



# KPURA News

Volume 5  
Issue 1  
August  
2021

## *Keeping Connected Over the Years*

Sunset over Sproat Lake – B.Perkins

## Board of Directors Update

We have completed our third Annual General Meeting scheduled for April 13 to 15, 2021.

KPURA is still a new organization looking for the best ways to serve its members. We are always looking for new people to work with the Board on various projects.

You can participate without taking on the responsibilities of a full board member. Kind of like getting your feet wet. Or maybe you just have a bit of time to contribute to keeping us all connected.

It would be fun for you to become better acquainted with what your board is doing. And you can add your voice to the generation of ideas for future benefits for members!

You might have enjoyed some of the events Sooz Klinkhamer has planned for us. You might also enjoy assisting her as a committee member to seek possibilities and bring them to fruition. Or maybe you enjoy contacting old colleagues and could help Geoff Dean with membership recruitment and dues.

If you don't mind writing short pieces for the newsletter, Alice Macpherson puts together a fabulous newsletter for KPURA quarterly.

Come and lend your ideas to us as we break new ground in 2021. Talk to any of the board members about how you might be of use.

We welcome you in taking on the opportunity to share our interest in serving Kwantlen's retirees.

Please consider putting your name forward. The work is fun, roles are well-defined, and procedures well-organized.

The KPURA board has seven elected members and lots of room for interested volunteers.

### **Your 2021 Board of Directors:**

Chair – Yale Shap,  
Vice-Chair – Bob Perkins,  
Secretary– Alice Macpherson,  
Treasurer – Roger Elmes,  
Members at Large –  
Sandra Carpenter (Liaison),  
Sooz Klinkhamer (Events),  
Geoff Dean (Membership).

## Upcoming Event



In Person Picnic at Crescent Park  
– August 26!

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## Event Notes and Reports



Merton France,  
From History to Fiction,  
The Dark Web,  
July Social online.

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## KPURA Responds

### How KPURA Responded with Activities during the Covid pandemic – what we did, and how we expect to go forward in the future.

**by Sooz Klinkhamer, KPURA Events Coordinator**

The most successful retirement organizations adapt their programs and practices to meet their constituents' changing needs. It became evident, just as I'd joined the KPURA board as a Member-at-large, how quickly we'd have to pivot as the 2020 pandemic overshadowed our lives. The pandemic demanded unprecedented changes in communications, event planning, member engagement, and more.

Our activities pre-pandemic were typically in person events such as walking tours, visits to local wineries and berry cars, tours of historic places, and social events -picnics, and seasonal lunches

In March of 2020 KPURA pivoted to virtual events, initiated by a survey to members inquiring as to their interests. The results of the survey indicated the following priority of types of events preferred by our members:

- ✓ Armchair travels
- ✓ Health and wellness information
- ✓ Virtual walking tours and site visits
- ✓ Specific interest presentations
- ✓ Virtual social events

We have had some good success at engaging speakers and events by linking with other organizations, either connected to our institution, or through members who belong to those organizations as another part of their personal interests or obligations.

For example: TALK - third age learning at Kwantlen utilizes various faculty who are retired or still teaching, to give presentations concerning their area of study. Subjects covered by authors, historians, digital masters, are among the offerings.

Another example is engaging a historian from the Vancouver Heritage Foundation to present a virtual walking tour of the original logging/ sawmills and manufacturing area of Vancouver.

Social events, bringing our members together continues to be an important part of our organization's purpose. We held a very successful virtual seasonal gathering this past December. We opened with a presentation by one member covering 'champagnes' of the world, which culminated in a 'sabreing the champagne' lesson on line. Then each attendee gave a short explanation of either their beverage of choice, or the vessel it was served in. A very congenial and social way to have our group travel virtually from one home to the next, and two hours seemed to pass very quickly!

In the future, it is our intent to continue offering programs both virtually and in person, to allow those who live outside of our region, or those with mobility issues, to participate easily.

Finally, please don't hesitate to share your ideas, for either face to face events, or virtual programs. We want to respond to our KPURA members' wishes!

Now – drum roll please – on August 26, we are going to launch our first post pandemic face to face event in the form of a picnic, at Crescent Park in Surrey - 11:30 am until 2:30 pm. We'll come together, bringing our own food and beverage, and be able to socially distance while still being together for the first time in over a year!

More information on the next page!

## Getting Together in Person at Crescent Park

August 26, 11:30 am to 2:30 pm. Please let us know if you can come by email to [kpura@kpu.ca](mailto:kpura@kpu.ca)

### Want to Join us for a Picnic?

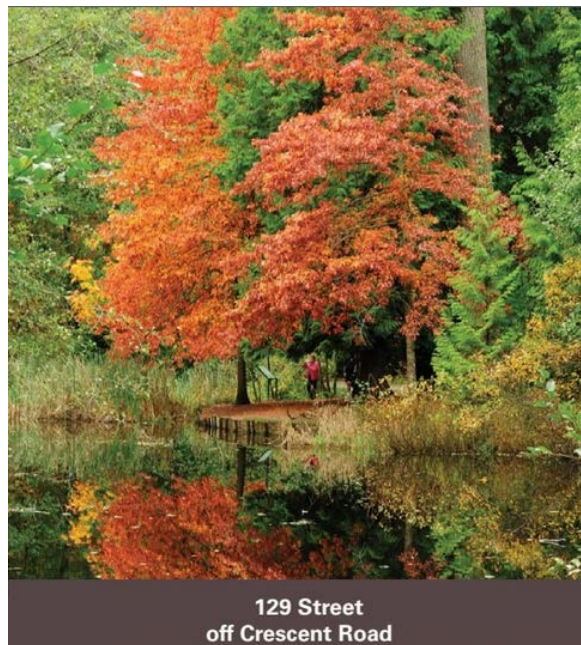
#### Location – Crescent Park,

129<sup>th</sup> Street and 28<sup>th</sup> Ave in South Surrey, BC, August 26.

Crescent Park is a large 52 hectare (128 acre) destination park in South Surrey. The Park offers walking trails through mature second growth forests, with ponds, streams and lots of secret meadows to discover. It is home to numerous species of birds that prefer the dense undergrowth, as well as ducks and kingfishers that use the small ponds.

The park's wildlife, open fields, covered picnic shelters and forested trails make it a relaxing destination and a place of discovery.

There are 2 [picnic shelters](#) in Crescent Park located at the north end of the meadow, north of the playground and about 100 metres from washrooms. Picnic shelters are available on a **first-come, first-serve** basis – We plan to arrive on August 26 around 11 am to claim at least one of them.



***The plan is for people of gather after 11:30 am, bring a picnic lunch with you, a folding chair, or anything else you like.***

***KPURA will supply Cookies for dessert.***

***We will have to opportunity to chat, reminisce, and catch up after all this time apart.***

***Everyone is invited.***

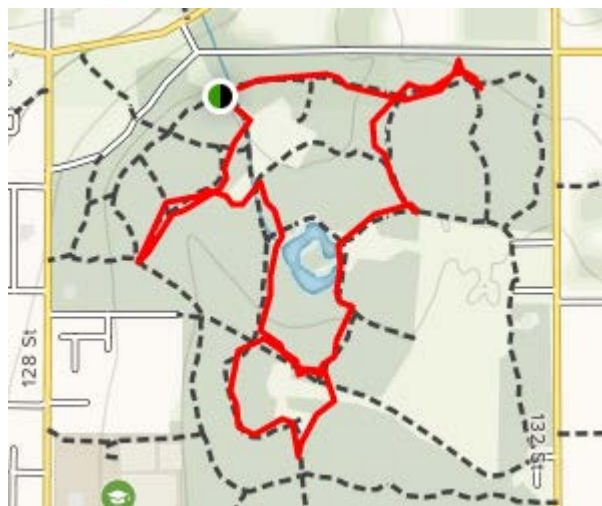
***You are welcome to wear a mask if this is most comfortable.***

#### Activities Before or After

For those who want to make it a day's outing:

- ✓ Walk the promenade and pier at White Rock (15 minute drive)
- ✓ Walk the beach and Blackie's Spit at nearby Crescent Beach (5 minute drive)
- ✓ Walk the Nature Trails in Crescent Park. A loop made of the outermost trails is about 3.8 km long with many options for shorter loops. <https://flipbook-surrey-ca.cld.bz/Nature-Trails-Brochure-Flipbook1/7/#zoom=z>

Please let us know if you plan to come so we have enough cookies! [kpura@kpu.ca](mailto:kpura@kpu.ca)



Set your GPS for "13723 Crescent Road - Surrey, BC" the location of the Historic Stewart Farm. This will take you off of Hwy 99 to Crescent Road. When you start to see signs for the farm, keep going on Crescent Rd. PAST the farm toward Crescent Beach and turn LEFT on 129 St. at 28<sup>th</sup> Avenue which will take you directly into the correct parking lot.

## Looking Forward to Seeing Everyone Who Can Join Us



## Event Reports

### Armchair Tour to Menton, France – March 25, 2021

**Presented by Monika Tusnady**



In March, during our typical early Spring weather, we had the opportunity for a fabulous ‘armchair travel’ visit to Menton, France. This was a virtual visit to a small seaside town tucked into the southeast corner of France between mountains, sea, and Italy. Our presenter, Monika Tusnady, is a retired French teacher who also plays classical piano, and takes exceptional photographs as experienced by those who attended this program. Monika is also a juggler, so stay tuned to when we can gather again - because Monika may join us for a lesson in juggling!

Monika took us on an enchanting tour of this small town on the French Riviera, that is at once refined and relaxed, historical, and hospitable, and surprisingly bi-cultural. It’s temperate Mediterranean climate is especially favourable to the citrus

industry, with which it is strongly identified. Relaxed beaches flank the sunny resort known as ‘the pearl of France’.

Each location, person, image was brought to life by Monika’s articulate descriptions. I believe many of our attendees at this event felt quite transported by her lively presentation. Her enthusiasm was contagious!

### From History to Fiction – May 20, 2021

**Presented by Simon Johnston**

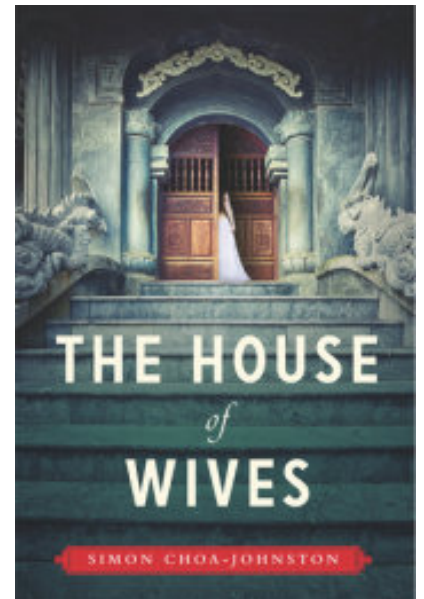
In May, our KPURA event was a fascinating presentation by Simon Johnston, a novelist, playwright, and theatre director. His fascinating program was in two parts.

The first part included a reading from his stage play “Wildcat”, about E. Pauline Johnson, Mohawk poet and performer who lived in Vancouver at the turn of the 20th century and is buried in Stanley Park. A slide presentation accompanied his talk and elaborated upon her Tekahionwake’s life and work. Some material was sourced from Simon’s wife Sheila’s book “Buckskin and Broadcloth”, a biography. One could not hear this without being reminded of the injustices done to our indigenous peoples. A timely and current issue throughout many countries.

The second part of Simon’s presentation included his research in India, Hong Kong, China, and London that resulted in his novel “The House of Wives”. The novel was inspired by his great grandfather, a renowned 19th century opium trader who sold his wares in China, and his two wives, a Jewish woman from Calcutta and a Chinese woman from Hong Kong.

Reading aloud a portion of a chapter to us, convinced me it might be time to investigate audiobooks! We were fascinated both by his soothing voice and the intersection of fact and fiction. The discussion following his presentation was lively, exploring those themes, the effects of opium upon the people of that time, and the notions of cultural protocols.

The “House of Wives” is published by Penguin Random House. More good news is that Simon’s next book, “The House of Daughters” is expected to be released this Fall at your local independent bookstore!



# Another Event Report

## The Dark Web, June 24, 2021

### Presented by Dr. Wade Deisman

On Thursday 24 June, KPURA members and friends were treated to a fascinating and captivating presentation by Wade Deisman who currently serves as Associate Dean of Students in the Faculty of Arts. He is a social scientist, scholar, educator, media pundit and provocateur, and all around public advocate. He is the Past chairperson of the Criminology Department at KPU.

This was a very well attended event, and the attendees shared some of their thoughts:

"I thought the seminar was one of the most fascinating and at the same time terrifying talks I have attended. Wade was an excellent speaker and I learned so much from his presentation. Some of it I knew; my career was in computers; but the actual deep and dark webs I knew nothing about except that they existed." (Peter T)

"One phrase that Wade used really struck me, reminding me how permanent everything is on the Internet – 'etched into the granite of the Internet'.

I knew a fair amount already about security and privacy and in fact I taught it as part of my class for the HCAP healthcare assistants, Introduction to Technology but I hadn't connected in my mind things like virtual vigilantism and how all the applications work together to reveal our entire life. I was particularly intrigued by his example of students buying Facebook friends or even term papers and how that can be followed up by ransom demands." (Geraldine S)

"I already knew about the cold war origins of the internet, but I was unaware of the U.S. military's creation and support of the present-day dark web. I guess an analogy would be the detective who has to do favors for some criminals (information, money) in order to bring the nastier ones to justice.

Wade shared two excellent pieces of advice:

1. When you delete something, it really isn't gone. It would be wise to use an 'incinerate' function.
2. Occasionally check to see if you have been breached, by visiting: <https://haveibeenpwned>

For those who are interested, Wade mentioned that he is considering doing a handbook of recommendations and habits for operating safely on the web.

He has also been asked if he would consider doing a follow up presentation for us later in the year, covering these important matters.



I liked Wade's take on how to fight back: take control of the websites, in order to gather information on those who visit them; or put up messages saying that they have (which may or may not/ be accurate!) I find it fascinating that the internet has blurred the lines between crime, spying on corporate competitors, military espionage, persuasion and public relations, propaganda, disinformation, and a low-grade form of warfare. Consider the recent hacks of a fuel pipeline and a meat packing corporation in the U.S. Should those be considered just criminal extortion, or (if we find out that the Russian government supported the hackers) as an act of digital war? Note that the west is also involved in this: The Stuxnet worm that damaged the Iranian uranium enrichment plant was probably inserted by the Americans or the Israelis." (Peter R)

"It was absolutely wonderful What a great presenter and a huge amount of info at the right level. And a good pace." (Joan B)

"It was a refreshingly easy to follow presentation about a very technical subject. My main takeaway was that one needs to be very careful when doing anything on-line and that my personal precautions have paid off. I have long been a user of the "1 Password" app which will generate a unique random password for every instance that requires one." (Skip T)

## More Reports and Links of Interest

### KPURA July Zoom Summer Social

#### Keeping Connected

On July 20, a group of us grabbed our favourite beverages and connected through Zoom for a short afternoon Summer Social. While some of the folks who had intended to join us had connectivity issues at least seven of us managed to fill an hour and a half with catching up, sharing plans, and just having a good chat.

We announced the upcoming picnic (page 3) and discussed options as well.

We all expressed gratitude to being able to do this when we have been unable to see each other in person.



### John Marasigan Honoured

for the second time in his teaching career, John Marasigan has been given an Online Teaching Excellence Award from TRU.

The Teaching Excellence Award recognizes up to two people who represent the best qualities of Open Learning's faculty members, reads TRU's website. Marasigan said that he was surprised and grateful when he received an email from the university's president about the award results.

"Wow, it is possible to win a second time, really," said Marasigan.

He added that the award meant he still had lots to learn from his students and he is far from reaching the "pinnacle of learning."

Retrieved from: <https://www.richmond-news.com/in-the-community/kudos-richmond-resident-receives-teaching-excellence-award-3750585>



### Imagine Van Gogh, A Unique Cultural Project

**Vancouver Convention Centre**  
**March 19 – to September 7, 2021**

**If you haven't gone to this consider it!**  
**It has been extended to September 7.**

In this exhibition, visitors of all ages discover a new way of reconnecting with the work of this great master. The very concept of Imagine Van Gogh is grandiose: visitors wander amongst giant projections of the artist's paintings, swept away by every brushstroke, detail, painting medium and colour. Immersed in an extraordinary experience where all senses become fully awakened, viewers will be truly moved by such spectacular beauty. Visitors discover more than 200 of Van Gogh's paintings, including his most famous works, painted between 1888 and 1890 in Provence, Arles and Auvers-sur-Oise.

This exhibition is the work of Annabelle Mauger and Julien Baron, who collaborated on the creation of immersive shows at Cathédrale d'images in Les Baux-de-Provence, using the concept of "Image Totale" conceived by Albert

Plécy. For Imagine Van Gogh, they employed advanced techniques of multi-projection and immersive audio to add emotional depth to each image, allowing us to live and feel the creative energy of the esteemed artist.



Tickets have been selling out! You can find all the information at

<https://www.imagine-vangogh.com/>  
Review at: <https://www.cbc.ca/news/canada/british-columbia/van-gogh-exhibition-1.5956956>



## What Does Successful Aging Mean for You?

### From the McMaster University Health Aging Portal

Here is a good overview of what successful aging might mean for you.

The term “successful aging” has been used to describe the quality of aging, which is influenced by a number of social and environmental factors as well as one’s physical health. Many older adults define successful aging differently, but there are 12 themes that emerged from a recent systematic review. You can explore them further and think about what aging successfully means to you - <https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2021/07/20/what-does-successful-aging-mean-for-you>

## Health and Wellness – CPA Facts

While we hope that all of our KPURA members and their families and loved ones are faring well through this pandemic, we realize that such an event often results in various human needs related to psychology.

To that end, we are pleased to offer this link provided by the Canadian Psychological Association. It contains a series of fact sheets in response to the coronavirus pandemic.

Further, at the bottom of the fact sheet link, you will find all of the “Psychology Works” Fact Sheets provided by the Canadian Psychological Association.

Hopefully these can provide some valuable and reliable information to answer your questions and concerns.

<https://cpa.ca/new-covid-19-factsheet/>

## Douglas and Kwantlen – Over Forty Years Ago

# Separation means a better college

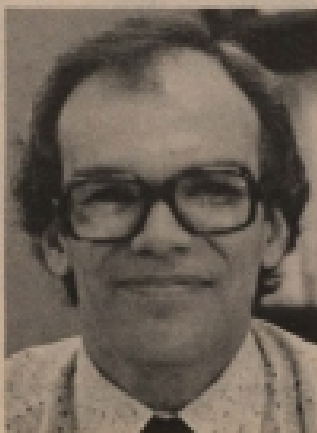
BY RUSSELL AKINS  
Pinion Staff

Four out of five college brass agree: the separation of Douglas will mean a better college for all concerned.

College Board Chairman Helen Casher says the split will mean a minimum of confusion for students, and that all students, past and present, can rest assured that their permanent records will be always available.

Although Casher admits it would be more “Comfortable” to keep things as they are, she also points out that campuses south of the Fraser are long overdue for

permanent facilities. Douglas, says Casher, is at present serving a community base totalling



**BILL DAY**  
...optimistic

one-third of the entire provincial population, an area she calls “just too large.”

Interim Principal Reg Pridham said of the separation: “Even though we are dividing, we will still be a multi-campus, multi-purpose institution.”

“We will not duplicate our educational programs,” he continued. “We at Douglas will offer only what is not offered south of us.”

Dr. Pridham will be a member of the “steering Committee” funded by the Ministry of Education to guide establishment of the yet-unnamed southern college.



**REG PRIDHAM**  
Interim-President

# History Notes – What have They been Doing?

## Bill Day

by Sooz Klinkhamer

The history of Douglas College and Kwantlen would reflect the cumulative efforts of many people. One of those individuals is Bill Day, most likely remembered for his years as President of Douglas College during the years when the 'split' occurred forming the new south of the river college – Kwantlen.

In the Fall of 1979, serious conversations were ongoing in the Provincial government about the desire to divide the very large community college regions that Douglas College served.

In a press release of the Department of Education, April 4, 1980, the division was announced. Douglas College, which for 10 years, had served eight school districts with nearly one third of BC's population, was to be divided into two separate colleges.

The decision was made to split the college's jurisdiction along the natural boundary of the Fraser River. The name Kwantlen could comprise a book length discussion on its own, but suffice to say it gained immediate popularity, especially locally, paying tribute to the ancestral lands of the Kwantlen people.

The two new principals finally appointed to Douglas and Kwantlen were Bill Day, and Tony Wilkinson (from Ryerson Polytechnic Institute).

Bill Day had been a part of the establishing of Douglas College from its beginning. Day was Director of Adult Education for Surrey and was asked by Stewart Graham, first governing council of Douglas College, to form and head a committee to prepare a report on the requirements for non-academic programs for the projected college. On January 17, 1970 Bill became one of the first five appointees to the new college when he became Dean of Community Programs.

And on March 26, 1981, the original Douglas College Board held its last meeting, and on April 1, 1981, the two colleges, Douglas and Kwantlen, were officially in place.

Bill is still active and social. Here is some of his shortened biography:

"I served most recently as Citizenship Court Judge for British Columbia and the Yukon, Citizenship and Immigration Canada, 1998 - 2011. Concurrently I served as Adjunct Professor of Higher Education, Centre for Policy Studies, Faculty of Education, University of British

Columbia. In addition, I led numerous accreditation studies for the Private Post-Secondary Education Commission of BC.

My career in adult education was centred in British Columbia, with intermittent work in India, the Caribbean and the Philippines under Colombo Plan and CIDA auspices.

I studied at the University of British Columbia (M. Ed. Psychology) and the University of California at Berkeley and Los Angeles (Kellogg Fellowship).

I was active from 1954 as a developer, teacher and administrator of volunteer (community based) and school district adult education programs. After 1967, I was active in planning and developing community college institutions and programs in western Canada.

I served as President of Douglas College, an urban community college in the eastern suburbs of Vancouver, from 1981 - 1995. This school commenced in church basements and public schools in the evenings and in due course became the largest college in Western Canada.

I served for many years as Board Member and Chair of the Association of Canadian Community Colleges, and the Advanced Education Council of B. C. - its provincial counterpart.

I represented Canada at five Organization for Economic Co-operation and Development (CERI) consultations on Adult, Recurrent and Distance Education in France, The Netherlands, U.S.A. China and Portugal.

My research activity over past years has been centred on the study of government policy initiatives, actions, and outcomes in public, NGO, and for-profit tertiary, adult and higher education in British Columbia.



I received the Order of Canada in 1998 for my work in community, adult and international education, and the development and promotion of the community college concept in Canada."

Thank you, Bill, for everything you have done and continue to do.



# Membership Update

## 2021 Membership Drive Success

### Geoff Dean – Membership Coordinator

We finished 2020 with 81 paid members. Sadly, two of our Founding members passed away this last year, so we currently have 79 paid-up members for our 2020/21 year. The membership fee for 2021/22 will remain at \$15, due to the continuing Covid situation. As you may know, annual memberships run until the end of each year's Annual General Meeting, so all of us, except Lifetime members, renew our memberships soon after our AGM by renewing their membership.

To join, a new member can fill out one of the forms on the web page mentioned above and then print and send it with an e-transfer for their membership fee to KPURA at [kpura@kpu.ca](mailto:kpura@kpu.ca).

Mail address for a cheque address to KPURA is: KPURA, c/o President's Office, 12666 72nd Ave, Surrey, BC V3W 2M8.

However, there are still quite a few of our retiree colleagues who haven't joined (yet).

If you know a retired KPU colleague who isn't yet a member of KPURA, or who hasn't renewed their 2020/21 membership, please give him or her a call to ask them to join us. For anyone who applied for new membership this year before the 2021 AGM in April, their membership will start when they pay, and carry on until the end of the 2022 AGM (or forever, if they pay to become Lifetime members).

I am also emailing many of our 'not-members-yet' to ask them to join, which they can also do by replying and paying via an e-transfer or mail.

## 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](http://www.curac.ca) :

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

## 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

## Rooster Cogburn's Ostrich Ranch

**By Richard Hartfiel**

Back when we could wander, our retirement travels each Fall typically took us to snowbird country in Arizona, where my one and only brother lives. Here we had the opportunity to stay in a beautiful state park campground at Picacho Peak, south of Phoenix. Always interested in exploring the local area, we found ourselves dropping into this 'not so typical roadside attraction'.



It turned out there were many more animals than ostriches, and we were able to get up close and personal with each and every one of them. There were food supply containers next to each variety of 'not so wild' life, and other than reading the warning signs, we were left to wander and use our own judgement.



Hard to say which of the critters were our favourites as they were all 'characters' and had highly developed skills in trying to convince you to 'just feed' them, now, quickly please, what's taking so long!? The dwarf donkeys were quite loud about their asking for snacks.



The Boer goats were equally noisy, and the sheep were too, all with their particular animal noises.

The ostriches were very animated, and the various birds - parakeets and rainbow lorikeets - were beautiful, especially in the bright sunlight of Arizona. Dozens of bunnies in a large pen of were hilarious, moving in groups and covering a lot of ground very quickly. The fallow deer were delightful, their eyes following our every move. They all just put us and other visitors to 'the ranch' in a good mood. They were as interested in us (well, at least the food part), as we were in them. It turned out to be a really 'feel good' kind of afternoon.

And then to end our couple of hours of wandering, watching, feeding, photographing, and enjoying, we were invited to 'pet' the baby rays as they swam in their own pool inside the building built just for them, to keep them out of the (especially summer) heat. They were 'velvet', and curious. Swimming as close to our hands as they could get with their little faces looking much like they were smiling at us. We were smiling back.

And of course, we continued to talk about this strange collection of animals into the evening, as the sun set across the Southern Arizona desert, in our delightful campground just up the road from Rooster Cogburn's Ostrich Ranch. Much more than an ostrich ranch, as it turned out!

# Live Small = Travel Big

**by Roger Elmes**

The premise: if we can cut our cost of getting from place to place while saving on accommodation and food, then we can travel big. While we've never [gone quite this far](#) we have made some choices that helped us to travel big while living small. For me it began when the navy sent me from Ontario to Victoria on an 18-month posting. How could I see some of the country on the lowly salary of a 22 year old officer cadet? My Mini 850 was a great little contraption that got 55 MILES to a US gallon, and had lots of room for a tent and camping gear. Eighteen months later it carried me and my first wife back to Hamilton on a camping honeymoon. While the tent pulled all its pegs in a pelting rain storm in Glacier National Park, it all worked out.

Fast forward a few years and we had graduated to a Mini 1000 – same car but 150 more cc of engine. Enough to power 2 adults, 2 small kids and a 30 cm tall miniature poodle camping from Ottawa to BC and back. Next, in 1973, it was a slide-in camper I built for a Datsun 1200 pickup truck - 4 cylinders and still great mileage. We drove that with a canoe on top from BC to the Maritimes as far east as the Magdalen Islands.

Ten years later with Marie-Claire, we “honeymooned” while moving from Toronto to BC, car camping in a Volvo which in 1984 turned into a Nissan pickup towing the smallest fifth wheel trailer in captivity (19 feet) that took us through Banff, Lake Louise, Columbia Ice fields and Jasper National Parks providing inexpensive travel, accommodation and food as a base for extensive hiking. It was also a wonderful venue along the Oregon Coast.

On retirement, we graduated to a small 20 foot motorhome on a VW Van chassis powered by a 4 cylinder diesel. This took [us twice from Belgium down the Atlantic coast to the Mediterranean](#) – one winter as far east as Monaco and the Franco-Italian border and another winter to Portugal and Spain. In the winter months when it's still short sleeves and shorts in southern Europe, there are no summer tourists and motorhomes are welcomed by small towns and cities along the Med with free overnight parking for self-contained camping, often on the waterfront in front of a beach - and free.

Towing does have its limitations and when you downsize into a condo, storing a trailer becomes an extra expense. So, after one more fifth wheel – a giant (to us) 22 footer we packed that in.

Which brings us to the ultimate solution – well maybe. It really depends on one's cash flow and tolerance. The ubiquitous Dodge Grand Caravan can be a great choice for a mini-camper van. (PIC 1) They are indeed ubiquitous resulting in lots of low mileage second-hand Caravans available at good prices. In 2015 we got a nice clean 2013 with stowaway seats and lots of extras including a stock inverter for \$19,500 with just under 20,000 km. It's a second car and although we've made two 2-month trips to Arizona via Washington, the Oregon Coast and California, a long trip along the Oregon Coast and a 22,000 km 3-month trip across Canada to St. John's Newfoundland, stopping and cycling in every province and on the Magdalen Islands, it still has less than 100,000 km on the dial.



So how do two people spend all those months and kilometers, no matter how Grand it is, in a Dodge Caravan and retain total sanity?

The simplest “conversion” is what my granddaughter and her family use. The Caravan is 8 feet long from the tailgate to behind the 2 front seats. With the rear “stowaway” seats stowed under the floor, they can easily fit a mattress between the wheel wells (4 feet apart) and the front seats with a good 2 feet left over for a small cot or bed for their daughter. When driving the mattress can be rolled up enough to fit behind one of the rear seats with their daughter's baby car seat mounted for driving. Anyone can easily replicate this layout, even without accommodating my great-granddaughter.

If more permanent storage is needed all the “stowaway” seats can be removed and stored until they are needed again, if ever. This creates 3 significant storage spaces (16 cubic feet) under the floor.



For a permanent set up we also bolted in a plywood floor with hinged hatches for access to the storage compartments.



On top of this we built a 4 foot by 4 foot by 14" high box with additional sliding storage boxes underneath. An IKEA mattress, cut crosswise so that it folds at the 4 foot mark allows it to be folded during the day and opened for the night, fitting over a 4' X 2' extension of the bed allowing for more night time storage underneath.



A basic porta potty fits between this extension and the back of the passenger seat for urgent night use.

The drawers slide forward to the back of the front seats and backward through the raised tailgate door with one drawer holding clothes and the other a stove, cooking gear and dry foods. A piece of fitted plywood over one of the drawers allows for cooking under the raised tailgate door if it's raining.



If you want to bring bikes, a swing away rack will allow the rear door to be lifted.

So that's a neat and tidy package that fits into standard parking spaces and condo garages. Want more space? [A tent can be added over the hatchback](#) for about \$400. [Deluxe pop-top roof versions](#) cost more but are available.

What about total sanity? If it's pouring rain or snowing you can always find a hotel and a Timmy's, an A&W - or a 5 star restaurant.

# Retirees Out and About

## Log Salvage by Kayak

### Bob Perkins

I am sure that most of you remember the CBC program The Beachcombers which ran for 350 episodes from 1972 to 1990. It was centred in the Sunshine Coast community of Gibsons. Nick and Relic were often at odds in their quest to salvage logs that had broken away from booms and barges.

One of my favourite activities since leaving Kwantlen in 2008, has been exploring the four arms of Sproat Lake in my kayak. If you check out Sproat Lake on Google Maps you will see that there are 4 arms to the lake: Taylor, Sterling, Two Rivers, and Kleecoot. Our 1.5 acre piece of paradise is located on the south side of the Kleecoot arm.

What is very surprising to people who visit Sproat Lake in the summer (of the ~2500 people that have homes on the lake, only ~50% of them live there year round) is the tremendous change in the water level during the course of the year. Depending upon the snow pack, how quickly the spring melt occurs, and how much rain falls during the fall/winter, the level of the lake can change as much as 4 metres from the low point in summer to the high point in the spring.

As there was active logging for many years on the slopes surrounding the four arms of the lake, the heavy runoff will bring residual logs into the lake, as well as beach toys, boats, kayaks and other items from the properties whose owners did not move them far enough up away from the rising water. As the only outlet for the lake (the Sproat River) is located at the end of Kleecoot arm, all these goodies wind up floating past our property.



With my binoculars, I can wait for the treasures to get close enough so that I can head out with my kayak to “rescue” them. The past three winters I have pulled in 35, 48 and 43 logs.



One of my neighbours does chain saw carving, and he is only too happy to help as we both get plenty of free firewood, and we set aside any large cedar logs for his carving. Quite often many of the logs will still have the root ball attached, so that these pieces can be used for displays around the yard.





My other salvage activity involves “magnet fishing” with a 200kg test rare earth magnet. As there was active logging on the lake for many years, there are bits and pieces of logging chains, boom spikes and broken bits of machinery on the bottom of the lake. During the low water levels in the summer, it is easy to lower the magnet to the bottom of the lake near the shorelines to recover these bits of history. I have also recovered a number of items just off our dock, buried in the silt on the bottom. They have made an interesting display on the side of our shed.



Getting out in my kayak is a welcome break from looking after my many raised garden beds. The summer is a busy time of picking berries, filling the freezer, making jam and getting materials ready for making a variety of fruit wines in the fall. This is in addition to family time with our three kids and six grandkids. Life is good!!

## Elder College Life Long Learning

### By Bob Perkins

I joined Kwantlen in 1983 as a sessional chemistry instructor, and was regularized in 1989. I retired in 2008 after my wife got a position in Port Alberni as a public health nurse.

Since 2009, I have been a member of the **Elder College** board at the Port Alberni campus of North Island College. Every semester we have offered a number of short courses for seniors in our community; including travel series, gardening tips, history/political series, making the most of iPads, food, home brewing/wine making, health concerns and many others. We normally have a yearly membership of around 125 individuals, and the classes are largely discussion based.

We had to cancel all our offerings in the spring of 2020 because of COVID, and after surveying our members, decided not to offer any courses via ZOOM. To get back to face-to-face meetings, we are planning to start slowly and offer two courses in the fall of 2021. The retired history teacher from the high school will give a three classes on the Allied leaders from WW2; i.e., Churchill, Roosevelt, and Stalin. I will be presenting the Chemistry and Biochemistry of Food – a four class session on the major components of our diet; i.e., fats/oils, carbohydrates, and proteins. This will be the 4th time I have given this course, the feedback from the previous times has been very positive.



## Other Organizations

# TALK

## *Third Age Learning at Kwantlen*

Third Age Learning at Kwantlen (TALK) is a volunteer organization that provides those 50 and over with creative and stimulating educational activities: courses, Philosophers' Corners, field trips, Compelling Conversations, and special events. Administration is handled by the Faculty of Academic and Career Preparedness. The TALK website is [kpu.ca/talk](http://kpu.ca/talk).

Due to loosening pandemic restrictions, Third Age Learning at Kwantlen (TALK) is planning a hybrid semester for fall 2021, with both on-campus (Surrey and Richmond) and online courses and activities.

The Zoom webinars offered in fall 2020 and spring 2021 proved very popular with TALK members, with registration numbers 50% higher than the previous year, so TALK will continue to offer those. Some presenters and members prefer in-person learning, so some courses will be offered live at the Richmond and Surrey campuses.

Some of the courses this fall include:

- Emotional Fitness
- Democratic Policing
- Endangered Peoples, Vanishing Places
- Claude Monet
- Joint Health for the Active Ager
- BC's Commercial Fishing Industry
- Take and Make Better Photos

Check out the current flyer at:

<https://www.kpu.ca/talk/courses>

Philosophers' Corners will remain as free Zoom meetings for fall 2021 and plan to go back to being held in restaurants in spring 2022.

The TALK Annual General Meeting will be held online Monday October 25 at 10 am and will feature Linda Fawcus of Gluu Technology Society on the topic of Digital Security. This event is free to TALK members.

TALK is cheap! Membership dues are only \$10 per year. Courses are usually \$15, plus \$5 for each additional session in a multi-session course.

**TALK offers KPURA members their first year of TALK membership free.** To take advantage of this offer, contact the office at [talk@kpu.ca](mailto:talk@kpu.ca) before you register.

How can you be involved in TALK?

- ✓ Join and take a course (or more than one!)
- ✓ Take part in the Philosophers' Corners (free and open to the public)
- ✓ Volunteer to present a course or introduce a Philosophers' Corner
- ✓ Join the TALK Board and/or Program or Marketing Committees
- ✓ Tell your friends about TALK!

**Thanks to all of the TALK volunteers!**

**TALK appreciates current and former KPU faculty and staff volunteers**

Without these wonderful volunteers, TALK couldn't function! Thanks to those of you who have already given TALK some of your time and talent.

TALK would enthusiastically welcome more involvement from KPURA members. Contact Program Chair Jean Garnett [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or TALK Board Chair Jane Diston [jdiston@telus.net](mailto:jdiston@telus.net) for more information.

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



## By Sandra Carpenter

The Association of B.C. College Pension Plan Retirees represents all of us. In March, you may have received a letter and pamphlet inviting you to join, first year free! If not, you can visit their website at <https://college.pensionsbc.ca/>

KPURA has a non-voting seat on this board. They are now optimistically planning an AGM in Vancouver. Also, they are updating their website. If you visit their website, they'd be interested in your experience and any suggestions you have for them.

One board member spoke of how much he had saved on his homeowners' insurance. So when yours comes due, don't just pay it without checking out how much you could save.

This organization represents us with all issues related to our pension plan. They are your voice to the pension corporation. Take advantage of all they have to offer.

Hot off the presses:

Bill C253 passed at the committee stage with one amendment. Pierre Poilievre proposed an amendment to move the "in force" date of the bill to three years after it passes. To allow companies and lenders to prepare. This bill will amend the Bankruptcy and Insolvency Act and the Companies' Creditors Arrangement Act (pension plans and group insurance plans)

(<https://openparliament.ca/bills/43-2/C-253/>)

Which is great news, but the work is not done. It now goes back to the House. We need to keep the pressure on MPs to pass it through the third reading (then the Senate).

The Liberals on the committee voted against each clause of the bill (obviously party position) but it passed as the Liberals are in a minority. Ultimately something happened as the Liberals supported the passage of the bill as amended in the end. Not sure what this means for them in the House, but we need to stay focused on taking our case to the MPs now for Third Reading!

Thank you for your support this far, can you help us once again turn up the heat?



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

KPURA participated in the June meeting of the College and University Retiree Associations of Canada (CURAC) Panel of Member Representatives from UBC, U of Toronto, U of Lethbridge, Lakehead University, U of Montreal, York, McGill, Dalhousie, and Concordia.

They met to discuss what the organization should be doing for its members, how to measure its effectiveness, and opportunities available for growth. The CURAC Board hired a professional planning consultant to guide the development of CURAC's first strategic plan.

If you see issues you'd like KPURA to comment on, let Sandra Carpenter know.

Some issues discussed were:

- Full time retirees vs. sessional/part time retirees
- Long term impact of the end of mandatory retirement...people generally tending to work longer in some capacity.
- Many groups have a common interest in issues for retirees which may be an opportunity for a leadership role and for collaboration.
- Position papers in areas that matter to retirees...greater opportunity for advocacy on particular positions.
- Services direct to members should be limited to benefit/affinity types where central purchasing power makes sense.

Some Strategic Opportunities Suggested were:

- CURAC opportunity for further advocacy for seniors...to governments across Canada.
- Other services that provinces cannot provide...or can be better negotiated.
- Yearly conference should deal much more with exchange of ideas to manage our associations...much more time for sharing and exchange of ideas



## KPURA hosts a webinar with AROHE

KPURA is a member of AROHE (Association of Retirement Organizations in Higher Education). This past Spring AROHE asked KPURA to produce a webinar sharing some of the successful programs and practices that have helped us to thrive, not just survive, during this challenging time.

In response, Carol Barnett, Alice Macpherson, and Sooz Klinkhamer presented our webinar on April 22, about our

three year old organization, a bit of history on KPU, and what KPURA has been doing during the pandemic to stay connected to our members. The virtual audience on this webinar was a group of over 80 attendees from various member organizations of AROHE around North America.



## Join AROHE in Cyberspace to "Re-Imagine Retirement" October 12-14, 2021

Calling interested KPURA members!!!

If you are interested in any or all of the following topics, this opportunity is for you! And your conference fees will be paid for by KPURA!

Let us know if you are interested in being a sponsored attendee to the upcoming AROHE virtual conference by emailing [KPURA@KPU.ca](mailto:KPURA@KPU.ca) and stating why you want to attend virtually!

***This virtual conference is scheduled for October but we want to take advantage of early-bird registration fees, so let us know ASAP!!***

### Yes to Aging

The pandemic has brought issues involving health care for the "ageing" into focus. Our health care system may need to change in order to address such issues. But we may also need to redefine healthy "ageing" and reconsider ways to promote it that don't involve health care. How have our ROs taken action in this sphere? What best practices can you share—or imagine—regarding programs for health, wellness, and well-being (including spirituality and sexuality) as well as programs that prepare us for the end of life?

### Diversity, Equity, and Inclusion

The pandemic has also focused attention on the ways the toxic effects of ageism can be intensified by racism, sexism, and classism. Has this been so in our institutions of higher education as well as in the wider world?

Have our ROs been able to address any of these "isms" that so often intersect in our home spheres, in the communities that surround us, and beyond? How might we act to better promote diversity, equity, and inclusion in our own ROs?

### Keynote Speakers

Dr. Louise Aronson, MD, MFA, Geriatrician and Professor of Medicine, UCSF Division of Geriatrics and

Dr. Jean Accius, Senior Vice President, Global Thought Leadership, AARP

### Something for Everyone: Concurrent Sessions

Our Call for Proposals has resulted in an array of concurrent sessions sure to inspire our mutual endeavor to re-imagine retirement and aging itself, for us and for elders everywhere. Presentation topics will include

- ✓ post-pandemic planning
- ✓ senior living arrangements
- ✓ intergenerational activities
- ✓ new technologies
- ✓ travel opportunities
- ✓ collaborative ventures

Some concurrent session time-slots will be set aside for conversation among attendees wishing to discuss topics of broad appeal that we'll identify as the conference unfolds.

### Pre-Conference Workshop: Starting or Revitalizing a Retirement Organization

AROHE will offer a pre-conference workshop, "Starting or Revitalizing a Retirement Organization" on Thursday, September 23, from 9:00 to 11:00 a.m. (Pacific Time).



## *In Memoriam*

**Des Wilson** passed away suddenly on April 18, 2021. KPU retirees who started their career during Douglas days will remember a geologist with red hair, an Irish lilt, and an impish grin. A pioneering member of faculty and later Dean of Science and Technology at Douglas College, Des Wilson joined Douglas in 1971 as a Geology instructor and made innumerable contributions to the growth of the Faculty and the College. He will be remembered as a collaborative and caring leader both as a dean and in his service as President of the DCFA at the time of negotiating the faculty regularization process. His leadership continued in retirement as he worked to establish a Douglas College retirees' association and provided valuable support and advice to KPURA in its formative stages.

Condolences to all for their loss.

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

## Newsletter Information

Thank you for reading Newsletter #13 (lucky!) of the KPU Retirees Association. The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.

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

**Alice Macpherson**, KPURA News Editor,  
[alicemac@telus.net](mailto:alicemac@telus.net)

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## Please Join Us

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

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

How about your travels or adventures before or after retirement?

Recipes? Gardening? Log Salvage? Photography? Any Hobbies? We are interested in it all!

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

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

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