



KPURA News

Volume 6
Issue 3
April
2023

December Festive Lunch in Fort Langley

Board of Directors Report

It is time for the **Kwantlen Polytechnic University Retirees Association (KPURA)** Annual General Meeting! It will be held at the KPU Conference Centre at the Wilson School of Design in Richmond, BC, on Monday, April 17th, 2023, from 10 am to noon. There will be a Zoom option for remote members.

This will be our first in-person AGM since 2019. We will start our morning with coffee and conversation at 9:30 am. Meeting starts at 10 am. There will be a lunch, supplied by KPU, at noon.

If you plan to attend please register with an email to KPURA@kpu.ca

Over the past year, your board has been very active on a number of fronts that support Seniors, Active Living, and KPU including initiating that KPU becoming an Age Friendly University.

There are reports in each newsletter on our activities. See our past newsletter here:

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

We want to serve our members and are always looking for new people to work with the Board. We invite you to become more involved in your organization.

Please consider putting your name forward. The work is fun, roles are defined while flexible, and procedures well organized. You will find an article on this on page 3-4 of this newsletter.

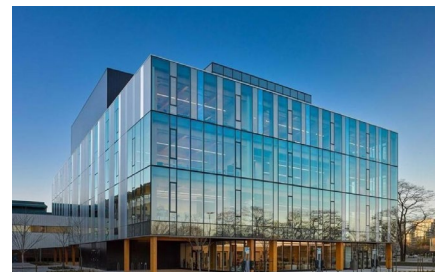
The KPURA board currently has nine members and can have eleven so there is room for any interested members.

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



KPURA AGM April 17
KPU Richmond Campus
Wilson School of Design
Conference Centre
Coffee – 9:30 am
Speakers & Meeting
– 10 am to noon
Lunch courtesy of KPU

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Event Reports and Upcoming



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KPURA Annual General Meeting 2023

**KPU Conference Centre
at the Wilson School of Design
in Richmond, BC,
on Monday, April 17th, 2023, 10 am to noon**

Agenda

Call to Order – 10:00 am

Territorial Acknowledgement

Chair's Welcome

Greetings:

KPU – Randall Heidt

KFA – Mark Diotte

BCGEU – Monica Wyllie



Keynote Speaker: Isobel MacKenzie, BC's Seniors Advocate

<https://www.seniorsadvocatebc.ca/about-the-advocate/>

There will be time for Q&A after this presentation

Business Meeting:

1. **Approval of the Agenda**
2. **Approval of 2022 AGM Minutes**
3. **Approval of 2022 Reports**
4. **Treasurer's Report** (Roger Elmes)
5. **Secretary's Report** (Alice Macpherson)
6. **Other Reports:**
 - a) Chair's Report (Geoff Dean)
 - b) Membership Report (Terri Van Steinburg)
 - c) Website Report (Alice Macpherson)
 - d) Newsletter Report (Alice Macpherson)
 - e) Events Report (Sooz Klinkhamer)
 - f) Advocacy Reports
 - > Age-Friendly University (Sandra Carpenter)
 - > KPU Underfunding (Geoff Dean)
 - > Bill C-228 re pensions, with the Council of Senior Citizens' Organizations of BC (Terri Van Steinburg)
7. **New Business**
8. **Election of Board Members**
9. **AGM Adjournment**



A Social Lunch (provided – thank you! – by KPU)

- If you need to renew your membership (or, as a new retiree, pay for your membership), you may do that by cheque at the AGM.

Register for this event – either in person or by Zoom – by sending an email to KPURA@kpu.ca

(See the next page for further information on some of the above)

AGM 2023 Agenda Notes

- If you need to renew your membership (or, as a new retiree, pay for your membership), you may do that by cheque at the AGM.
- Documents regarding the various reports will be sent out on April 10th. You will be welcome to comment on these at the AGM; or if you wish to comment by email before the meeting, please do so by Thursday, April 13th.
- There are eleven positions for Directors on our Board (two of which have not yet been filled), and Directors are elected for two-year terms. Two of our current Directors – Sooz Klinkhamer and Terri Van Steinburg – were elected last year, and so the other current Directors' terms will expire at this AGM.
- Nominations for nine vacant Board positions will be accepted in person at the AGM, or online until Thursday 13 April at 8:00 pm. You can find the online nomination forms at https://kpu.ca/sites/default/files/retirees/KPURA_BoD_Nomination_FillableForm.pdf
- The seven Directors whose terms are expiring have agreed to run again: Bob Perkins, Carol Barnett, Geoff Dean, Roger Elmes, Sandra Carpenter, Yale Shap, and Alice Macpherson. We would be happy to get two more nominations so the Board would be filled. If there are more than nine nominations there will be an election with the nine candidates with the most votes being elected for a two year term.
- Members attending the AGM online through Zoom will be able to vote through its chat function.

About the Advocate

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. Isobel led B.C.'s largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments. Isobel has been widely recognized for her work and was named B.C. CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero.

Prior to her appointment as the Seniors Advocate, Isobel served on a number of national and provincial boards and commissions, including the BC Medical Services Commission, the Canadian Homecare Association, BC Care Providers, BC Care Aide and Community Health Worker Registry, and the Capital Regional District Housing Corporation. Isobel also served on the University of Victoria's Board of Governors.

The KPURA Board Wants You!

Sandra Carpenter

A free conference titled **Passing the Torch, Building and Strengthening Leadership** occurred on February 8, 2023, offered by COSCO (Council of Senior Citizens Organizations of BC) and held at the Langley Senior Resources Society. Langley made considerable resources available impressing me with its commitment to being an Age Friendly City. Since KPU is engaged in the process of becoming an Age Friendly University, my antennae are alert to noticing age-friendly and not so age-friendly approaches.

The title, **Passing the Torch**, reflects an important responsibility that we, as seniors, need to take on. KPURA, by spearheading the initiative for KPU to become an Age Friendly University, is committing our members to integration with KPU to raise consciousness about issues of ageism. KPURA is currently working on connecting with those about to retire. We are also investigating how to ensure that the university continues to use the resources retirees have to enhance the institution.

Much of the conference addressed how to find new volunteers to whom to pass the torch. KPURA is hoping to encourage members to volunteer to serve on its board. The current board needs members such as YOU to tell us how we can persuade you to share some of the issues we try to work on. If you are worried it might be too large a commitment, we would be happy if you would consider job sharing! You might attend a board meeting to observe what we do. Just email the KPURA address and ask for a link to the next meeting on a first Monday of the month.

KPURA@kpu.ca

Not surprisingly you may ask what you would get out of sitting on the KPURA Board? You might have a hand in influencing future KPU policies with regard to ageism. You might have a great idea for an event for members. You could be involved in guiding the Board to new areas and initiatives.

You may ask what compensation is there for me to contribute? You might not be compensated financially, but keeping your mind engaged is worth much more. The collaboration with fellow retirees is rewarding. Being part of a team to accomplish some ends you weren't able to accomplish as an employee is a just reward. One aspect I like is, as we deal with administrators, we are in an entirely different relationship than we were as an employee.

Having perhaps felt isolated for so long, it may be difficult to believe that just because we are older, we may have a desire to cooperate more and listen to each other. We aren't in competition any more for anything.

You might like to see a job description. As you find your interests, you can pretty much develop your own job description. KPURA is still a relatively new organization, so you can create whatever role that fits into the structure of a BC Society and that you see as needed. As a board member, you won't necessarily have tasks get delegated to you as much as you choose where your time is best directed. For example, we could use a marketing plan, a photographer, someone to design brochures, just to name a few.

Current examples of Board activities are a good indicator of how we work together. Sooz Klinkhamer took on Events for KPURA and carved out an essential role that needed to be effectively filled. Sooz also is our representative to AROHE (Association of Retirement Organizations in Higher Education) and participated in planning their last virtual conference. Geoff Dean has been a strong advocate for increased funding for KPU since before he retired and continues to keep KPURA involved in advocating for KPU as well as currently chairing our Board meetings. Alice Macpherson has created a thrice yearly newsletter that is stellar and includes many contributions from our members and friends. She gently prods us to sit down and write something for the newsletter. And we all know that the secretary is the one who documents the history of an organization because the Minutes are the lasting record of operations. Sandra Carpenter (that's me!) liaises with TALK and contributes book reports, etc., to the newsletter. She is also our liaison with CPPR (our Pension Fund group) and was instrumental in creating KPU's application to become an Age Friendly University (pending).

Bob Perkins, who now lives on Vancouver Island, would not have been able to attend if we met in person. Now, he contributes to us his knowledge of Board workings, wine making, and all things scientific! Carol Barnett, a past chair of our board and currently a Member at Large, is superb at creating concise and clear documents of KPURA processes and procedures that are professional and contain all the important requirements. Yale Shap determined that domain names could create a problem going forward. He recommended that we purchase several variations, and so we did. Roger Elmes is much appreciated as treasurer and gives valuable input as to the administrative structure of KPU and ourselves from his viewpoint as a retired administrator. He also continues to work on the history project recording those who were instrumental in the formation of KPU. Terri Van Steinburg, fresh from her contributions as President of the Federation of Post Secondary Educators (FPSE) and previous Faculty Association president and negotiator, has put her efforts toward membership. As well as being KPURA's representative to COSCO, Terri has recently been appointed as COSCO's chair of the committee on Income Security. Each board member has taken on leadership responsibilities and found a valuable niche to contribute to your retirees' association. As part of the Board, you get to help set the agenda for what KPURA spends its time to achieve.

One topic at the Passing the Torch conference was the importance of committees. Committees in an organization are where issues get examined. So far, the KPURA board is only big enough to look at the matters that we have mentioned above. We certainly would look at more if we had people who were interested in those topics that might be examined by committees. This is another reason why KPURA needs more board members or others who, while they may not consider themselves full board members, are willing to take on various topics of interest to themselves and KPURA.

The COSCO newsletter from September, 2022, has a headline, "Seniors Continue to Support Workers' Rights. Here is another possible contribution that a new board member could make. Most of us were members of a union. and many retirees' organizations feel a responsibility to show solidarity with those still working.

As years go by, more and more KPU employees will retire. If even a moderate percentage of retirees join KPURA, membership will grow. We hope more members will find it rewarding to participate as board members. Come and join in the fun.

We hope to see you at the AGM and beyond.

Updated Land Acknowledgement

A Message from Dr. Alan Davis and KPU

This message is also [available as a video](#)

Over the years we have been acknowledging the lands on which we work, live and study: the ancestral and traditional lands of the several First Nations which overlap with the region we are mandated to serve.

In trying to be inclusive and respectful to these First Nations, we have shifted the focus on the acknowledgment from a general (and somewhat colonial) term, to reference to the languages of these First Nations, and now, with the wisdom of our Associate Vice President for Indigenous Leadership, Innovation and Partnerships, Gayle Bedard, I thought we should provide some clear guidance (for those who want it) on delivering this acknowledgement at meetings, or on documents, or as an e-mail signature.

This is a guideline only: some of you have very personal and powerful ways to make this acknowledgement, and I encourage you to use your own voice as you see fit. But we are often asked for some sort of “official” acknowledgement, and here it is in its latest form.

It lists each of the First Nations and gives special thanks to the Kwantlen of course. I provide it with the plural “we” but you can make it first person singular as you see fit, and many also identify themselves as a “settler” or as an “uninvited settler” as appropriate.

We at Kwantlen Polytechnic University respectfully acknowledge that we live, work and study in a region that overlaps with the unceded traditional and ancestral First Nations territories of the Musqueam, Katzie, Semiahmoo, Tsawwassen, Qayqayt, and Kwikwetlem; and with the lands of the Kwantlen First Nation, which gifted its name to this university.

In the cause of reconciliation, we recognize our commitment to address and reduce ongoing systemic colonialism, oppression and racism that Indigenous Peoples continue to experience.

The background of my video shows the First Nations with the names in their own languages and the English. You can choose to include the names in this format in written acknowledgments:

- qw̓ a:n̓ ǝ́ n̓ (Kwantlen)
- xwməθkwəy̓ə m (Musqueam)
- q̓i c̓ǝ́ y̓ (Katzie)
- SEMYOME (Semiahmoo)
- sc̓ǝ́ waθən (Tsawwassen)
- q̓iq̓éyt (Qayqayt)
- kwikwəł̓ǝ́ m (Kwikwetlem)

I hope this provides some guidance on this matter as we all pull together towards full reconciliation with the Indigenous peoples in our region and beyond.

Talk soon,

Alan Davis, PhD

President and Vice Chancellor



KPURA Events and Reports

Seasonal Socials 2022

Sooz Klinkhamer – Events Coordinator

Our past year's final two events were a 'Seasonal Social' in Fort Langley, and a week later a "Virtual Social" which allowed members to 'greet each other' via a Zoom Meet Up.

**Thursday 8 December 2022,
12 noon -2:30 pm
Fort Pub – 9273 Glover Road,
Fort Langley – www.fortpub.com**

First, a few words about the in person social. As their advertising says: "From its entrepreneurial roots as the Fort Langley Hotel...the Fort Pub site has weathered floods, fires and the prohibition!"



And there were even 3 winners of chocolate treats – some of which were demolished as dessert! It was a lovely time being able to actually be in each other's company!!

Today it simply exudes classic pub charm. The Fort Pub & Grill is located about a half kilometre down river from the national historic Fort Langley Trading Post

On December 8, the weather was chilly and rainy but the social atmosphere when we arrived more than made up for it.

KPURA welcomed and enjoyed seeing you all, members, associate members, and friends!! A good time was had by all.



Seasonal Social Number 2

Virtual Meet Up on December 15, 2022!

And then a week later a virtual seasonal social was held, giving members, associates, and friends a chance to 'bring a drink' to the Zoom screen and exchange greetings of the season and share a story or two. Chatting virtually was a nice way to ease into the holiday season whether you brought a drink to talk about, a story to share, or just come to say hi! and listen.

Events in Early 2023

To kick off 2023, we initiated several event options. We identified three possibilities members could choose from as a sort of "Choose Your Own Adventure".

January 18 – Gwynne Dyer, as part of the KPU President's Dialogue Series spoke at the KPU Surrey Campus in the atrium of the Spruce building. Historian and journalist that he is, he came to Kwantlen Polytechnic University with two global topics on his mind. Both have put the planet in grave danger: climate change and the war in Ukraine. The author of seven books spoke eloquently to an engaged audience. The event was free and open to the public. The event was recorded and is available [here](#)

February 2023 Theatre in the Community – Courtship by Steve Penman

Two elderly gentlemen, one a widower and the other married, meet regularly at "their" bench. Edward and David share observations about the world's problems and offer sometimes humorous "solutions". At the same time, they provide real insight into loneliness, aging and relationships. This touching and humorous show was well worth seeing at the Newton Cultural Centre.

The Knowledge Network streaming options

Death in Paradise – A quintessentially English detective and his investigative team solve murder mysteries on the idyllic Caribbean island of Saint Marie. If Detective TV is not your style, The Knowledge Network has many other options to capture your imagination. <https://www.knowledge.ca/> It is a free sign up and use. They do ask for donations on a regular basis but it is not a requirement.

Alice Street Legacy Mural: Official Unveiling and Dedication at KPU Surrey campus Library, 11 am, April 14



Join us to unveil and dedicate the KDocsFF Alice Street Legacy mural created by KPU Arts Indigenous Artist-in-Residence Brandon Gabriel, Chicago-born aerosol artist Desi Mundo, and Chilean studio artist Pancho Pescador. The trio met on the KDocsFF 2022 panel for Spencer Wilkinson's documentary, Alice Street, before reuniting this February to paint a legacy mural at the KPU Surrey Library. Their creation of the 25' installment was a live painting event over two weeks, when the university community could stop by to observe the painters engaged in their creative process.

The majestic mural, whose focal point is legendary Lyackson First Nation activist Kat Norris, rises up to greet all who pass through the library.

On April 14th, KPU, KDocsFF, and the creative team behind the mural invite you to the opening. It will be held directly under the legacy mural in the KPU Surrey Library's foyer.

A reception with light refreshments at the back of the library's first floor will follow the ceremony.

More Events are Coming!

We are planning in-person events as our weather warms and we can comfortably be outside on walks or other activities. Stay Tuned! Emails will be sent out to all Members and Friends.

They will also be posted on our Facebook and main web pages <https://kpu.ca/retirees>. Follow us at <https://www.facebook.com/groups/KPURA> and give us a 'like'!

Special Opportunity for KPURA



Does a loved one remember 50 years ago
better than 50 seconds ago – you're not alone.

Don't Let Your Memories Fade

Online programs connect you with treasured memories.



Association of Retirement Organizations in Higher Education

Webinar: Tuesday, April 18, 2023

10:00 - 11:15 a.m. Pacific

11:00 - 12:15 a.m. Mountain

12:00 - 1:15 p.m. Central

1:00 - 2:15 p.m. Eastern

Register at:

arohe.org/event-4995391

Family Matters – a national community outreach program

As part of the **Association of Retirement Organizations in Higher Education** (<https://www.arohe.org/>) we are invited to participate in this unique event. Please review the information and decide if you wish to register for their complimentary webinar, scheduled for 10am Pacific time, April 18.

Through primary research conducted and published by the National Institute for Dementia Education, Vivid-Pix developed "[Don't Let Your Memories Fade](#)" – a program that connects people through photo reminiscence.

We are pleased to let you know that the National Genealogical Society has partnered with Vivid-Pix to create a United States and Canada wide community outreach program "Family Matters" utilizing the Vivid-Pix program.

The Vivid-Pix program focuses on 3 core elements:

1. Exercise your brain – it's the best way to thrive as you age.
2. Learn how to interact with friends and loved ones as they are impacted by the detrimental effects of aging: isolation, loneliness, cognitive decline, and dementia (including Alzheimer's).
3. Learn how to interact with "children of all ages" – including grandchildren – to share your stories with them – and hear their stories too!

AROHE and Vivid-Pix will be conducting a webinar to educate and assist AROHE members. Please join us on Tuesday, April 18, 10 a.m. PT, 11 at MT, 12 p.m. CT, 1 p.m. ET.

Register at: <https://www.arohe.org/event-4995391>

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.



Ginger

Our family dog while the children grew up. Ginger was her name and she loved Christmas even as she became old (see her appreciation of her gift, below). My daughter loved to paddle the canoe and have Ginger as her lookout in the bow. Too funny if you ask me. I am surprised by the lack of old photos of our most favorite long time companion.

– Lee Woodson



Ginger at Christmas



The Doorbells

These two pooches are 13 year old papillons, my brother and sis-in-laws dogs. We refer to them as 'the doorbells'! They have not learned to stop barking once people have arrived at the door, hence the name. And apparently you cannot teach old dogs new tricks – Richard and Sooz

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

KPU Retirees Travel – Home and Abroad

A Week in Amsterdam

Bob Perkins

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

Amsterdam is a very historic city and was the centre of the Dutch East India Company, who sent ships across the globe for trade. As a result, many merchants became very wealthy, and today Amsterdam has more than 40 museums dedicated to various aspects of life during that time.

We stayed in the centre of the city, and many of the museums and other attractions were within walking distance. We purchased an Amsterdam City Card that gives you free admission to a number of the attractions. I will now briefly describe some of the attractions that we visited

You can check out the links for each one and take a virtual tour.

Rembrandt House Museum: This was his home from 1639 to 1658, and the interior has been restored to that time period.

Rijksmuseum: One of the world's most famous museum – housing the largest collection of Rembrandt's paintings (including the Night Watch), along with other masters from the Dutch Golden Age.



Van Gogh Museum: It contains the world's largest collection of his works – over 200 paintings, 500 drawings and 700 letters.

Dutch Resistance Museum: Excellent glimpse into everyday life in the Netherlands under Nazi occupation, and the resistance against it.

Ann Frank House: With over one million visitors a year, this museum was established in 1957 to prevent its removal by property developers. It was a very emotional experience.

National Maritime Museum: A wonderful site, housed in the Arsenal (built in 1656) that is a testament to the history of sailing and trade. This picture is of a historic ship at dock outside the museum.



Museum of the Canals: This brings to life the centuries of money to be earned, art created, and life enjoyed on these waterways. Make a point of visiting this one; either before or after taking a canal cruise of the city.



Our Lord in the Attic: A preserved 17th century house, complete with an entire church in the attic. Religious persecution forced many faiths to worship in secret.



Amsterdam Pipe Museum: Another restored 17th century canal home that contains a unique collection of pipes and other smoking related objects.

Cannabis Museum: Everything you want to know about the history/cultivation/enjoyment of the product. The aroma of joints being smoked in the streets is noticeable.

Red Light Secrets: A museum devoted to a glimpse behind the world's oldest profession.

Tulip Museum: Experience the history of the tulip trade and eventual financial collapse of speculative nature of the trade.



De Hortus: One of the oldest botanical gardens in the world. It was started in 1638 as a medicinal herb garden, and contains over 4,000 plant species from around the world.

Sadly, two other museums that we visited have closed permanently due to Covid-19.

Dutch Costume Museum: They had a wide selection of traditional costumes of the Netherlands is displayed in a restored 17th century canal home.



Tassenmuseum: Housed in a restored 17th century canal home contained the largest collection of bags and purses from the 16th century to the present day.

We also made day trips to two attractions outside of the city.

Zaanse Schans: This is a neighbourhood of Zaandam, a 20-minute train from the centre of Amsterdam. It contains a collection of windmills and wooden houses brought to the area from regions north of Amsterdam. At one point in the past there were more than 500 windmills in this area, powering a number of industries. Today you can tour a windmill-powered sawmill.



There are a number of cottage industries one can enjoy; including a wooden shoemaker, a weaver, a cooery, chocolate maker, and soap maker. We spent a most enjoyable day here.

Keukenhof Holland: For 8 weeks every spring, visitors can enjoy viewing 32 hectares containing more than 7 million bulbs of tulips, daffodils and hyacinths. There are also a number of garden pavilions with a wide selection of plants and flowers. Local growers can display the latest trends in gardening and new types of bulbs. Children can also enjoy a large playground, petting zoo and maze. This is a must see for any avid gardener.



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Brave Neuf World

Be Kind. Rewind.

Lesley Neufeld

Among our friends of a certain age, there are only two topics of conversation: "What are your illnesses/aches/pains?" and, "What are you watching on Netflix?" Of course, "Netflix" is Boomer Code for an astonishing array of internet and cable viewing services. There's Crave, Hulu, Amazon Prime, Acorn, BritBox, Showcase, Apple TV, YouTube, Global, and CBC Gem, plus a dizzying number of options on basic cable and On Demand. We use the shorthand "Netflix" because we have no clue what to call the rest of it. Channels? Apps? Platforms? Subscription Models? VOD? It's all Netflix to us.



Author portrait by Bernie Lyon, 2011

I think we can be forgiven our confusion over newfangled technical vocabulary. I started out my viewing career as a 1950s vintage kid, sitting on the carpet 10 inches away from our 12-inch, black and white television set with my mother yelling, "Don't sit so close! You'll ruin your eyesight!" The TV needed a half hour to warm up. Rabbit ears, wrapped in tin foil, sat atop, that you had to fiddle with to get the picture to come in. It had an on-off dial that you had to get out of your chair to use. A test pattern that greeted you first thing in the morning before "regularly scheduled programs" began. A manual channel changer -- for what? We only had one channel. We watched the good old CBC (everything else was "snow") which went off the air after "God Save the Queen" at 9pm, and the image disappeared into a single blue dot.

My family gathered for Hockey Night in Canada, Don Messer's Jubilee, Our Pet, Juliette, Wayne and Schuster, and Front Page Challenge. I adored my favorite kids shows: The Friendly Giant and Chez Hélène. My friend's folks up the street put an aerial on their roof so they could get THREE American channels from North Dakota. Ed Sullivan!!! And Bonanza! OMG! I was so envious! The pressure was on to get these wonders at our house. Eventually we got an aerial and got TWO channels. We didn't get colour until 1969, just in time for the walk on the moon.

Years later, when we were grown, our weekend trips to the neighbourhood Video Store seemed unimaginably high-tech. Browsing the aisles for movies to rent, mostly already snagged up by other early-bird renters, we would eventually land on a mutually agreeable film to take home. A Saturday night stay-at-home date with popcorn and a Coke. We took those warnings about late return penalties and rewinding the tape seriously, didn't we? A rental might be all of \$9.99. But if we lost a DVD? It could cost you up to \$99.99!

Fast forward and we really thought The Future had arrived when we figured out how to record a TV show on our VCR. We've come a long way since then, for sure. But even those of us who actually know how to use PVR to record cable network programming betray our age with phrases like, "Did you TAPE our show, honey?"

Currently we subscribe to several streaming options with listings in the millions. And we still search for something to watch. We've worked our way through a number of the popular series, and we're in the middle of others. The problem is, unless we binge-watch this stuff, we can't remember where we last saw something we're only half way through. Or what happened last time. Or even the show's title.

"Do you remember?" "Heck, no. Do you?" "Was it Prime? Or Apple?" "No idea." "Maybe it was Acorn." "What was it called?" "Not sure." "It was that one from Australia." "No, it was Irish." "Oh, yeah, maybe." "That one with the young woman lawyer." "No. She was a forensic pathologist." "Well, then I don't know."

So, we're off to the races, wrangling our three remotes, searching vast menus for where we left off with some show or other. "Have we watched Episode 6 yet? Or are we at 7?" "I don't know. Read the synopsis." "I did. No help."

Mostly we stumble across shows by accident. "Look! I found "Vera - Season 9!"

We share text messages with friends to recommend viewing. We chat for hours with other couples on Zoom calls, "Ooooh! We have a good one for you! You know which one, honey, don't you? That show we watched on the weekend, with the guy, and the murders, you know, in northern Scotland, and it's really bleak, and we need Closed Captioning?" "Sounds good. What's it called?" "Dunno."

Never mind that all these subscription services are costing us an arm and a leg. We'll need to take out a second mortgage or else our pensions will run out by the time we're 80. Someone (younger) suggested that we subscribe to a channel, watch what we want to see, and then unsubscribe. We did a free trial offer on the Disney Channel so we could watch the six-hour Beatles documentary. And then canceled it. Easier said than done, unless you have the patience of a statue, because you have to CALL somebody to do it. The "hold music" alone will make your ears bleed.

This Boomer's head is about to explode.

I think I'll go and unwind. Or is it rewind? Watch the fireplace channel maybe. That's soothing. It will tide me over until tonight when the search will be on once again, "What's New on Netflix." Now, which remote do I use?

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

Book Review

Sandra Carpenter

Finding the Mother Tree

The University of Toronto Senior College picks books I would never read otherwise. Yet each one enriches me. One such book is *Finding the Mother Tree* by Suzanne Simard. Simard at UBC is the world's leading forest ecologist. She is credited with forever changing how people view trees, their connections to one another, their importance to us. Also, her non-fiction is described as reading like a novel with protagonists, villains, and a plot.

When she began her career, trees were planted to replace clear cuts, and every other plant was eradicated to allow the tree seedlings to absorb all the water and space. The current belief had been that every seedling was in competition with every other plant. Simard observed fungi interconnecting successful plants.

As a woman, she was ridiculed and dismissed, even harassed.

In her epilogue, Simard writes,

“Our goal is to further develop an emergent philosophy: complexity science. Based on embracing collaboration in addition to competition.”

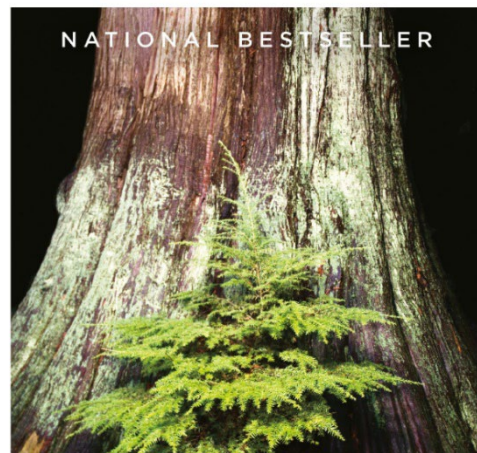
I like that she points back to the simple science many prefer. Having recently read a number of quotations about Darwin's work, it's clear this tug of war has been going on for decades and is still not won. What comes to mind when many think of Darwin is “survival of the fittest.” That was never Darwin's position, more likely what his opponents termed his theory. Real science is too complex to boil down to 4 words.

Simard frequently cites indigenous beliefs which base conclusions on knowledge that Nature is wiser than we are. If Nature designs forests with many species interacting, it is foolish for Man to declare he knows better, plant clear cuts with single species and no ground cover, and wonder why so many seedlings die.

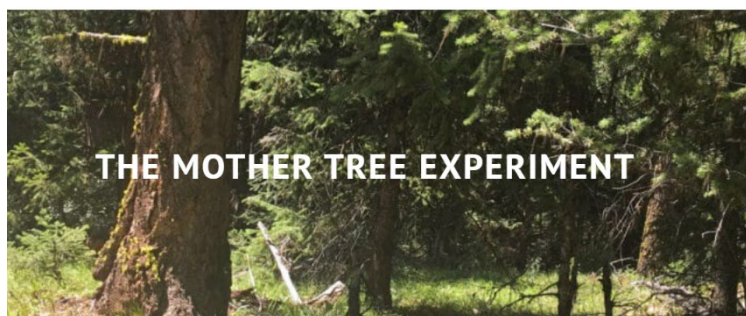
Simard says,

“We have the power to shift course. It's our disconnectedness—and lost understanding about the amazing capacities of nature—that's driving a lot of our despair, and plants in particular are our objects of abuse. By understanding their sentient qualities, our empathy and love for trees, plants and forests, will naturally deepen and find innovative solutions. Turning to the intelligence of nature itself is the key.” British Columbia is wise to heed Simard's advice as it is dependent on forestry.

While a scientist, Simard is also an ambassador for Nature. She advises you to connect with plants, to find a Mother Tree to make your own. I immediately thought of the tree I will think of as my Mother Tree. I'm already a gardener and seed saver, and that Mother Tree has planted its offspring in every container I have in my yard. Sadly, being in containers, they aren't connected by fungi to their mother, but they carry her legacy. Because I am not one who mows my lawn, many of her children are probably being mothered by her right now. Knowing the ties that I feel with my own offspring, I will now think of my Mother Tree as shepherding her children through life, sharing her strength, and communicating with them constantly.



**FINDING THE
MOTHER TREE**
Discovering the
Wisdom of the Forest
SUZANNE SIMARD

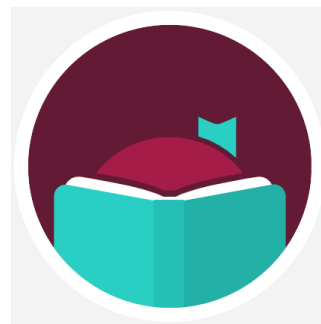


<https://MotherTreeProject.org/>

Like to Read? – Get Libby!

Geoff Dean

If you'd rather borrow books, rather than buy it, for sure our local libraries are wonderful. And if you'd like to read a book anywhere, whether it's a good mystery novel or a physics text, without having to carry it around, I've found that **Libby** is a great way to do that. It's free, and it allows me to download a book into my cellphone and read it wherever I am – if I'd like to read in bed, for instance, but my partner is sleeping, I don't have to turn the light on to read it. And I've been able to get all of this or that author's novels through Libby, read each one in two or three days, and find the next one right away. Wow!



Your local library will probably have instructions on how to get Libby; if necessary, you can find out more about it at its website: <https://www.overdrive.com/apps/libby>. On that site, they say that with Libby “Borrow ebooks, audiobooks, magazines, and more from your local library for free! Libby is the newer library reading app by OverDrive, loved by millions of readers worldwide.” Note, however, that Libby doesn't connect with KPU's library yet, darn it.]

The website goes on to say, as I've paraphrased here, that the Libby app is free to install. All the digital content from your library is free to borrow with a valid library card. There are no subscription costs, no in-app purchases, and no late fees. Digital titles are automatically returned on their due dates; if you need to borrow it longer, you may be able to renew it, if no-one else has requested it while you've had it.

Getting started with Libby

Step 1: Download Libby on your device, using the link from the above website or the link that your library recommends.

Step 2: In Libby, follow the prompts to find your library and sign in with your library card.

Libby will remember your library card for future loans; if you have a card with another library, you can add that later, and if one library doesn't have the book you want (or if it's not available because someone else has borrowed it), you can switch to searching the other library.

Now you're ready to borrow books.

Using Libby

Step 1: Search and browse your library's Libby catalog and borrow a title. (If a book you want is already borrowed by another reader, you may be able to ask Libby to place a hold on it for you.)

Step 2: Borrowed titles download to the app automatically when you're connected to Wi-Fi, and then appear automatically on your Shelf so you can read them anytime, whether you're online or offline. So, on your Shelf, tap Loans at the top of the screen. From there, tap Open In Libby to start reading or listening in the app.

Step 3: When you've finished reading the book, tap or click on Manage Loan and then the Return button.

That's it! Happy reading!

KPURA on Facebook

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

KPURA has a Facebook page that 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.

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

Advocacy

Terri Van Steinburg

Update on Bill C-228

On November 23, 2022, Parliament voted unanimously to support Bill C-228, an act to amend the Bankruptcy and Insolvency Act, the Companies' Creditors Arrangement Act and the Pension Benefits Standards Act, 1985.

From Parliament, the bill went to the Senate and passed first and second reading before being referred to the Senate Standing Committee on Banking Commerce and the Economy. This committee unanimously supported the bill, without amendment and it has now gone back to the Senate for third reading and, hopefully, Royal Assent.

Under the current Act, when companies declare bankruptcy, creditors are paid first, and the employees lose their hard won pensions. This situation has led to seniors living in poverty, despite the fact that they earned and contributed to a pension plan they never benefited from.

The changes to this legislation will protect vulnerable seniors and ensure they receive the pensions they have earned and deserve. It will make them the priority in the case of a company bankruptcy.

We need the Senate to demonstrate leadership and give Royal Assent to Bill C-228, without amendment, so that more and more seniors don't end up living in poverty and needing government benefits through programs like the Guaranteed Income Supplement.

We encourage you to write the Senate regarding Bill C-228, and ask them to support this bill without amendment.



Council of Senior Citizens' Organizations of BC

Representing seniors in British Columbia since 1950

www.coscobc.org

February 11, 2023

Office of the Committee Clerk,
Senate of Canada
banc@sen.parl.gc.ca

Dear Karine Déquire

Re: Bill C-228

We are writing on behalf of 80,000 members of the Council of Senior Citizens' Organizations of BC (COSCO). COSCO advocates for the rights of seniors in British Columbia and beyond.

We write today to show our continued support for Bill C-228, the Act to amend the Bankruptcy and Insolvency Act, the Companies' Creditors Arrangement Act and the Pension Benefits Standards Act, presented by MP Marilyn Gladu and to urge the Senate to pass this bill, without amendment.

As you are aware, under the current Act, when companies declare bankruptcy, creditors are paid first, and the employees lose their hard won pensions. This situation has led to seniors living in poverty, despite the fact that they earned and contributed to a pension plan they never benefited from.

The changes to this legislation will protect vulnerable seniors and ensure they receive the pensions they have earned and deserve. It will make them the priority in the case of a company bankruptcy.

We urge the Senate to demonstrate leadership and give Royal Assent to Bill C-228, without amendment, otherwise we fear more and more seniors will end up living in poverty and will require government benefits through programs like the Guaranteed Income Supplement.

We appreciate your consideration of and action on this important matter.

Yours sincerely

Leslie Gaudette
Leslie Gaudette, President

Terri Van Steinburg
Terri Van Steinburg, Chair, Income Security Committee

cc. Trish McAuliffe, President, National Pensioners' Federation
Mike Powell, President, Canadian Federation of Pensioners

President • Leslie Gaudette • 604-630-4201 • pres@coscobc.org
PO Box 26036, RPO Langley Mall, Langley, BC, V3A 8J2

The KPU Retirement Process

All members of KPURA have retired from KPU. However, what we were provided with leading up to retirement may have been a different process for each of us.

Previously, when we had a compulsory retirement age, the institution may have had a more consistent program. Currently, the only information provided to potential retirees who are members of KFA is in the form of workshops under the auspices of the College Pension Plan Retirees (CPPR). Dennis Anderson has developed presentations which provide what has been found to be useful information. Because these were developed by CPPR, it is assumed the audience will be members of the College Pension Plan.

The membership of KPURA is open to faculty, staff, and administrators. KPURA, therefore, would like to be made aware of what retirement information is provided to all our constituents.

Human Resources has designated Christine He, Organizational Specialist, to design materials to assist faculty in "Offboarding." The term offboarding has been used because when a new employee is hired, he is on-boarded. To HR, it seemed logical to call retirement offboarding. The KPURA board has been invited to give input. We have reservations about calling it offboarding. We prefer to think of retirees as continuing to be involved. Can you think of a term that would sound less like "Bye, bye"?

It would be useful to your KPURA board to hear of your experiences regarding the retirement process, both good and whatever could use improvement. You could email any information you are willing to share to surreysandra@gmail.com

The more we are aware of your experiences, the better recommendations we can make for future planning.

It may be that some confusion exists because some do not fully retire but pick up a few courses after "official retirement". That is, the distinction between before and after retirement may be becoming more fluid. We believe it is mutually beneficial for the individual and the institution to continue to interact.

KPURA can become a stronger organization as KPU grows older, and more and more individuals retire. Of course, membership in a retirement organization is not compulsory. As a retirement organization, KPURA needs to reach out to all those nearing retirement to make sure they know we exist and that they see us as addressing topics which interest them. As members, you can contribute by letting your board members know the issues you believe KPURA needs to advocate for. Even better, you can join the board!

We are at an opportune time to design input into what information would be beneficial to provide to those contemplating retirement. Now we need to prepare a submission outlining the ideal program for those about to retire.

Please contact any one of the KPURA Board members or send an email to KPURA@kpu.ca

Your 2022-23 (current) Board of Directors:

Chair – **Geoff Dean**,

Vice-Chair – **Yale Shap**

Secretary – **Alice Macpherson**,

Treasurer – **Roger Elmes**,

Events – **Sooz Klinkhamer**,

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

Kwantlen Reflections

Welcome to **KPU Reflections**, a series highlighting interviews from the KPU Oral History Project.

Here is part of the interview with Manfred Baur, KPU's former dean of Applied Technology, Trades and Vocational at what was then known as Kwantlen University College.

Manfred Baur began his career at Kwantlen College as an auto mechanics instructor, later moving into administration. But before he became the Dean, he piloted the Kwantlen bathtub.

Once upon a time Kwantlen College had a fiberglass program at its Newton campus. As a class project, students built a bathtub. A motor was attached, and Manfred was appointed captain of the "ship"

"I remember the first time we put the tub in the water.... [T]he bow was way out and the stern was way down and we said, 'There's something wrong with the balance of this thing.'"

That was a just trial run before the great bathtub race from Nanaimo to Vancouver.

"I was plowing along with the...bow way out of the water, and the only way I could get it to run was to lean forward almost over it.... [I]t was quite exciting because you sit so low, so the sensation of speed (is) quite something," remembers Manfred.

But, all of a sudden, a bang. It stopped. The odd balance of the boat allowed water from the wake to pour in. Manfred was dumped in the water and left hanging onto the craft. Luckily some people fishing nearby came to his rescue.

The boat was saved, modified and prepped for the big race. It was loaded onto a larger boat and brought to Vancouver Island.

"In looking back, having been boating for many, many years myself now, that was a wild thing to do."

On race day, Manfred remembers the miserable weather. Rain was coming down hard and the waves were fierce. A gong sounded and Manfred – along with dozens of other bathtub crafts – sputtered out into the harbor with support boats behind.

"I'm...bouncing along and all of a sudden, out of nowhere, this big gigantic ferry (is) coming at me. And you can probably imagine sitting in something which is a little bit shorter than this table here and you've got this massive ferry coming at you. We were way off course and then, well, they were pulling these people out of the water. At the end of the day, only five boats made it across. We never made it across," he says.

"We kept on going, we must have been out there for four hours now and still going along.... "[W]ouldn't you know we ended up in Gibsons. (We) radioed in that we were finished and then that was the end for that year. So we did some modifications and then went back the next year, nice day, and then we came sixth, which was quite an accomplishment, especially in the stock category."

(Written and compiled by Matt Hoekstra for KPU.)

Transcripts of completed interviews are available on the [project's website](#) through the KPU Archives.



Manfred Baur with students in the automotive program at the Newton campus in 1985. Photo: KPU Archives CA KPU C1-1-2-64-30A

Staying Safe

Tricks of the trade: What's in a fraudster's toolbox? What's in yours?

This article is courtesy of the Government of Canada.

See more at: <https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

Fraud alert!

March, 2023: This Fraud Prevention Month, the Canadian Anti-Fraud Centre (CAFC) has share information to raise awareness about the top frauds of 2023 which were [investment scams](#), [spear phishing](#), [service scams](#) and [phishing](#). After another historic year for reported fraud losses, we're exposing "Tricks of the trade: what's in a fraudster's toolbox?" so that Canadians and businesses can identify fraud attempts and protect themselves and the people around them.

Although fraudsters keep changing tactics and using advancements in technology to steal personal information and money, there are still common tools and tactics they use. By exposing the fraudster's toolbox, you can learn how to identify fraud attempts and protect yourself and your loved ones.

Spoofing

How does a fraudster use spoofing as a tool?

- [Spoofing](#) is used to mislead and convince you that you're communicating with people you know, or legitimate companies and organizations
- Fraudsters can change the caller-ID that is displayed on your phone, the sender address in an email, and often mimic legitimate websites, etc.

What's in your toolbox?

- Hang up and call the official phone number of the company or agency in question
- If the call is claiming to be someone you know, hang up and make the outgoing call to the number you have in your contact list
- For emails, hover your mouse over the sender's email address or hit "reply" to see if the email address appears differently

Urgency

How does a fraudster use urgency as a tool?

- Fraudster's use urgency to pressure and trick you into sending money, personal information or clicking on malicious links
- By using urgency, they are trying to give you less time to consider whether the request is suspicious

What's in your toolbox?

- Time is on your side
- You do not have to immediately send money, click a link or respond
- Take five minutes to think about whether the call or message seems suspicious and use this time to try out the tools in your toolbox.

Pop-ups

How does a fraudster use pop-ups as a tool?

- Pop-ups are boxes that pop up on your computer or device screen
- They may say you've won a prize or that your computer is infected and then provide a toll-free phone number for you to call
- Sometimes, they want you to click on them so they can install malicious software or lead you to a fraudulent site

What's in your toolbox?

- Install anti-virus protection and pop-up blockers
- Clear your cache and block cookies
- Don't use public wi-fi or unsecure networks
- Never call a phone number provided in a pop-up

Emotional manipulation

How does a fraudster use emotional manipulation as a tool?

- Fraudster's play on your emotions to trick you into believing their story and sending them money
- They will do this in [romance](#), [emergency](#), [grandparent](#), [charity scams](#), etc.

What's in your toolbox?

- Be suspicious of interactions online where someone you just met professes love or friendship to you, tells you a sob story or makes you feel unsafe
- Don't feel isolated
- Reach out to your friends or family and talk about the encounter with them to get their opinion
- Check out the CAFC's [A-Z index](#) to browse different scams to see if your situation is on there

Threats

- How does a fraudster use threats as a tool?
- A fraudster may threaten arrest, physical harm, financial harm, release of sensitive information or pictures, and make threats against family members if you don't send money
- They may also scare you to remain silent about the transaction to further isolate you
- Threats are often used alongside urgency and emotional manipulation and used in cases of [extortion](#)

What's in your toolbox?

- Hang up if you are being threatened, asked for money or personal information or if you're just unsure about the credibility of the call
- Notify the police if you get threatened

Search engine optimization

How does a fraudster use search engine optimization as a tool?

- Fraudsters can promote their websites to appear in the top results of an online search
- They do this so that you are more likely to click on their fraudulent site

What's in your toolbox?

- Don't assume the top results mean legitimacy or quality
- Verify the link and contact information
- Pay attention to spelling; fraudsters will often create websites that look official, but will change one letter or have a different domain name

Links

How does a fraudster use links as tools?

- By sending out hundreds of thousands of messages with malicious links, fraudsters are guaranteed to catch a victim who clicks on one
- Malicious links can look suspicious or legitimate
- They are often used in [phishing scams](#)

What's in your toolbox?

- If you get a link sent to you in an email, text message or message on social networking sites, don't click it
- Navigate to the website through your own search engine
- Find the contact information in your search engine and contact the company directly to see if the message you got was legitimate

Impersonation

How does a fraudster use impersonation as a tool?

- Fraudsters impersonate anyone you can think of to trick you into sending money or information
- In cases of [spear phishing](#), such as business email compromise, fraudsters study emails and interactions between employees so they can better impersonate someone

What's in your toolbox?

- Never trust that a message is from who the sender says they are, especially when it comes with a request for sending something
- Verify the person's identity by either searching for their information online, talking to them in person if you know them, or asking them questions only the real person would know

Affiliate Organizations

TALK

Third Age Learning at Kwantlen

TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is lively, full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a TALK volunteer. To find out the perks of becoming a volunteer check out our "[Become a Volunteer](#)" page.

There are still opportunities to attend courses in April and May, both in person at KPU or online.

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!

Philosophers Corner – Spring 2023

Open to the public. in person in Richmond, Surrey and Langley. Drop in for stimulating conversations and ideas.

City of Langley Library

- 20399 Douglas Crescent, Langley

April 27, 11:30 am Should health care allow for the option to access private clinics?

May 25, 11:30 am Are Social activism and civil disobedience important aspects of maintaining our democracy?

Wisteria Place Multipurpose

- Room 4388 Garry Street, Richmond

April 6, 10:30 am Are Wars inevitable?

May 4, 10:30 am How will our society ever solve the challenge of addiction?

The Roadhouse Grille

- 1781 King George Blvd Surrey

April 13, 11:30 am Who to trust in the age of misinformation.

May 11, 11:30 am Environment success stories – Is it too late?

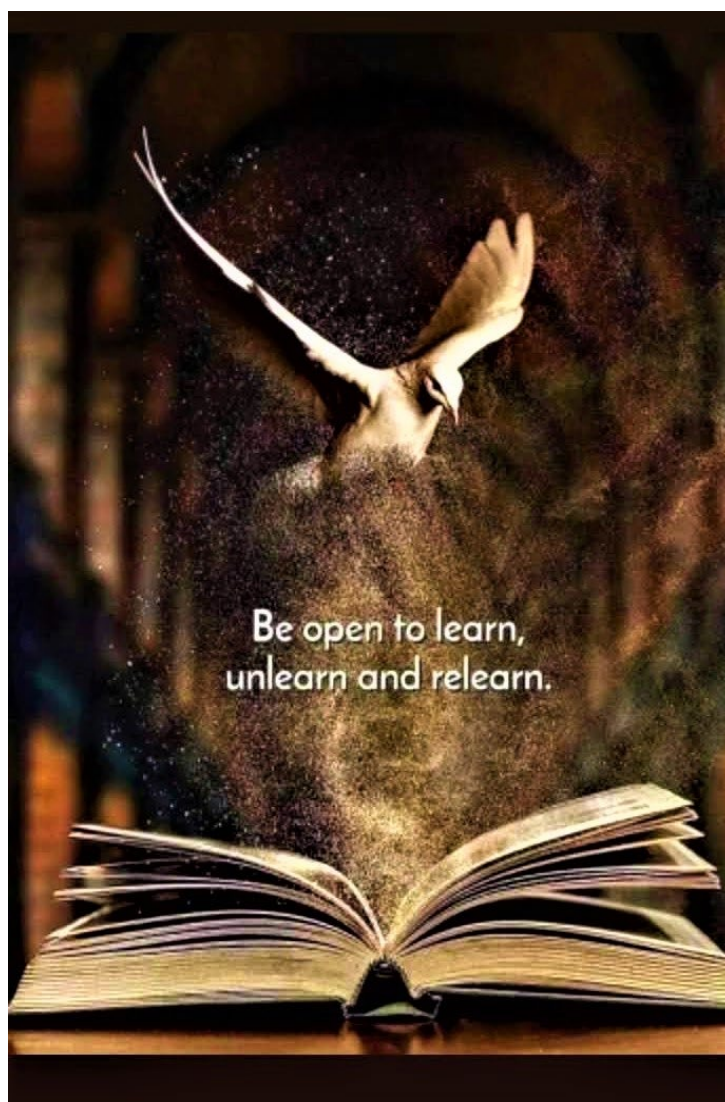
There is More!

See the full list of courses at:

https://www.kpu.ca/sites/default/files/TALK_Flyer_Winter-Spring2023_Final.jpg

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



TALK is cheap!

***Your first year of membership in TALK is free!
Annual dues are only \$10 per year.***



CPPPR began as a branch of the BC Retired Teachers' Association and became independent as the Association of British Columbia College Pension Plan Retirees in 2014. ABCCPPR! Now changed to CPPPR.

Did you know that your own retirees' association, KPURA, is an affiliate group of the CPPPR? CPPPR maintains an ongoing exchange with affiliate members, such as KPURA, of information about pension and benefit plan issues.

As its name suggests, we, who receive retirement income from the College Pension Plan, have banded together to make sure that we have a voice in matters effecting our money.

You will be interested to know that several previous employees from KPU are presently making huge investments of time and energy into CPPPR: Mary Griffin, Gordon Lee, and Al Valleau who was until recently CPPPR's treasurer. This representation is personal. They know us! All the more reason for you to support CPPPR.

The board members for CPPPR are retired faculty from other post secondary institutions in BC. No one else but CPPPR is speaking for you on matters such as COLA, what your pension monies are invested in, and other benefits that go with your pension.

CPPPR maintains relationships with several other retiree organizations such as COSCO, the Council of Senior Citizens Organizations of BC. CPPPR sends representatives to COSCO meetings. I recently was a substitute there for Susan Weber, retired from Langara, one of CPPPR's executive committee. Through these relationships, CPPPR advocates on behalf of all retirees and senior citizens and stays abreast of issues of concern such as ageism.

With the recent addition of SFU to our pension plan, the socio/political/economic situation has become more volatile. With the links CPPPR is forging with other stakeholders, it is well placed to provide meaningful input regarding the plan's development and protection.

CPPPR has developed several pre-retirement educational seminars for faculty approaching retirement. This information is presented by Dennis Anderson each year to help guide faculty toward retirement.

If you have ideas about your pension plan, you have a representative from KPURA who can take them to CPPPR on your behalf. Or you can visit CPPPR's website and check out how to contact them with your questions or concerns.

CPPPR has just revamped their website. Take a look at: <https://www.cppr.ca/>
Their latest Newsletter can be found [here](#):

Among other information, you will find that:

"Active Membership shall be available on the basis of individual application to all persons who draw a pension from the College Pension Plan of British Columbia." You can join from the website. The first year's membership is free for those who sign up to have annual dues deducted from their September pension check.

At this time, about 10,000 people are eligible for membership. Sadly, only about 700 retirees are financially supporting, through their membership dues, the organization that represents them, protecting their pensions and quality of life.

Membership dues for individuals are \$40 which is a bargain considering the issues they deal with on your behalf.

CPPPR functions as our watchdog on the investments made on our behalf. If you believe certain considerations ought to determine how our money is invested, then you want to be a member of CPPPR.

Some retirees join CPPPR for the discounted travel medical and cancellation insurance available through Johnson Insurance (MEDOC). Associate individual members are also eligible.

Probably other organizations want your dues. But take into consideration that the College Pension Plan Retirees directly represents you to the Pension Corporation. You may like to think that the Pension Corporation is just a benevolent parent who is eager to give you as much pension as you can spend. But just in case, wouldn't you like to know that your interests are being represented by those who get a pension from the same place you do?

Check out CPPPR! See if you don't agree it's a worthwhile organization for you to support.

KPU Lifespan Cognition Study – Take Part

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!

UBC researchers are inviting couples to participate in a study on everyday goals and activities Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and

UBC Study on Couples and Aging – Take Part

whether partners facilitate each other's goal pursuit. This research project is aimed at helping us all to better understand how partners can support each other to pursue valued goals.

Who can take part?

Partners aged 60 or older who live together in Canada.

What's involved?

Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days. Receive a \$50 Amazon gift card as a token of appreciation.

Time Commitment

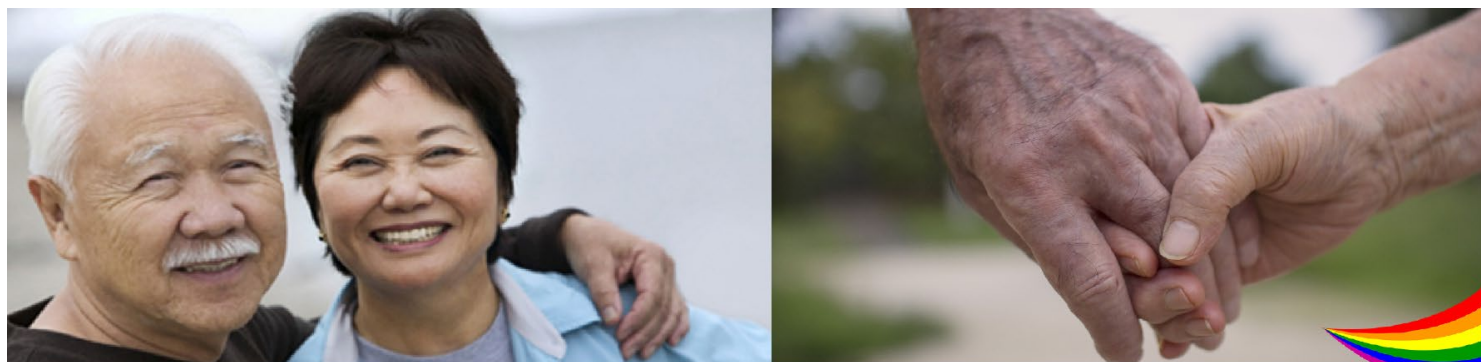
Approximately five hours.

Learn more

For more information, visit: blogs.ubc.ca/gripstudy

Join The Study

If you are interested in participating, email grip@psych.ubc.ca or phone 604-822-3549.



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).

The KFA will cover the cost of membership in KPURA for retiring KFA members for one year. As a KPURA member and retiree, your first year of TALK membership is also free.

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 #18** of the KPU Retirees Association.

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

Thanks to all the contributors for this and past issues.

Alice Macpherson, Editor, KPURA News

We welcome you to Join Us!

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!

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!

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 –

Please send information and articles to kpuranews@gmail.com

or by surface mail to: **KPURA, c/o President's Office**, 12666 – 72nd Avenue, Surrey, BC, V3W 2M8

In Memoriam

Jeff Brown – March 13, 2023

Our KPU colleague and friend passed away unexpectedly of an aortic rupture in Williams Lake, BC. Jeff will certainly be missed. His willingness to help others enhanced the lives of many people, including staff and students throughout his many years with KPU and tireless BCGEU work. He started in Facilities where he was fun to work alongside, thoughtful and honest, kind and caring, and genuinely interested in how everyone was keeping. Jeff loved the comradery, fast pace, and diversity of challenges Facilities and Trades provided, and he never displayed anger or reacted in frustration, choosing instead to celebrate the friendship and laughs we have together working through challenges.

Details will be shared at a later time regarding the memorial service as we hear more from the family. KPU flags were lowered in Jeff's honour on Wednesday, March 22nd.

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