



KPURA News

Volume 4
Issue 2
December
2020

Keeping Connected Over the Years

Board of Directors Update

The KPURA Board meets via Microsoft Teams once per month. A comprehensive agenda framework has been developed to lead us through our two-hour meetings. COVID-19 restrictions have reduced face to face interactions, but not the enthusiasm for our lively discussions.

Get-together social events (virtual) will continue to be offered to KPURA members and friends. A variety of ideas and formats have been discussed. Watch for event listings in your email.

Board members attend meetings of a number of related associations. ABC CPPR is making headway with a marketing campaign. Our pension plans are secure and well-funded. Extended Health and Dental Plans (Green Shield) will be under review by the Pension Corporation in the near future.

To continue our funding for KPU advocacy initiative, an email outlining the issue was sent to all provincial candidates who ran in the recent provincial election within KPU's catchment area.

A follow up email will be sent to each successful candidate as soon as the cabinet and other appointments are complete.

The Board has been operating under its constitution and bylaws for over 18 months. Certain procedures under those bylaws have been established. However, privacy concerns and communication methods require more specific guidelines which can be developed into policy. A Policy Handbook, that outlines both typical procedures and specific policies, has been drafted and will continue to be fleshed out over the next few years.

Please consider becoming a Board member when the call goes out for the Spring AGM.

Your Board of Directors:

Chair – Carol Barnett,
Vice-Chair – Geoff Dean,
Secretary– Alice Macpherson,
Treasurer – Roger Elmes,
Members at Large –
Sandra Carpenter, Sooz Klinkhamer.

Event Highlights

Skip Triplett & Gaming Grant Team

Upcoming Events



Festive Lunch, Together while Apart
Arches of Chinatown session

See Pages 2. 3

Event Notes



Notes and pictures from our
virtual Stroll through Cedar Cover.

See Page 4

Upcoming Events

KPURA FESTIVE SEASON LUNCH 2020 IS ON!!!!

Sunday December 6th at 11:30 am

Sooz Klinkhamer – Events Coordinator



And the VENUE is booked!! We have already booked the venue for the 2020 Festive Season Lunch!

By the way...it's your house, my condo, Jane's apartment, Harry's boat, the local park – your choice!!

So reserve your favourite chair in your house, condo, apartment, RV or boat – wherever you have your Internet connection – that is the venue!

In the past we have gathered for pre-lunch drinks, alcoholic or otherwise. For 2020 let's all gather together virtually on Sunday December 6th at 11:30 am, online, armed with our favourite libation.

We'll each take a minute to show and explain our choice of libation, and/or our choice of glass/vessel it is served in, and how we came to that choice (perhaps back in the depths of our shared history?) We can also each share how we will spend the Festive Season this year – either because of COVID 19 or in spite of it.

This is a free event but please do preregister so we can plan for the necessary online capacity. Sent an email to KPURA@kpu.ca so we know you are coming.

Looking forward to hearing from you. **We will send you the link when you register.**

Arches of Chinatown – February 11, 3 pm, 2021

Traditional Chinese arches are a feature of most Chinatowns across the world. Vancouver's first permanent arch was the "China Gate" at Expo 86, re-erected in front of the Chinese Cultural Centre after the fair closed. But for nearly a century, the Chinese community had marked its presence in a largely hostile Vancouver by erecting temporary arches to mark important civic festive occasions, including the city's fiftieth anniversary in 1936. This talk will look at how these structures and celebrations enabled the Chinese community to overcome some of the prejudice against them in Vancouver's first century.

Now retired and a new member of KPURA, Frank Abbott taught Canadian, Chinese, and European history in KPU's Department of History from 1988 until 2015. He is still engaged in historical research.

Frank says: "Recently I shared with TALK members a 90-minute online power point presentation on the results of a research paper I gave at UBC two years ago, "The Arches of Chinatown". I drew upon my background in Canadian and Chinese history to examine the question of belonging and identity for Vancouver's Chinese Canadians in the period 1896-1936, a time known for its anti-Asian racism. I looked at four occasions when the Chinese community participated in important civic celebrations by erecting traditional arches/gates, thereby implying their community's view of itself as a legitimate part of the city. This despite a public discourse that told them they did not belong here."

To register for this exciting 90 minutes online session, Sent an email to KPURA@kpu.ca with the subject "Arches of Chinatown" and we will get back to you with more information.



More Virtual Event Opportunities

Going Forward into our New Technology World

KPURA members and friends have enjoyed virtual programs, approximately one per month, since we have been unable to continue with in person events. During the summer we surveyed our membership to determine what sort of interests were prevalent and to ask what they wanted to experience with their membership in our retirees' organization.

The majority of folks were interested in 'armchair travels', wellness information, virtual walks, and tutorials on using technology. Interestingly, virtual events are more inclusive, enabling those who do not live in our immediate region and those who have trouble travelling, or have ambulatory issues, to participate in our events.

We intend to continue these types of activities until it is again safe to come together in groups for events, and then will likely continue with a combination of both in-person and virtual events to best serve our members.

We have endeavoured also to send email announcements to our members sharing information about free and accessible virtual events offered by various other groups and agencies.

If you are wanting to learn more about using technology for virtual events, meetings, etc. look at <https://gluusociety.org> for class outlines and schedules, as well as comments from those who have taken the classes.

What the heck does **Gluu** mean? It's a word that starts a conversation, Gluu sticks with older adults as they get the digital skills they need to be happy, healthy, and connected. It's not a fancy acronym but it's a whole lot cooler than "Seniors Learning to Use Technology Club". 😊

Wellness

Another area of interest expressed by you in our summer survey, was WELLNESS. And for this, we would like to direct your attention to a few websites that you can access at your leisure, in order to research topics of specific interest.

<https://www.mcmasteroptimalaging.org/> This website, from McMaster University, Institute for Research on Aging, is a wonderful source of information for many questions we have about health and the aging process.

<https://www.thelancet.com/> The Lancet is a weekly peer-reviewed general medical journal. It is among the world's oldest and best-known general medical journals.

<https://www.nejm.org/> The New England Journal of Medicine is a weekly medical journal published by the Massachusetts Medical Society. It a prestigious peer-reviewed medical journals as well as the oldest continuously published one.

<https://www.healthline.com/> Health topics, tools, including symptom checker. All articles are researched and reference high-quality studies and information to support the subject matter with over 20,000 medically reviewed articles.

Other Sites of Interest

Also on our radar these past weeks have been a variety of sites that are focused on diverse topics, including some that offer short videos.

<https://friends.ca/> Friends of Canadian Broadcasting, who work actively on various issues: Journalism, Big Tech, Canadian stories, CBC/Public Broadcasting, Culture, Public Policy, Democracy. Diversity of Voices. Check out 'The Chesterfield'.

<https://www.youtube.com/user/TEDxTalks> Local speakers presenting to local audiences about everything from politics to pollination.

<https://www.vanartgallery.bc.ca/> The Vancouver Art Gallery is a not-for-profit organization supported by its members, individual donors, corporate funders, foundations, the City of Vancouver and more.

<https://beatymuseum.ubc.ca/> The Beaty Biodiversity Museum is Vancouver's natural history museum at UBC. Online Museum Collections Tour is available to virtually explore the six collections that make up the museum.

<https://museumofvancouver.ca/> History of Vancouver and surrounds before and now.

<https://www.explore.org/livecams> Live cameras of animals, birds, and even surfing in Hawai'i.

<https://www.nationaltheatre.org.uk/> The Royal National Theatre in London have information and recorded plays.

<https://www.dyingwithdignity.ca/> Through advocacy, public education and personal support, Dying With Dignity Canada ensures Canadians have access to quality end-of-life choice and care.

Let us know if you've found any websites that ought to be shared with our members/readers. Please email them to KPURA@KPU.ca

Event Reports

Virtual Stroll through Cedar Cove

By Sooz Klinkhamer and Alice Macpherson



The cedar mill for which Cedar Cove was named

On September 24 we held a Virtual Stroll Around Cedar Cove (North Grandview area of Vancouver) - hosted by John Atkin - a local historian, author and heritage consultant. John has explored Vancouver like few others and offered an interesting and offbeat insight into the city's architecture, history, and neighbourhood.

Starting with logging and the 1800s and the 1892 Columbia Brewery which took advantage of the local creek for water and the cove itself to transport of their product, there were many insights in how settlers to this area utilized and transformed nature until it was a neighbourhood in a much larger city.

The event included a speedy 'walk' with various street and traffic noises as part of John's dialogue, along with even a chicken processing plant emitting machine sounds. We went past numerous buildings with deep history behind them. Learning about the 'second Chinatown' was a revelation!

John also described the origin of many buildings and their transformation over time as they were added to and renovated.

His broad knowledge of Vancouver's history became very clear in his lengthy and fascinating answers to questions posed by the retirees that signed up for this event. He was very knowledgeable and considered throughout.

As John says, "We try to shift the conversation, built form is meaningless without context, too often 'pretty' wins over ordinary and it's often the latter that holds value to a community...and place and memory without built form is part of 'heritage conservation'."

John is a regular contributor to Vancouver Heritage Foundation's programming.

More information can be found at www.vancouverheritagefoundation.org

Columbia Brewery, 1892, Cedar Cove



Our walking route through the 'hood with John Atkin



Membership Update

2020 Membership Drive

Geoff Dean – Membership Coordinator

Hurray! KPURA currently has 77 paid-up members for our 2020/21 year, five more than we had in September. However, there are still quite a few of our retiree colleagues who haven't joined. We would hate to lose touch with anyone.

Each of our Board members will be contacting people they know who aren't yet members; let's hope that this effort works out. We have already been quite successful in contacting a few who have, as a result, recently joined.

You can help with this too - if you know a retired KPU colleague who isn't yet a member of KPURA, or who hasn't renewed their 2019/2020 membership, feel free to give him or her a call to ask them to join us by filling out one of the forms* on the web page at <http://www.kpu.ca/retirees/membership> and then print and send it with a cheque for their membership fee to KPURA, c/o The President's Office, KPU, 12666 72nd Ave, Surrey, BC V3W 2M8

(*There are four forms: for annual full membership, for annual associate membership, for lifetime full membership, and for lifetime associate membership. Details about each of these kinds of membership can be found on that webpage.)

As you may know, annual memberships run until the end of each year's Annual General Meeting, so all of us, except Lifetime members, will need to renew our memberships at or soon after our AGM in April, 2021.

Benefits of KPURA Membership

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 wine tastings, local boat, streetcar, and walking tours, lunches.
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 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

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.

KPU Retirees Travel

Safari in Maasai Mara, Kenya

By Sooz Klinkhamer

Last newsletter I wrote about our first Safari, a bucket list trip for us, to Samburu, Kenya. After a delightful three full days there, we drove back to the Buffalo Airstrip near Mount Kenya for our one hour flight to Maasai Mara, south and west of our first Safari location.

We were joined on this flight by another couple and their guide who were also moving on to their second Safari location, just a few miles ahead of our destination. We, therefore, we had the 'opportunity' to experience our small 6 person plane landing on a dirt airstrip that was really more like a water landing since a rainstorm had blown through just prior to our descent. The water and mud flying up and out from each side of our small plane was an experience I hope not ever to repeat! The stop was very brief and we were back in the air in a matter of minutes.

We then flew low over the emerging plains, the beginning of the Serengeti. We could observe the warthogs scurrying, and gazelles, oryx, impalas, and springboks grazing and gracefully moving, sometimes appearing to 'bounce' when startled by our plane's engine. A truly exhilarating experience and wonderful introduction to what we were to see over the next few days. Our landing at the edge of the Maasai Mara was far less nail biting, and we were instantly mesmerized by flowing landscapes and crystal clear air all around us.

Pride of lions, relaxing.

Our accommodation, the Entim Camp, is a collection of ten luxury tents overlooking the Mara River....each tent with a private viewing patio of the Mara River and surrounding environs. They are elegantly equipped with full modern bathrooms, large comfortable beds, lounge chairs inside, and lovely patio furniture outside positioned to allow viewing of the river flowing before you. The central building/tent offers a beautifully appointed dining area inside and outdoors, a wonderful library, and a bar, all furnished with locally made comfortable lounge furniture and accessories. We often witnessed dramatic wildlife events at dawn and dusk as we enjoyed early coffee or a late afternoon cocktail.

The word 'Entim' means 'forest' in Maasai, and that proved to be a terrific 'edge of the forest' location to observe animals moving to and from the river to forage and drink or swim. The hippos typically spend all day in the water due to their sensitive skin, and emerge at dusk 'bellowing and blowing' as they scramble up the steep banks to begin their evening meal foraging on the grassy plains. We could walk down by the river's edge, but only if accompanied by one of the guides since the animals are unpredictable. In fact, it turns out more people are killed in Africa by hippos than any other species of animal. One chomp by their powerful jaws, and its 'curtains' apparently, according to Francis our wonderful guide and driver.



It is difficult to accurately communicate the effect on us of seeing these magnificent creatures in person. What a complete difference, seeing them in 'action', moving stealthily along in their environments. We were completely struck by the sheer force of their strength of movement. So entirely different than a still picture, or even a movie. The smell of early morning fresh air, the shimmering heat of high noon, the hush of twilight as we returned to camp after a sundowner Safari.....all difficult to capture in words. Even the famous view of the African acacia tree on the horizon in front of us as the sun rises, with a hot air balloon also rising in the distance. All surrounded by sounds of the wild – birds, grasses, and the feel of a bit of breeze....

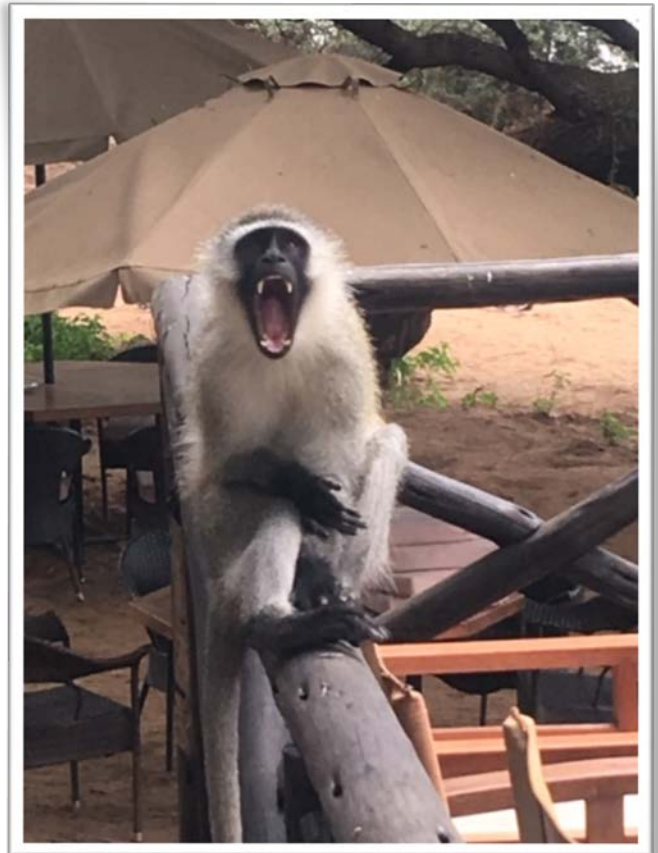
Every sense was ignited being in that environment!

The time passed quickly with an early pre-dawn departure each morning, after a quick strong cup of coffee and home-made cereal cookies. We bounced along in our 4x4 land cruiser, watching the day begin around us, arriving at a location just at dawn to observe a pride of lions begin their trek to the river for water. By 8am we were parked up in a grassy knoll, with our guide's or tracker's watchful eye on guard for wildlife, as we munched on a full hot breakfast, served on the hood of our vehicle or a small camp table and camp stools. Using this repast, we would hear from Francis about where we were heading for the day and what wildlife we hoped to see.

It was obvious to us that these guides, trackers, and drivers were extremely well informed about every aspect of this enormous reserve, and very knowledgeable about the history of the area, their Maasai heritage, and the importance of conservancy of the reserve to the planet's future.

We did take the occasion to visit a Maasai village one afternoon.....which, in and of itself would have been a worthwhile reason to visit Africa. The ability to see, feel, hear, smell, and taste provided us a deeper understanding of their heritage. Sadly, neither of us could begin to master the 'jumping very high from a standing still position' that the men of the village demonstrated.

We left Maasai Mara and returned to Nairobi for a day in the big city before flying south to Capetown to continue our adventure. But, for certain, our memories of African Safaris are seared into our minds, and we have joined the others who depart with a 'yes, we'll be back!' remark. Truly a magnificent set of visits that have us wondering why we waited so long to visit Africa!



KPU Oral History Project Update

by Roger Elmes

With the onset of the COVID 19 pandemic in the early spring of 2020, plans to launch a second round of interviews had to be put on hold. Historically the bulk of oral history interviews have been conducted face-to-face, as Alice Macpherson and I did at KPU. This would be followed by an often lengthy time to produce transcripts which we felt were necessary to assist future researchers in their work. Reading a transcript is much less time consuming than listening to a recording and taking notes. Moreover, being able to use a tool like the Find function in Word documents to locate key words, phrases or dates, substantially reduces research time. New technology and the pandemic have created new methods of online interviewing which can meet all the ethical requirements of the more traditional face-to-face methods. Moreover, programs like Microsoft Teams and Zoom allow simultaneous video and audio recording and the simultaneous production of a transcript.

Necessity being the mother of invention and innovation its daughter, we decided to do a test interview using Microsoft Teams for which KPU had a license. After conducting the interview, we discovered that Microsoft had dropped the transcript option from their Microsoft Teams. Alice discovered a program which allowed us to produce a transcript of the interview, albeit with a number of errors in common words that sound similar, like “and” and “an”; in names and titles and so on. KPU expects to soon have its Zoom license available to users like us so we will have another option for recording interviews and producing transcripts.

The outcome is that, sometime in the next few months, we can relaunch our interviews.

In the meantime the following interviews transcripts have been posted and are available for your reading pleasure at <https://archives.kpu.ca/oral-history-project>

Students

John Baker – founding student in Arts
Frank Bucholtz – founding student in Arts
Preet Heer – Fashion Design and later Arts

Faculty

Jim Adams FINA – Founder
Carol Barnett HORT
Don Currie CARP
Alice Macpherson TRAC, OPET, CAG, TLC
Al Valteau ENGL
Lee Woodson PSYC – Founder
Geoff Dean - ABED faculty, Dean of Trades (Pres KFA)

Administrator

Manfred Baur AUTO – Dean of Trades (Pres KFA)
Bill Day – Dean; President – Douglas – Founder
Roger Elmes – HIST, POLI – Dean (Pres DCFA) – Founder
Judith McGillivray – Dean; VP/Provost
Skip Triplett MRKT – VP; President

Board

Arvinder Bubber – Member; Chair; first Chancellor

THE HOLIDAYS!

On a day like this many years ago
It was a special day as celebrations go
My mother was once again busy in the kitchen
The day made no difference it was her calling
Cooking, a special dinner and a cake too
To be alone with her in the kitchen

Familiar smells floating all through the house
Mom would only be cooking for three
The sights and sounds from the stove top
Oh, and the oven too as we sat together

Coffee for her, still milk for me
Times like these a memory makes
She there with me and I with her
Special times in the kitchen long ago

She there with her only child feeling pride
And comfort for me as time has gone along
Lee Woodson

KPU Retirees About Town

Skip Triplett

My “Retirement” has been as eventful and fulfilling. I’ve continued to be blessed with wonderful colleagues.

Shortly after saying farewell to Kwantlen, my wife, “Stu”, and I moved to Colwood in Greater Victoria. We have family here and it’s closer to our Ucluelet area cabin. No ferries!

Upon settling in here, I transferred to a local Rotary Club and was asked to chair a district Rotary International Scholarship Committee. This involved working with people from BC and Washington state and getting to know amazing young adults who wanted to combine humanitarian work with graduate studies abroad. Most of them had accomplished more in their 20 to 30 years of life than I have in my much longer one. It was a privilege to hear their stories and facilitate their plans.



Rotary Fundraising Event

Rotary also involved attending local events. At one of them, I ran into Ida Chong, a former Minister of Advanced Education. While we chatted, Christy Clark, who had just become Premier, happened by and joined us.

by Geoff Dean

A few days later, a Deputy Minister phoned me to ask about my willingness to lead a politically independent province-wide review of how Community Gaming Grants are dispersed among not-for-profit groups. (See front page for picture.) Three months, 14 geographically dispersed hearings (one at KPU Surrey), and 2000 written submissions later I gave the Premier a number of options to consider. She adopted several. I could not have done it without a great team of 12 government employees seconded to work with me. I also sought and received support from both Liberal and NDP MLAs.

Subsequent, but unrelated, to that engagement, I have been privileged to serve on, and sometimes chair, a number of disparate Boards – mostly not-for-profits. These have included credit counselling societies, private colleges (even one in Australia), civilian-led military liaison and defence-interest groups, a comprehensive seniors’ care and affordable housing facility, and the Lutheran BC Synod (Diocese, to Anglicans and Catholics) Council. I’ve also worked with other Boards on the creation or revision of Policy Manuals.

Orca class patrol vessel with civilian employers aboard



Since turning 75 two years ago, I’ve been cutting back a bit, but I’m still active on a few Boards that really engage my interests. I can’t imagine ever fully retiring. I’m meeting and working with too many talented and creative people!

For pure recreation, Stew and I enjoy cycling on the Galloping Goose trail and laughing with our Victoria area grandchildren, two girls aged 7 and 10. They certainly keep us active!

KPURA Advocacy

Our advocacy for more funding for KPU, to allow it to serve the people in its region more equitably, hasn't gone the way I'd been advised back in August – we haven't tried yet to get groups in our school districts to push the issue forward. Since we had the surprise of a provincial election, instead many of our KPURA members wrote to the MLA candidates in KPU's region about this issue; here's a sample of the kind of letter we sent each of them:

Congratulations and thanks for working to represent our community in the provincial legislature! I'm writing to draw your attention to an issue that has been neglected for many years, to the detriment of our region – the chronic underfunding of Kwantlen Polytechnic University. As a faculty member at KPU for many years, now retired, I have seen the impact of this shortchanging first hand.

KPU is mandated to provide accessible post-secondary education to our South Fraser region – the largest college region in B.C. – but it's never been funded enough to serve the people in its region as well as B.C.'s other regional post-secondaries. Here's a summary of number of students which each of metro Vancouver's five regional post-secondaries were funded for in 2019, compared to each region's population (a one-page chart with more detail is attached):

	Region Population		# of Full-time equiv. students funded	
Kwantlen	1,085,961	41%	9,117	25%
Capilano	197,049	7%	5,494	15%
VCC & Langara	685,885	26%	13,624	37%
Douglas	694,460	26%	8,374	23%
<i>Metro Vancouver</i>	2,663,355	100%	36,609	100%

Kwantlen has always been underfunded in this way. For instance, in 1985, its region had 29% of metro Vancouver's population, but it received funding for only 16% of metro's regional post-secondary students; that pattern hasn't changed yet.

This shortchanging of KPU has a significant negative effect on our communities and our businesses. As the Surrey Board of Trade wrote in its excellent 2016 report, *Education Today / Productivity Tomorrow - Can The Future Learn In Surrey and in the South Fraser?*, "Greater investment in post-secondary education is urgently needed in Surrey and the South Fraser Region to ensure its economic viability, to meet the local market demand for an educated workforce, and to secure an adequate supply of entrepreneurs." (See <https://businessinsurrey.com/wp-content/uploads/2016/03/Post-Secondary-Education-Paper.pdf> for their full 6-page report)

The attached PowerPoint, based on one that was presented to most of our region's city councils in 2011, explains more about KPU's underfunding and its harmful effects.

As a candidate in our current election you can help shift this trend and benefit our region; you can work to correct KPU's inequitable underfunding, either in your upcoming role as an MLA, or, if you're not elected, in your other continuing good work for our region. I and some of my fellow KPU retirees would welcome an opportunity to talk with you further about this and how we might address it.

Sincerely,

Once the new government is seated, we'll write to the elected MLAs to ask them to move this issue forward – I'll be asking those of you who live in this region to write these letters. And if you'd like to follow up on this with candidates who you wrote to about this, but who weren't elected, that may still be a good idea, as they'll still have some influence in their communities. And then, when the Covid crisis hopefully eases off on the difficulties schools are facing, we'll pursue this with people associated with our local school districts.

I'd also like to note that the Surrey Board of Trade is pursuing this issue too, with the full support of the B.C. Chamber of Commerce – see page 22 of the B.C. Chamber's 2020 Policy Positions Manual at <https://bcchamber.org/wp-content/uploads/2020/06/2020-2021-Policy-Positions-Manual-Final.pdf>

Other Affiliated Groups

TALK

Third Age Learning at Kwantlen

Third Age Learning at Kwantlen. (TALK) is finalizing offerings for spring, 2021. There is still time for you to be one of the presenters. Please contact Sandra Carpenter and explore some possibilities!

surreysandra@gmail.com

For you, the advantage of TALK's online courses is that you can access them from anywhere in the world. For us, the advantage is that we can now reach out to all those who have previously been unable to attend TALK due to mobility issues, family responsibilities, or lack of transportation. If you have friends who are shut in for any reason, tell them TALK can bring an array of high-quality courses right to their living rooms.

Some of the interesting topics which you can attend between March and May include Women Artists, and also Germs and Novel Viruses.

Have you heard of White Fragility? Now you can participate in an examination of how difficult it is to step out of a privileged view to contemplate what non-whites face every day.

If you are curious about the future of Electric Cars, one speaker will forecast how quickly we are adopting them for many uses.

Nurse Practitioners are opening clinics throughout B.C. Hear one of them outline what they have to offer.

If you have wondered what Paganism is all about, now will be your chance to find out.

These and many more topics will be presented for your enjoyment at <https://www.kpu.ca/talk>

KPURA Attends BC University Retirees Associations Meeting

By Carol Barnett & Roger Elmes

A virtual meeting took place on April 29. The three main participants were SFU Retiree Association, Uvic Retiree Association, and our host, UBC Emeritus College. Representatives from Langara and KPURA were invited to the meeting. Roger Elmes and Carol presented our successful email AGM format to the group. Other participants discussed options for virtual presentations. Everyone mentioned challenges inherent for all non-profit organizations such as Board member succession and member outreach. A significant amount of the meeting was devoted to best methods of optimizing (i.e. lower costs) extended health and travel insurance packages available to university, college, and K-12 teacher retirees.

The KPURA Board would like to study extended health and travel insurance package options that are available to KPU retirees. However, we lack expertise in this area.

Please contact us at kpura@kpu.ca if you can assist us with this initiative.

The Canadian Association of Retired Persons is



collaborating with the National Pensioners Federation and Canadian Federation of Pensioners, calling for

MP's to create a solution to safeguard defined benefit pensions for retirees. Current laws don't protect pensioners, leaving many seniors destitute should their former employers declare bankruptcy.

While in theory we are protected from default through company insolvency by being under the Pension Corp of BC and our independent funding through investments, it is good policy to keep abreast of developments. Roger Elmes

New research out of Alberta found a clear link between emotional burnout of care workers and job dissatisfaction. This is consistent with earlier research that found that poor job satisfaction in long-term care is associated with lower quality of life for residents, as it contributes to staff turnover, poorer staff health, and other adverse effects. *Maybe, with luck, we'll never have to be in long-term (complex) care. But it's still a good idea to be informed.*

Roger Elmes

Get more information at: <https://www.carp.ca/>



<https://www.arohe.org/>

Various Board members have attended two Idea Exchange sessions this fall put on by the Association of Retirement Organization in Higher Education.

AROHE, founded in 2002, supports all phases of faculty/staff retirement through a dynamic member network that links retired faculty/staff associations, retiree and emeriti centers, and individual retirees as well as campus offices such as human resources, academic affairs, alumni, and advancement/development.

This connection with other groups in North America has stimulated conversations and planning for KPURA events and connections.

The first session introduced the range and scope of organizations who are members and some of the challenges that we all face.



We went on to identify successes and ongoing steps to maintain connection in the current pandemic.



All of this stimulated much discussion and a hopeful future outlook among the participants.

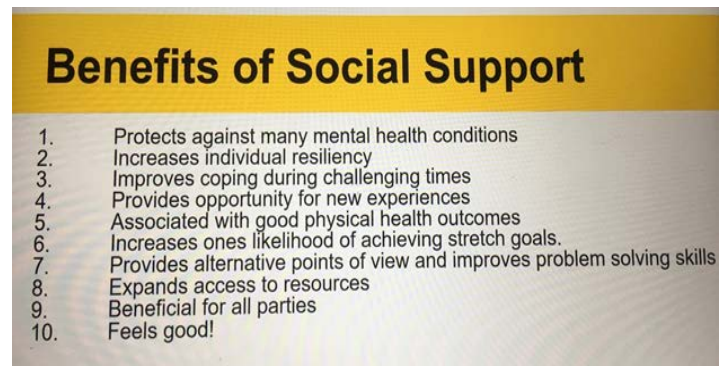
The second Idea Exchange centred around wellness.

The key message is that 'social connectedness' is a critical factor in emotional health and social stability.



The speaker discussed the eight zones surrounding wellness (see graphic above) and encouraged listeners to NOT focus on our weakest zone, rather think of ways to strengthen zones and thereby have a positive influence on the weakest.

Social isolation is a precursor to anxiety and depression, substance abuse, and these conditions exacerbate our goal of 'wellness'!



By spending time discussing specific ways of providing social support for individuals, the intended take away for participants is to be aware of the shift to isolation that has occurred. And by acknowledging the shift, we can begin to identify strategies to fix it.

This has led to more discussion at the Board about how we can continue to connect with our Members and Friends in positive and supportive ways.

Report from the Association of BC College Pension Plan Retirees (ABC CPPR) 2020 AGM

By Carol Barnett & Roger Elmes

The ABC CPPR AGM was held via Zoom on Wednesday 21 November. The meeting provided an opportunity for KPURA to attend as an associate member. The bulk of the following topics are of interest to faculty and admin retirees while some topics including the possibility of optional travel insurance will interest all KPU Retirees, including staff.

Association Finances: ABC CPPR is in good shape, with a balanced budget and 565 paid-up members. Although this is a relatively small percentage of all retired members of the College Pension Plan it is quite respectable for a voluntary organization.

Association Membership: The Pension Board has agreed to post a letter from the ABC CPPR to all retirees in the College Pension Plan inviting them to become members. It has taken some time and considerable effort to get this agreement. A letter will be drafted soon. When you receive this letter, please consider joining ABC CPPR as this association has a direct link to the BC Pension Corporation via the College Pension Plan Trustees (currently Paul Ramsay whose September report is on the next page).

Of course, we encourage you to join and to annually renew membership in KPURA which focuses on events and local topics related to KPU and its retirees.

College Pension Financial Health: The College Pension Plan is in very good shape with a small surplus over liabilities. This surplus has allowed the elimination of a cap on the



annual Cost of Living Adjustment (2.7%). Although not guaranteed in the future, increases to your pension will now reflect the actual rate of inflation.

Travel Insurance: ABC CPPR has been working for some time to enhance the benefit package available to all college pension plan retirees. Green Shield Canada provides the extended health and dental coverage and has now put forward a proposal for optional travel insurance. But to have a large enough group to make this new offering viable, an agreement from representatives of the Colleges as well as the Public Service, and the Teachers' Pension Plans is required. Final approval is expected by December and the Green Shield Travel Insurance option will be available for purchase for ALL our retirees, including staff (BCGEU). KPURA will continue to inform you of further developments.



College and University Retiree Associations of Canada

Associations de retraités des universités et collèges du Canada

The College and University Retirees Association of Canada had their AGM in Late September on Zoom. Due to the CoVid-19 health precautions, the CURAC 2020 Conference was cancelled.

Their website has a number of excellent resources, including a bulletin around Strategies for an Aging Population: Maintaining Independence.

<https://www.curac.ca/wp-content/uploads/Bulletins/B18e-Strategies-for-Aging-Population.pdf>

This six page document is well researched and contain a number of resources and links to help us all stay independent over time.

The CURAC/ARUCC Board urges members to support the Demand a Plan initiative of the Canadian Medical Association (check out the website at:

<https://healthadvocates.cma.ca/>).

Paul Ramsay Retiree Pension Plan Trustee Report

23 September 2020

There has not been a whole lot of Board activity since my report to the Executive in June. BCI (The British Columbia Investment Management Corporation) and PenCorp continue to implement new modes of operation during the coronavirus pandemic. While an increasing number of employees have returned to office work, many have continued to work from home. What the stable, long-term work arrangements will be remains to be seen.

The Board has met once on September 3 and 4. We met in person in the large Pension Board Secretariat boardroom, with appropriate measures in place. Only trustees were present in person; all staff and presenters from BCI, PenCorp, etc. participated via Zoom. Personally, I felt safe participating in person. As this pandemic continues, it's not clear how future meetings will be conducted.

Investments:

The coronavirus pandemic has roiled economies and markets. And, as might be expected our pension plan's investments have not been exempt, but at this time finding an accurate measure of impact is difficult. One thing remains clear: our pensions are not in danger.

The plan's assets currently sit at \$5.6 billion. Over the last ten years the rate of investment return has been 8.9%. Our last actuarial valuation reported that assets were measured at 106% of liabilities. So it is fair to say that our plan was very healthy going into the pandemic's economic downturn. And it remains healthy.

Impact on our plan's investments can only be determined by looking back on events, and right now we are still very much in the middle of a period of economic uncertainty.

Asset Allocation:

One tri-annual board activity—asset allocation—is now near a conclusion. Looking at where our assets

are invested, the Board has chosen to decrease the amount devoted to public equities—stocks—particularly Canadian equities. And it has chosen to continue to increase investments in infrastructure, private equities, real estate, and other long-term investment opportunities. I'll be reporting in more detail on this at our annual general meeting.

Extended Health and dental Insurance:

It's that time of year: negotiations with GSC (Green Shield Canada) on premiums for 2021 are beginning. The board met with our negotiators to review past premium increases and GSC's claim history. As you might expect given the pandemic lockdown, curtailment of health and (particularly) dental services during that time, premium relief provided by GSC, and uncertainties about health insurance in general, this was a complex process. However, we gave our negotiators a mandate and sent them off to work with GSC. GSC has been working on a travel insurance option for our extended health plan. The board will see their initial proposal in October.

Other Matters:

-- The Board is examining more closely how PenCorp sets the fees it charges the public sector pension plans for administering their members' pensions. While still low, fees have been rising steadily; and pension plan members pay them.

-- The expansion of the Canada Pension Plan has led to concerns about whether members of our pension plan might be "over-saving" for retirement. The goal for post-retirement income is usually suggested to be around 70% of pre-retirement income. In theory, a member of our plan with long-term employment (say 35 years) and with the enhanced CPP could obtain post-retirement income of over 100% of pre-retirement income. So far those concerns look more theoretical than real.

In Memoriam

As time marches on we have lost some of our colleagues to that march. Since the last Newsletter another active member has left us.

Beverley O'Malley, on Sunday, October 18, 2020.

Due to CoVid concerns and restrictions, a memorial service will be delayed until the spring of 2021. The KPU flags were lowered on Thursday, November 5th in recognition of her passing.

Beverly O'Malley was one of our KPURA Founding Full members

We also note with sadness the passing of Dee Warren the spouse of member **Phil Warren** and Rory McGillivray the son of member **Judith McGillivray**.

Condolences to all families for their losses.

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

Newsletter Information

Thank you for reading Newsletter #11 of the KPU Retirees Association. The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.

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

Alice Macpherson, KPURA News Editor
alicemac@telus.net

KPURA
News

12666 – 72nd Avenue
Surrey, BC, V3W 2M8

Please Join Us

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

How about your travels or 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.

Your Newsletter Committee would welcome more input, members, articles and photos – kpura@kpu.ca