



# KPURA News

Volume 2  
Issue 1  
September  
2018

## KEEPING CONNECTED OVER THE YEARS

## EVENT HIGHLIGHTS

### KPURA Society - We are incorporated!

#### Board Report

August 31, 2018

There has been much back and forth in the process of becoming incorporated in the Province of British Columbia.

We are pleased to report that the Kwantlen Polytechnic University Retirees Association (the "Society") was successfully incorporated under certificate number S-0069569, effective June 28, 2018 at 4:13pm.

The Society's registered and records address is:

SUITE 499, 800 - 15355 24 AVE  
SURREY BC V4A 2H9

We have also received the following registry certified documents:

- Certificate of Incorporation;
- Constitution;
- Bylaws; and
- Statement of Directors and Registered Office.

We are currently working out the promised financial arrangements with KPU to create an internal account for KPURA to receive and disburse funds (membership, fees, etc.).

We have three events scheduled for this fall:

- Sept, 18, Gulf of Georgia Cannery
- Nov 9, FVHRS Tour in Cloverdale
- Dec 2, Seasons in the Park Lunch

We hope to see you at one or more of them.

We continue to meet monthly and work towards more events and connections for you, our members.

Your Board of Directors:

Chair – Yale Shap,  
Vice-Chair – Carol Barnett,  
Secretary/Treasurer – Alice Macpherson,  
Members at Large –  
Roger Elmes, Robert Wood

More information and a link the membership application forms can be found at [www.kpu.ca/retirees](http://www.kpu.ca/retirees)



#### Fraser Valley Heritage Rail Society

Join us on November 9, in Cloverdale to tour the facilities and ride the rails.

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#### Images of Morocco

Nancy Caldwell invites you to join her on September 23 for a reception and showing of her photographs at Jericho Arts Centre in Vancouver.

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# Vancouver Noir Walking Tour

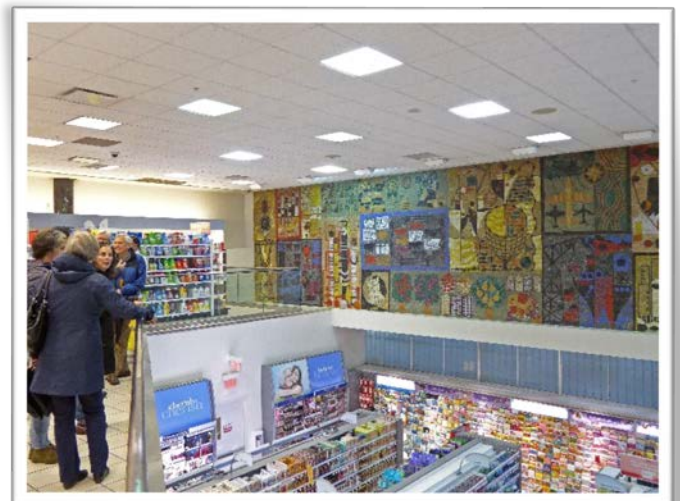
June 13, 2018

It was a rainy day as we met outside of the Art Gallery for our history tour with John Belshaw, one of the authors of Vancouver Noir. With umbrellas at the ready, he led us through a number of historical sites.



*John Belshaw leading the walking tour.*

NoFunCouver used to have more fun than it could handle. Boozecans, supper clubs, numbers runners, bent coppers, and soft vaults. And that was in the nice part of town. John Belshaw (TRU-OL) is the co-author (along with KPU Dean of Arts, Diane Purvey) of Vancouver Noir, a history of the years between the Wall Street Crash and the Pill. He took us on a stroll through the mean-ish streets of downtown Vancouver to illuminate the dark corners of a city that your grandmother knew but didn't like to talk about, for fear she'd incriminate your grandfather.



*Historic (and hidden) Industry in British Columbia Mural*



We trekked through the rain, warmed by fascinating stories of the Vancouver "Noir Era". John guided us to some hidden-in-plain-sight gems, including a historic tile mural that now resides inside a business. There were many surprising discoveries to be learned. That Woodward's, on the east side, was not only the first large department store in Vancouver but also a centre of emancipation for women because it had washrooms. This new amenity allowed women to travel further away from home than they had previously.

A pit stop at Vancouver Community College's downtown campus also included the information that this was the site of the original Central School in Vancouver and numerous tidbits of information about the surrounding area.

*Entrance to Chinatown, Vancouver*



We arrived at the Chinatown Gate just as the clouds started to break and spent the rest of the tour in increasing sunshine but still listening to the Noir narrative.

We finished up with a discussion filled lunch at the Chinatown BBQ. A fitting end to our journey into Vancouver Noir

## UPCOMING EVENTS

## Gulf of Georgia Cannery Tour - Steveston

**Carol Barnett**

SEPTEMBER 18, 2018



KPURA's has organized a 90 minute morning tour of the historic Gulf of Georgia Cannery starting at 10 am on September 18.

Cost will be \$10 for each participant with free parking thrown in. Let us know if you want to join us!

We can then continue to explore and/or go find some excellent Fish & Chips for lunch nearby.

Why Visit the Cannery?

Built in 1894 in the historic village of Steveston, the Gulf of Georgia Cannery was once the largest building of its kind and the leading producer of canned salmon in British Columbia. Experience the stories of this place and its people through interactive exhibits, films, and a guided tour on Canada's West Coast fishing industry.

We will take a 90 minute tour that includes the fascinating stories of the people who worked in the canneries along BC's west coast from the late 1800s to early 1900s, and learn about the history of the salmon canning process. You will trace the development of fishing on this coast. Compare fishing technology with the help of our historic Columbia River Skiff and experience life in a modern wheelhouse and see how technology has transformed the fishing industry. There is also a 25 minute documentary (recently released).

The Cannery is fully wheelchair accessible.

Parking for the day is included in the \$10 per person fee if we let them know how many passes we need in advance.

The tour starts at 10:00 am and we are encouraged to wander around after the tour or go off to lunch.

Let us know if you can join us for this event by sending an email to [KPURA.Events@gmail.com](mailto:KPURA.Events@gmail.com)

More information at: <http://gulfofgeorgiacannery.org/>

## Fraser Valley Heritage Railway Tour - Cloverdale

**John Sprung**

NOVEMBER 5, 2018



John Sprung, KPU retiree, is Chairman of the Board of the Fraser Valley Heritage Railway Society <http://fvhrs.org/> which operates the car barn, a restored electric streetcar which runs on weekends or by special arrangement.

We are arranging a special tour of the facilities and a ride on the streetcar for early November. This will include:

- a Tour of the FVHRS car barn
- A 1 mile (1.5 km) round trip ride on BCER 1225, a 1912 BCER interurban.
- Speeder ride (weather permitting).
- A visit to the replica Cloverdale Stn and museum.
- A video presentation of the main interurban routes of the BCER.
- An optional video presentation of the history of public transportation in Greater Vancouver.
- Take home items

In early 1950's, as the BCER was being wound down, many of the cars were decommissioned. Most ended up being burnt at the rail yard under the Burrard St. Bridge. BCER 1225 found its way to the Orange Empire Railway Museum (OERM) in Perris California. In August 2005, Interurban car BCER 1225 returned home to Canada.

This should be an excellent event with much more historic information. See <https://fvhrs.org/> for more info.

Let us know if you can join us for this event by sending an email to [KPURA.Events@gmail.com](mailto:KPURA.Events@gmail.com)





# Second Annual Seasonal Lunch at Seasons in the Park

**December 2, 2018**

The festive season is approaching rapidly again. The Board of Directors for the KPU Retirees Association has been very busy this year. We need to celebrate. Join us to celebrate the festive season by pairing two activities, minutes apart, with the comradery of fellow retirees of KPU.

We invite you to gather together at Seasons in the Park, Queen Elizabeth Park, Vancouver for our second annual seasonal lunch to celebrate the season. We had a great time there last year and although we looked at other venues this seems to be the right one for us. Please join us. Spouses and partners are welcome – your choice. Please let us know by 2 November if you plan to attend so we can reserve space for you.

The [Queen Elizabeth Park Bloedel Conservatory](#) is open from 10 AM to 5 PM at a cost of \$4.35 – for seniors of course. Before or after our group lunch you can experience the colours and scents of the tropics in this domed lush paradise.

Lunch happens just a few minutes away at [Seasons in the Park Restaurant](#) where we will come together at 11:30 AM and then sit down to lunch at 12:30 PM. The cost will be, without drinks, is \$40/person (plus GST \$2.00 and Tip \$6.72) for:

## STARTER

Choose either: West Coast Greens - market greens, goat cheese, fig-balsamic vinaigrette, candied pecans or Wild Mushroom Soup truffle oil

## ENTRÉE

Grilled Steelhead Salmon or Grilled Chicken Breast – they both come with roasted potatoes and market vegetables

## DESSERTS

Either: Crème Brûlée vanilla bean or Sunburnt Lemon Pie two fruit coulis

**Official Address:** Queen Elizabeth Park, West 33rd Avenue (at Cambie) Vancouver, BC

**Transit:** Queen Elizabeth Park is near the King Edward and Oakridge-41st stations on the Canada Line. Find the best transit route with [TransLink](#).

**By Car:** Access the park either from Cambie Street at West 29th or 33rd avenues, or from Main Street at East 33rd Avenue.

**Parking:** Pay parking lots are located near the centre of the park by Bloedel Conservatory. Rates - \$2.50/hour or \$7.00/day. Seasons in the Park Restaurant offers valet parking for lunch for \$6.50.

**Reserve Your Space: Please join us.** Spouses and partners are welcome – your choice. Please let us know by 3 November if you plan to attend so we can reserve space for you. Send an email to [KPURA.Events@gmail.com](mailto:KPURA.Events@gmail.com)



Some of us at the  
2017 Festive  
Seasonal Lunch  
(photo by Roger Elmes)

# Oral History Project Interviews have begun

**Roger Elmes**

The project has been discussed for some time and received REB approval on 30 May 2018. The approval certificate and REB approved Project Description and Consent Agreement are attached.

In June 2018, with the technical assistance of Alice Macpherson, I was able to record audio and video interviews with one former student; one retired V-P; and five retired faculty. A former Board Chair had to withdraw at the last minute; and a former student had to reschedule at the last minute for November.

A retired President; a retired VP; a retired Registrar; and a retired dean have committed to interviews in November, along with two retired faculty.

An additional eighteen retired faculty; five retired staff; and six retired administrators and a former Board member have been invited to participate in November.

The history of Kwantlen as a post-secondary educational institution, first as a part of Douglas College (DC) 1970 – 1981, then as a separate college (KC) 1981 – 1995, as a university college (KUC) 1995 – 2008 and finally as a university (KPU) 2008 onwards, has been, at best, minimally addressed. Apart from Tom Thorner's excellent seminal 21 page "South of the River": A Review of Kwantlen's Archives and History (May 2002); a minor flurry of activity around the 25th anniversary of Kwantlen College in 2006 which produced some press releases and a list of key dates; and ongoing efforts to collect and organize materials for the KPU archives, little attention has been paid to the institutional history.

The idea of documenting the oral history of Kwantlen is borrowed from the SFU Retirees Association (SFURA) which in its middle age, began recording its own history by tapping and taping the memories of its founders. Ultimately these tapes formed the basis for a book, Maurice Gibbons' (ed.) *Remembering SFU On the Occasion of Its 50th Birthday*. A review of *Remembering SFU* described it as "covering the beginnings, the troubles, and the spectacular growth of SFU over its first five decades".

That description fits the history of Kwantlen equally well. In spite of often intense and sometimes divisive debate over the allocation of scarce resources, good things and

positive outcomes happened at Kwantlen. It's quite a story - from the car trunks of about 70 faculty teaching in some borrowed schools serving hundreds of students in the fall of 1970 to portables and rented, converted warehouses of the 1980's to over 1 million square feet of permanent buildings on four modern, high-tech campuses in Surrey, Richmond, Cloverdale and Langley, housing 1,400 faculty and staff serving over 20,000 students.

Unfortunately, that history remains virtually unexplored. Holdings in the KPU archives are limited. Much of the paper record has been lost. As we approach the 50th anniversary of post-secondary education south of the Fraser it is important to document that incredible history as fully as possible by emulating SFU - tapping and taping the memories of the Kwantlen Founders. With the support of KPU and its retirees association (KPURA) I am undertaking the enviable task of arranging and conducting about 50 interviews of faculty, staff, administrators, students and Board members who shared the Kwantlen experience from its roots in the activism of its constituent school boards in the 1960's, through its Douglas era in the 1970's, and its time as a two year college and as a 4 year undergraduate university college.

I hope to conduct about 10 interviews with some of the key early founders of these various phases between now and 20 June. The remaining 40 to 50 interviews will be conducted in November 2018. My intent is to create the audio and video tapes of each interview at the Surrey Campus but arrangements can be made to suit individual requirements. In December 2018 the audio tapes will be transcribed into Word documents and each interviewee will have an opportunity to review the transcript before it is finalized and lodged, only with their written consent, in the KPU archives. Interviewees will not be forced to discuss anything they think is inappropriate. Before each interview the interviewee will be reminded that a simple "let's not go there", or similar phrase, will result in the question being edited out of the video and the transcript.

Given my personal relationship with many potential participants, it is important to note that their decision to not participate, or to withdraw, will in no way affect my relationship with them.

Roger Elmes, Dean Emeritus  
Principal Researcher – KPU Oral History Project  
KPURA Director-at-Large



# Authentic Superior Tent Experience in the Sahara

**Joanne Cunningham**

While planning a trip to Morocco in April of 2017, I happened to express my concern that due to the low Canadian dollar, the trip was getting rather expensive. The tour planner at 'Experience It! Tours' agreed with me and offered a complimentary upgrade to the "Authentic Superior Tent Experience." Not knowing what this was, I readily accepted.

The result really was an experience of a lifetime.

In the afternoon we headed off in a 4x4 vehicle from our hotel in Erfoud and crossed the barren land to the majestic Sahara sand dunes of Erg Chebbi.

We could have taken a road but the driver thought it more fun (scenic?) to drive across the sand.

We arrived to find, in the midst of the sand dunes, a circle of black tents connected by lovely coloured carpets. (Were they Berber carpets? I don't know.)

We were taken to an exotic eating tent for mint tea, cookies, dates and nuts.

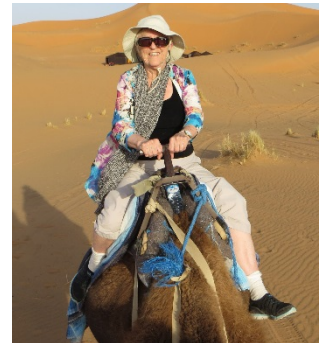
We then progressed to our tent to unpack and rest. Now, this was not the kind of tent I was used to. The bedroom was brightly coloured and on the wall was an air conditioner! At the back of the tent there was a room with shower, sink and toilet. It definitely fit the name "Authentic Superior Tent." We even had a lock on our door.



After resting came the camel ride! Now I have ridden a camel before, but I wasn't 81 with bad hips then. All I can say from this experience is "bad choice".



I lasted about 10 minutes. But maybe it was worth the pain. We then dismounted and sat on the dunes watching the camel trains from other tour groups until we called for the 4x4 to take us back. Cell phones can be useful.



We were given a beautiful dinner of soup, tagine, about four desserts and of course mint tea. You bring your own wine if you like wine with the meal.



After dinner we sat outside under the Sahara sky. The compound was lit with beautiful metal lanterns. Berber musicians sang while they played the castanet-like krakebs and sitars.

The following morning we asked to be called early so we could watch the sun rise over the dunes before breakfast. What a beautiful way to end our Sahara experience.

# Aging in Place

## Roger Elmes

The following information is not offered as medical, legal, or financial advice. Consult the relevant expert of your choice before making decisions.

Cancer	Exercise	Transportation
Men's Health	Arthritis	Nutrition
Consumer Protection	Women's Health	Mental Health

**Staying healthy** for as long as possible can help you age in place. The McMaster Optimal Aging Portal (MOAP) provides a large amount of evidence-based information on multiple aspects of aging optimally <https://www.mcmasteroptimalaging.org/> much of which deals with optimizing our health. It's a free service offered by McMaster University but it is evidence-based and the staff rates articles for reliability of research methods. You can also set up email alerts on topics of interest.

But they also cover many other topics such as risks in our medicine cabinets, our being prime targets for fraud and scams, elder abuse, aging in place and others. When I was chair of the Board of PICS, which is a not-for-profit BC society that offers a wide range of inter-cultural programs, we focused a lot of attention on two areas – culturally-sensitive assisted living and long-term care, and aging in place. The latter being preferred by most seniors over some form of institutional care, it's worth looking at an overview of some of the options that support aging in place.

MOAP outlines [some possible strategies](#) to enhance the potential of aging in place. They also note that "many older adults are eligible for various tax incentives, programs and services to support aging in place". So, what's available in BC?

**Adapting your home** will often allow a person to age in place rather moving to some form of institutional living. The [BC Home Adaptations For Independence \(HAFI\) program](#) provides up to \$20,000 as a grant or forgivable

loan for a wide variety of adaptations. HAFI is available to BC residents (homeowners, tenants or landlords) who have, or someone in their household has, a permanent disability or diminished ability. The financial criteria are quite generous - household assets must be less than \$100,000. These include: your cash or bank balance, stocks, bonds, term deposits, mutual funds, business equity, land, real estate or property holdings. They **exclude**: RRSPs, RESPs, RDSPs, RRIFs, vehicles and the home that you live in, if you own it. The rationale for a government program with such liberal requirements is that governments will save money if you never require even partially subsidized care in assisted living or long-term care.

The BC Seniors' Home Renovation Tax Credit is a refundable personal income tax credit to assist individuals aged 65 and over with the cost of certain permanent home renovations, effective for the 2012 and subsequent tax years. The maximum amount of the credit is [\\$1,000 per tax year](#) and is calculated as 10% of the qualifying renovation expense (maximum \$10,000 in expenses). This might not seem like much but staging smaller projects over a number of tax years could have a positive cumulative effect. There is a long list of qualified renovations that will help adapt your home to enhance your aging in place.

**Energy efficiency** could also help you age in place by reducing costs over the years ahead [Fortis provides a variety of rebates for energy efficient appliances](#). [CMHC also provides partial rebates](#) on projects that make your home more energy efficient.

**Property tax deferral** is a method used by some BC seniors to be able to age in place. If you are 55 or older, a homeowner, and your property taxes are up to date [you might want to explore BC's property tax deferral program](#). Not having to pay ever-increasing property taxes might allow you to age in place much longer. If you qualify, the BC government will pay your annual property taxes on your behalf and place a restrictive lien on your property. The lien will require you to pay off your deferment loan if you want to sell your property; add someone to the title who isn't your spouse; remove someone from title who isn't deceased; and in the case of most lenders refinance your mortgage. Seniors might opt for this program to defer payment of their property taxes until they or their estate ultimately sell the home.

Do you have any suggestions for aging in place? Please feel free to share them with us.



## THEN AND NOW

### A Recent Adventure

I was caught in a traffic jam on the I-5 today heading south from Canada to Bellingham. A truck overturned at an entrance ramp. It was at the X-way exit and at the Sunset entrance, causing traffic to back up all the way to the airport. This is a distance of about 4 miles and normal driving time of 6 minutes. Every exit (of which there are only a few) were jammed and traffic not moving.



I was going to an activity on the south side of the town intending to take the University exit. Ha! At 5:10 I was at the airport exit and traffic stopped. At 6:45 (yep 1 hour and 35 minutes later not 6 minutes) I exited at the Sunset ramp, went over the X-Way and turned left heading back north to Canada.

I never made it to my meeting which was to end at 7pm. My car did not overheat sitting there as three other cars that I saw did (maybe more). So the lesson here is...well things just happen. What did the Beatles sing? "Let it Be!"

Let it be, let it be, let it be, yeah, let it be  
Whisper words of wisdom, Let it be

*Lee Woodson*

### From the Near North

We moved up to Lac La Hache and built our retirement home on 2.5 acres of waterfront in 2010. Since 2008 we have traveled to 53 countries together. (Donna has been to 75 Countries). We are planning to take the Trans-Siberian Railway across Russian, Mongolia into China in 2020. That will complete our circumnavigating the World.

I have just opened Lac La Bar Burrito, a food vending adventure that has become so busy I plan to sell it very soon. Too much work for a senior! 😊😊

*Donna Suttie and Al Neighbour*

### KPURA members may be amused by this:

When I moved to BC in 1960, I substituted in Surrey high schools for the princely sum of \$12 a day. Imagine my delight when in 1978 I substituted in Adult Basic Education at Douglas College for \$12 an hour!

*Elizabeth Bordeaux*

### More Historic Pictures!



Kwantlen, Green Timbers Campus



Inside the halls, complete with a pay phone.

*Photos by Lee Woodson*

### How About You?

Do you have a photo or story to share of your early days at Kwantlen? How about your travels or current adventures before or after retirement?

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. Please feel free to join in with an article of up to 500 words with pictures to illustrate.



## OTHER AFFILIATED GROUPS

### Third Age Learning at Kwantlen (TALK)

It's TALK's 20th anniversary! The fall, 2018, offerings have been finalized and can be found here

<http://www.kpu.ca/talk/courses> We hope this will inspire more retirees to put together a course of your own. Currently, offerings are being sought for Spring, 2019.

#### 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.

#### From the TALK evaluation forms, Jean Garnett compiled comments:

"From Aging and Your Brain: ... more lectures from actual professors, geology, archeology, sociology, climate change, performance of active versus sedentary seniors."

I am sure retirees have a great deal to contribute, and many are eager to share their subject matter. If you ask faculty members who have done TALK courses, they find them rewarding and a stimulating audience. Perhaps a few of you would write of their courses and the experience it was for them to offer a TALK course.

TALK loves having current and previous faculty offer courses. Home page: <http://www.kpu.ca/talk>

### CURAC/ARUCC)

The College and University Retiree Associations of Canada/Associations de retraités des universités et collèges du Canada (CURAC/ARUCC) is governed by a Board of Directors, which is made up of representatives of member retiree associations and is elected at CURAC's annual general meeting. Directors elected at the AGM in Halifax on May 24th who will be working of your behalf during the coming year are listed below, along with the names of their home retiree associations:

David Swayne (President), University of Guelph Retirees Association

Bryan Harvey (Vice-president), University of Saskatchewan Retirees Association

Jim Boyd (Treasurer), Simon Fraser University Retirees Association

Mary Johnston (Secretary), McMaster University Retirees Association

Kenneth Craig, UBC Association of Professors Emeriti

Fred Fletcher, York University Retirees Association

Kohur Gowrisankaran, Retiree Affairs Committee of the McGill Association of University Teachers

Linda Kealey, University of New Brunswick Retirees Association

André Lapierre, Association of Professors Retired from the University of Ottawa/ L'association des professeurs retraités de l'Université d'Ottawa

Robert Morrison, Carleton University Retirees Association

Kent Percival, University of Guelph Retirees Association

## The KPU Retirees Association

has come together 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.

**Consider becoming a member. \$25 per year.**

**More information at: <http://kpu.ca/retirees>**

## KPU RETIREES ABOUT TOWN

### Images of Morocco

**Nancy Caldwell – Photographer**

Nancy Caldwell is a KPU Retiree who has started learning again as a student in the Langara College photography certificate program. Come and join her for a special reception on September 23 from 5-7 pm.



Morocco is a study in contrasts, at once a country of medinas and souks and long standing traditions complemented by 21st century technology. These photographs were shot in Rabat, Fes, Ait Benhaddou and Essaouira over three weeks in May.

### Images of Morocco A country of contrasts

Photographs by Nancy Caldwell  
on display at the

**Jericho Arts Centre**  
1675 Discovery Street  
Vancouver

**September 6 – 30, 2018**

You are invited to a reception on  
**Sunday, September 23**  
5:00 pm – 7:00 pm

**Light refreshments provided**

The lot adjacent to the theatre is pay parking  
but there is free street parking close by.

## FOR MORE INFORMATION

Thank you for reading Newsletter #4 of the KPU Retiree's Association.

We are interested in what you would like to see in the KPURA Newsletter. We look forward to your memories and your contributions. Let us know!

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Sundari Bala, [sundari.bc@gmail.com](mailto:sundari.bc@gmail.com)

Your Newsletter Committee,  
who would welcome more input, members, articles and  
photos – [kpuranews@gmail.com](mailto:kpuranews@gmail.com)

# KPURA News

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