



KPURA News

Volume 6
Issue 2
December
2022

Shipyard Tour and Lunch Bunch

Board of Directors Report

Over the past four months the Board has made several significant proposals including KPU becoming an Age Friendly University. See more in the rest of the newsletter.

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.

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 can have eleven so there is room for any interested member.

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**,
Liaisons – **Sandra Carpenter**,
Bob Perkins,
Terri Van Steinburg,
Carol Barnett

Keeping Connected

Upcoming Events



Calvin & Hobbes – Kats of KPURA

Seasonal Socials

In Person – December 8

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Event Reports



Shipyard Tour and Lunch
Eternal Witness Jim Adams
Stay or Go – Wade Deisman

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Seasonal Socials - KPURA connects

In Person and Virtual – Come to One or Both

Seasonal Social Number 1

Thursday 8 December 2022, 12 noon -2:30 pm

Fort Pub – 9273 Glover Road, Fort Langley - www.fortpub.com

Everyone welcome, and we look forward to seeing you all, members, associate members, and friends!! Come and join us for pub lunch and social time in the informal atmosphere of the Fort Pub in Fort Langley. This is a relaxed and inviting space filled with historical treasures. The location we have reserved this year offers:

- a reserved space for KPURA diners
- free parking
- you may order from the regular menu – check it out at <https://www.fortpub.ca/menu>
- 18% gratuity added to each bill

Please REGISTER your intention to join us for this special lunch and social time by replying to this email at KPURA@KPU.ca absolutely no later than December 6, 2022.

And please note, if you register and do not cancel prior to Dec 6, you will be charged a \$5 penalty (to KPURA). This is because we (KPURA) have given a credit card to secure our reservation for the exact number of registered attendees.

Thanks for your understanding.

Classic pub charm as their advertising says:

"From its entrepreneurial roots as the Fort Langley Hotel, the Fort Pub site has weathered floods, fires and the prohibition! Today's Fort Pub & Grill is located about a half kilometre down river from the national historic Fort Langley trading post. We come by our hospitality honestly, so come for a good time, but who knows – you might even learn something while you're here!"

We look forward to seeing you on THURSDAY 8 DECEMBER at NOON!



Seasonal Social Number 2

Virtual Meetup!

By the way...it's your house, my condo, Yale's apartment, Roger's boat, the local park – your choice!! Reserve your favourite chair in your house, condo, apartment, RV, or boat – wherever you have your Internet connection – that is the venue for our virtual Seasonal Social on **December 15**.

There will be a Zoom room to chat and exchange greetings and festive cheer from **3 pm to 4:30 pm**.

Register at kpura@kpu.ca for the link.

Bring a drink to talk about, a story to share, or just come to say hi! and listen.

Sooz Klinkhamer – Events Coordinator

KPURA Event Reports

Jim Adams' Eternal Witness Online Gallery Tour Report

And what a tour it was! On September 29, after greetings and virtual hugs we went time travelling with Jim through his artwork. We were graced with a fabulous presentation as a virtual event for our KPURA members and friends!

Jim's paintings deal with history in 'live time'. His subjects make a statement as they face the viewer to tell their point of view. We were able to view just under 90 of Jim's paintings over a nearly two hour presentation, some taking a few sentences to tell the layered story, and some communicating a very brief and emphatic message in one brief statement.

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 work. We all benefited from this hearing him speak.

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.

For those that were able to attend, and for those that were not, Jim has provided four more paintings of his more recent work, and a brief explanation of each.



Sunday Shopping
Acrylic on Canvas
2022

Imagine: "Oh, the store's not crowded, I'll just pop in and get a few..."

It's all about the Rabbit
Acrylic on Canvas 2022

Portrait of the Artist's Wife





Mama Toto
Acrylic on Canvas 2022

Mama Toto is a Swahili honorific for mother and child
in this case it's honouring the Ukrainian people

Promenade
Acrylic on Canvas
2021

A family out for an evening walk in the Greenwood area of Tulsa on June 1st 1920...



North Van Shipyard Tour Event Report

Thursday, September 8th, 2022

Wonderful weather greeted us on our recent in-person event. A lively group of members and friends met in North Vancouver on Thursday 8 September at the foot of Lonsdale and Victory Ship Way for a 'theatrical walking tour of the North Van Shipyards'. It was a lovely saunter around the area and did not include a great deal of walking.

The SHIPYARD PALS, played by Kelsey and Tanner (accomplished actors) told the story of this area's ship building history during the late 1930s and early 1940s wartime effort. This area is rich with history, and the shipbuilder pals told an energetic and very informative history of shipbuilding on the north shore!



The tour was presented by the Museum of North Vancouver (MONOVA).

<https://monova.ca/>

Following the tour, the majority of us gathered together for lunch and continued the conversation while we enjoyed the outdoor environment at the area's Tap & Barrel.



Should they Stay or Should they Go? Report

Dr. Wade Deisman
Thursday, November 3

With the outcome of the Surrey municipal election and the election of Brenda Locke as mayor, the future of policing in Surrey is once again entering uncharted territories.

In this talk, Dr. Deisman described the nature and diversity of the public safety challenges in Surrey and explored the role that various claims makers and claims making have played in making the case for federal and municipal models. This is a complex arena with many nuances.

The talk charted three possible paths forward and explore the implications associated with each.

Questions from the group were discussed and ideas explored in this richly diverse presentation.

Thank You for a thought provoking talk and discussion!



KPURA on Social Media

KPURA Facebook Page

Hi everyone in KPURA - members, associates, and friends! Come Join Us on Facebook

KPURA has recently re-launched its Facebook page. This page is designed for KPU retirees to exchange views and updates, as well as catch up on KPURA news. Upcoming KPURA sponsored events are posted as are photos of the event itself. Many of these events are free and all KPU retirees are invited to attend.

If there is a charge for an in-person tour or other activity, non-KPURA Members will be charged a slightly higher fee. (If you are active, it pays to be a member!)

All KPU retirees are invited to join the Facebook page (after a quick review by the administrators). It is a closed group so only Facebook group members are permitted access to the names of other Facebook page members. For safety, all posts are previewed before becoming visible.

The KPU Retirees Association Facebook Page is an easy and safe way to stay connected.

A Comment that may speak to us all

Do you know how to use Facebook? It seems like it can be a great way to stay in contact with family, friends and colleagues (and with KPURA members, as we have a KPURA Facebook site now), but I'm not using it much. I wish TALK or some other groups would offer workshops on how to use it. But, failing that, in my local library I recently discovered ***My Facebook for Seniors*** by Michael Miller (published by Pearson Education Inc in 2014). I'm gradually working through it; I think it'll help. It's available at other local libraries and from Amazon, etc. – Geoff Dean

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

Other online updates can be found at <https://kpu.ca/retirees>

We have not branched out to other social media at this 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.



Calvin & Hobbes

They are inside cats (picture on the front page), but this summer I retrofitted the playhouse that our grandkids had gotten too big for. The cats now have an enclosed structure that they enjoy watching the birds from, and be safe from bears/eagles/ravens.
– Bob Perkins



Rosy and Polly

These are my grand dogs! Rosy is a Doberman Pinscher and Polly is a golden lab. They are the best grand dogs anyone could hope for.
– Terri Van Steinberg



Thor

Thor is our gift of an angel! A drive by of faith – we believe he was calling for us. We discussed owning another Boston Terrier, started looking for Breeders. By chance we drove along 0 avenue in Aldergrove and saw a few puppies in an outside pen. During Covid with no wait list! Thor must have been working his magic. May 2021, he became ours! He is our Personal trainer with walks and entertainment every day since! Life is good! – Gail Emanuels 😊



Lexie

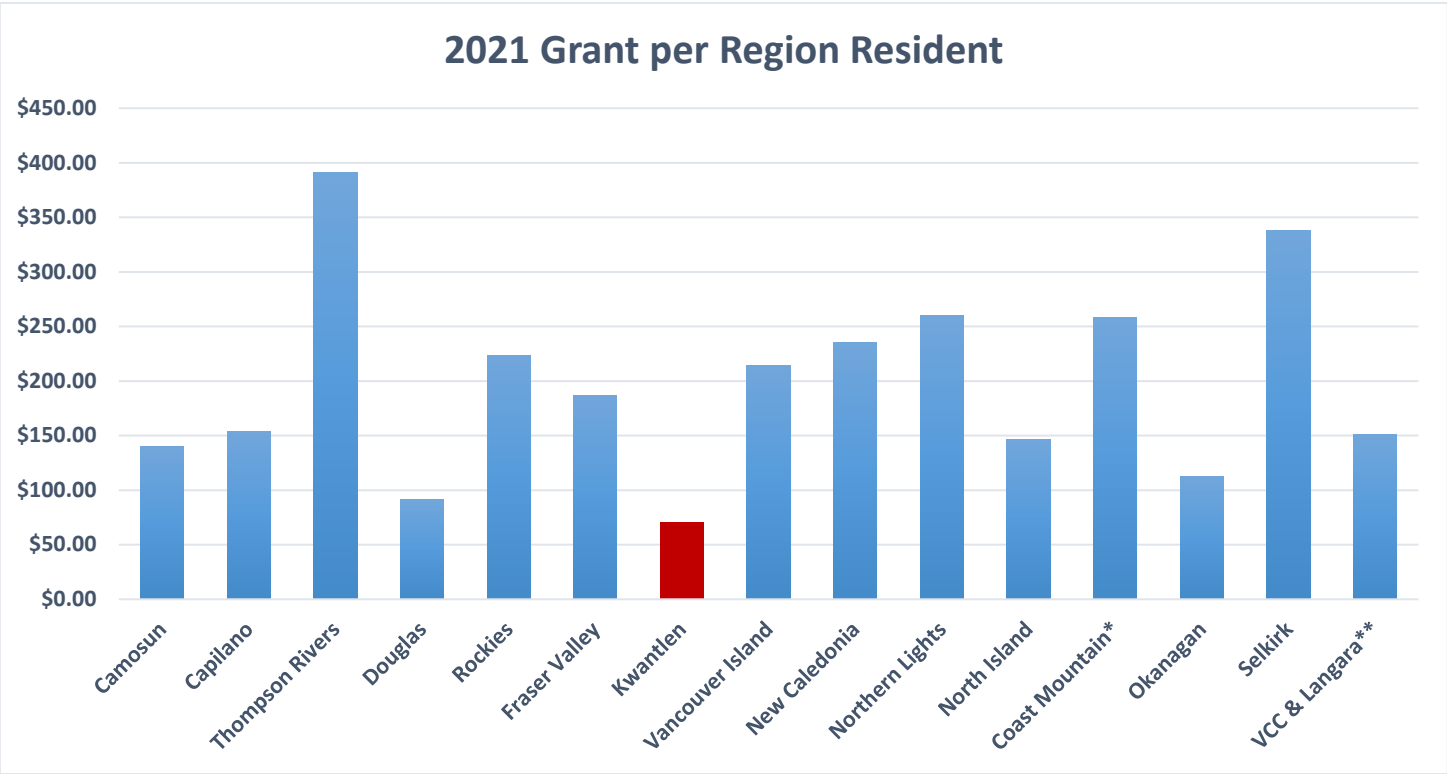
The photo is of "Lexie," our Appenzeller dog from Slovakia. Today she is the grandchildren's pet and we are dog sitting her while the family are off to Guatemala for two weeks. She likes to dig holes.
– Lee Woodson

We invite you to send pictures of your pets to KPURA@kpu.ca with Subject: **K9s of KPURA**

Advocacy

Geoff Dean

KPU and its predecessors – Douglas College, Kwantlen College and Kwantlen University College – have always been badly underfunded, never receiving much more than half of the operating funding per region resident that the rest of BC’s regional post-secondaries receive. As a result, KPU and its predecessors have never been able to serve our region nearly as well as the other regional post-secondary institutions in BC serve theirs:



As you can see, relative to the population of the region each of these post-secondary institutions is mandated to serve¹, KPU receives the lowest level of operating grants. The average 2021 grant per region resident was \$145.90, but KPU received less than half that, only \$70.74, which is 48.5% of the average.

Given the half-century of this shortchanging, KPURA is very glad that the Government of BC is finally conducting a review of how it funds our public post-secondary institutions. (See <https://news.gov.bc.ca/releases/2022AEST0010-000461> for details about this Review). We’ve therefore made a submission to the Review team, asking them to ensure that funding for each of B.C.’s regional post-secondaries be strongly related to the size of the population of the post-secondary’s region, with a similar rate of per capita funding for all regional post-secondary institutions. This would mean at least a doubling of KPU’s annual operating funds, since KPU has always received about half of the funding, per region resident.

Our full five page submission, along with its appendices which include the actual numbers behind the above graph and much more, can be found at https://www.kpu.ca/sites/default/files/retirees/KPURA_submission_to_BC_post-sec_funding_review.pdf

Feel free to share this, or any parts of it, with any others who you think may be able to help the Review team and the government make this long-necessary change.

¹ Since VCC and Langara are both mandated to serve the region of the city of Vancouver, their data is combined here.

KPU Retirees Travel – Home and Abroad

City of Montreal, the culture, the arts, the food!

By Carol Barnett

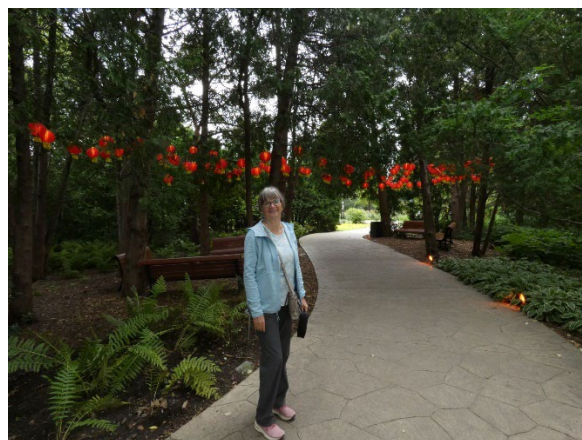
My husband and I visited the City of Montreal in late August this year. We had been in Ontario (Oshawa area) for a memorial and family gatherings, and we needed a change of scene. Montreal was just the place. Via Rail speeds along Lake Ontario right to downtown Montreal. From there it was a quick walk to our accommodation in the McGill/Notre-Dame neighbourhood. To travel around the city, we bought day passes for the Metro and bus transit system which took us to many wonderful destinations.

[Old Montreal](#): This is a delightful area full of street statuary, beautiful old buildings, and many restaurants and shops. Most of the restaurants have sidewalk tables and offer good food with a great opportunity to people watch. St. Catherine street is another area that is streaming with people. There are chain stores and restaurants. At night in the summer months music blasts out from several outdoor plazas.

[Mount Royal](#): This rocky mountain is the highest point within the City of Montreal and boasts impressive views. Extensive parkland, established at the end of the 19th century, provides lots of walking trails.

[Museum of Fine Arts](#): We spent a lovely rainy morning exploring this interesting and diverse museum. The varied exhibits are housed in different floors of two adjacent buildings. Admission is free, but special exhibitions are ticketed. We viewed the Nicolas Party exhibition and felt that it was well worth the extra admission price.

[Museum of Archaeology and History](#): Having visited Montreal many times over the years to see family, we finally discovered the full history of this very old (for Canada) city. The Museum “walk” takes you through a series of below ground archaeology sites exposing the foundations of the original village, The Fort Ville-Marie, which was established in 1642. Interactive lighting outlines where the buildings were erected. There are also artifacts and other exhibits to fill in the story of the original settlers.



[Montreal Botanical Garden](#): This is a world class garden covering 75 hectares in east Montreal. The Japanese Garden, Chinese Garden, and First Nation Garden areas are extensive and beautiful. Smaller, plot-like themed gardens focus on flowering perennials, food plants, roses, shade plants, and many more. Within each plot there are very diverse plantings, all with name tags.

A more extensive area of tree plantings (arboretum) can be found further from the entrance. If you are interested in gardening, this is a must see.

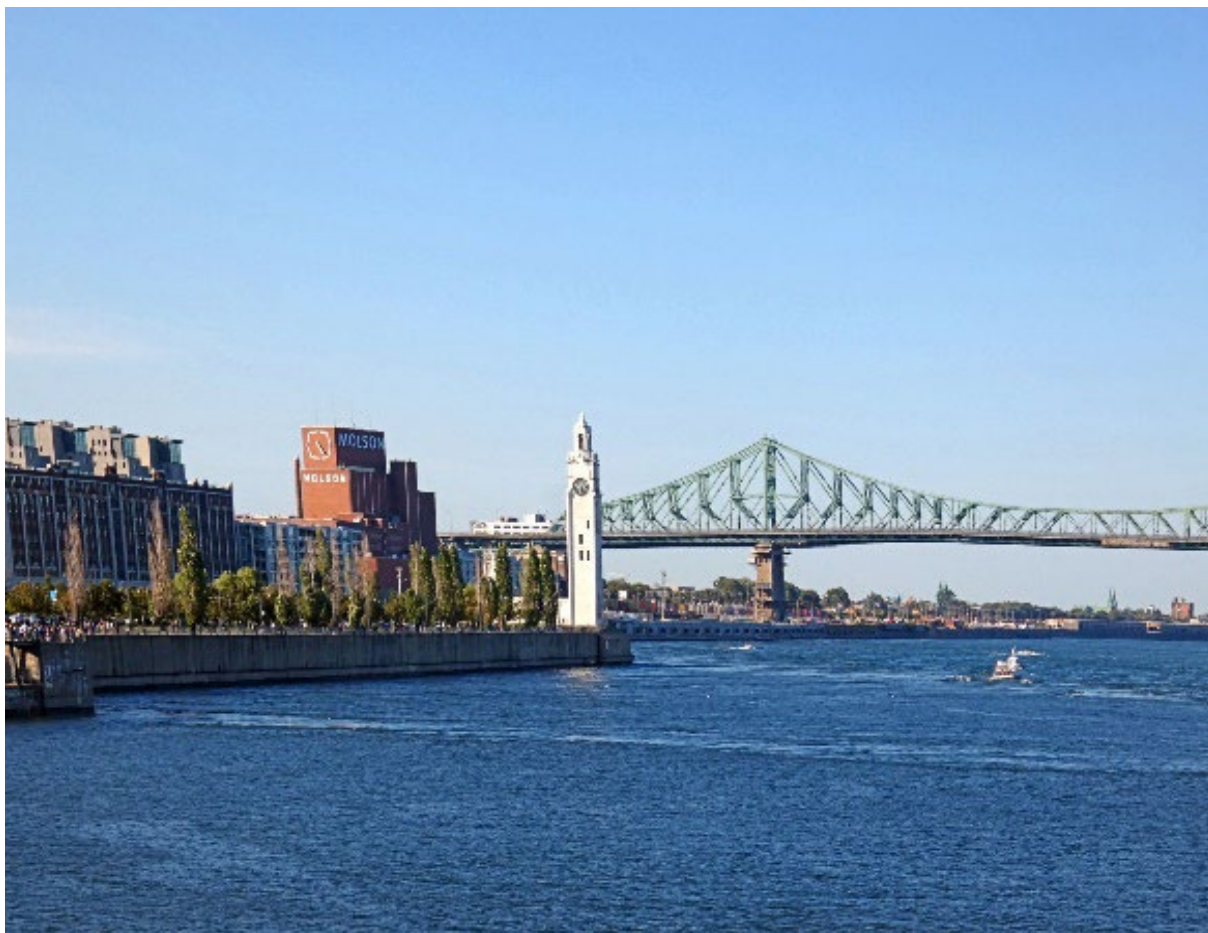




Montreal Old Port:

From our accommodations we could easily walk down to the St Lawrence River and the Old Port of Montreal. There are wide pedestrian walkways along the water. Small parks can be accessed at the end of each pier. We took a boat tour and our guide pointed out the 'working' parts of the Port as well as the areas that were being re-designed into new enterprises.

We had a wonderful 7-day stay in this old but endlessly interesting city. Speaking English (my husband speaks French) was not a problem. The restaurants were good, the mood was busy but relaxed, getting around the city was easy on transit, and the streets appeared to be quite safe. We were very happy with our stay.



Brave Neuf World

Seasonal Lite

Lesley Neufeld

It seems to me that when the calendar turns to the first of December it ought to be accompanied by the sound of pealing church bells, or maybe jingling sleigh bells. You can hear it, too, right? You know, like in old movies; the page tears away to DECEMBER 1 and the scene opens on the month of merriment.

Among my favorite things about this season are the lights. As soon as Halloween is over, I start looking for a house that has the outdoor lights ready to go. There's one in every neighborhood. And although we'll say, "OH, WAAAAAY too early! What are they thinking?!?" I regard it as a herald of things to come and am secretly glad to see those little twinkles in the darkness.

Every weekend thereafter other houses will get decked out, especially if the weather is good ("Got to get those lights up before the weather turns bad.") until December arrives, and houses throughout the neighborhood will sparkle with everyone's personal interpretation of the holiday light display. Some are modest and polite, some ghastly and totally over the top, and everything in between. We once had across-the-street neighbors who draped their house in thousands of red lights. It was so glaringly red it seemed to throb like an infected wound. They had a tiny sound system that played "Jingle Bell Rock" until 3 am in kind of tinny, high-pitched "nee-nee-nee, nee-nee-nee, nee nee nee nee..." sounds that would hurt a dog's ears and our power dimmed every time they put their lights on. It was tasteless, but you had to give them points for spirit.

I think there is something totally magical about illuminating the night at this cold, dark time of year. Ken and I usually go on a light tour one or two nights before Christmas. Up streets and down again, looking for the most spectacular display. It might be one of those houses with various figures of clashing scale – like a giant penguin beside a teeny-tiny Santa and reindeers beside a bunch of those half-sized, wire framed, animated deer beside those colossal blow-up Snoopies. Or a house with the giant fir tree out front decked from top to trunk in colored lights. Or a street where a dozen houses in a row are all lit up like, well, like a Christmas tree. We'll go home again and make cocoa or pour a glass of Port feeling like we've had a great evening of cheap entertainment.



So now that December is upon us, we flipped the switch on the clear twinkle lights that trace our house outline. I hung the wreath on the door and stuck some greenery in the planters on the front steps. A lot of neighbors around us decorated their houses this weekend as well, just in time for our city of Oakwood's charming tradition. Events like this always remind me how lucky we are to live here. I mean, you've got to love a place that holds a community festival in the park, including hay rides, music and Christmas tree lighting, and has City workers line the boulevards on two major streets with "luminaria." Oakwood encourages residents to do likewise at curbsides in front of their houses and even hands out the white bags filled with sand to be lit from within by candles. Every house on our entire street had "luminaria" out after dark last night. We stood back, our eyes all aglow. Our hearts as well.

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



Author portrait by Bernie Lyon, 2011

Book Review

Sandra Carpenter

Are you looking for books that might interest you?

I had heard about the book, *The Jungle* (first published in 1906) by Upton Sinclair. I was even sure I had read it. But when someone recently mentioned it, I thought it might be worth reading again. Now, I'm sure I never read it. I thought it was about the meat packing industry. It is about so much more. I thought it was about corruption at the turn of the century. However, so much described in this novel applies to today. It's scary. There are still immigrants, and they are treated just as atrociously. There is still poverty and no reduction in the numbers. There are still starving people with the amount of food wasted today an international disgrace. There's still homelessness but not for lack of houses. There is still graft and corruption. I thought we had come a long way. I thought unions had made life much better for the working class, blue collars. Yet today, unions are not credited as a necessity for all workers. When people who work at Starbucks or Amazon try to form a union, dirty tricks are played by rich employers to sabotage their chances.

I recommend you read this book before you enjoy your complacency too much. I'm not sure I know what you can do about it. As for immigrants, I heard a statistic that 100 million people on the planet have had to leave their home countries due to violence or starvation. The problem is bigger than ever, and we must not ignore it. We now also have climate refugees. No country is saying, "Give us your poor, your tired, your huddled masses yearning to be free."

The Jungle does an amazing job of describing the 1% versus the 99%, lives spent as wage slaves for the profit of the rich. That, too, is so clearly reflected today.

One passage refers to the U.S. myth of rugged individualism.

"They really thought it was "individualism" for tens of thousands of them to herd together and obey the orders of a steel magnate, and produce hundreds of thousands of dollars of wealth for him, and then let him give them libraries; while for them to take the industry and run it to suit themselves and build their own libraries — that would have been 'Paternalism'!"

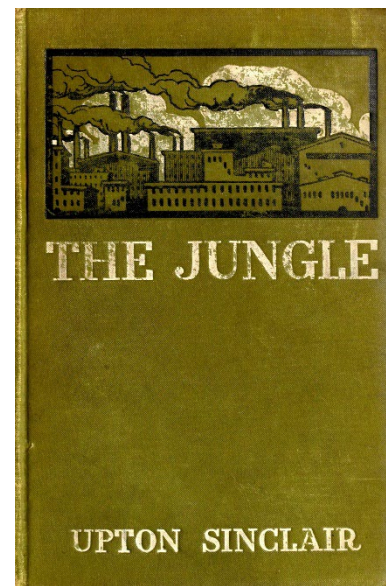
This novel describes a time when Socialism was alive and well and making inroads in the U.S. Yet between then and now, Bernie Sanders alone dares to refer to himself as a socialist. To mention socialism is a sure fire way to lose an election. How clever of those in power to have made socialism a dirty word. What better than to have the very people socialism would benefit be fearful of it?

The Jungle is a manifesto. However, it did make me wonder why I allowed myself to acquire so many products I don't need. And why do I think competition is good when it exists to seduce me into spending money? How is it that Jesus, who said many things about the evils of money and the rich, is used as a shill for the profit motive? How did I not realize that best-before dates are a symptom of overproduction? Producing too many means unnecessarily produced waste. We accept waste as inevitable. Waste is not inevitable. Waste exists because corporations would rather we overbuy, overspend, to make them more money, not to benefit us.

One last quotation:

"... jubilant captains of industry would boast...telling how our workers are nearly twice as efficient as those of any other country. If we are the greatest nation the sun ever shone on, it would seem to be mainly because we have been able to goad our wage-earners to this pitch of frenzy; though there are a few other things that are great among us including our drink-bill, which is a billion dollars a year, and doubling itself every decade."

Have we made a god of efficiency and driven citizens to drink? Is our educational system immune from the capitalist approach to human beings? Or have we turned post secondary education into job training? Are we educating people for the world to come, or the world gone by? *The Jungle* is a disturbing book.



Notes from Outside

A Moment in Time

I was driving down the I-5 expressway doing 70 MPH in WA state going to my Vet meeting and as I came to the overpass at Ferndale, WA there was a **really loud crack** sound, I thought it was a gun shot, (my instant assessment in the moment) at the very least a rock of some size that hit the side window of the car

The photos speak for themselves. It did give me pause and I stepped on the gas. Safely well past the overpass I looked around and could see the shattered glass on the sliding glass door. What to do, thugs, nothing you can do, but if gun fire keep moving which I did all the way to Bellingham.



I also used my brand new 911 gadget the Vet Admin sent me for free just a few weeks ago to contact the highway patrol. (just push a button and it dials 911 automatically.)

The glass did not start to fall out until near the end of my return trip to Canada at a reduced speed (50 mph all the way) Went straight to a glass repair shop nearby the house. They have done windshields for me over the years.

Repairs in the morning. Insurance pays most of it, just a deductible and life goes on. No sign of a bullet, but well it sure had this old vet changing lanes and speeding up for a mile or so before the

adrenaline began to slowly decline. Met some vets for lunch and then decided to drive home and skip the meeting. I was just too fried to sit around and chat more.

Interesting that the adrenaline, the flight reactions that just never go away. All is well, calmer now.

Enjoy your day,

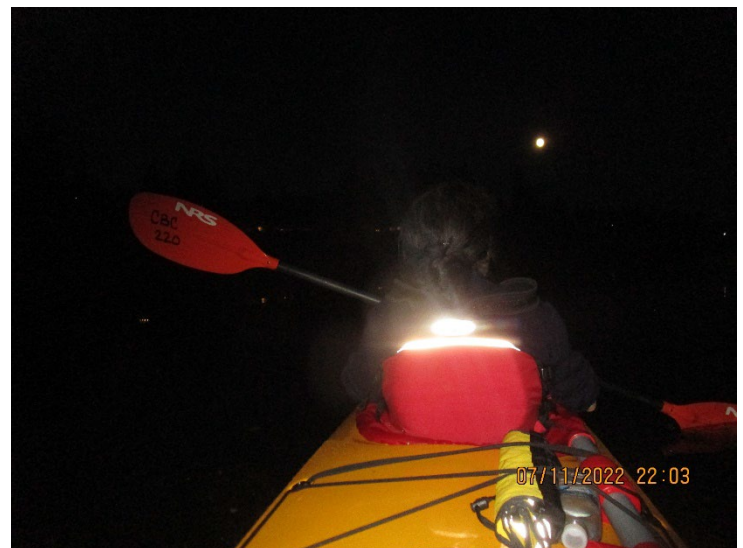
Cheers,

Lee Woodson



Night "Bioluminescence" viewing midnight kayaking trip

On at Happier note there is wonderful kayaking out on Bellingham Bay. – Lee



Wellness Information and Links

Forest Therapy, High Blood Pressure and Depression

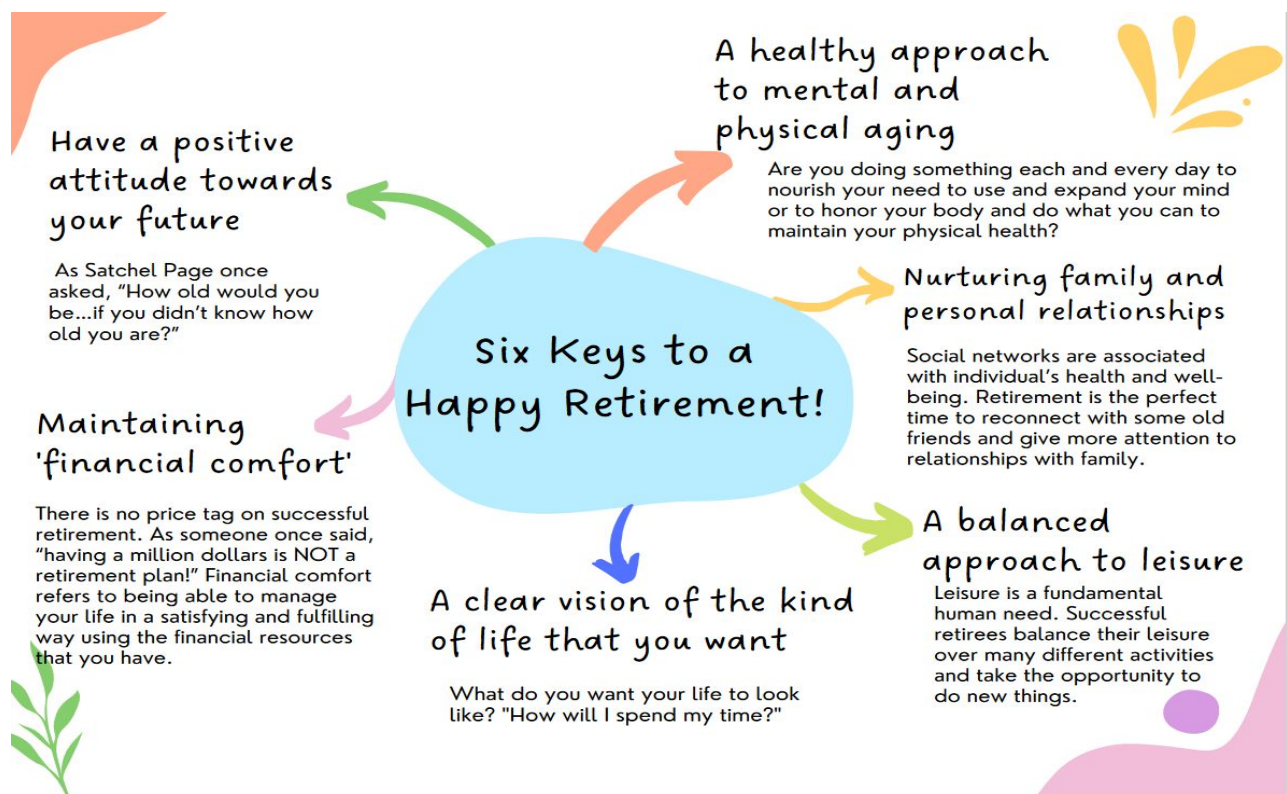
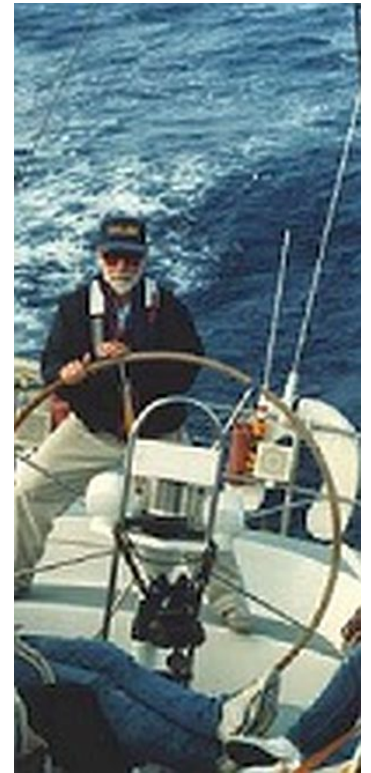
By Roger Elmes

A recent study in the International Journal of Environmental Research and Public Health, 19(17) was summarized in McMaster Healthy Aging Portal - "Forest therapy involves visiting forests or conducting forest-based treatment activities to improve one's health. Studies have investigated the health benefits of forests, but consensus has not been reached.... The effect size of forest therapy on improving systolic and diastolic blood pressure was not significant; however, it significantly reduced depression."

Anecdotally I can report that in 1992 a group of 8 doctors, all members of the Zipper Club (open-heart surgery survivors) sailed in the Vic-Maui race. They took requisite precautions testing their vital signs daily; carrying a defibrillator and even a body bag onboard. They found that despite several harrowing situations, their vital signs including systolic and diastolic blood pressure improved significantly during their 14-day race from Victoria BC to Maui. They never used the defibrillator or the body bag.

I also had an 80 year old Zipper Club member aboard my boat during our 13 day race to Maui and he did very well. In fact, he did the race again when he was 82 and 84.

One hypothesis is that stress has an impact on blood pressure and that prolonged stress without the option of fight or flight can cause long-term arterial damage. Perhaps, this explains why the doctors' vital signs improved over the 14 days of stress-free sailing interspersed with high stress situations that they dealt with by physical action like being hoisted up the mast to cut away a fouled sail, or quickly changing course or easing the sails to avoid broaching. But if you can't race the 5000 plus kilometers to Maui from Victoria, you can at least take walks in the forest to improve mood and outlook on life.



4 ways you can stay active as the seasons change

Oct 26, 2022 - McMaster University

As the days get shorter and the temperature continues to drop, you may find yourself feeling a bit sluggish and wanting to stay indoors. During the summer months, when the sun was shining and the days were longer, it was easier to enjoy a brisk walk outdoors or get some exercise while working in the garden. For adults between the ages of 18 and 65+, the [Canadian 24-Hour Movement Guidelines](#) suggest a minimum of 150 minutes of moderate-to-vigorous physical activity each week and strength/resistance training a minimum of two times a week, amongst other add-ons. Meeting these standards is crucial because not getting adequate physical activity increases the risk of developing chronic diseases and dying.

Need a bit of inspiration to get moving? Read on for a few helpful suggestions on staying active through the remaining weeks of fall and throughout the winter months.

Find an exercise buddy

Research suggests that your peers can help you stay active. Peer-led exercise programs and peer-support programs can help keep you accountable and motivate you to continue to exercise. Whether it be a walk outdoors or a virtual class online, creating a schedule and committing to a plan with a friend can help you stay on track while making you feel like you are part of a community.

Stretch and strengthen with Yoga and Pilates

Yoga and Pilates both have many positive benefits to your overall health. They can improve strength, balance and mental wellbeing. They are also generally safe exercises to do from home using digital aids like DVDs, online classes and videos, and mobile apps. Roll out a mat, grab some water and a towel, and make sure you clear some space around you to move. If you're new to either exercise, remember to start slowly and be mindful of your health status, abilities, and limitations.

Switch up your regular walking routine

Nordic walking is a safe and very effective exercise that is particularly well suited to older adults. There is evidence that this form of walking provides a better total fitness result relative to regular walking and resistance training in healthy older adults. Using poles during walking can help build arm and upper back muscles. It can be undertaken in various settings, including urban and outdoor locations and on concrete, grass, or artificial track surfaces.

Use your smartphone to help motivate you

Do you want to up your exercise game? Your smartphone can help! Research shows that gamified apps may help increase physical activity levels, especially those with leaderboards that allow app users to see each other's standing and integrate social networking and rewards.

Staying physically active is essential for our mental, cognitive, and physical health at home. Whether trying something new, exercising with a friend, or sticking with a routine you know and love, you'll reap the many benefits of being active.

Retrieved from:

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2022/10/26/4-ways-you-can-stay-active-as-the-seasons-change>



The 1% Age Group – We were the very lucky ones...

Even if you're not officially a Baby Boomer there's still a special status to embrace.

*Thanks **Ray Fournier** from the Douglas College Retirees Association (DCRA) for sharing.*

The 1% Age Group

This special group was born between 1930 & 1946 = 16 years. In 2022, the age range is between 76 & 92.

Are you, or do you know, someone "still here?"

Interesting Facts for You

You are the smallest group of children born since the early 1900's.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans.

You remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.

With no TV until the 1950s, you spent your childhood "playing outside." There was no Little League.

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

Telephones were one to a house, often on party lines, and hung on the wall in the kitchen (What privacy?).

Computers were called calculators; they were hand-cranked.

Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.

'INTERNET' and 'GOOGLE' were words that did not exist.

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening.

New highways would bring jobs and mobility.

The radio network expanded from three stations to thousands.

Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.

You weren't neglected, but you weren't today's all-consuming family focus. They were glad you played by yourselves.

They were busy discovering the postwar world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed and felt secure in your future although the depression poverty was deeply remembered.

Polio was still acrippler.

You came of age in the '50s and '60.

You are the last generation to experience an interlude when there were no threats to our homeland.

The second world war was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life with unease.

Only your generation can remember both a time of great war and a time when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better...

You are "The Last Ones."

More than 99% of you are retired, and you feel privileged to have "lived in the best of times!" Amen!

It's great being part of the 1% Special Group!

Affiliate Organizations

Third Age Learning at Kwantlen is a kind of continuing education program for seniors in our community.

TALK is finalizing its winter/spring 2023 lineup of courses, field trips, Philosophers' Corners and more.

The coming semester features:

- **the return of perennial favourites:** Peter Robbins on Stars and Galaxies, Linda Quigley on Spanish Artists, Colleen McGoff Dean on why Monty Python was Right
- **new presenters with topical issues to explore:** Russia's War Against Ukraine, Neuroscience Behind Marketing, Climate Change – local and global
- **Field trips both virtual** (Bomber Command Museum) **and live** (Barista training, Genealogy)
- **Social issues:** Unlearning Racism, Women in Leadership, Journalism: trust in the age of misinformation, Living at Risk, Gender-based Violence, How Did We Get to the 49th Parallel?
- **Practical advice:** Why Did My Plants Die?, Fraud Awareness, Empowering Patients, Eating for the Planet, Gardening for Pollinators, Strokes, Armchair Travel: Israel and Jordan
- **Unusual ideas:** Medical Mistakes (described by a Coroner), The Real Mandrake the Magician, Zentangle
- **Philosophers' Corners:** in person in locations in Richmond, Surrey and Langley

TALK

Third Age Learning at Kwantlen

Options: both on-campus and online courses

As always, KPURA members are welcome to:

- Volunteer to present a course or lead a Philosophers' Corner in your area of expertise
- Join the TALK Program Committee, Marketing Committee, or Board
- Take our courses!

Your first year of membership in TALK is free!

Annual dues are only \$10 per year.

TALK is cheap!

See more at www.kpu.ca/talk. Get in touch with us at talk@kpu.ca.

Contact **Sandra Carpenter**, for more information at: SurreySandra@gmail.com

Take Part in the KPU Lifespan Cognition Study!

The Lifespan Cognition Study is an online research project focused around trying to understand how people's thinking develops over time and across the lifespan. To do this, we hope to have individuals participate in the study every year for three consecutive years. Individuals 10 years old and up are eligible to participate in the online version of this study from the comfort of their own home (either independently or with a research assistant present for assistance them via a conference call). REB #H21-00950

For more information about the study or the Lifespan Lab please check out our website and social media.

[Web](#) [Instagram](#) [Twitter](#) [Facebook](#)

Online participation is split over two days

Day 1 Games – Consent and demographic information (for individuals under the age of 14 this portion of the study must be completed by a parent/guardian) followed by the first set of games.

Day 2 Games: Second set of games.

Duration is approximately one hour, each day.

Prescreening procedure is found at:

https://kpuppsychology.qualtrics.com/jfe/form/SV_6mpAvGJ0EbypX0y Once you're in, you'll be gifted a \$10 Amazon gift card per day of testing!



KPURA is affiliated with CPPR, the College Pension Plan Retirees, which was formerly ABCCPPR (Association of BC College Pension Plan Retirees).

Trustees have reviewed our Greenshield benefit coverage; if we want more benefits, we will have to pay for them. On a positive note Penn Corp, (BC Public Sector Pension Plans) is giving the college pension plan retirees much more attention than in the past. <https://www.pensionsbc.ca/>

The CPPR AGM was held November 2 both in person at the Holiday Inn in Vancouver and zoom. Roger Elmes and Terri Van Steinburg attended by Zoom and Sandra Carpenter in person. Gordon Lee, known to KPU, manned the computers and cameras. Mary Griffin, president, known to KPU, chaired the meeting. Paul Ramsey, also known to KPU, as Trustee, will be serving another term and reported on investments which have only lost 2%, much less than many of us.

Susan Weber, CPPR's rep for COSCO, reported on COSCO which KPURA has just joined. At COSCO's last meeting, housing was discussed.

Should our provincial retirees' associations consider investing in housing for us? One example could be co-housing. COSCO's focus this year is on the UN convention on the human rights of older persons to elder abuse and social isolation and government support for senior centres. Other issues included pay parking at hospitals and availability of medication which is covered in Ontario but not BC.

You may wonder about what your pension money is invested in. Public sector pension plans are now ESG (environmental, social, and governance investing). Climate action is one consideration. Opportunities exist to benefit our pension plans.

At the AGM, Rob Field, BCI's VP of Client Partnerships, Corporate and Investor Relations, spoke. BCI manages investments for college pension plan funds. BCI - BC Pension Fund & Public Sector Investing <https://www.bci.ca> Rob Field was persuasive that BCI is delivering value to members.

The CPPR Has a new website you might wish to view: <https://www.cppr.ca/> Susan Weber negotiated the contract for the website which came in 1/2 of the anticipated expense.

Discussions are ongoing among the four public sector pension plan retiree groups, (CPPR, BCGEU, BC Retired Teachers, Municipal Employees Association) about the four groups working together to deliver alternate EHP, dental, and travel plans similar to the schemes offered by the retired teachers of Ontario. The Ontario plan is open to us presently. Geoff Dean, our KPURA board chair, is a member if you have questions.

CPPR works hard to see that your pension funds are protected, transparent, and socially conscious.



At the September board meeting of the KPURA, we voted to affiliate to the Council of Senior Citizens Organization (COSCO). Established in 1950, the Council of Senior Citizens 'Organization (COSCO) is made up of many seniors' organizations and individual associate members.

COSCO is registered under the societies act and represents approximately 80,000 seniors in British Columbia. Its mandate is to promote the wellbeing of seniors and their families, advocate for policies that allow seniors to remain active, independent, and fully engaged in the life of our province.

COSCO'S purpose is: To assemble, co-ordinate and advance proposals and resolutions concerned with the welfare of elder citizens, and submit them to the appropriate government bodies; and to advance the social and physical welfare of all elder citizens in the province of British Columbia.

In the past year, COSCO has focused on the key areas of health care, housing and income security for seniors.

Joining COSCO ensures we have a voice that advocates for and promotes the wellbeing of seniors. For more information on COSCO, go to <https://coscobc.org>



AROHE 2022 Summit Fireside Chat



Paul Irving
Featured Speaker

Helen Dennis
Moderator

Report by Sooz Klinkhamer

“I guess I’m an example of the fact that even somebody with modest talents can figure out a way to do new things.... What’s the old adage? ...about when you’re a hammer, every problem looks like a nail?” (Paul Irving)

Paul Irving stated that “the greatest challenge and potentially the greatest opportunity humankind faces, certainly in the 21st century (after climate change) is the challenge of population aging.” He wrote The Upside of Aging in response to his research, in part, ‘to change the narrative’.

He shares that, of course, we must respect the realities and challenges of aging (such as chronic disease, dementia, loneliness, isolation and more); but aging also brings wisdom and judgements about the value of time, the value of life, the richness of experience...and that all of us can bring these attributes to challenges and problems.

Most of us in life’s later chapters recognize we have fewer years ahead of us than behind us. How do we want to make those years worthwhile, valued, productive...? Paul urges us to reconsider what the elders’ roles, responsibilities, and possibilities ‘have been’ and ‘could be’. With a demographic indicating lower birth rates, he suggests institutions that only ‘hustle’ teenagers will go broke. Why are they not leveraging and engaging their emeriti, retired faculty, and staff? Is the risk of ‘going broke’ not enough reason to expand diversity, equity, and inclusion (DEI) to include older adults? Paul suggests that ‘not many’ institutions are responding to the realities of our demographic age shift.

Paul’s challenge to each and all of us, and our retirement organizations, is to think ‘out 5, 10, 15, 20 years’ and ask ourselves what our universities will be experiencing as a result of shifting demography; what are the opportunities; what can we bring to the table as opportunities? Are YOU interested in doing something? Don’t wait to be invited! Begin with a new vocabulary – not ‘retirement’ – rather ‘life’s next chapters’. What do you want to do with these additional life chapters?

Retrieved from:

https://www.arohe.org/resources/EmailTemplates/AROHE%20Matters%202022-11/index_preview.html#Chat

The rest of the very extensive newsletter can be read here:

https://www.arohe.org/resources/EmailTemplates/AROHE%20Matters%202022-11/index_preview.html



Six of Canada’s leading Seniors/Pensioners Advocacy organizations in support of Bill C-228 have come together once more to highlight our position in advance of the FINA committee hearing taking place next week. I feel that our clear message stated in our attached letter should reach as many advocates as possible, especially you. It is my intention to reach out and help everyone understand what we are asking for the federal government to commit to and realize the injustices of the status quo in solvency legislation.

As the saying goes, we must do better when we know better.

Our pension protection coalition group has been working tirelessly and has gained momentum by advancing our best resolves together. I hope you will join us in sharing our concerns, shedding light on what is happening and placing long overdue responsibility on our federal government to act now.

Best regards, Trish McAuliffe (she/her), President, National Pensioners Federation

KPURA Membership Update

Geoff Dean – Membership Coordinator

It's good to be a KPURA member - the activities that our events coordinator arranges for us are great – thanks, Sooz – and the info we all get via this newsletter is always interesting - thanks, Alice.

We currently have about 70 members (I can't be precise, because some renewals are still in the works).

Terri Van Steinburg and I met with the KFA President, Mark Diotte, in early November, and we have good news! The KFA will cover the cost of membership in KPURA for retiring KFA members for one year.

To ensure KPU employees know about us, we have been in touch with folks from Human Resources to help them improve the letter they send to soon-to-retire folks. Terri and Geoff will continue to work with KPU, the KFA and BCGEU. In addition to other initiatives, we will be focusing on recruiting KPU staff members to join KPURA.

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 :

- 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>

Newsletter Information

Thank you for reading Newsletter #17 of the KPU Retirees Association.

The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.

Many Thanks to all the contributors for this and past issues.

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

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 or by mail to: **KPURA**, 12666 – 72nd Avenue, Surrey, BC, V3W 2M8

In Memoriam

Michele Guest – September 21, 2022

As an educator in the late 1970s and early 1980s Michele was instrumental in re-shaping the then two-year diploma course at Kwantlen College into a program that could grow into a Bachelor of Interior Design. Under Kwantlen Polytechnic University, this program offered the first CIDA accredited Bachelor Degree in Interior Design in British Columbia. She continued to guest lecture as Barbara Duggan and Sooz Klinkhamer took over as full time faculty.

Antonis Parras – September 2, 2022

Former Kwantlen Business Instructor who was always quite formal and polite/pleasant. He was always happy to participate in mail and copy room 'chats'.

Steve Hansen – July 24, 2022

Retired Chemistry Instructor, Steve had moved to Bend, Oregon in 2021 to be closer to his brother and family. He was able to spend his last months with family, hanging out with his brother in his workshop, listening to oldies, drinking beer and talking about the good old days.

Brian Woodcock – May 24, 2022

Brian was a dynamic member of the Business Marketing faculty. His energy and zest for life was evident to all. He was an avid hiker, skier, road cyclist, world traveller and grandfather.

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