



## Brewery Tour

## Board of Directors Report

Our 2022 AGM is now complete and we have moved into our next action agenda. We invite you to become more involved in your organization. We want to serve our members and are always looking for new people to work with the Board.

If you have enjoyed some of the events Sooz Klinkhamer has planned then you might also enjoy assisting her as a member on the Events Committee to imagine new ways we can connect and bring them to fruition. Or maybe you enjoy contacting old colleagues and could help Geoff Dean with membership recruitment.

If you don't mind writing short pieces for the newsletter, Alice Macpherson puts together our KPURA News three times a year you will be welcomed.

You can participate without taking on the responsibilities of a full board member. Get 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 get involved.

We are (re) launching our Facebook page so join us at:  
<https://www.facebook.com/groups/KPURA>

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

The KPURA board currently has nine members and lots of room for interested volunteers.

### Your 2022-23 Board of Directors:

Chair – **Geoff Dean**,  
Vice-Chair – **Yale Shap**  
Secretary – **Alice Macpherson**,  
Treasurer – **Roger Elmes**,  
Members at Large –  
Events – **Sooz Klinkhamer**,  
Liaison – **Sandra Carpenter**,  
**Bob Perkins**,  
**Terri Van Steinburg**,  
**Carol Barnett**

# KPURA News

Volume 6  
Issue 1  
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2022

## Keeping Connected

### Special Event Report

**Can KPU become an Age  
Friendly University?**

Page 2

Upcoming Events and Reports



**Chinatown walk and History  
Talk – August 18**  
**Jim Adams "Eternal  
Witness" September**  
**Reports from**  
**Brewery Tour**  
**KPU Day, 2022**

Pages 3, 4, 5

## Special KPURA Initiative

*This particular event has prompted the KPURA Board of Directors to explore what it would take for KPU to become designated as an Age Friendly University.  
More information coming soon.*

### How to Develop an Age Friendly University

*This presentation was interesting, informative and well thought out.*



#### By Christine O'Kelly

Christine O'Kelly is the Coordinator of the Age-Friendly University Global Network led by Dublin City University. Under her leadership, the network has expanded from 3 to 88 members globally. Christine has an extensive background in working with a range of agencies and networks engaged in enhancing the well-being of older adults. She was the former CEO of Ireland's Older Women's Network, a global network with a focus on gender and ageing.

She works closely with Ireland's

National Positive Ageing Strategy Group and Age-Friendly Ireland. Christine is a member of the AGE Platform and the Covenant on Demographic Change in Europe and is a passionate advocate for older people and challenging ageism.

Christine was educated at the National College of Ireland, Trinity College and DCU and is in the final stage of completing a Doctorate in Education with a focus on Leadership.

She lives in Dublin with her husband Bob, has five grown children ranging in age from 40 to 23, two grandchildren and two cats.

**The Age Friendly University:** KPURA has included, in their strategic goals for 2022/23, 'to explore with KPU the potential of the university becoming an Age Friendly University (AFU) by adopting the AFU principles and becoming a member of the AFU Global Network'. AFU is also part of the larger World Health Organization (WHO) initiative on Age Friendly Communities.

Currently there are 8 Canadian University members: 1 in Quebec, 1 in Manitoba, 5 in Ontario, and 1 in Alberta. There are none in British Columbia at present.

In 2017, McMaster was the 2<sup>nd</sup> Canadian university to become a member of the Age Friendly University international network started by Dublin City University. The network's ten main principles are in the Executive Summary of the McMaster University report at:

[https://www.mcmaster.ca/ua/alumni/alumnivoices/AFU\\_Report\\_FINAL.pdf](https://www.mcmaster.ca/ua/alumni/alumnivoices/AFU_Report_FINAL.pdf)

We encourage you to visit this link and to also read about The Vancouver Protocol:

[https://extranet.who.int/agefriendlyworld/wp-content/uploads/2014/07/AFC\\_Vancouver-protocol.pdf](https://extranet.who.int/agefriendlyworld/wp-content/uploads/2014/07/AFC_Vancouver-protocol.pdf)

This research protocol was used by collaborating cities in conducting the focus group research in 33 cities in all world regions that led to the WHO Global Age-Friendly Cities Guide in 2007. It is called the Vancouver Protocol in recognition of the generous support of the Government of British Columbia in hosting the meeting of project partners to prepare the protocol. After this talk there will be time for questions and commentary.

**The PowerPoint slides and transcript are available here:**

<https://www.kpu.ca/sites/default/files/retirees/KPURA%20Age%20Friendly%20University%20Presentation%20220413.pdf>



## KPURA Upcoming Events

### Chinatown Walk and History Talk – August 18, 2022

#### *Get your walking shoes on*

Location – **Vancouver Chinatown**

Our NEXT in-person event is scheduled for THURSDAY 18 AUGUST, 2022

10 am to 12 noon, (and then perhaps a group lunch in a local eatery?!)

The history of Chinatown is the history of racism – how the colonial government ensured that they got cheap labour when they wanted it, how the white settler population kept that labour where they and those in power wanted them, and how these people could get rid of that labour when they were done with it. And then later, Chinatown became exotic, a place to explore, including after hours. At the same time, the Chinese residents were getting older and their young were leaving it in droves.



Like Chinatowns around the world, the question remains - what to do about Chinatown? It's historic, but what, really, are we trying to preserve? And then there's a gorgeous public garden there, but so close to the Downtown East Side that the issues within that neighbourhood are spilling over into Chinatown. We'll address all these issues and more during our walk and talk! See you there!

Our tour guide for this event is **MAURICE GUIBORD**. 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. His museum experience in the curatorial and programming areas in Calgary's Glenbow Museum and the Burnaby Village Museum matches his involvement in heritage, cultural and museum organizations in Alberta and B.C. He is also a founding director of the Heritage Vancouver Society, and is a historical chronicler with Radio-Canada. He holds a Masters in History from Simon Fraser University, and is a sessional instructor in history at SFU. Originally from Ottawa, he has been a resident of the Lower Mainland since 1990.

Please register by sending a message with subject **Chinatown Walk** to [kpura@kpu.ca](mailto:kpura@kpu.ca) Everyone is welcome to attend.

Remember, you are welcome to wear a mask if you feel more comfortable.

Cost: \$15 for KPURA members, \$20 for non-members. Funds will be collected at the event.

## KPURA Facebook Page

Hi everyone in KPURA - members, associates, and friends!

Following a recent KPURA board meeting, and given feedback from some members, we have recently decided to revitalize our Facebook page. It is our intention to post announcements and share stories of our past events, both virtual and in-person. It's an easy way to stay in touch with fellow retirees and to be informed of past and future events. Give it a try!!! '

Follow us at <https://www.facebook.com/groups/KPURA> and give us a 'like' to boot!!

## KPURA Upcoming Events

### Jim Adams' Eternal Witness Online Gallery – date September

James Adams' paintings deal with history in "live time". His subjects make a statement as they face the viewer to tell their point of view. They are composed with a layered story explained through complex and intriguing details. Jim will present slides of his paintings, and explain the inspiration for each one. This will increase our understanding of the artist's details of each work.

Jim is an eloquent speaker and a great storyteller with a deep background knowledge of history, mythology and the human situation, which he incorporates into his works. If you have never considered yourself as having an understanding of art and how the artist thinks, you can expect to be pleasantly surprised at what you will learn. Expect to look at art with new understanding after taking in this presentation.

Jim Adams has a Masters of Fine Arts from Pennsylvania University. He taught and studied art in many places in the US prior to making White Rock his home 30 years ago. He taught Fine Arts at Kwantlen for many years until his retirement.

In fall 2021, Jim had a successful exhibition at the Vancouver Art Gallery called "Dislocations & Echoes". His work has also been exhibited at the Reach Gallery in Abbotsford and the Surrey Art Gallery.



***Stay tuned for an exact date!***





## Event Reports

### Barnside Brewery Tour, May 17<sup>th</sup>, 2022

Location – **Barnside Brewing Co.**, <https://barnsidebrewing.ca/>

6655 60th Ave, Delta BC on May 17 (Tuesday) at 1:00pm

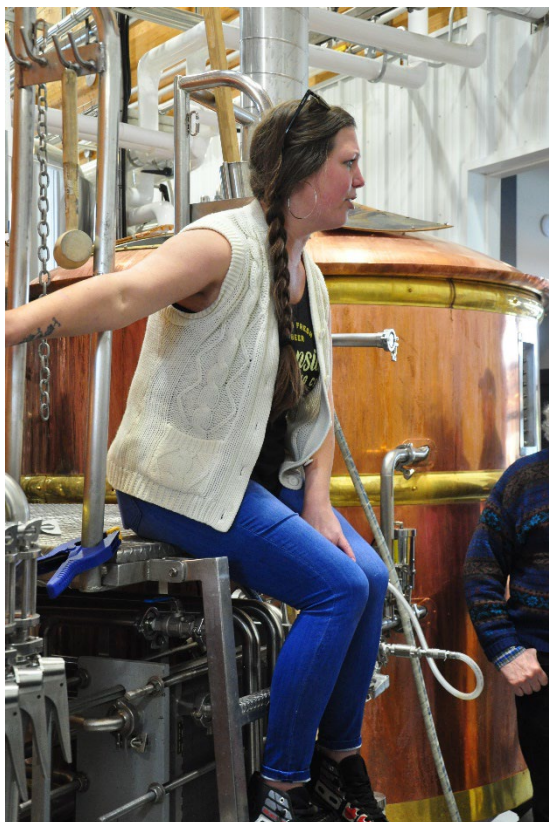
A lively group gathered to enjoy each other's company, good food, and a tour of both the adjacent farm (hop fields) and the brewery workings. (see group picture on the front page.)

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

We had a reserved outdoor space beside the main brewery, their 'back yard' as it were. Those in attendance enjoyed drinks (many types of beer and cider) and tasty food selections of grilled sandwiches and soups. Besides beer, they also offer kombucha and pop as non-alcoholic options.

With lots of socializing and laughter we had a terrific lunch.

After lunch, we were invited to 'cross the road' and hear about the local farm growing hops for the brewery. We are invited back later in the summer to see the 'growth' of the hops onto the support structures already in place. Now would be a great time to check it out if you are in the neighbourhood.



Then we had the opportunity to enjoy a complimentary brewery tour.

This is a bustling enterprise, and other than the necessity to 'holler' over the drone of the canning equipment, it was a very thorough and fascinating tour.



We are considering making this an annual event!

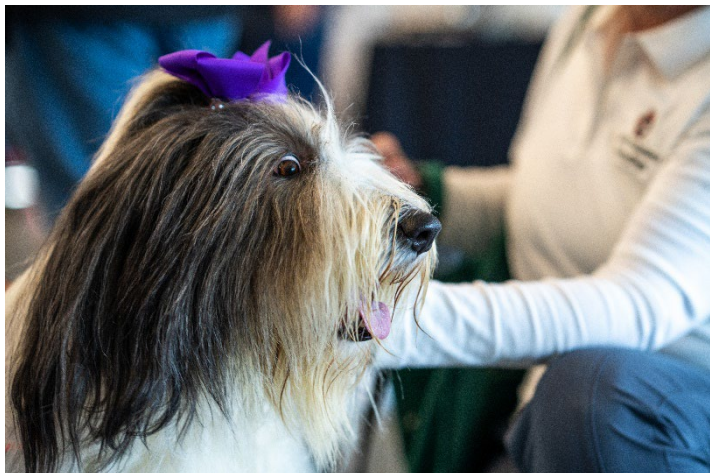
Please plan to join us next time!



## K9s and Kats of KPURA

### Bring out your Companion Animals! Past and Present

Just because our pets can be so cute, we are making a space for you to share pictures.



**Gloria**

We first met Gloria at KPU Day 2022 at the Cloverdale campus with her human, Gail (Nursing faculty). She spends part of her time as a service dog with St John ambulance and is an amazingly calm girl. – Gail Hills



**Bruce – puppy to adult**

Who could resist that face? Bruce is grand dog to Sooz and Richard



**Lucas**

What a stunner! Almost everyone opens the conversation with, “Is he a wolf?” The answer is that he is a low-content wolf dog who really did get the ‘look’. – Alice and Doug



Perhaps it is inevitable on the west coast of Canada that there is at least one pet slug! Meet Bob! His adventures are documented for friends and family by Richard and Sooz and now he is immortalized in our newsletter.

Send pictures of your pets to [KPURA@kpu.ca](mailto:KPURA@kpu.ca) with Subject: **K9s of KPURA**



# Out and About – What are Retirees Doing?

## KPU Distinguished Service Award (Faculty)

### Alice Macpherson

On Friday 06 May, during KPU Days, Dean Aimee Begalka awarded Alice Macpherson a Distinguished Services Award (Faculty) from KPU. Then, on June 21 at Convocation the ceremony was repeated by Provost Diane Purvey. In both cases the award was presented by KPU President Dr Alan Davis:

Remarks: “For over 40 years, Dr. Macpherson’s career has been focused on education – both teaching students and teaching teachers of students. In 1993 she began as a faculty member in Trades eventually moving into the Centre for Academic Growth and then to the Learning Centre as a Learning Strategist.



Her vision as a faculty member, instructor and facilitator is to support and encourage learning that is personally transforming and that has a positive and valued impact on the individual. She constantly adapts methods to do this through facilitative direct contact, distance connections, and by encouraging collaborative learning whenever it fits the learner needs.

Dr. Macpherson developed and implemented a Teaching for Learning program with a specific focus towards supporting new faculty colleagues entering the teaching profession and on grounding their future teaching in good, evidence based practices that support student learning. The 70-hour curriculum includes the Instructional Skills Workshop, Portfolio Development, Managing Classrooms, Cooperative Learning,

Formative and Summative Assessments, as well as working with Educational Technology, Learning Management Systems, and a variety of academic resources.

In the Learning Centre, she was the lead in developing a three-level curriculum for Peer Tutors that included 25 hours of training and development at each level. Further, she led the organization and accreditation of this curriculum through the Society for Teaching and Learning in Higher Education, and has been a member of the training team that held 15 training sessions sharing this material at universities and colleges across Canada.

Dr. Macpherson’s skills and expertise has benefitted a great number of faculty and staff at KPU. People who participated in her workshops say their teaching practices benefitted significantly. Others say that working with her has helped them in their own growth and development. Dr. Macpherson is known to be an excellent communicator and an empathetic listener who works hard to understand the other person. Her colleagues emphatically agree that they’ve all been greatly enriched by Dr. Macpherson, and in this way, she deserves to be acknowledged with the Distinguished Service Award from KPU.”



## KPURA Board gives a Swiss Army Knife Award

While we acknowledge and applaud Alice for her many ongoing contributions to KPU, we also wanted to acknowledge and applaud her many contributions to KPURA, our retiree's organization – so at our recent KPURA event at BARNSIDE Brewing Company on May 17, we presented her with a second award – the Swiss Army Knife Award.

Amidst the assembled group, Sooz Klinkhamer presented the certificate shown here, and thanked Alice for her many contributions.

Additionally, Sandra Carpenter made these remarks:

"It is an incredible pleasure for me to be able to honor Alice Macpherson, retiree extraordinaire! How many times in my confusion did I know exactly who could help me figure things out. A quick email and Alice had my answer.

Alice has been the backbone of the Kwantlen Polytechnic University Retirees Association.

Without Alice, without communications, the Retirees might well not be the growing, thriving organization it is today. It might be invisible if it continued to exist to all!

Her plaque highlights: secretary, zoom-master, web-keeper, communication chief, and newsletter creator. As we all know, he who writes the minutes dictates the path of the organization. Most of us are too preoccupied to look at them, not to mention dispute them. If we did, we might find ourselves suddenly inheriting the secretarial duties! Oh no, not that!

Now for the "Etc." which you may have failed to take into account at the bottom of the plaque. One of her little known services is that she has been our mole inside Kwantlen. For some of us, the machinations of the institution were always a mystery. How much more so after retirement when we didn't get the water cooler explanations. Alice always understood stuff better than I did. Her inside knowledge may be the only way retirees have any link to the evolving institution!

Join me in prayer that we can count on Alice for many more years to come. If she gets tired of us, we would need at least four more members on the board to take up all the responsibilities Alice has performed for us."

So, let us simply reiterate: Alice – we see you, we acknowledge all you do for KPURA, we appreciate you!

Sooz Klinkhamer

Appreciative events coordinator (always with assistance by Alice)



## KPU Day 2022

For the first time in three years, there was an all day KPU event.

The intrepid three – Yale Shap, Sooz Klinkhamer, and Alice Macpherson arrived early on May 6 at the Cloverdale Campus – KPU Tech to represent KPURA. We were given a table and a sign and spent a lovely morning and lunch schmoozing and talking to old friends and new ones as well.

The event was well attended by KPU employees with many activities for those so inclined. We gathered a few more names and emails of 'Friends' who are not retired yet, but thinking about it.





## Community Affairs

While she has not quite retired yet, she is a KPURA associate member and is very active in Community.

KPU has recently honoured **Balbir Gurm** (Nursing faculty)

### **NEVR, founded by Balbir Gurm, wins Inaugural KPU Community Impact Award**

The inaugural recipient of Kwantlen Polytechnic University's community impact award is the Network to Eliminate Violence in Relationships (NEVR), Dr. Balbir Gurm. This award is given to an organization that has a positive impact on the community supporting KPU's vision of transforming lives and empowering positive change.

NEVR's goal is to create a community where relationship violence (RV) is not accepted or tolerated, and it campaigns to work toward the goal of eliminating violence in relationships in the community. RV is defined as physical, sexual, emotional, spiritual and financial violence. It can occur at any age and space across the gender spectrum. The effects are felt across and on all members of a family and community. NEVR is composed of over 200 members from the fields of community services, education, law enforcement and government.

Balbir Gurm founded NEVR in 2011 and continues to facilitate it. NEVR members, all volunteers have raised awareness, hosted conferences, created toolkits, published a book and continue to work toward NEVR's vision of ending violence.

"You don't hear much about the global pandemic of relationship violence, and it kills so many people," says Balbir Gurm. "If we don't do prevention we will never have resources to deal with the challenge." Since prevention is the key and a public space where prevention can be implemented is schools, Balbir Gurm is thinking of running for Surrey School Trustee. She has worked on health equity issues since early 1990's when she started teaching at KPU. She knows that RV is correlated with many social and health issues and prevention can improve communities save \$billions."



Contact Information for Balbir Gurm: [balbir.gurm@kpu.ca](mailto:balbir.gurm@kpu.ca), [bgurm@telus.net](mailto:bgurm@telus.net)



# KPU Retirees Travel – Home and Abroad

## Back to Cruising – Alaska!

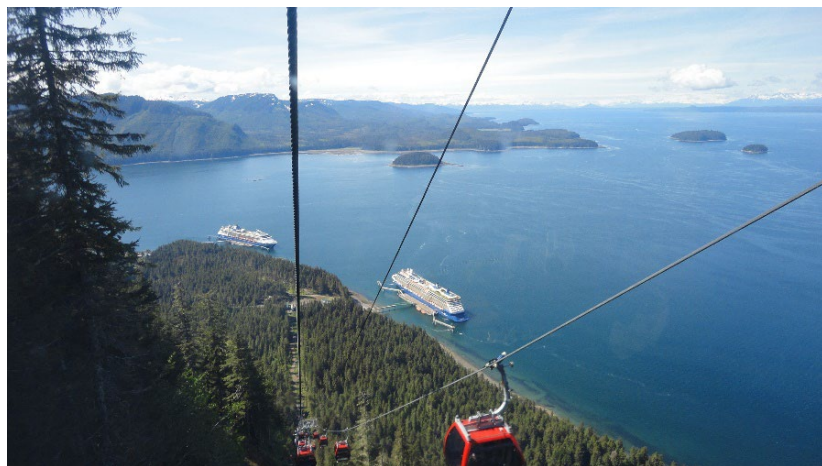
**By Tally and John Wade**

Following a two year hiatus due to COVID-19, the cruise industry has returned to the Port of Vancouver. This meant that our 2020 trip to Alaska was finally going to happen, and we were both excited and nervous at the prospect of boarding a cruise ship at Canada Place on June 5th. Now, prior to that happening, we had to complete some hurdles such as checking in, registering our vaccine cards and finally, the dreaded rapid antigen testing to ensure that we could actually board. The four of us huddled around our kitchen island, as we did the supervised video COVID testing. Thankfully, we all passed, printed our paperwork and prepared to travel!

On the morning of our departure, a kind neighbour loaded all of us and our luggage into their vehicle and dropped us off at the South Surrey Park and Ride. From there, we boarded the 351 bus to Bridgeport Station, and then the SkyTrain to Waterfront. The beauty of living in the Greater Vancouver area means that departing from the Port of Vancouver is much simpler and we avoid the airport lineups and transfers. Our friends arrived from Colorado a couple of days early, making the trip that much easier.

Kudos to the Port of Vancouver and their staff for making the check-in and transition through U.S. Customs a breeze. That is no small feat, considering there were four cruise ships in berth that day. Before we knew it, we were boarding the Celebrity Eclipse to the applause of the staff and ready to begin our journey.

There is so much to do on a cruise ship and you can be as active or as sedentary as you wish. There are places to eat and drink everywhere on the ship, including decadent specialty dining, which we enthusiastically took advantage of. Entertainment is high-calibre with something for everyone. With the first day and a half at sea, there was lots of time to explore and relax.



Our first stop was Icy Strait Point and Hoonah, Alaska. Icy Strait Point is home to the world's largest zip-line: 5,330 feet long, 1,300 foot vertical drop, 60 mph maximum speed, 300 feet highest point from ground, 1.5 minute ride time. John and I decided that we needed to experience this!

We rode to the top of Park City Mountain on a newly installed gondola, enjoying the views of the area before walking down the steep slope to the launching area. Once we were strapped into our harnesses (six lines across), we took off, and ninety seconds later it was over. What a thrill! I wanted to do it again! Luckily, I videoed

the trip, so now we get to relive it over and over again. A day pass to the gondola was included with the zip ride, so we took advantage of that and rode up and down several more times.

Once our friends returned from their whale-watching adventure, we did the short walk into Hoonah to check it out. Hoonah is a small village with a population of 931 (2020), and part of the Southeast Alaska archipelago where the Tlingit people have lived in for many thousands of years. The original fish cannery ceased operations in the 1950s and Cannery Road was paved in 2000 converting the site into a tourism destination for cruise ship passengers. From May to September, cruise ships anchor off Icy Strait Point, and visits from ship passengers enhance Hoonah's warm-weather economy.



The former Hoonah Air Force Station, once a White Alice Communications System facility during the Cold War, (closed in the mid-1970s), is now the start point of a zip-line, and ends at the cannery site. The closing of the logging industry in southeast Alaska in the early 1990's hurt the town economically, but limited logging, tourism and fishing have helped to replace the void. Hunters, hikers, campers, boaters and fishers all visit Hoonah as tourists throughout the year, with its mild, west coast weather.



Our ship moved on, and our next stop was the **Hubbard Glacier** (picture to left), named for Gardiner Greene Hubbard, an American lawyer, financier, and community leader. As a matter of interest, we learned that Hubbard was a founder and first president of the National Geographic Society; a founder and the first president of the Bell Telephone Company which later evolved into AT&T; a founder of the journal Science, and an advocate of oral speech education for the deaf. One of his daughters, Mabel Gardiner Hubbard, married Alexander Graham Bell. Celebrity's on-board naturalist, Milos gave us a host of interesting facts while we cruised through the icefields towards the glacier with its 400 foot ice face over the ocean.

Some passengers disembarked to excursions that took them up close and personal with the glacier, but we were content with viewing it from the ship, while our captain gave us a 360 degree view of the landscape, much to the chagrin of the QE2 cruise ship that had entered the area behind us.

The day was warm and sunny as we enjoyed the vistas of Hubbard and Valerie Glaciers, Disenchantment Bay, and the Fairweather Mountain range. Many of these areas are named for the typical foggy weather that shrouds the area. We had nothing but sunshine, and proceeded in getting our "Alaskan burn".

We sailed on to **Juneau**, Alaska which is located in the Gastineau Channel and the Alaskan panhandle. Named for Quebec gold prospector, Joe Juneau, it is the capital city of the state of Alaska, and is the second-largest city in the United States by area. Juneau was named the capital of Alaska in 1906, replacing Sitka.

We decided on a whale watching excursion and chose Gastineau Guiding (<https://www.stepintoalaska.com/>) to take us to see humpback whales in the wild.

Gastineau Guiding is a family-run organization which is science-lead in its study of marine wildlife. Our

Captain, Robbie and our naturalist guide, Shelby took us on a 2 ½ hour adventure on the water as we assisted in documentation and data collection for science programs. We learned how to spot humpback whales and were encouraged to share any pictures of flukes to aid in their identification. Shelby had just completed three years of study with humpbacks in Hawaii, and had followed them to Alaska to their spring/summer habitat. We were lucky enough to see a humpback breach just 100 meters from the boat. What a thrill!

Our last port of call was Ketchikan, located in the southeastern section of the state. With a population of approximately 8200 people, Ketchikan has the world's largest collection of standing totem poles. Ketchikan was founded as a salmon cannery site in 1885, and commerce initially relied on fishing until logging was introduced, followed by cruise ships choosing the city as a popular destination for travel. We chose a local pub crawl in the downtown area to learn about the city's salty past, and about the famed "Red Light" district called Creek Street.

The trip back to Vancouver was beautiful and the time flew with so many activities available onboard. We docked back in Vancouver early Sunday morning and disembarked back into the reality of our daily life. Our time seemed so short, but the trip was memorable and it felt fantastic to be able to travel once again. The crew and staff onboard the Eclipse were so wonderful and accommodating, making our time at sea very enjoyable.





## Getting out on a Bike while Cruising

### Bob Perkins

I enjoyed reading about e-bikes in the article by Sooz that was posted in the KPURA newsletter. My wife and I have had our e-bikes for nearly 2 years now, and enjoy exploring our local Alberni Valley area on Vancouver Island, as well as a trip to Lasqueti Island, and several days exploring the Okanagan Valley.

Before buying our e-bikes we were not certain how much we would use/enjoy them. In preparation, we decided to rent bikes on some of the stops during our cruising adventures. In all four cases we arranged to rent bikes from local companies before the cruise started.

Our first trial was in Lisbon, where we joined a group of four university students (all in their 20s). Our guide was not convinced that my wife and I would be able to handle all the hills and cobblestone streets, as these were not e-bikes. By the end of the 3-hour trip he actually apologized as we had done much better than two of the students.

Second trial was in Tallinn Estonia, where we toured the port with a group before heading out to a number of monuments and battle scars from WW2. Again, we had regular bikes, but had no trouble navigating the hills and windy conditions – luckily it was sunny.



Third trial, again on regular bikes, was during our weeklong stay in Rome after the end of a Mediterranean cruise. In this case, it was just my wife and I with a guide that we met in a small community outside of the city. We cycled along the Appian Way out into the countryside, stopping for lunch by the ruins of one of the aqueducts that brought water from the mountains into Rome. It was a wonderful day.

Finally, we decided that we were indeed ready to try e-bikes and arranged to rent them during one of the stops during our two-week AU/NZ cruise. This time it was just the two of us, on a very windy/sunny day in Wellington. Compared with the effort on the hills in Lisbon, the assisted power of an e-bike made hills much easier to cycle up.



That convinced us to place an order for e-bikes when we got back home. Alas, because of COVID and supply chain issues, it was nearly 8 months before they arrived.



# Brave Neuf World

## How's Retirement So Far?

### Lesley Neufeld

A friend who stepped into the abyss way earlier than the rest of us, was asked, "So, what's retirement like?" He famously replied, "Six Saturdays and a Sunday." I said, "Sign me up!"

Sounded great to me! Released from routine! Done with deadlines! Six days of leisure. One day of...well...LEISURE, capital L!

Some retirees have a thirst for travel. Others devote time to hobbies. Or to their grandkids. Or to good causes. I admire such purpose. These folks clearly have a mission for their golden years. After I left work, I oozed into a pace a slug would envy.

Once my better half, (aka The Mr.), retired, I was excited to do nothing together. He and I are, let's say, spontaneous. We're of the unstructured plan-types, "What do you want to do today?" "Oh, I don't know. What do you want to do today?" "I don't care. What do you want to do?" It was a lot like our date nights used to be.

Oh, he'd go to Home Depot on a weekday and run into a lot of other Plus-65-ish, balding guys browsing the aisles. They apparently had whole conversations about drill bits.

He also dedicated some time to developing a consulting business. He set up an office in the spare bedroom and went there after breakfast. I'd show up at the door and he'd ask, "Yes? Do you have an appointment?"

"No. I just thought I'd hang out with you for a while. I'll sit quietly. Like Yoko."

The women my age that I know are so concerned about their hubbies being home all day, getting under their feet. Apparently, The Mr. and I reversed roles.

Sure, I went to rec centre exercise classes. Took a couple of Elder College courses. Got together with friends for afternoon tea. Shopped. Made dinner.

For something special on Saturdays, The Mr. and I gathered at the recycle depot with other grey-haired couples unloading wine bottles and cardboard out of the back of our Subarus.

We eventually settled into a retirement routine, but didn't exactly impose much definition on it. Then the pandemic came along and the program was spelled out for us. We shifted to feeding the birds, baking banana bread, and binge-watching stuff on Netflix. For us retirees, staying home not doing much of anything was good training for "STAY HOME!"

We adapted quickly and expanded our horizons, in accordance with restriction fluctuations, of course. Strolls along local beaches. Visits with a very small cohort of friends. Short jaunts. An occasional restaurant/pub meal. Thank goodness Home Depot remained open as an essential service. It provided a lot of aging male boomers with a social life.

Now, feeding the birds has become my hobby. Some (The Mr.) would say, "my obsession". Netflix, Prime, Hulu, etc. have stood in for date night. Baking banana bread has become...what can I say? A piece of cake!

We never got around to sorting photos and putting them in albums. We didn't learn a new language online. Our only trips were via TV travelogues. Neither of us wrote the Great Canadian Novel.

You might think we haven't accomplished much in the last couple of years. Perhaps not. But we have totally ACED Six Saturdays and a Sunday!



*Author portrait by Bernie Lyon, 2011*

You can also find Lesley at: <http://braveneufworld.blogspot.com/>

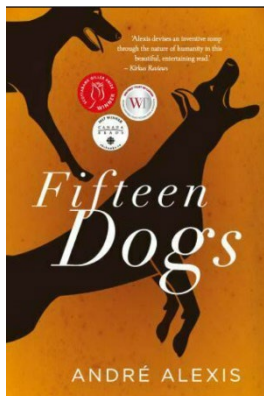
## Books!

### Sandra Carpenter

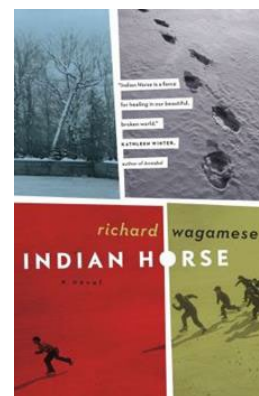
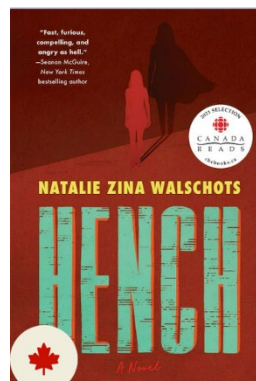
Are you looking for books that might interest you? I'd like to mention a few more for your consideration.

One interesting source of books is **Canada Reads**. Each year CBC pits 5 books against each other to determine which will be recommended as the Canada Reads pick of the year.

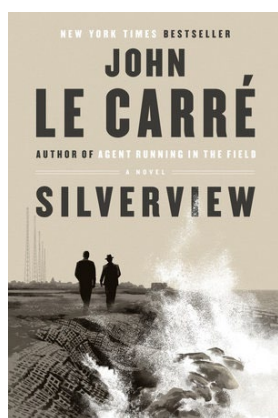
Contestants from 2021 (which marked the 20th edition of Canada Reads) included **Hench** by Natalie Zina Walschots which ridiculed super heroes and posed a world in which super henchmen eliminated super heroes because of the destruction they left in their wake. See more at: <https://www.cbc.ca/books/canadareads/meet-the-canada-reads-2021-contenders-1.5869833>



From a previous year, I loved **15 Dogs** by Andre Alexis. This book is based on the premise that these dogs acquire human thinking. A sad peek into our human condition. Any dog lover would enjoy it from an even larger perspective than I.



**Indian Horse** by Richard Wagamese is so good a movie was made of it. In a similar vein, Five Little Indians by Michelle Good tells the tale of schooling for indigenous peoples in Canada. The protagonists are products of residential schools who sadly illustrate the generational harm indigenous people continue to suffer from.

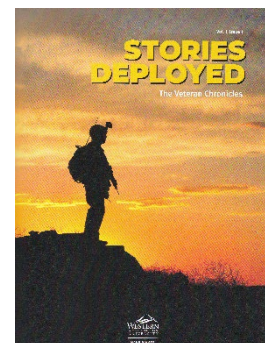


For those like a good spy story, there is one last one from John le Carré (aka David Cornwell), who passed away in December 2020. This manuscript has lain, ostensibly finished in his desk. His youngest son, Nick, also an author, has promised his father that if he dies with an unpublished work that he would make sure it was published.

**Silverview** is a multifaceted and impactful telling of a fallen spy, a dying spy, and a number of other compelling and complex characters. "In this last complete masterwork from the greatest chronicler of our age, John le Carré asks what you owe to your country when you no longer recognize it."

Member, Leland Woodson, has a published piece called **Coming Home** in this issue of *Stories Deployed*, printed by Western Washington University.

The story is re-printed in this issue under Retirees Write.



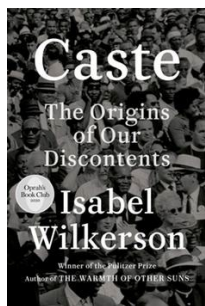
We would love it if you would share books that you have enjoyed with the rest of us.

### Join In!

If you are interested in being part of our **book club**, send an email to: 'Sandra Carpenter' [SurreySandra@gmail.com](mailto:SurreySandra@gmail.com)

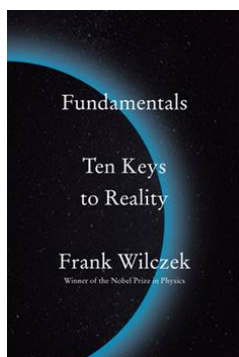
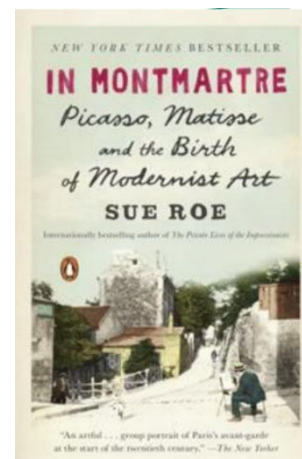


## Book Club Picks by the U of T Senior College



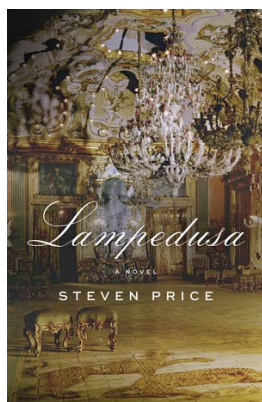
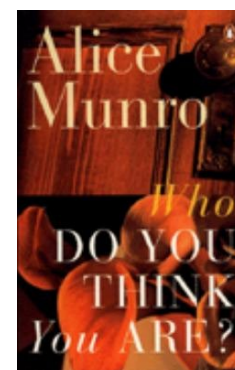
If you want to explore racism, you may read the University of Toronto senior college book club pick, **Caste** by Isabel Wilkerson who proposes the “metaphor for unlocking not just India’s history, but Nazi and American experience too. The author gives emotional and psychological depth to the ‘in our bones’ ranking of human beings into hierarchies based on appearances, and the hate and cruelty that engenders. White supremacy – its nostalgia and narcissism – having found a home in Trumpism.”

U of T also read *In Montmartre: Picasso, Matisse, and the Birth of Modernist Art* by Sue Roe, “a colorful history of the birth of Modernist art as it arose from one of the most astonishing collections of artistic talent ever assembled. It begins in October 1900, as a teenage Pablo Picasso, eager for fame and fortune, first makes his way up the hillside of Paris’s famous windmill-topped district. Over the next decade, among the studios, salons, cafés, dance halls, and galleries of Montmartre, the young Spaniard joins ... Henri Matisse ... Amedeo Modigliani ... Gertrude Stein ... in revolutionizing artistic expression. Sue Roe has blended exceptional scholarship with graceful prose to write this remarkable group portrait of the men and women who profoundly changed the arts of painting, sculpture, dance, music, literature, and fashion.”



In May, U of T discussed Frank Wilczek’s, **Fundamentals: Ten Keys to Reality**, a “by a Nobel Prize winning physicist about the physics of the world, including the wonder of its beauty, symmetry, and harmony. Covering 10 ‘fundamentals’ from the tiniest particles to the Big Bang, it is a perfect book on the subject of physics along the lines of Timefulness in accessibility and as well as length.”

Alice Munro’s **Who Do You Think You Are?** was the book in June. “Winner of the Governor General’s Award in 1978, a collection of short stories (that reads like a novel with a central character, Rose) will give a sense of why she was destined to win the Nobel Prize for Literature in 2013. The theme of identity ... is explored in psychological depth in terms of family, class, gender, education, and so much more.”



In July, the book by Steven Price, *Lampedusa* was discussed. “If you saw the 1963 Burt Lancaster film of *The Leopard* you will know something about the novel of that name on which it was based. Capturing vividly the nostalgic tone of that novel about the dying days of the Italian aristocracy, *Lampedusa* tells the story of the writing of *The Leopard* by Giuseppe Tomasi, the last prince of Lampedusa, Sicily, in the late 1950s. Historically and biographically accurate, this is an elegant fictional exploration of the aging writer’s attempt to create the lasting literary legacy of his family and himself.

## Retirees Write

### COMING HOME

by Leland Woodson

**O**n the trip home across the South China Sea and across the North Pacific, I remember the flight as absolutely quiet. It was an uncanny state of affairs as hardly anyone said anything. We either slept or sat quietly lost in thought. This was very different than the plane trip to Vietnam a year earlier in Sept of '67 which had been loud and boisterous the entire time.

The plane landed in Seattle and I caught a flight to Vancouver, British Columbia, Canada where my wife and little daughter had lived near her parents' home, while I was in Vietnam. I was returning home with an AK 44 rifle that I had acquired as a war trophy. I had the paperwork to bring it into Canada. I carried it in a soft rifle case. I deplaned and carried the rifle and my bag to the customs counter and when it was my turn placed them in front of the customs officer.

I was in uniform. He looked at me and pushed the weapon and bag back to me and said, "Welcome home, Sir!" He did not look into the bag or the rifle case, and he did not ask for any paperwork for the weapon. I thanked him although with a very surprised look on my face I am sure, and I walked into an open area of the airport where I could see my wife and daughter waiting for me.

As I carried my gear towards them, my daughter, broke free from her mother and ran to me. I set my gear down and lay the rifle on the floor as I picked her up. She was saying "Daddy, Daddy!" I tried to hold back my tears, but I lost that one as my heart broke and I began to cry as I held her and hugged her. My wife put her arms around the two of us and we simply stood there for the longest time.

By the time my eyes seemed to clear I could see a large group of people encircling us, smiling at us. We whispered our thoughts to one another and shortly I picked up my bags and we left the airport with my little girl walking beside me holding my hand as we went. I seemed oblivious to what was said and to the people around us as we found the car to drive to my wife's parent's home where the family was having a get together for my arrival home from Nam.

A year plus later, I left the military and returned to university and graduate school. I had been on campus for a few weeks. It was an odd kind of feeling walking around in civilian clothes the same as everyone else. You had no idea what work other people did or their status among one another. That was one of the valuable things in the military. You knew where people belonged, who might work for whom; rank and duty affiliation was evident from people's clothes. But, here on campus, well you might think that clothes made a difference. Expensive looking clothes or shabby appearances, but that was not so. People wore clothes from all walks of life. Levis were for men and women. Shirts and blouses sometimes gave a hint as to what the person might value, but not always. Book bags were to carry books and snacks. But food was not really necessary as there was a cafe or restaurant close by



where you could buy what ever you wanted. I was somewhat uneasy with people moving about as I didn't know any of them, yet I felt like I had returned to a place from my past. It was a place that I felt that I knew, a place where there was safety. No incoming rockets or mortars to make you run for a bunker. No snipers when driving to and from the campus. Yes, a chopper passing overhead would give me pause. I would look around; maybe even feel transported for a moment or two when the sound of a chopper was near. The surroundings were familiar and mostly comfortable.

Sometime in the first few weeks as I walked across the campus a familiar face, a young woman from the past appeared walking towards me, an acquaintance from my time at the university several years before. She was an old friend. We made eye contact and both greeted each other almost at the same time. You know, "Oh wow, you're still here and wow you're back, great to see you. How have you been?" Well, instead of standing there on the sidewalk we decided to have lunch. So off we went. We had a table by the front window and could see the passersby.

As we sat waiting for our meals to be prepared my friend looked me in the eye and said, "I simply do not understand why you would go to Vietnam, knowing that you might kill someone. I have heard about all of the atrocities that the US soldiers have committed in Vietnam. Why did you go? Didn't you know it was wrong?"

I told her that I had to excuse myself as if going off to the rest room. Instead, I went to the cash register, paid for the lunch and walked out the front door. I left. I have never seen her nor heard from her again. I was angry, I felt attacked, no concern for me as a person or as a soldier to start off our conversation. I just wasn't going to put up with it, nor explain myself in any way to her or anyone else for that matter. She was not a friend when it would have been nice to have found an old friend. I have never forgotten this encounter. She had an effect on me lasting a lifetime. But, there would be others.

Several weeks later, maybe even a couple of months as I once again traversed the campus I noticed a woman walking ahead of me. I didn't know what it was, but I just knew that I knew her. I followed for awhile thinking I should catch up with her and say something. What if she was actually a stranger and she might find me rather forward. Just as I was about to convince myself to simply go on my way she suddenly stopped, turned around and we made instant eye contact.

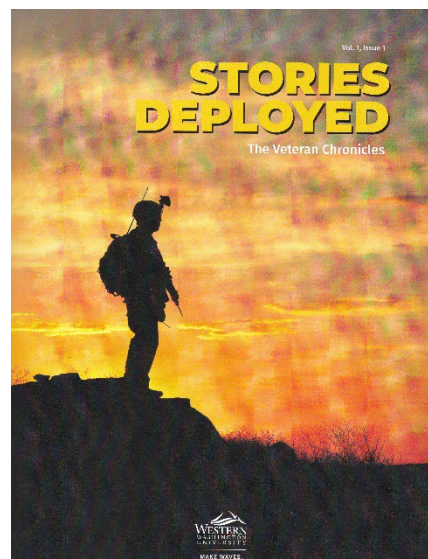
She smiled as she rushed towards me saying, "Lee, Lee, it's you. You're here! You are back from Vietnam! Oh thank goodness." She rushed up to me and we hugged each another. Wow, did that ever feel nice. Yes, we quickly decided to go somewhere and have a cup of coffee. Now that did make me a little nervous, but well she had always been more than just a friend, she had been special. I had liked her a great deal and I think she also found me to be more than just a passing friend. These things you just never know about, but I remembered her eyes were really beautiful and they still were. She later told me she did not know why she had suddenly stopped and turned around, but that she just had an impulse to turn around. We found a coffee shop and grabbed our coffee as we chatted about this or that. You know things like what was happening with our studies, why we were still there after so many years, etc. Our conversation was friendly and shortly some hot muffins we had ordered arrived as we carried on chatted. We shared that we were both married and had children.





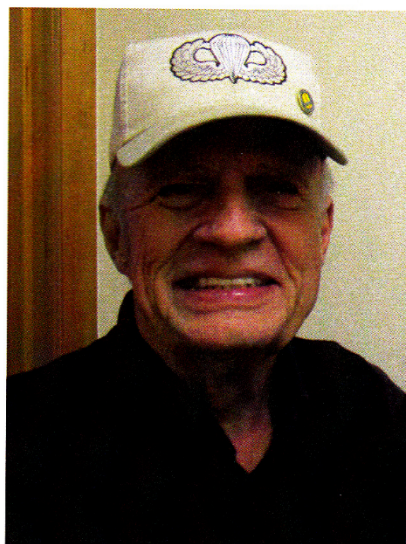
Leland Woodson 1967.

Reprinted by permission of Author.



But, at some point during the conversation she leaned forward and said “I must tell you something that is very personal for me and you are the only person I have shared this with. I knew that you were in the military and that you had gone to Vietnam. Each and every day, I looked in the newspaper at the lists of wounded and killed. It brought happiness to me each day that I did not find your name there. I am so glad that you are home safe and sound.”

I was taken aback by this revelation. But I managed to thank her for her caring enough to have done that. She could not possibly know how much I appreciated her sharing this with me. We chatted for awhile, but we both had classes to attend so that ended the coffee get-together. Outside the coffee shop, we hugged each other in a goodbye embrace. She turned and walked away. I did also, both of us walking in different directions and going on with our lives. No regrets, just a truly special person to have known. I never saw her again.



**Leland Woodson** served in the US military, 1966-69, in the 3rd Special Forces Group Airborne, Ft. Bragg, NC, the 196th Light Infantry Brigade and the Americal Division in Chu Lai, S. Vietnam 1967-68. He was the XO of the 14th MP Group, Ft. Meade, MD. Upon leaving the military he became a Registered Psychologist and an instructor in the Department of Psychology at a University College in Vancouver, Canada for 35 years.



## Links of Interest

### Violence Intervention Program Training Opportunity



Relationship violence (RV) impacts all genders, sexual orientations, income levels, ages, functional abilities and all cultures. It is a world-wide pandemic that has lasting impacts on our families and communities. The person causing the harm may be a friend or family member. The abuse can cause feelings of shame, confusion and helplessness for the victim and lead to chronic physical health conditions as well as mental.

RV can cause headaches, sleeplessness, depression, anxiety and stress. Chronic stress can lead to rheumatoid arthritis, heart disease, cancer and diabetes to mention a few. Children who experience or witness abuse are at greater risk for these

conditions compared to adults. This is true for all kinds of RV: physical, sexual, emotional, spiritual and financial. Signs of abuse can include sexual assault, beatings, constant insults, controlling behaviors such as not allowing one to go to their place of worship or simply isolating them.

In Canada, 1/6 of men and 1/3 of women report experiencing abuse to the police and a woman is killed every six days by an intimate partner. The statistics are alarming, this is a global pandemic impacts so many people and causes poor health in our communities and costs \$ billions to address. It is important that we try to identify it as soon as possible. For this reason, NEVR created the Violence Intervention Program (VIP) under the guidance of Dr. Balbir Gurm, KPU Nursing Faculty.

The VIP training is offered for free. You can take part in these free 3-hour workshops or volunteer to be one of the facilitators. Please email [NEVR@KPU.ca](mailto:NEVR@KPU.ca)

Violence Intervention Toolkit can be found at [https://www.kpu.ca/sites/default/files/NEVR/ToolKit\\_May%2025%202022%20Violence%20Intervention%20Program%20final%20copy.pdf](https://www.kpu.ca/sites/default/files/NEVR/ToolKit_May%2025%202022%20Violence%20Intervention%20Program%20final%20copy.pdf)

The training is based on this toolkit.

In this training, participants will learn how to recognize signs of abuse, how to safely intervene and support the survivor, and how to connect the survivor to resources. NEVR will train any community member or organization that would like to learn these essential skills. Rates of relationship violence are high and rates of reporting are low; many survivors suffer alone in silence, and never reach out to services or report to police. For this reason, it is essential for us all to have the tools to support survivors in their time of need.

## Links of Interest

### Senior Colleges in Canada and Beyond

#### Sandra Carpenter

I love Zoom! It has enabled me to attend a variety of senior colleges quickly and easily. If you google senior colleges, you will find many. Here is a link for those in BC to get you started.

<https://www.lifetimelearningcentre.org/about-us/eledercollege-or-third-age-learning-groups-in-bc/>

Our own Third Age Learning at Kwantlen offers a wide choice of topics each semester. TALK is always looking for your input both for topics and speakers. In coming semesters, plans are to offer hybrid courses, so you can choose whether to attend in person or by Zoom.

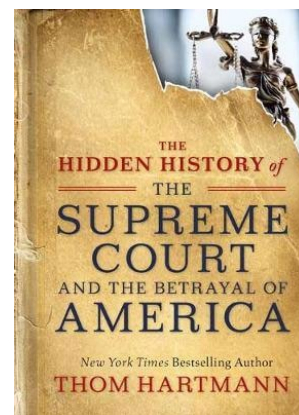
I just discovered that UBC Emeritus College (<https://emerituscollege.ubc.ca/>) has a Travel Program. In June, I got to 'visit' Turkey and learn more about rugs and monasteries and terrain than I imagined there was to know. The quality of the photographs was better than my being there in person! They resume in September and will warmly welcome you as they did me!

Another senior college is the University of Toronto retirees' group (<https://www.seniorcollege.utoronto.ca/>) which has speakers plus a book club. They pick books I would never have thought to read by myself and interesting discussions always ensue.

A little further afield, but still as close as your computer. If you are interested in discussions pertaining to ethics, you could attend the Silicon Valley Ethical Society (<http://ethicalsiliconvalley.org/>) offerings. Some are in Friday's at 11 and some in the evening. They also have a book club. They last discussed Thom Hartmann's *The Hidden History of the Supreme Court*.

Many use the term Academy of Lifelong Learning. There are some such as the Senior Toronto version (<https://seniortoronto.ca/content/academy-lifelong-learning>) where members give presentations on topics of interest.

I looked at the website of an Academy of Lifelong Learning in Oregon which allows one to take a sample course free. In the fall, I could fill every day zooming in on different ALL's!



## KPU History – Photo ID Project

### *A reminder that we need you!*

Why not volunteer to help the KPU Archives identify the “who, what, where, when” of historic photos of KC and KUC. In phase 1, 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.



You can learn more about the Archives and their new space on the Surrey (72 Ave.) Campus here:

[https://libguides.kpu.ca/ld.php?content\\_id=36087512](https://libguides.kpu.ca/ld.php?content_id=36087512)



## Affiliate Organizations

# TALK

## Third Age Learning at Kwantlen

Third Age Learning at Kwantlen is a kind of continuing education program for seniors in our community. Registration for Fall 2022 coming soon!

Fall 2022 TALK sessions will be offered in-person, online (via Zoom) or a hybrid of in-person and online using a 50% split this fall between on-campus and online courses. These include (bold presenters are from KPU):

### Richmond campus:

- Improving Your Financial Future (Tracey Lundell)
- Health and Active Aging (Lynn Walters)
- Armchair Travel: Camino de Santiago (Kevin Farrell)
- Global Health Issues (Sharon Janzen)
- Metro Vancouver Waste (Paul Henderson & Peter Navratil)
- The Solar System (**Peter Robbins**)

### Surrey campus:

- How Will You be Remembered? (Robb Lucy)
- Water is Life (**Ross Pink, Samantha Jack, Kine Afework**)
- Emily Carr (Linda Quigley)
- Famous Indigenous Women in Canadian History (**Maddie Knickerbocker**)
- Art as a Witness to History (James Adams)
- How Can We Reverse Climate Change? (**Geoff Dean**)

### Online Zoom Webinars:

- Why Economies Fail (John Sayre)
- Reiki Energy Healing (Lisa Ayres)
- Saving Indigenous Languages (Eldon Yellowhorn)
- Living the Lively Life (Mary Lee Stephenson)
- Building a Crystal Grid (Lisa Ayres)
- Science of Obesity (Michael Lyon)
- Memoir of a Cop (Rob Rothwell)
- Learning to Love Bats (Danielle Dagenais)
- How to Predict the Future (Jlim Bottomley)

- Advance Care Planning (Gloria Gutman)
- Digital Tools to Support Health (Kendall Ho, Anne-Marie Jamin, Jamie Vanden Broek)
- Basic Meditation (Lisa Ayres)
- Protecting Urban Streams through Photography (Fernando Lessa)
- Support Your Local Farmer (**Paige Leslie**)
- a field trip to the Waste Energy Facility in Burnaby.

In addition, TALK Compelling Conversations event November 7 at 7 pm at Surrey campus will feature KPU Chancellor **Kim Baird** on the topic of Reconciliation and is open to the public and free.

Other events open to the public are TALK's Philosophers' Corners. These will be held Thursdays in Surrey (DiSe Multi Cuisine Restaurant), Langley (Brogan's Diner), and Richmond (Wisteria Place).

Topics include:

- What is the future of democracy?
- What is our responsibility for the sins of previous generations?
- Ecology or the economy: how do we balance them?
- What are the joys of aging?
- What we learned from Covid about rights vs. privileges.
- Should voting be mandatory?
- What's on your bucket list?
- How has parenting changed over the decades?

TALK always welcomes KPU Retirees to volunteer to:

- Present a course (something in your area of expertise to share with keen lifelong learners)
- Introduce a Philosophers' Corner discussion (10 min. presentation to get the conversation started)
- Serve on the TALK Board (3<sup>rd</sup> Thursdays at 1 pm)
- or the Program Committee or the Marketing Committee
- and, of course, register for these fascinating events!

You can find more info on TALK's:

- Website <https://www.kpu.ca/TALK>
- Facebook [facebook.com/kpu.ca.TALK](https://facebook.com/kpu.ca.TALK)
- Instagram [instagram.com/talkkwantlen](https://instagram.com/talkkwantlen)
- LinkedIn [linkedin.com/company/talk-third-age-learning-at-kwantlen](https://linkedin.com/company/talk-third-age-learning-at-kwantlen)

Contact Sandra Carpenter, for more information at:  
[SurreySandra@gmail.com](mailto:SurreySandra@gmail.com)



College and University Retiree Associations of Canada

Associations de retraités des universités et collèges du Canada

## 2022 Virtual Conference/Assembly Faces of Wellbeing – May 19

Speakers included:

Dr. John Helliwell (UBC), speaking on social capital and subjective well-being.

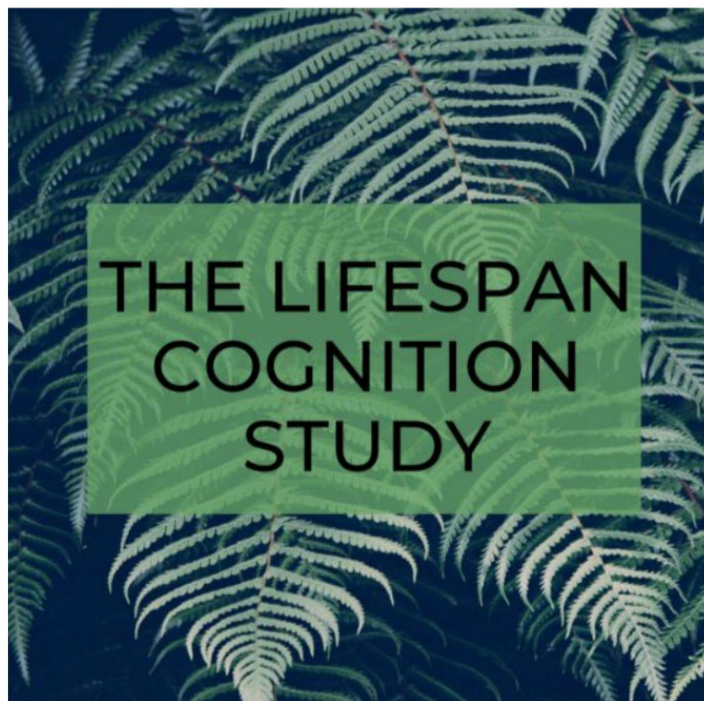
This was followed by a panel on Wellness and wellbeing as we grow older, consisting of: Dr. Angela Brooks-Wilson (SFU), Dr. Gloria Guttman (SFU), and Dr. Anne Martin-Matthews (UBC).

Recording of 2022 CURAC/ARUCC Virtual Assembly is available at: <https://youtu.be/J9IEpPqP58g>

Thank you from CURAC/ARUCC and the organizing associations!

<https://emerituscollege.ubc.ca/CURAC2022>

<https://curac.ca/2022/05/curac-2022-annual-conference/>



Thank you to all who have continued to participate in the in person Lifespan Cognition Study run out of KPU. This yearly in person study has been on hold due to the Covid 19 pandemic. For the safety of all, follow up for this project has been delayed. We hope to invite you all back in the coming year. We will reach out through email, our website, and our seasonal newsletters. Thank you all for your patience and understanding.



2022 is an auspicious year for AROHE. We will be celebrating our 20th Anniversary and holding our first General Business

Meeting and elections since the pandemic!

As we continue to build AROHE's future, we are pleased to share that:

1. AROHE's Virtual General Business Meeting will be held via Zoom on Wednesday, November 16, 2022, beginning at 10 a.m. Pacific, 11 a.m. Mountain, noon Central, and 1 p.m. Eastern Time.
2. AROHE's Board of Directors and officers open nominations for the 2023 - 2024 two-year term.

As immediate past-president, Trudy Fernandez will serve as chair of the AROHE Nominating Committee. Other committee members are board member representatives Cherie Hamilton, Kent Weaver, and

Gray Crouse, and non-board member representatives Fancy Funk and Kaye Jeter.

The Nominating Committee will call for nominees at least ninety (90) days prior to the General Meeting. A nominee must submit a written statement to the Nominating Committee, to include his/her willingness to serve on the Board and a statement of interest.

The slate of candidates will normally be presented at the General Meeting or otherwise within sixty (60) days after the Meeting. Elections will be held at the Meeting or by written (postal- or electronic-mail) vote within sixty (60) days after the Meeting.

Review and selection of the nominations will be an agenda item during AROHE's Virtual Business Meeting via Zoom on November 16.

Should you have any questions, kindly email [info@arohe.org](mailto:info@arohe.org).

We are looking forward to "seeing" you at the AROHE 2022 Virtual Summit on September 22 and at the General Meeting on November 16.

Sincerely, Bill Verdini, President, AROHE Board



## Membership Update

### Geoff Dean – Membership Coordinator

We continue to work with KPU, the KFA and BCGEU to try and identify when a KPU employee is retiring. We continue to try to get in touch with those who have and to reach out to those who are about to.

Human Resources have given 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](mailto:KPURA@kpu.ca)

Membership is worth it and if they are not sure we have a Friends list that receive our newsletter to try us out.

## 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 #16 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, Editor, KPURA News, [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?

Travelling? Gardening? Cooking? 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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## KPURA Event Survey Results

There were very few responses to the survey about events that was sent out earlier in 2022, and they resulted in no surprises. Folks typically enjoy 'armchair travel events', do not want to pay for virtual events, and would prefer in-person events once every other month with approximately \$25 being top cost. So, I anticipate continuing much as we are with events. Any other thoughts if you did not have a chance to answer the survey?

Sooz Klinkhamer

KPURA Events Coordinator

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### *In Memoriam*

#### **Pat Thomasson – May 14, 2022**

Pat Thomasson was the Douglas College Facilities Manager.

I met Pat during the design and construction of Douglas College NW Campus. Bill Day, Pat and I maintained a close friendship until Pat's passing on May 14, 2022 (Sooz Klinkhamer)

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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