



## Crescent Park Picnic Group

### Society Board Update

We are inviting you to become more involved in our still very new organization. We are looking for the best ways to serve its members and are always looking for new people to work with the Board on various projects.

You might have enjoyed some of the events Sooz Klinkhamer has planned for us. You might also enjoy assisting her as a member on the Events Committee to imagine ways we can connect 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 our KPURA News three times a year.

You can participate without taking on the responsibilities of a full board member. Kind of like getting your feet wet. We would all be very appreciative if you could share a bit of time to contribute to keeping us all connected.

Come and lend your ideas to us as we break new ground in the months ahead. 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 connecting and staying connected with 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).

# KPURA News

Volume 5  
Issue 2  
December  
2021

## Keeping Connected

### Upcoming Events



In Person Festive Lunch at Barnside  
Brewing December 5!  
Zoom Seasonal Greetings, Dec. 8

Page 2

### Event Notes and Reports



Crescent Park Picnic,  
Francophone Vancouver walk  
Planning for 2022

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# KPURA Festive Social at Barnside Brewing in Delta

December 5, 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 an Outing?

**Location – Barnside Brewing Co.,**

<https://barnsidebrewing.ca/>

6655 60th Ave, Delta BC on December 5 at 11:30 am.

This is a great local brewery set out in nature on a working farm.

We have reserved half of the tables on the patio which is an outdoor heated tent area.

You can order drinks (many types of beer and cider) as posted on their website.

They offer a limited but tasty food menu of Grilled Sandwiches, Soups, Charcuterie, and other snacks. Besides beer, they also offer kombucha and pop as non-alcoholic options. You can even get a discount if you are a fellow farmer.

This is an opportunity for you to come and see, talk to, and catch up with your fellow KPU retirees.

We plan to arrive on December 5 just after 11 am to claim our section of the heated tent.

***The plan is for people of gather after 11:30 am.***

***Dress warmly, be festive, be casual!***

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

***Mingling will be allowed within our group.***

***Everyone is invited.***

***Proof of vaccination will be checked.***

***We will be wearing masks unless eating or drinking.***

**Barnside**  
**BREWING CO**



## Activities Before or After

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

- ✓ Visit downtown Ladner and see the seasonal decorations while you shop for local gifts at over a dozen shops.
- ✓ Enjoy the rest of your afternoon at the George C. Reifel Migratory Bird Sanctuary at 5191 Robertson Rd, Delta, BC. Many, many types of birds.
- ✓ Walk in the North 40 Park Reserve just north of the Boundary Bay Airport and south of the rail tracks on 72<sup>nd</sup> Street in Delta. Eagles, small planes, possibly a train, and lots of dogs.

Please let us know if you plan to come by sending an email to: [kpura@kpu.ca](mailto:kpura@kpu.ca)

**Virtual Meetup!** A virtual Seasonal Social on **December 8.** (Zoom room to chat and exchange greetings and festive cheer from **3 pm to 5 pm.** Register at [kpura@kpu.ca](mailto:kpura@kpu.ca) for the link.



## Event Reports

### Crescent Park Picnic – September 2, 2021

Our first face-to-face event in well over a year! See the group picture on the front page of this newsletter.

This KPURA event had been postponed for one week (from August 26) to September 2, 2021, but we were rewarded with a beautiful sunny day! While the change of date made it difficult for some to arrange, there was still a lovely group that gathered.

We gathered at Crescent Park, 129th Street and 28th Avenue in South Surrey, and thanks to Roger Elmes' excellent directions, no one was lost.

We brought chairs, our own picnic lunches and beverages, and KPURA provided plenty of home-baked cookies in three varieties.



It was a wonderful chance to chat, reminisce, and catch up after all this time apart.

Let's hope we can reconvene additional face-to-face in-person events for both the festive season upcoming, and into Spring and Summer in 2022!



## Francophone Vancouver Walk – September 25, 2021

### Presented by Maurice Guibord

On October 7, members of KPURA came out in person to join a walking TOUR OF VANCOUVER'S FRANCOPHONE VILLAGE – 2 hours of forgotten history. It was a beautiful day for a walk and to learn a little of our local history.

From the 1950s to 1970s, some 2500 French-Canadians lived in the area around Vancouver's French-language parish, St. Sacrement, on Heather Street near 16th Avenue. They set up their community centre and businesses and entertainment spots along 16th Avenue, creating a little Québec of sorts.



**Walking Group at the beginning by St. Patrick's**



Our tour guide for this event was MAURICE GUIBORD, who showed us the sites where nuns and priests of Saint-Sacrement actually set up their French community.

He explained that sometimes the francophone community leaders were at odds with the Anglophone Catholic archbishop, and further explained how and why the francophone community disappeared from this area of the city of Vancouver.

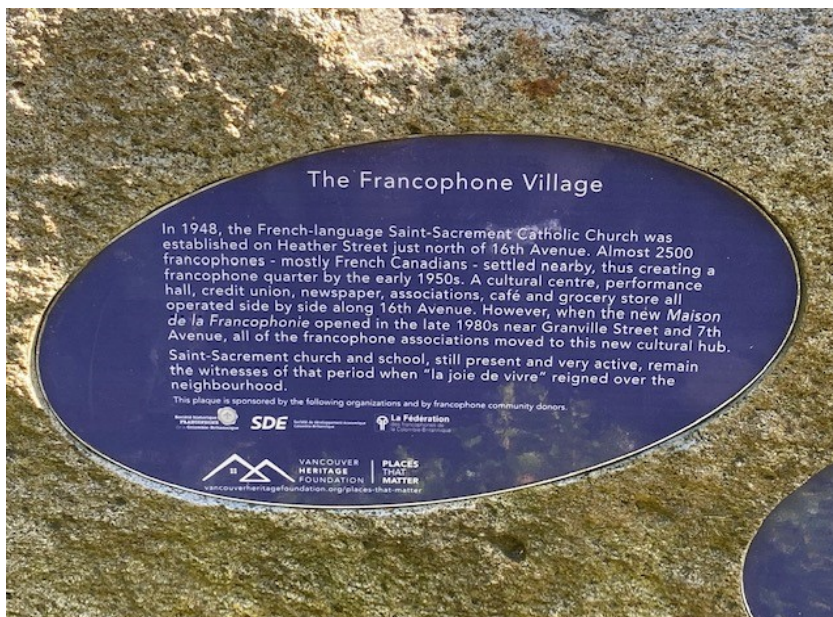
Maurice is the Executive Director of the Société historique francophone de la Colombie-Britannique. He has been involved in history and heritage for almost 30 years.

### Many stops of interest along the way

Attendees at this in-person event commented:

"I really enjoyed the tour: animated and fascinating. I had no idea that such a vibrant French Canadian community existed outside of Maillardville. Thanks very much for organizing!" (Verian F)

"Several thoughts came to mind as we wandered Vancouver's Francophone Village today. Such as: 'I've a feeling we are not in Kansas anymore!' Today, I could only keep my face in the sun and I could not see a shadow anywhere as the story of Vancouver's Francophone Village spilled out before our very eyes. It was a delight the entire time, one that will not be forgotten. If learning new things motivates you then today's outing motivated me to enjoy life and appreciate things before they or I disappear. Visiting the Vancouver Francophone Village was like having an Edith Piaf moment. Cheers" (Lee W)



**Nearing the end of the walk  
Plaque near St. Sacrement Church, Vancouver**

# KPURA Event Planning

Then, Now, and in the Future

by Sooz Klinkhamer, KPURA Events Coordinator

Let's have a revisit to what your retirement organization did to create, arrange and actualize KPURA events, and how we plan to go forward. As has been stated previously '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 then, and still does now, unprecedented changes in communications, event planning, member engagement, and more.

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

In March of 2020 KPURA we were forced to pivot to virtual events, and I initiated a survey to our members inquiring as to your interests. The results of the survey indicated the following priority of types of events preferred by you, our members:

1. Armchair travels
2. Health and wellness information
3. Virtual walking tours and site visits
4. Specific interest presentations
5. 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.

So, here we are almost through another year of isolation and virtual activities. This year (2021) we have managed to hold a number of virtual events, and then more recently an actual in-person event or two.

- February - Arches of Chinatown, virtual tour by Frank Abbott
- March - Armchair (virtual) Tour to Menton, France by Monika Tusnady
- April - KPURA's virtual/on-line AGM
- May - From History to Fiction, virtual presentation and reading by Simon Johnston
- June - The Dark Web, virtual presentation by Wade Deisman
- July - KPURA virtual Summer Social and Happy Hour - a chance to see our colleagues and chat.
- August/September - Crescent Park Picnic - in person event (postponed by one week, to avoid a rainy day, and enjoyed a sunny day)
- October - Francophone Village Walk, in person, led by Maurice Guibord

November/December - two Festive Socials planned - one in-person on **December 5** and one virtual on **December 8** (see page 2 for details).

Early in the new year (January 2022), we will ask you again, how we can best serve you as members and friends of KPURA. A new survey will come to you via email....and we ask that you respond so that we can serve our members appropriately. And, always, if you have a suggestion for an event/activity, I am always open to hearing your thoughts. Feel free to send your ideas to [Sooz.klinkhamer@gmail.com](mailto:Sooz.klinkhamer@gmail.com)

For our in-person December event and another virtual one, check the information on page 2!

# Challenge for Change: College in the Community and Community in the College

by Roger Elmes

## Background

Three Douglas, and then after 1981 Kwantlen, employees operating from the Surrey Campus, Norma Taite an animator and a long term staff employee of Douglas/Kwantlen, Jim Gillis who would become Director of Continuing Education at Kwantlen, and Jim Sellers a human geographer were instrumental in carrying on this project in community development during and after the NFB Challenge for Change (CFC) initiative.

I was reminded of this truly fascinating social change project, which was integrated into the old 140 St. Surrey Campus of first Douglas and after 1981 Kwantlen College, when Denise Dale, the KPU Archivist, asked whether some KPURA members and other retirees might be willing to help identify the “who, what, when, where” of some photographs held by the Archives (see page 8 of this newsletter).

She also mentioned that the university archives were profiled in a recent article and their use in an earlier article on “Media activists for livability: an NFB experiment in 1970s Vancouver”. The latter article outlines and analyzes this early project which saw the college engaging in unique community outreaches and making important contributions to social change.

The article begins by describing the international and national contexts for the CFC projects and then focuses on Surrey. Unless otherwise indicated the rest of this short piece is drawn directly from the article by Jean Walton, who grew up close to the Bridgeview area of Surrey near the Pattullo Bridge and at the time of the article (2012) was Professor of English and Film/Media at the University of Rhode Island.

## “Media activists for livability: an NFB experiment in 1970s Vancouver”

<https://www.ejumpcut.org/archive/jc54.2012/JeanWaltonNFB/>

“Finally, as we have seen, in contrast to the scenario sketched out by Zoë Druick, where nationalism dovetailed with urbanization (and large scale industrialization), the provincial NDP government had taken the first step in putting the brakes on unbridled development [by establishing the Agricultural Land Reserve – ARL - in 1973] in British Columbia (most notably in the Fraser Valley where most of the province’s agricultural land was located). Now an activist media project funded by the federal government (NFB) was taking the next step. Although its mandate, put most neutrally, was to facilitate through the use of media the needs of citizens with regard to land use issues, it was clear that with regard to the question of “growth,” the Surrey Project was more closely allied with the provincial NDP government than with the parochial interests of local government. While the social animators deny that their activities had any connection to politics “with a big P” (either Trudeau’s administration in Ottawa, or Barrett’s in Victoria), one can see that the project was grounded from the beginning in facilitating cooperation with the goals of the ALR.[13] The CFC animators were “activists” not only for a local citizenry but for an emerging environmentalist approach to land use that pitted levels of government against each other: pro-development Surrey council vs. its more environmentalist antagonists at the provincial and federal level.”

## “The Surrey Project

While Pinney’s film *Some People Have to Suffer* is the only public artifact surviving the formal presence of the Challenge for Change program in Surrey between 1973 and 1976, in fact the Surrey Project had a much more comprehensive impact. And it endured much longer than might have been expected given the conservative turn taken by provincial politics as the seventies faded into the corporate eighties [the NDP was replaced by the Bill Bennett Socreds in 1976]. This was owed in part to how the project was initially set up, through a partnership with the newly established, multi-campus Douglas College, as well as to how the social animators integrated the NFB’s mandate into the ethos of community development that they already embraced. The project’s first objective was to establish a “Community Communications Centre,” to be housed in one of the temporary trailers that served as classrooms and administrative buildings on the [then] new [Surrey] campus. Reluctant at first to make a commitment, the College Board members were invited to a presentation by geography professor Jim Sellers, who would soon be hired as a social animator:



“In that meeting, when we first got the College to realize that they had to continue on when the [National Film] Board withdrew [...]we took 52 front pages of the Surrey Leader newspaper, put them up in the room, and we had all the [College] Board members walk around and we asked them after it was over, ‘Show one story on the front page of the year that you can say relates to something that happened in one classroom at one time on this campus!’ And nobody could say that there was anything that we were teaching that was relevant to the front page stories of the community[...]. So how was it a community college?”<sup>[14]</sup>

(see endnotes here: <https://www.ejumpcut.org/archive/jc54.2012/JeanWaltonNFB/notes.html#n14> ]

If Douglas College was to function truly as a “classroom without walls,” to “make sure the living rooms of the community are the classrooms of the college,” Sellers argued that the NFB Challenge for Change process, “a really important way of democratizing learning,” could be used as a tool to achieve that goal (Driscoll and Sellers, March, 2010).

The Community Communications Center [on the Surrey 140 St Campus] served as a headquarters from which the Surrey Project animators offered workshops in how to use the new Sony VTR Port-a-pak technology, edited half-inch videotapes they had taken, and helped citizens strategize about how best to bring attention to the issues that most concerned them.<sup>[15]</sup> With generous funding from the Provincial government (Victoria committed \$29,000 to the project in June of 1974, for instance),<sup>[16]</sup> Pinney hired local personnel to work as social animators for the program. In addition to Sellers, former air charter entrepreneur Jim Gillis was brought on board primarily for his skills at gaining the confidence of the business-minded mayor and council members. Gillis recalls being shown a video camera for the first time, with its cutting-edge capacity to play back a scene that had just been recorded, and recognizing its value as a “marketing” tool for selling a citizen-based point of view to decision makers in government. From his perspective as a businessman mediating between residents and policy-makers who might be at odds over the details and desirability of industrial development, deploying video was a matter of “selling” a position on a given issue.<sup>[17]</sup> Gillis helped hire Norma Taite, an artist who with her husband Ted was building a house in South Surrey and was looking for a way to become more involved in her community. Gillis, Taite, and Sellers continued with the program until well after the NFB pulled out and Chris Pinney returned East. After 1976, the activities of the Community Communications Centre expanded to include some of the Douglas College campuses in other municipalities, and another animator, David Driscoll, was hired from the college faculty....”

“What remains valuable today in the Challenge for Change project in Surrey is not only that an oppressed people came to find their voice through self-representation; nor even that they were able to objectify the officials who were exploiting them. Nor was it that during the official presence of the NFB in Surrey, dozens of citizens’ groups solved their most pressing immediate social and material problems (indeed, Bridgeview did, after all, get sewers, though forty years later, they are again in need of replacement).[29] Rather, it was, as Jim Sellers has noted, that local citizens continued for at least another ten years to enjoy access to the know-how, resources, and expertise necessary to take an ongoing role in the decision-making processes regarding the very “livability” of their natural and built environment, precisely because

“Pinney and Clemson and CFC had the foresight to get their process vested in the community via the college, creating the CCC [Community Communications Center]. As it embedded itself, it evolved to serve other community needs. By lasting a decade, this ‘experiment’ in activist-participant media moved beyond being just an experiment.” (Sellers, e-mail, 10/21/2011).”

## Conclusion

Have a look at the entire article along with the great illustrative pictures, and a summary of other spin-off projects. Bill Vander Zalm, Mayor of Surrey at the time of the project, was of course Premier of BC when the “new” Surrey Campus (72 Ave) and the “new” Richmond Campus were planned, constructed and opened.

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**Media activists for livability** link <https://www.ejumpcut.org/archive/jc54.2012/JeanWaltonNFB/>

## Do You Like Old Photos?

Why not volunteer to help the KPU Archives identify the “who, what, where, when” of historic photos of KC and KUC. In phase 1, beginning in January 2022, KPU retirees will have the opportunity to help with photos from 1981 – 1989.

**Denise Dale, KPU Archivist**, (pictured right) is waiting for you! You can contact her at [Denise.Dale@kpu.ca](mailto:Denise.Dale@kpu.ca) (Subject line: **Photo ID Project**). She'll just take names at this point, and then contact people in early December to set up appointments (suggesting 60-90 minute blocks). A second phase will focus on 1990-1999; start time TBA.

Images are in various formats: negatives via print contact sheets, print photographs, and slides. The ability to view the images may vary from person to person. Magnifying glasses of various strengths, a light table for the slides, and a full page viewer will be available.

Currently, masks are mandatory. All visitors are expected to follow KPU's communicable disease prevention plan <https://www.kpu.ca/hui/communicable-disease-prevention>.

You can learn more about the Archives and their new space on the Surrey (72 Ave.) Campus in a [recent article](#). [https://libguides.kpu.ca/ld.php?content\\_id=36087512](https://libguides.kpu.ca/ld.php?content_id=36087512)



## Advocacy: Does our Region need a Community College?

**by Geoff Dean**

When Kwantlen (and Douglas before it) started out, underfunded as it was, it offered a range of programs that met many needs of people and businesses in the south Fraser region - nursing, interior design, fine arts, English language training, trades, adult basic education, etc., as well as courses that prepared students for 3rd and 4th year university programs. But over the past couple of decades, as its underfunding has continued even with its current mandate to be a "teaching university", it's done less and less of what's needed at preparatory levels (less than 1/4 of the number of seats needed for ABE, for instance, less than 1/5 the ELT seats, less than 1/3 the trades training seats) compared to what the rest of the province gets from their regional post-secondaries). So should our region have a real community college, so that KPU can become a proper university?

Maybe Tom Hanks' article from 2015 in the *New York Times* will help us start to think about that.

### ***I Owe It All to Community College*** **by Tom Hanks**

In 1974, I graduated from Skyline High School in Oakland, Calif., an underachieving student with lousy SAT scores. Allowed to send my results to three colleges, I chose M.I.T. and Villanova, knowing such fine schools would never accept a student like me but hoping they'd toss some car stickers my way for taking a shot. I couldn't afford tuition for college anyway. I sent my final set of stats to Chabot, a community college in nearby Hayward, Calif., which,

because it accepted everyone and was free, would be my alma mater.

For thousands of commuting students, Chabot was our Columbia, Annapolis, even our Sorbonne, offering courses in physics, stenography, auto mechanics, certified public accounting, foreign languages, journalism — name the art or science, the subject or trade, and it was probably in the catalog. The college had a nursing program that churned out graduates, sports teams that funneled athletes to big-



time programs, and parking for a few thousand cars — all free but for the effort and the cost of used textbooks.

Classmates included veterans back from Vietnam, women of every marital and maternal status returning to school, middle-aged men wanting to improve their employment prospects and paychecks. We could get our general education requirements out of the way at Chabot — credits we could transfer to a university — which made those two years an invaluable head start. I was able to go on to the State University in Sacramento (at \$95 a semester, just barely affordable) and study no other subject but my major, theater arts. (After a year there I moved on, enrolling in a little thing called the School of Hard Knocks, a.k.a. Life.)

By some fluke of the punch-card computer era, I made Chabot's dean's list taking classes I loved (oral interpretation), classes I loathed (health, a requirement), classes I aced (film as art — like Jean Renoir's "Golden Coach" and Luis Buñuel's "Simon of the Desert"), and classes I dropped after the first hour (astronomy, because it was all math). I nearly failed zoology, killing my fruit flies by neglect, but got lucky in an English course, "The College Reading Experience." The books of Carlos Castaneda were incomprehensible to me (and still are), but my assigned presentation on the analytic process called structural dynamics was hailed as clear and concise, though I did nothing more than embellish the definition I had looked up in the dictionary.

A public speaking class was unforgettable for a couple of reasons. First, the assignments forced us to get over our self-consciousness. Second, another student was a stewardess, as flight attendants called themselves in the '70s. She was studying communications and was gorgeous. She lived not far from me, and when my VW threw a rod and was in the shop for a week, she offered me a lift to class. I rode shotgun that Monday-Wednesday-Friday totally tongue-tied. Communicating with her one on one was the antithesis of public speaking.

Classes I took at Chabot have rippled through my professional pond. I produced the HBO mini-series "John Adams" with an outline format I learned from a pipe-smoking historian, James Coovelis, whose lectures were

riveting. Mary Lou Fitzgerald's Studies in Shakespeare taught me how the five-act structures of "Richard III," "The Tempest" and "Othello" focused their themes.

In Herb Kennedy's Drama in Performance, I read plays like "The Hot L Baltimore" and "Desire Under the Elms," then saw their productions. I got to see the plays he taught, through student rush tickets at the American Conservatory Theater in San Francisco and the Berkeley Repertory Theater. Those plays filled my head with expanded dreams. I got an A.

Of course, I goofed off between classes eating French fries and looking at girls; such are the pleasures, too, of schools that cost thousands of bucks a semester. Some hours I idled away in the huge library that anchored Chabot's oval quad. It's where I first read The New York Times, frustrated by its lack of comics.

If Chabot's library still has its collection of vinyl records, you will find my name repeatedly on the takeout slip of Jason Robards' performance of the monologues of Eugene O'Neill. On Side B he was Hickey, from "The Iceman Cometh," a recording I listened to 20 times at least. When I worked with Mr. Robards on the 1993 film "Philadelphia," he confessed to recording those monologues at 10 in the morning after lots and lots of coffee.

President Obama hopes to make two years of free community college accessible for up to nine million Americans. I'm guessing the new Congress will squawk at the \$60 billion price tag, but I hope the idea sticks, because more veterans, from Iraq and Afghanistan this time, as well as another generation of mothers, single parents and workers who have been out of the job market, need lower obstacles between now and the next chapter of their lives. High school graduates without the finances for a higher education can postpone taking on big loans and maybe luck into the class that will redefine their life's work. Many lives will be changed.

Chabot College is still in Hayward, though Mr. Coovelis, Ms. Fitzgerald and Mr. Kennedy are no longer there. I drove past the campus a few years ago with one of my kids and summed up my two years there this way: "That place made me what I am today."

Tom Hanks is an actor, producer and director. His 2011 film "Larry Crowne" was inspired by his years at Chabot College.

Retrieved from: [www.nytimes.com/2015/01/14/opinion/tom-hanks-on-his-two-years-at-chabot-college.html](http://www.nytimes.com/2015/01/14/opinion/tom-hanks-on-his-two-years-at-chabot-college.html)

# Memorandum of Agreement

## KPURA and KPU

KPURA has recently concluded a Memorandum of Agreement with KPU to remain connected to the University as a Retirees Association. This has similarities with their agreement with the Alumni Association with specific clauses that are unique to retirees. This is the culmination of many months of discussions and negotiations by a sub-committee of the board with the KPU administration representatives to reach an agreement.

You can see the full 10-page Memorandum online at: [https://www.kpu.ca/sites/default/files/retirees/KPU-KPURA%20MOA\\_Feb%2025%202021\\_signed.pdf](https://www.kpu.ca/sites/default/files/retirees/KPU-KPURA%20MOA_Feb%2025%202021_signed.pdf)

### Commentary

Although we're retired from KPU, it's wonderful that the University is still committed to supporting us and helping us stay connected with it and with our colleagues and friends there. That commitment is an explicit part of the Memorandum of Agreement between KPU and the KPURA.

The first part of it, KPU's part of the Mandate, is clear:

#### **A. The University:**

*a. has a profound recognition of the accomplishments of its retirees during their careers and their sense of commitment to the university,*

*b. and desires that this feeling of connection persists and that retirees feel welcome when they return to campus; The University*

*I. encourages Faculties, departments and service areas to maintain the fertile links between retirees and their place of work for so many years;*

*II. recognizes that retirees constitute a special source of knowledge and experience as much for the diversity of careers as for their keen institutional memory and wishes to keep them connected and to call on their competence;*

*III. wishes to maintain close contact with retirees collectively through their association, and individually, to keep them informed of its projects and evolution; and*

*IV. wishes to create conditions which permit retirees to participate actively in University life.*

All that sounds good, and it is. We will be following up over time with the commitment and ideas contained in the document.

Only one glitch: although the original draft of the Agreement included continuing KPU email for retirees, that wasn't included in this current version. We're trying to get it in place after all. If you know of any way to push that bit forward, go for it!

### **Getting Involved**

**We are looking at other university retirees' organization that have email to see what we can do. Next we will be drafting a request to get out email back.**

If you would like to retain (or get back your KPU email. Please let us know with a short explanation of why it would be important to you.

Send the information to [KPURA@kpu.ca](mailto:KPURA@kpu.ca) with Subject: **KPU email wanted**



# Out and About – What are Retirees Doing?

## Jim Adams

Our first **Retiree About Town**, Jim Adams, has been more than busy lately so it is time to update everyone.

While most of us have been locked down by the pandemic, Jim found a new love and has gotten married! Always one to be active and engaged, that is just what Jim did. By joining an online seniors' dating app, SilverSingles, he was matched almost perfectly with one other member, Audrey Coutts. They connected, hit it off, got engaged and then married. No time to lose and no time like the present.

In a nutshell, Jim and Audrey connected mid October 2020, spent their first 10 days on FaceTime for two hours every night. They bonded over their shared love of art, classical music, and theater, with both being members of their local concert associations. Volunteering and community involvement were passions of theirs, as they'd served on a number of boards and committees throughout their lives. Family was also a priority for each and they, thankfully, aligned politically. The two even discovered they had a number of friends in common.

After finally meeting in person and spending time together, Jim proposed on May 26, 2021. They celebrated their wedding on September 25, 2021.

The KPURA board is extremely happy for both of them and wishes them the best going into their future. Congratulations!

They were featured on Oprah Daily and the full article can be found here:

<https://www.oprahdaily.com/life/relationships-love/a37851262/audrey-jim-78-pandemic-marriage-love-story/>



**Audrey and Jim cutting their cake 1**

## Jim Adams Art

Jim has never neglected his art and it is getting more recognition as time goes on. In early 2021, he had his first Los Angeles exhibition – *Eternal Witness* – at the Luis De Jesus Los Angeles Gallery.

Currently he is part of the *Vancouver Special: Disorientations and Echo* exhibition at the Vancouver Art Gallery until January 2, 2022, along with a number of other local artists. This is the second in a series of shows planned to provide an expansive look at contemporary art in the Greater Vancouver region, a post on <https://www.vanartgallery.bc.ca/exhibitions/vancouver-special-disorientations-and-echo> explains. “For the 2021 version of ‘Vancouver Special,’ primary emphasis is on recent works that hold a particular resonance for this time and place that have not been previously exhibited in Vancouver.”

Jim has 10 of his works featured in the show – five of them “quite recent”, and the other five finished over the past decade or so.



# KPU Retirees Travel – Home and Abroad

## The E-bike Lifestyle Made Easy

**By Tally Wade**

John and I joined the e-bike revolution in 2021! I love to go for bike rides, and John is less than enthusiastic about pedaling about town, so we figured that e-bikes would give us the best of both worlds: exercise and fresh air, plus assistance in going up those hills! We took the plunge and invested in a pair of e-bikes.

After doing some research and consulting with some of our neighbours who had purchased e-bikes, we decided to go with a company called Volt Bike ([www.voltbike.com](http://www.voltbike.com)) in Port Coquitlam. Their warehouse location provided us a large parking lot to do a test drive before deciding on what to buy. While the e-bikes are much heavier than conventional bicycles at 60-plus pounds, we found that they were still quite maneuverable and easy to get used to.



***The Elegant and the Bravo***

We placed our order. Both arrived in late January, a Bravo for John and an Elegant for me; fully assembled and delivered to our home. Another bonus is that the price included a good quality helmet, so after purchasing a couple of reflective vests, we were ready to go.

We did a lot of touring around the Cloverdale area, but decided that riding on city streets was not really our preference since the roads are very busy.

We then invested in a bike rack made by Thule in order to take our bikes to different parks and trails in the area. The rack is light, portable and features a snap on ramp to walk your bikes into position for loading. This is much better than having to lift 65 pounds up onto the rack.



***Thule bike rack***

Now we travel to different areas, unload and off we go! There are many, many bike trails available to explore in the Greater Vancouver area and Fraser Valley without the worry of dodging traffic.

You can set the bike at zero assistance, so you are pedaling under your own power, and with the push of your thumb ramp up the electric assist to go up the hills with little effort. Even one of our neighbours who is an avid road bike rider, bought an e-bike in order to keep up with his wife who would wave at him as she breezed by him going uphill.

We are looking forward to getting out more in the coming months to explore the areas around here.

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Are you riding an E-Bike? Tell us about your experiences with an email to [KPURA@kpu.ca](mailto:KPURA@kpu.ca)



## Getting the Most Out of Cruising

**By Bob Perkins**

I imagine that some of our colleagues have been on several cruises, while others may be at the point of considering whether or not to take their first one. COVID has put a damper on the cruise industry – who among us would be in a hurry to sign up for a trip on a floating petri dish? We shall have to wait and see how long it will be before people feel that it is safe enough to consider cruising again.

My wife and I have been on a number of cruises since I retired from Kwantlen in 2008. The first three were touring the eastern and western Caribbean, mainly to escape the cold and rainy weather on Vancouver Island during the November through February period. Each cruise involved flying to Florida, renting a hotel room for a few hours of sleep, and then boarding the cruise ship the next day. We really enjoyed the different climate/topography/history of each of the islands. One of the highlights for one of the cruises was a transit through the Panama Canal.

The big drawback for each of these cruises was having only several hours to get off the ship, do a bit of touring, and then back on the ship in preparation for departing to get to the next port.

Here are a few pictures from part of one such busy day in Naples, where we took an early morning bus ride from the cruise ship part way up Mount Vesuvius, hiked to near the summit, and then toured Pompeii in the afternoon. Several days in Naples would have been much better, but it was a great day.



*Roman columns*



*Pompeii Mural*

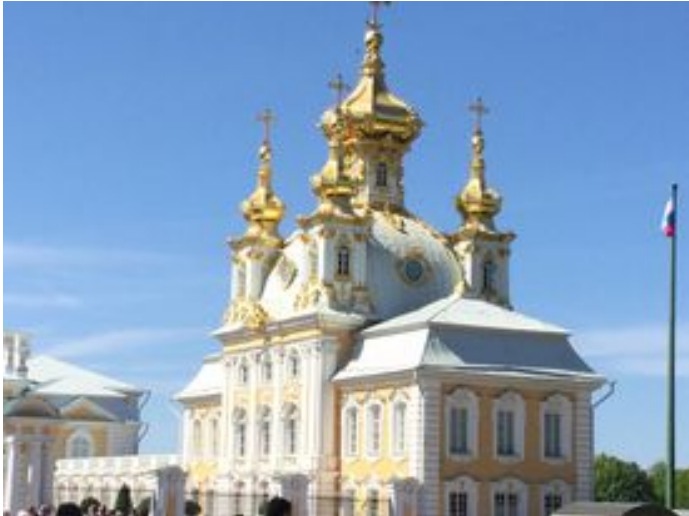


*Treasures of Pompeii*



*Ruins of Pompeii*

We had more time for exploration during another cruise when the ship docked for two days in St Petersburg. This was an interesting experience as passengers were not allowed off the ship unless they had arranged ahead of time to be part of an official tour group; i.e., no wandering around unescorted.



***Building in St. Petersburg***

Here are a few pictures from that stop. We were fortunate to have as our tour guide a woman who had a graduate degree in history. She taught part time at one of the universities, and was a tour guide in between teaching sessions.



***St. Petersburg Hermitage Museum***



***St. Petersburg Palace Fountain***



***Mosaic at the Hermitage Museum***

In order to get more out of our cruises, we decided that in the future it would be better to spend an extended period of time in one place. We set out with the plan to spend a week in one city, either before or after a cruise, and explore the various attractions of the region. We have successfully followed that plan with a week in Sydney, Barcelona, Amsterdam and Rome. I will provide further details and some pictures in a future article.



## Book Review – Sandworm

by Peter Robbins

Sandworm, by Andy Greenberg (Doubleday, 2019) is an account of the birth and development of computer malware, and how the use of such malware is developing into a new low-grade kind of warfare. Computer malware is usually used for criminal purposes and purely financial gain. Data can be stolen, perhaps to obtain banking information or possibly to obtain incriminating information. That kind of data breach can then be used to extort money from the victim with the threat that the information will be made public. A more dangerous kind of attack is one that erases data from hard drives, or encrypts such data until a ransom is paid—usually demanded in a cyber-currency such as Bitcoin, which is difficult to trace. The biggest players in this game target corporations or governments, either as a form of industrial or military espionage, or as an attack that does its damage while concealing the identity of the attacker. The most dangerous kind of attack is one that targets software and hardware that controls electricity power grids, pipelines, or other critical infrastructure.

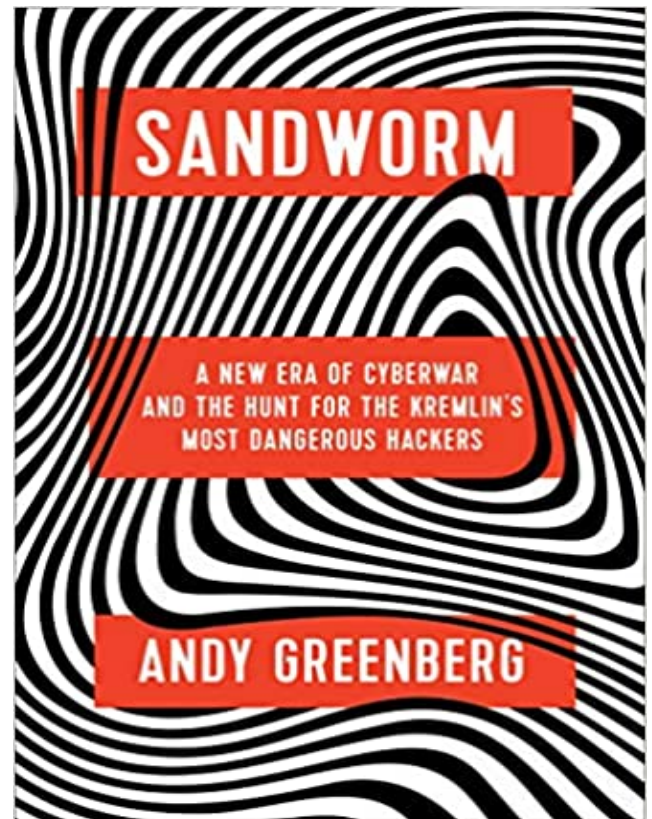
The Americans started it. In 2009-2010, the high-speed gas centrifuges at the Iranian nuclear plant that enriched uranium started failing. These centrifuges were essential if Iran wanted to build their own nuclear bomb, and they were controlled by software made by the German company Siemens. No-one has admitted responsibility for releasing Stuxnet, the name given to the cyber-weapon, but only a government-supported entity would have had the expertise to produce such a complex attack. And the governments most concerned about the Iranian nuclear program would be the Americans and the Israelis... With today's interconnected web, cyber-weapons can easily spread beyond those computers that they are aimed at. While Stuxnet infected around 22,000 computers in Iran, it also turned up in 16,000 computers in other countries. However, none of those computers were involved in running gas centrifuges.

The name "Sandworm" was given to a previously unknown hacker group that was identified around 2014. Private cyber-security investigators noticed that several cyberattacks used files with names that referenced Brian Herbert's science fiction classic Dune; some of these files had been written in Russian. Russian hackers had long been suspected in various ransomware attacks; the hackers even gloried in names such as "Fancy Bear". In 2015, just before Christmas, the Ukrainian power grid was attacked. Power was shut off to 230,000 people for several hours. An analysis of the IP addresses used showed that the attack was launched from Russia. (Russia occupied the Crimea and parts of eastern Ukraine in 2014. That conflict has still not been resolved.) The 2015 attack was followed by the much more serious 2017 attacks on Ukrainian banks, businesses, and government ministries. While the malware masqueraded as ransomware, the messages that were sent demanding money to restore the encrypted files were bogus—the files had already been destroyed.

Once again, there was collateral damage beyond the intended target. The malware, now known as NotPetya, infected computers that controlled almost all of the operations of Maersk, the shipping company that carries about 20% of the world's shipping. If not for a single uninfected hard drive in Ghana (off-line because of a power outage), Maersk would have had to shut down for weeks while they rebuilt their entire system using paper records. As it was, Maersk probably lost about \$300 million as a result of the attack. World-wide, NotPetya probably cost businesses and governments around \$10 billion dollars. The group known as Sandworm is now believed to be Unit 74455 of the Main Directorate of the General Staff of the Armed Forces of the Russian Federation, usually known as the GRU.

So, Sandworm is an exciting read, more like a spy novel than a description of computer systems and software! Andy Greenberg is a senior writer at Wired magazine, and has talked with many of the cyber-security experts who unraveled this story.

Highly recommended.



## Book Review – The Lost, A Search for Six of Six Million.

**By Sandra Carpenter**

I have been inspired by the University of Toronto Senior College book club which is welcoming to any of you who are interested. They recently read *An Odyssey, A Father, A Son, and An Epic* by Daniel Mendelsohn.

I decided to read another book by this author. I checked out the e-book, a memoir - *The Lost, A Search for Six of Six Million*.

I am so ashamed of myself that I ever entertained such a thought such as, "Why didn't they leave? Jews must have seen for a while things were getting worse."

Of course, I am only now coming to comprehend the enormity of the problem for would-be refugee immigrants. Apparently, the world has learned nothing, or the depth of their not caring is so much greater than I understood.

By what means do they travel? How will they get the necessary documents? Where will they go and how? Who will take them in? In *The Lost*, even their relatives, safe in the U.S. or Israel, didn't grasp the immediacy of the danger.

Also, I just heard a talk by Dr. Mambo Masinda who described his wait to get into Canada from Africa. Years were spent in refugee camps. Once here, older and educated, he adopted several young people from Africa to give them a chance in Canada. Then the Canadian government told him he was too old to adopt any more, dooming those refugees to more years in refugee camps.

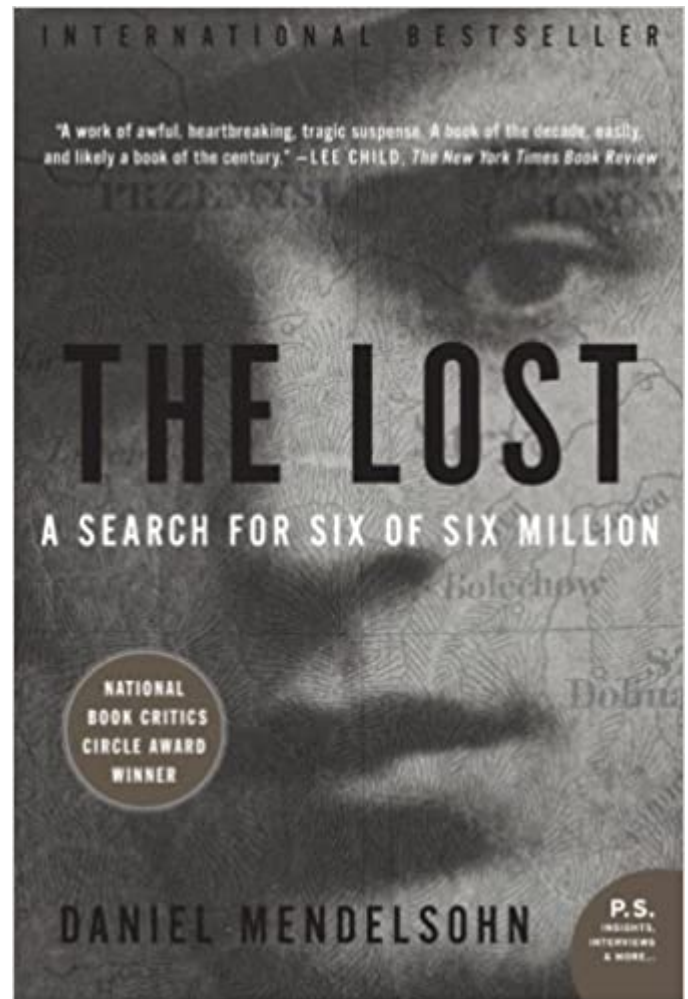
We have just seen how few Canada managed to get out of Afghanistan even when the conditions were immediate and dire. It is out of the news cycle, so probably we are unaware of any continuing actions immigration services may now be taking.

We ought not to turn a blind eye to the foot dragging of immigration services. We need to find out if not enough money is being used to support immigration, whether hiring more employees is necessary. What is the problem? An affluent country such as ours can absorb many more refugees and benefit from their labour. Please consider whether you are capable of doing anything which might improve the situation for immigrants.

You might view Immigration, Refugees and Citizenship Canadian at:

<https://www.canada.ca/en/immigration-refugees-citizenship.html>

**And by the way...** If any retirees are interested in starting a **book club** for our members, let's discuss it. Send an email to: 'Sandra Carpenter' [SurreySandra@gmail.com](mailto:SurreySandra@gmail.com)



## Haiku Poetry

**by Leland Woodson**

The following haiku have been selected for publication in the journal "Better Than Starbucks Poetry and Fiction Journal" for their spring 2022 issue. These are among my all-time favorites...

Coastal raindrops fall  
Plip plop, What's that I see,  
Ah, my Winter Jasmine

Moon, old companion  
Slowly growing larger now  
Night and love are done

Mountain wind whistling,  
new white snow on drooping tress  
Button this old coat



# Links of Interest

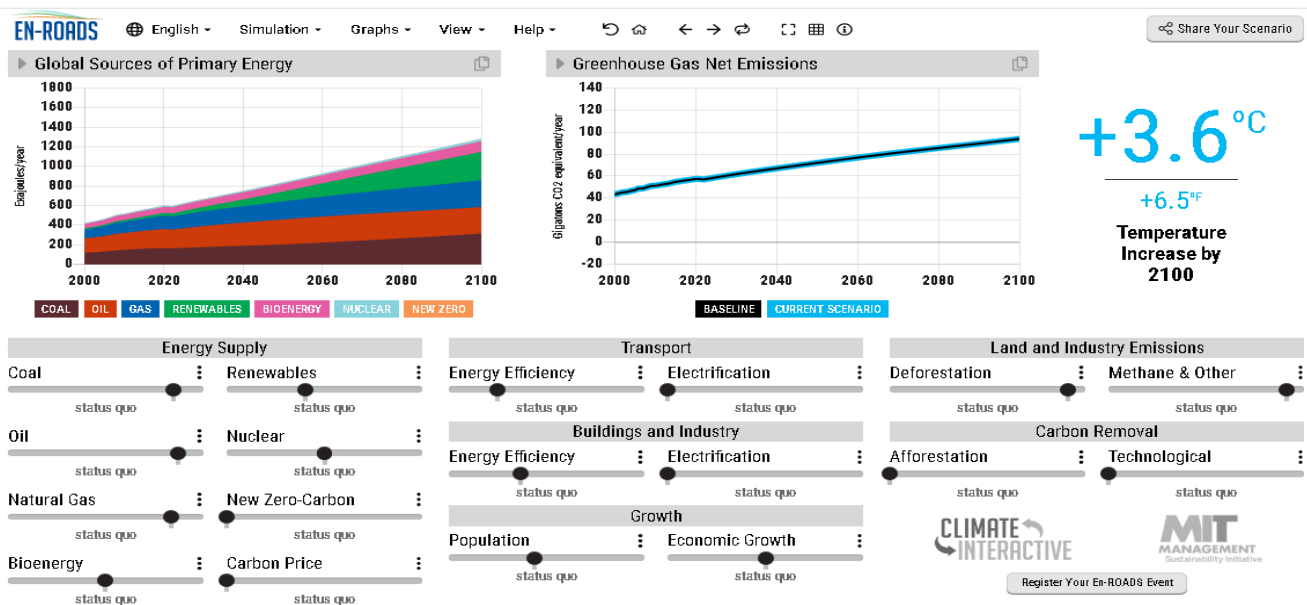
## How Can We Reverse Climate Change?

by Geoff Dean

According to the latest Intergovernmental Panel on Climate Change report, to prevent a truly destructive level of climate change from occurring, there is still time to act, but we've got to act fast. Limiting climate change demands strong and sustained reductions in greenhouse gas emissions from human activities such as burning fossil fuels. In order to keep global warming below 1.5°C, we have to reach a net-zero level of CO<sub>2</sub> emissions by 2050. How can we do this?

You probably have a list of actions that need to be done to get us there – reducing our use of coal and oil, planting more trees, moving to electric cars and buses, etc. – but how can we tell which of these actions are the most effective? Given all the variables involved in affecting the level of CO<sub>2</sub> (and other greenhouse gases) in the atmosphere, and their effects on climate change (which is itself a variable that influences the rate at which CO<sub>2</sub> levels in the atmosphere change), could there be a model that would show us how each action (or combination of actions) could affect climate change?

Well, hurray! there is such a model, **En-ROADS**<sup>1</sup>. En-ROADS was developed by Climate Interactive in 2010, and updated many times since. It incorporates 45,000 equations (really!) linking all the relevant variables, but its top layers are clear and easy to experiment with. As it says on its website, [www.climateinteractive.org](http://www.climateinteractive.org), En-ROADS “simulations and insights help people see connections, play out scenarios, and see what works to address climate change, inequity, and related issues like energy, health, and food.” It's free, and shows immediate results! Find the En-ROADS simulation program online, at: <https://en-roads.climateinteractive.org/scenario.html?v=21.8.0> Here's how it looks there:



This baseline scenario is built on our current situation, which shows that if we take no action, by 2100 we'll see an overall global warming of 3.6°C. Move any one or more of the sliders to see how such actions would change that temperature increase. Can you find some actions that would reduce the level of global warming to 1.5°C or less by 2100?

Beyond just moving the sliders, here are some additional ways to play with this model:

- Click on the name of a slider to learn more about it, and, if you wish, adjust the baseline assumptions for that slider
- Click on the three dots to the right of a slider to get info about the changes you can make to that input.
- Click on the bar above either graph to choose which of the many available graphs you'd like it to show – graphs of input variables are on the right and of outputs on the left.
- Click on the little arrow on the left of that bar to get more info about the current graph.

So – try it out! And think about who you'd like to share this with, and how, to help them make good decisions about the actions our society needs to take to reverse climate change.

## Then the Rains Came

**By Leland Woodson**

At first it was November and the leaves started to fall  
All yellow and gold as they hung in the light  
It was the fall of twenty twenty-one they say  
The forests were going to sleep once again, snow  
Appeared across the Promised Land, here and there  
Not everywhere as of yet, but snow was in the air  
Snow did come and it was heavy too, a foot or more  
Overnight it happened in November, in the fall, the rain  
Rain came, more and more thru the morning light  
Even the wind started to blow and the land gave way  
Mud slides and washouts and flooding everywhere  
November had come with a vengeance to the land  
People knew that November was to be remembered  
The storm weather continued through the night and day  
Storm drains filled and did not stop the deluge of rain  
Everywhere in the mountains and the valley rain came

Morning brought only disbelief as families, had fled  
In the night, the rivers had won the battle and it rained  
The wonderful yellow and gold leaves were gone, swept  
Away during the night and now only brown waters  
Mud, broken branches, entire trees float past the homes  
Even a mobile home floats by as the river rages on  
The bridges are broken, split wide open, gaping breaks  
No traffic, trucks line the remaining sections of highway  
With broken cars, some of which have washed away  
The people cry, but not too much as it is nature's way  
We are reminded of where we live here on the earth  
The cattle ranches the goat farms and the chickens  
Do not know it is November, but they know their pain  
Many have lost the battle, they starve or they drown  
We are the same no matter man, woman, child  
Livestock all suffer thru night and day, we remember.



***2021 November storm, Deception Pass Bridge (WA), truck flips on side, but does not fall. Phew!***



# McMaster

## OPTIMAL AGING PORTAL

### Osteoarthritis; Brain Health; Walking Speed; Social Isolation

by Roger Elmes

Aging brings challenges and joy. Hopefully we can all have more of the joy and fewer of the challenges. Are there things we can do to at least mitigate some of the challenges. I found some help for my gimpy knee in the first of the self-paced short lessons below and found the other three interesting as preventative measures.

One of the purposes of KPURA is to assist us all with the topic of the fourth lesson - social isolation. As you will see all four come from a reliable source – the McMaster University Optimal Aging Portal at: <https://www.mcmasteroptimalaging.org/>

Cheers,  
Great-grandfather Roger

#### ***Osteoarthritis and Exercise***

Discover how to best manage osteoarthritis of the hip and knee to reduce your symptoms and improve your mobility.

[Learn more](#) about a self-management plan that includes therapeutic exercises, physical activity and weight management.

#### ***Promoting Brain Health***

Enhance or extend your physical mobility and social activity in the future by actively promoting brain health and reducing your risk of developing dementia.

[Learn more](#) about how lifestyle choices, blood vessel health and other health conditions and drug side effects can impact your cognition. (30 minutes)

#### ***Walking Speed - Is It a New Vital Sign?***

Like your heart rate, blood pressure, body temperature, and rate of breathing, walking speed may be an important new vital sign.

[Learn more](#) about what walking speed is, how it changes as we age, how to measure it, and what steps you can take to increase it to improve your mobility and overall health. (15 minutes)

#### ***Social Isolation: Are You at Risk?***

The risk factors for social isolation are many and varied. It can have a significant impact on a person's health and well-being.

[Learn more](#) about the risk factors and how optimizing your mobility, expanding your social network, and proactively addressing specific health concerns can reduce your risk. (20 minutes)



**For readers** - a wonderful photo essay on reading " Even in the busiest of places, if you have a good book, you can retreat into solitude. And when you live in a city like New York, a book can be even more than a story at your fingertips. It can also be a respite, an escape, a sanctuary, a diversion and a travel companion."

With photos dating from the 1930s to the 1990s covering indoor and outdoor spaces and children to seniors this is a refreshingly insightful and compelling portrait of that complex human gift of reading.

[https://www.nytimes.com/2021/11/04/books/reading-around-new-york.html?te=1&nl=the-morning&emc=edit\\_nn\\_20211105](https://www.nytimes.com/2021/11/04/books/reading-around-new-york.html?te=1&nl=the-morning&emc=edit_nn_20211105)

## Other Organizations

# TALK

## Third Age Learning at Kwantlen

<https://www.kpu.ca/TALK>

Life-long Learning - TALK provides those over 50 with creative and stimulating educational courses.

### Zoom Webinars

- Fire Season: Changing Depictions of Western Canadian Landscape. Liz Toohey-Wiese. Thursday January 27 at noon.
- Medieval Law. Kari North. Wednesday February 9 at 11 am.
- Medical Emergency Preparedness. Christopher Ross. Friday February 11 at 10 am.
- Executor Duties. Mary Lou Miles. Friday February 25 at 10 am.
- False Memories. Daniel Bernstein. Tuesday March 8 at 11 am.
- Armchair Travel: Ireland & Italy. Rick Chambers & Monika Tusnady. Fridays March 11 and 18 at noon.
- Co-housing. Verla Wallace of Compass Cohousing. Monday March 14 at 10 am
- Architecture. Daryl Massey. Monday March 21 at 1 pm.
- Corporate Crime in Canada. Greg Simmons. Friday March 25 at 2:30 pm.
- Invasive Species. Naomi Higo. Thursday March 31 at 11:30 am.
- Literary Designs. Various authors. Fridays April 1, 8, 22, & 29 at 10 am.
- Chocolate: From Treasure to Treat. Karin Davidson-Taylor. Tuesday April 5 at 11 am.
- Memorializing the Overdose Crisis. Aaron Goodman. Tuesday April 12 at 10:30 am.
- How to Choose a Charity. Ryan Garnett. Wednesday April 20 at 10 am.
- Accidental Discoveries in Science. Laura Flinn. Wednesday May 4 at 11 am.
- Bird Watching in Terra Nova. Hugh Griffith. Guided walk in Terra Nova Park. Monday May 9 at 10 am.

### On-campus Courses

- Honey Bees as a Hobby. Dave Doroghy. Wednesday February 2 at 10 am at Richmond campus.
- Disrupt Ageism. Dan Levitt. Tuesday February 15 at 2 pm at Richmond (with an option for people to attend virtually).
- Scout-Film-Wrap. Seán Hernández Cummings. Wednesday February 16 at 10 am at Richmond campus.
- Legacies of Apartheid. Steve September. Tuesday February 22 at 10 am at Surrey campus.
- Dharamsala: A Photo Journey. Ross Pink. Friday March 4 at 10 am at Surrey campus.
- Understanding Cryptocurrencies. Dustin White. Wednesday March 9 at 10 am at Surrey campus.
- Eternal Witness. Jim Adams. Wednesday March 16 at 2 pm at Surrey campus.
- Drought-tolerant Gardening. Janis Matson. Tuesday April 26 at 10 am at Langley campus.

TALK loves Kwantlen faculty as presenters. That includes YOU. Come share a topic you love with students eager to be there! You still have time to volunteer to do a course for spring, 2022 and beyond! Contact Sandra Carpenter, for more information at: [SurreySandra@gmail.com](mailto:SurreySandra@gmail.com)

Third Age Learning at Kwantlen is a kind of continuing education program for seniors in our community. TALK's fall courses conclude December 1, but you may still have time to sign up to attend the free Philosophers' Corner on December 2 on the topic of "Is filial piety still relevant?" These discussions include a ten-minute presentation of a topic and then participants weigh in. Be sure to check out TALK's brochure to see the variety of topics we range over. TALK is keen to have YOU step forward to present your favourite topic to its members. For spring, 2022, TALK will offer a combination of online and in-person classes. So whether you like face to face or prefer Zoom, TALK will be happy to arrange a course with you.

Spring 2022 TALK sessions will be open for registration starting in early January. Here is a list of what is coming up:





**BC FORUM**

***(BC Federation of Retired Union Members)***

If, before you retired, you were a member of the KFA or the BCGEU, you may want to become a member of BC FORUM. The FORUM represents thousands of retired and active workers from unions affiliated to the BC Federation of Labour. BC FORUM is a registered non-profit society for union members age 50 and up, and is dedicated to representing the well-being of members, their families and their spouses. See <https://www.bcforum.ca> for more info.

In addition to organizing community forums and rallies on issues that matter to our members, the FORUM also produces The Advocate, a quarterly newsletter that helps members stay informed on current issues and initiatives.

Annual dues for membership are \$20 (three year memberships are available for \$49); your union may pay your first year membership dues.

As a member of the BC FORUM, you will automatically be covered by our \$2,500 Group Accident Death & Dismemberment (AD&D) Insurance Plan. Spousal coverage is also available at an additional \$5/year. For details of other insurance coverages available through FORUM, see [www.bcforum.ca/Resources/WE\\_CAUSBenefits2020a.pdf](http://www.bcforum.ca/Resources/WE_CAUSBenefits2020a.pdf)



**College and University Retiree Associations of Canada**

**Associations de retraités des universités et collèges du Canada**

CURAC is a completely volunteer organization and the prioritization of the projects/programs proposed requires a Strategic Plan to focus the Board's planning, funding, and volunteer effort. Doing a critical review of the organization and its programs is a key part of strategic planning; something difficult to do from within. At its June meeting, the CURAC Board decided to hire a professional planning consultant to guide the development of CURAC's first strategic plan.

Input from the leaders of CURAC's member organizations is critical to development of the plan. The first of their annual roundtable session with the Presidents of all our member institutions soliciting ideas about CURAC's role was held in June, 2021. The responses were certainly wide ranging.

Therefore, the CURAC Board undertook a strategic planning exercise this summer and are now working to develop some immediate initiatives. That professionally led process included input from a smaller group representing the membership. This is work in progress and the membership will be engaged this coming spring.

CURAC's next AGM is tentatively planned for mid-May, 2022. However, another President's roundtable, via Zoom, is will be arranged in the spring.

Kent Percival  
CURAC Board President



## AROHE Virtual Conference, October 12-14, 2021 (Association of Retiree Organizations in Higher Education)

AROHE champions transformative practices to support all stages of faculty and staff retirement, the mutually beneficial engagement of retirees with one another, and with their institution, and their continuing contributions to campus and community life. AROHE has over 75 member organizations in the US and Canada.

Roger Elmes represented KPURA in a presentation about Missions and Strategic Planning, and Sooz Klinkhamer was a member of the pre-conference Communications Committee. Several KPURA members attended this conference. Here are some of the highlights from this very interesting three-day virtual event.

The 2021 virtual conference was intended to focus on the post-pandemic future of our retirement organizations, highlighting the innovative ways we sustain social and intellectual engagement as well as offer service to our local and global communities.

### ***Planning for a New Retirement Association – and beyond: Strategic Issues***

Roger Elmes' presentation highlighted what we have been doing at KPURA. He outlines who we are and our history over the past 40 plus years along with how we started with an analysis of other Retirees' Associations in 2016, a lunch in 2017, and have become a legal entity with an administratively acknowledged connection to Kwantlen Polytechnic University. He looked at the Strategic Issues that we have considered and are still working on, including the Who, What, Where, When, Why, and How of creating and keeping our organization vibrant.

The PowerPoint from this presentation can be found here: <https://www.kpu.ca/sites/default/files/retirees/KPURA-AROHE%20Virtual-PlanningaNewRA%E2%80%9393StrategicIssues.pdf>

Two keynote speakers helped us understand just how pervasive 'ageism' has become in our daily lives. Elsewhere in this edition of our newsletter, Carol Barnett has summarized the key points of these two keynote speakers.

### ***Redefining Aging, Transforming Medicine, Reimagining Life***

For decades, "old" has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet, at the very moment humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, disparaged, neglected, and denied. This presentation challenges not only the way we look at aging but also the way we think and feel about medicine and what it means to be a human being across the lifespan.

Speaker: Louise Aronson, MD, MFA, Geriatrician and Professor of Medicine, UC San Francisco (UCSF)

Moderator: Stacey Gordon, New York University

### ***Returning to Normal Isn't an Option:***

#### ***The Opportunity to Create a New, Stronger, and More Inclusive Future Is Now***

The pandemic, for better or for worse (or both), has drastically changed our societies, our communities, and—in many ways—us. Some "new normal" will emerge, in which novel systems and assumptions will replace many others long taken for granted. However, fate will not create this new normal; intentionality and choices will. We cannot afford to go back to normal because normal wasn't working to begin with, and we can't build back better because back was never good. Our goal has to be to create something new. Something better. Something that is more inclusive. This session will highlight four areas that warrant our collective attention as we reimagine, reinvest, reprioritize, and restructure our communities to create an entirely new future that embodies our resilience and interconnectivity.

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

Moderators: Evelyn Ploumis-Devick, American University, and Beryle Baker, Georgia State University-Perimeter College



## ***The Age-Friendly University Global Network: Advancing Inclusivity in Higher Education***

In this session, two members of the Dublin-based Age-Friendly University Global Network (AFUGN) introduced the history of the concept, reviewed the network's core principles, and considered how membership in the network can help higher education institutions integrate older persons more fully into their missions while enriching the lives of the older persons. The presenters also discussed how retirement organizations can support the win-win work of the AFUGN at their home institutions. Christine O'Kelly, from Dublin City University; and Peter Glavic, University of Maribor, Slovenia, presented; with Roger Baldwin, from Michigan State University moderating.

This plenary session was one of the highlights of the conference. It was inspiring to hear of the 'workability' of campuses, in terms of being age friendly, as opposed to creating barriers - physical, mental, attitudinal. The perspective to link events to other organization such as seniors' groups, indigenous groups, cities of Surrey, Richmond, Vancouver, CARP, and other universities for research projects to create 'longevity dividends'.

These concepts support the statements below:

### ***"No to Ageism"***

The pandemic has helped to bring "ageism" into focus. How has it been manifested in our institutions of higher education? How have our retirement organizations (ROs) helped to address the issue? How might we and our ROs work to alter attitudes towards ageing (and retirement) in the future—in our immediate worlds and/or beyond?

### ***"Yes to Ageing"***

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 Retirees Organizations (RO) 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?

Please feel free to weigh in on these ideas with your own. We are always listening at: [KPURA@kpu.ca](mailto:KPURA@kpu.ca)

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# How Can We Redefine Aging?

by Carol Barnett

Recently I listened to two Keynote Addresses presented at the [2021 AROHE Virtual Conference](#) (Association of Retired Organizations in Higher Education). The presentations were thought provoking and timely. Dr. Jean Accius explored opportunities to improve circumstances for seniors that will be available when the COVID 19 pandemic has ebbed.

However, he also cautioned that before we can improve our collective futures, we must take a firm look at how things were pre-pandemic. Quality of elder care has been uneven for decades because of socioeconomic disparity, racism, poor management, and shortage of reliable staff, as well as a senior's proximity to social and medical services. 'Stay in place' or home care has been suggested as a solution to accommodate the boomer tsunami moving steadily toward elder care needs.

Dr. Accius pointed out that independence is very important as we age, but inevitably we will become more interdependent. This increasing interdependence must be acknowledged and respected by ourselves, our care supporters, and government agencies that support elder care. To overcome the many systemic challenges exposed by the COVID crisis, society must accept that solutions will be very complex and will take a long progression of change.

Dr. Louise Aronson, a medical doctor specializing in geriatrics, spoke about aging and ageism. She described many ways that seniors are not receiving their full due in the medical world. Chief among them is the fact that medical research and training often groups everyone over 65 into a common demographic. This is harmful, as each decade of life has a unique set of health challenges. Medical studies must be broken down to tighter age sub-groups.

Other issues exist that are detrimental to the well-being of older adults. For example, product advertisers targeted to seniors use younger models and very fit men. The subliminal suggestion to the viewer is that seniors suffering from frailty or disease are just not trying hard enough to keep up to an acceptable societal standard. Discrimination and stereotypes about seniors are often held by government decision makers and responsive programming is often inappropriate for older adults.

On the positive side, geriatric science has improved the health span and quality of life for both men and women. Age related diseases have been slowed, nutrition improved, and the importance of daily exercise verified. There has been and will continue to be improvement in medical technologies. Hearing and sight aids, monitoring devices, mobility options, home safety devices, and equipment that enables lifting and moving older persons possible are some of the things that improve quality of life and potentially life span.

Finally, both speakers emphasized that we must realistically evaluate our own situations and make proactive decisions. The changes and rate of progression toward frailty will vary with each person. Managing and making changes in a timely fashion, will prolong independent living and our quality of life.

*Louise Aronson, MD, MFA, Geriatrician and Professor of Medicine, UC San Francisco (UCSF)* Redefining Aging, Transforming Medicine, Reimagining Life

*Dr. Jean Accius, Senior Vice President, Global Thought Leadership, AARP* Returning to Normal Isn't an Option: The Opportunity to Create a New, Stronger, and More Inclusive Future Is Now

What are you doing in your life? Let us know with an email to: [kpura@kpu.ca](mailto:kpura@kpu.ca)



## Membership Update

### Geoff Dean – Membership Coordinator

Currently, it is difficult to know when a KPU employee is retiring. We are trying to get in touch with those who have and to reach out to those who are about to.

We have connected with Human Resources and they will give us a couple of lines in their letter to those who are retiring.

We ask everyone that if you know a Kwantlen retiree that you pass on our email and ask them to get in touch. KPURA@kpu.ca.

Membership is worth it and if they are not sure who have a Friends list that receive our newsletter regardless.

## Benefits of 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.

<https://www.kpu.ca/retirees>

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## Newsletter Information

Thank you for reading Newsletter #14 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)

### **We welcome you to 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? Wine making? Photography? Any other 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) or by mail to: **KPURA**, 12666 – 72<sup>nd</sup> Avenue, Surrey, BC, V3W 2M8

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### ***In Memoriam***

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

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