Wicket Pub 919 Douglas St. Take the bus back to the Swartz Bay Ferry terminal by 3:30 pm to catch the 5:00 pm ferry back to Tsawwassen. BC Ferries Tsawwassen long-term parking \$15 for 24 hours. Carpool if you can.

Craigdarroch Castle is a historic house museum so there are no ramps or elevators and it is not wheelchair accessible.



DATE:	Wednesday May 7
TIME:	Full day 8 am – 7 pm
LOCATION:	Craigdarroch Castle, 1050 Joan Crescent, Victoria
FEE:	\$35 plus transit and ferry fees (for those under 65 years old)
FACILITATORS:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
REGISTER BY:	Thu May 1 To register see page 42

FIELD TRIP: EXPLOSION OF BIRD SONG

A spring birding walk in Sunnyside Acres Urban Forest Park

We will walk slowly through the park listening for the songs and calls of migrant and resident birds as they proclaim their territories and fill the air with sounds.

David Bradley will help to identify the birds, provide tips and tricks for distinguishing them from each other, as he recounts aspects of their life histories, and addresses any questions that participants may have.

David Bradley is the Director of the BC Program at Birds Canada. He is not only interested professionally in birds, but also holds a deep passion for their conservation and welfare. He holds a PhD in Avian Behavioural Ecology which he obtained in New Zealand studying the re-introduction biology of a near-flightless, endemic songbird.

Meet at the Sunnyside Acres Wally Ross parking lot on 24th Avenue, between 144th and 148th Streets.



Do you have ideas for TALK course topics?

Please send an email to talk@kpu.ca or contact Program Chair Jean Garnett at jeangarnett@shaw.ca. Consider joining our Program Committee!

DATE:	Friday May 16
TIME:	10:00 – noon
LOCATION:	Sunnyside Acres Urban Forest Park, Surrey
FEE:	\$15
GUEST PRESENTER:	Dr. David Bradley
FACILITATOR:	Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca
REGISTER BY:	Tue May 13 To register see page 42

FIELD TRIP: BC FARM MUSEUM

The Farm Museum is located in beautiful Fort Langley. It is a place where the past greets the present, through the variety of museum items and articles. Stories are exciting and vibrant illustrating the pioneer settlers of the Fraser Valley. Join us for a guided tour of this gem.

You will find yourself engrossed in the wide scope of intriguing artifacts. While most of us are not directly involved in agriculture, our roots stem from that life years ago.

You will have an opportunity to reflect and recall at least one farm life memory. As you probably are aware, some time ago about 90% of people lived on farms and not in cities.

Recently, the Farm Museum acquired the largest Acoustic Anvil in the world, and it too will be there for you to admire!

Syd Pickerell's entire career was spent in the agricultural field. He has served in a wide variety of local, provincial and western Canadian organizations, including The Outstanding Young Farmer program, Rotary Club, BC Institute of Agrologists, Western Canada Turfgrass Association, Kwantlen University College School of Horticulture, Poultry Industry Advisory Committee and Pacific Riding for the Disabled. Syd joined the BC Farm Museum Association in 2007 and is Past President.



DATE:	Friday May 23
TIME:	10:00 – 11:30 am
LOCATION:	BC Farm Museum, 9131 King Street, Langley, near the Fort Langley site
FEE:	\$15 plus admission by donation (\$4 suggested)
GUEST PRESENTER:	Syd Pickerell
FACILITATOR:	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
REGISTER BY:	Thu May 15 <i>To register see page 42</i>

CAMPUS LOCATIONS

Did you Know?

- You can look up the map of the KPU campus ahead of time to see where your classroom is located.
- Go to kpu.ca/current-students/find-your-classroom and then click on the appropriate campus. Scroll to increase size of map.



- **KPU Langley Campus**
20901 Langley By-Pass, Langley
- **Horticulture Field Lab**



- **KPU Richmond Campus**
8771 Lansdowne Rd, Richmond



- **KPU Surrey Campus**
12666 72 Ave, Surrey



- **KPU Tech Campus (Cloverdale)**
5500 180 St, Surrey

Facebook

TALK has two pages: a Facebook Community page and a Group page. To visit our Facebook Community page, go to: facebook.com/kpu.ca.TALK. Here you can see what's happening at TALK.

If you want a more interactive experience, join our Group page. Visit facebook.com/groups/697127260390288 or search “**TALK Third Age Learning at Kwantlen**” and click on the “Public Group” entry. You can view this page without joining it but if you want to post or comment you must click “join” and you will be automatically added. Please post only items that are relevant to TALK.

As well, we would appreciate if you would post a review on our Community page and a comment on the courses you attend on our Public Group page. Then share the course post(s) with your comment(s) to your own social media accounts. Help spread the word about TALK!

Instagram

Check us out! instagram.com/talkwantlen/

LinkedIn

Follow us at: linkedin.com/company/talk-third-age-learning-at-kwantlen

TALK Greatly Appreciates:

- Our member volunteers, who create and facilitate programs, distribute brochures, organize special events, and help promote TALK.
- The assistance in course registration, room bookings, brochure and newsletter production, marketing and other activities provided by KPU's Faculty of Academic and Career Preparation.
- Our presenters, who volunteer their time and expertise to provide us with lifelong learning.
- The TALK interest group of CFUW Richmond, which plans and facilitates the Richmond Philosophers' Corners and many of the courses at the Richmond campus.

What makes TALK different?

TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is lively, full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. You can even offer to present a course!

For further information on being a TALK volunteer, contact Program Chair Jean Garnett at jeangarnett@shaw.ca or 604.277.1130. We particularly need help on our Marketing Committee. Contact Marketing Chair Sonya Furst at sonyafurst@outlook.com or 778.833.3762.

Do I have to be a TALK member to attend courses?

You must be a TALK member (Sept – Aug) in order to register for any of our paid TALK courses. You do not have to pay membership fees to participate in our public events such as Philosophers' Corners and Compelling Conversations. Our AGM is free to members.

What is Amilia?

Amilia is the online registration and payment system used by TALK. It is a Canadian based organization and the use of the system has been vetted and approved by TALK and KPU.

May I register after the course “register by” date?

The “register by” date on Amilia and in the brochure is set to just before the reminder notice or Zoom link is sent out by the office. If you try to register online after that date, you will get a message saying registration has closed. To register after that date, you will have to contact the office at 604 599-3077 or talk@kpu.ca. However, it is preferable to have members register earlier so that we know if we have enough people to run the course. Some courses fill up quickly so it is a good idea to register as early as you can.

Will I get a receipt and confirmation of all of the courses I signed up for?

Yes. You will receive a confirmation of registration and payment email. You can also see a calendar of the courses you have registered for by going to your online Amilia calendar. You can also access your invoice and payment information on your Amilia account.

FREQUENTLY ASKED QUESTIONS

What if I find I will not be able to attend a course I have registered for?

Members are entitled to a refund of course fees if withdrawal occurs at least seven days before the course starts. TALK membership fees will not be refunded. If you would like to withdraw from a course, please call the TALK phone number 604-599-3077 or email talk@kpu.ca.

How can I get more information on the course content?

Please contact the Program Chair Jean Garnett at jeangarnett@shaw.ca or 604.277.1130.

What happens if a course is cancelled?

Registrants will receive a cancellation email notification that will request a response. If the TALK admin do not receive an email response, the TALK member will be phoned and notified of the cancellation of the course. A full refund will be provided.

What are the COVID-19 protocols for on-campus courses?

At KPU, mask wearing is now a matter of personal preference. Use of masks in indoor public areas is strongly recommended. It is important that we respect the choices of everyone. Should the mask mandate change, we will update this information. You will receive notice of additional requirements (if applicable) with the reminder notice that is sent a few days before your class.

Is there parking available on campus?

Parking is available on all Kwantlen campuses. The cost is \$5.00. Go to a Paystation located at main building entrances. Key in car license plate number; select time; then pay. Coin plus Visa and MasterCard are accepted at all Pay-by-Stall Paystations. Take receipt - no need to display on vehicle dash. The pass will be valid on all campuses for the day of purchase with displayed receipt. If you have a handicapped placard, parking is free in the marked handicapped spaces only. If you park in a regular stall, you are expected to pay. There is also free parking at the Newton Athletic Centre near the Surrey campus, a 10-15 minute walk. You can find more info about parking at kpu.ca/parking-transit/maps.

FREQUENTLY ASKED QUESTIONS

Why is the classroom so cold?

Some rooms on campus have automated heat. They don't start to warm up until there are bodies in the room to trip the motion detectors. We recommend you dress in layers.

Should I worry about the security of my personal information using Zoom?

No need to worry! KPU has a special Zoom licence. All your personal information stays within Canada. The routing to the meeting is encrypted, your personal information is not disclosed, and there is no impact on your privacy. KPU uses your contact information only to ensure you are registered in TALK courses and receive information about them.

When will I receive my Zoom link?

You should receive your Zoom invitation from notifications@amilia.com two or three days prior to the scheduled session. This will include the link to your Zoom webinar or meeting, and any handouts the presenter has supplied. Please read this email carefully for any special instructions. Ensure that you have listed notifications@amilia.com in the Safe Senders tab in your email server's Junk Mail Options. If you have not received the link by the day before the session, please contact us immediately through talk@kpu.ca or call us at 604.599.3077 so that we may resend you the link.

How can I give feedback to the TALK organizers?

We love hearing from you. To send written comments on courses or suggest future courses or presenters, please send an email to talk@kpu.ca with "feedback" in the subject line.

How do I buy a TALK gift card for a friend?

Go to www.kpu.ca/talk/courses, Click on Register for Courses, Click Login (upper right of screen) and enter your email and Amilia password. Click on Gift Cards (under the TALK logo) and choose an amount. Add recipient name, email and message and Add to Cart. You can do this at the same time you are paying for your membership and registering for courses or any time.

HOW TO PARTICIPATE IN A TALK WEBINAR

Just a few simple steps!

Go to our website kpu.ca/talk/courses. Sign up and pay for a webinar course on *Amilia*.

1. A few days before your course, you will receive a reminder email from *Amilia* with a link to the webinar and a password.
2. **Save this email** somewhere you can find it... or add the link to your calendar. **If you haven't received the link by the day before the session, please contact talk@kpu.ca or 604-599-3077**
3. About 10 minutes before the start time of the webinar, go to the reminder email and sign in by clicking on the link and entering the password. (You can join using your web browser and do not need to download the Zoom app.) You will be placed into a wait room until the start of the session.
4. Make sure you join the webinar with your First Name and Last Name as attendance will be taken during the presentation. There may be removal of attendance if you are not on the class list for the TALK course.
5. If unable to join the Zoom webinar send email with "technical difficulties" in the subject line and your telephone number. We will try to call you to see if we can assist you.

Did you know that most TALK Zoom webinars are recorded and the link to the private video is sent to those registered after the class?

This means you can register with confidence that, if you can't attend, you can still watch the presentation later.

Using a regular phone or iPhone to attend the webinar

If you don't have a computer and want to phone in and listen to the presentation, numbers will be listed in the email (use the 778 are code number). You will be able to hear the presentation, but you won't be able to see any slides. For iPhone users, use the one-tap link for your iPhone (use the 778 are code number). Some of the slides might be hard to see on the small screen.

Do you belong to another group that might be interested in TALK?

Contact our Marketing Chair Sonya Furst (sonyafurst@outlook.com) for more information about a TALK presentation or a short article that could go in one of your newsletters.

TALK REGISTRATION CALENDAR

To apply for membership in TALK (\$10 Sep 1/24 – Aug 31/25) and to register for winter/spring 2025 events, please visit <https://www.kpu.ca/talk>.

Here is the list of available courses and activities for winter/spring 2025. For quick reference, you may wish to keep track of your *Amilia*:

ID# _____ Username _____ Password _____

I wish to enroll in the following courses:

	COURSE	LOCATION	DATE(S)	TIME	FEE
<input type="checkbox"/>	Climate Change is Affecting Sea Ice	Online	Feb 18	11 am	\$15
<input type="checkbox"/>	Everything EV	Online	Feb 25	10 am	\$15
<input type="checkbox"/>	Vaccinations	Langley	Feb 28	10 am	\$15
<input type="checkbox"/>	Compelling Conversations: Future	Richmond	Mar 1	10 am	FREE
<input type="checkbox"/>	Field Trip: Non-alcoholic beer & wine	Offsite	Mar 4	10 am	\$30
<input type="checkbox"/>	Women in Science	Richmond	Mar 7,14	10 am	\$20
<input type="checkbox"/>	Film Study: Film Noir	Surrey	Mar 10,11	10 am	\$20
<input type="checkbox"/>	An AI Experience	Richmond	Mar 12	2 pm	\$15
<input type="checkbox"/>	You Are What You Eat	Online	Mar 18	10 am	\$15
<input type="checkbox"/>	Frustrating Everyday Products	Richmond	Mar 21	1 pm	\$15
<input type="checkbox"/>	The World of Work	Surrey	Mar 28	10 am	\$15
<input type="checkbox"/>	Armchair Travel: Umbria, Italy	Online	Mar 31	10 am	\$15
<input type="checkbox"/>	Prehistoric Art Was Not Primitive	Surrey	Apr 2	1 pm	\$15
<input type="checkbox"/>	Armchair Travel: Travel Photography	Online	Apr 4	10 am	\$15
<input type="checkbox"/>	Internet Safety and Security	Online	Apr 8	10 am	\$15
<input type="checkbox"/>	Confronting Population Denial	Online	Apr 9	10 am	\$15
<input type="checkbox"/>	Considerations for an Aging Brain	Richmond	Apr 11	10 am	\$15
<input type="checkbox"/>	Field Trip: Museum of Anthropology	Offsite	Apr 15	10 am	\$35
<input type="checkbox"/>	Accessing Services for Seniors	Richmond	Apr 16	10 am	\$15
<input type="checkbox"/>	Journalism: The Future of News	Online	Apr 23	10 am	\$15
<input type="checkbox"/>	Stress and Brain Health	Surrey	Apr 29	10 am	\$15
<input type="checkbox"/>	How Birds Help Trees Adapt	Surrey	May 2	10 am	\$15
<input type="checkbox"/>	Happiness and the Human Brain	Langley	May 6	10 am	\$15
<input type="checkbox"/>	Field Trip: Craigdarroch Castle	Victoria	May 7	8 am	\$35
<input type="checkbox"/>	Field Trip: Explosion of Bird Song	Offsite	May 16	10 am	\$15
<input type="checkbox"/>	Field Trip: BC Farm Museum	Offsite	May 23	10 am	\$15

Online Registration and Payment System

TALK's registration and payment system is online to make your registration experience as fast and easy as possible. The system is called *Amilia*, and it is a secure Canadian-based organization.

It's as Easy as 1 - 2 - 3!

1. To access the *Amilia* registration site, visit the TALK website kpu.ca/talk, click on the **Courses & Registration** tab, and click on the **"Register for Courses"** button OR go directly to **"Register for Courses"** at kpu.ca/talk/courses
2. Once there, register for courses and create your *Amilia* account if you don't already have one
3. Lastly, pay online by credit card or e-cheque (a direct payment from your bank)

That's it!

When setting up your *Amilia* account, please ensure that you check the boxes to receive emails from Third Age Learning at Kwantlen (TALK) talk@kpu.ca and the *Amilia* team notifications@amilia.com.

For more detailed help with this registration process, please check out the "Online Registration Guide" that is on the TALK Courses & Registration webpage: kpu.ca/talk/courses

If you need assistance or have questions about the online registration and payment system, please contact the TALK administration at **604-599-3077** or email talk@kpu.ca.

- » Great way to connect with others who enjoy learning
- » Helps you stay current and relevant
- » Courses are presented by professionals
- » High quality content at a reasonable cost
- » Enthusiastic, volunteer instructors
- » Adds structure to your life and activities to look forward to
- » Great variety of topics suggested by members
- » Some courses are online (how to access included)
- » On-campus courses with safety protocols in place

All this leads to a greater satisfaction with life and enhanced mental fitness. Only \$10 per year to belong. Course costs kept very low. TALK is cheap!



Don't miss our **Compelling Conversations**
event **March 1: How Can We Make YOUR**
Future Better? See details on page 2.



TALK

*Third Age Learning
at Kwantlen*



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