



KPURA
News

Volume 7
Issue 3

April
2024

Keeping Connected

Festive Lunch 2023 in Fort Langley

Board of Directors Report

The KPURA Board is actively encouraging KPU to improve and recognize the principles of its newly acquired Age Friendly University status. Dr. Tracey Kinney attended the December Board meeting to discuss the inclusion of AFU principles in the 2027 Academic Plan. We agreed that the education needs of non-traditional students, older students, and seniors could and should be better served.

Lesley Gaudette, President, Council of Senior Citizens' Organizations of BC, attended the January Board meeting and presented her work with the Anti Aging Coalition.

Nicole Poole and Kiren Gill of KPU Registration Services attended the February Board meeting to review the Senior Citizens Fee Exemption process. KPURA and TALK wish to promote this option to KPU retirees and seniors within KPU's catchment area.

Marketing, sponsored by External Affairs, has produced a new KPU Retirees Association logo and banner. KPURA will be using these promotional materials at several KPU events this year.

Carol Barnett, Roger Elmes, Sandra Carpenter, and Alice Macpherson presented KPURA in February at an online Lunch and Learn put on by KPU HR for current employees contemplating retirement.

2023-24 Board of Directors:
 Chair – **Carol Barnett**,
 Vice-Chair –

Terri Van Steinburg,
 Secretary – **Alice Macpherson**,
 Treasurer – **Roger Elmes**,
 Members at Large:
 Events – **Sooz Klinkhamer**,
 Liaisons – **Bob Perkins**,
Sandra Carpenter, **Yale Shap**
Lindagene Coyle, **Geoff Dean**

AGM & Lunch, April 17, 2024



KPU Langley Campus
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Upcoming Tour & Lunch



Fraser Valley Heritage Rail, April 12
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Social Event Reports



2023 Festive Lunch and more
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KPURA AGM – April 17, 2024

2024 Annual General Meeting

**KPU Langley campus, Room 1030,
Wednesday, April 17th, 2024, 10 am to noon**

Agenda

Call to Order – 10:00 am

Territorial Acknowledgement

Welcome

Greetings:

KPU – Dr. Alan Davis

KFA – Mark Diotte

BCGEU acknowledgement



**Keynote Speaker: Leslie Gaudette, President of
the Council of Senior Citizens' Organizations of BC
(COSCO <https://coscobc.org>)**

There will be time for Q&A after this presentation

Business Meeting:

1. **Approval of the Agenda**
2. **Approval of 2023 AGM Minutes as circulated**
3. **Treasurer's Report for 2023** (Roger Elmes)
4. **Secretary's Report for 2023** (Alice Macpherson)
5. **Approval of 2023 Grouped Reports as circulated**
6. **Affiliate organization and other reports since the last AGM:**
 - a) Chair's Report (Carol Barnett)
 - b) Membership Report (Terri Van Steinburg)
 - c) Communications Report (Alice Macpherson)
 - d) Events Report 2023 and early 2024 (Sooz Klinkhamer)
 - e) Liaison with KPU Update (Carol Barnett)
 - f) Advocacy Reports
 - > Age-Friendly University (Sandra Carpenter)
 - > KPU Underfunding (Geoff Dean)
7. **New Business**
8. **Election of Board Members** (Alice Macpherson, Carol Barnett, Roger Elmes)
9. **AGM Adjournment**



A Social Lunch will follow (provided – thank you! – by KPU Office of External Affairs)

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 2024 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 11th.
- 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. Seven of our current Directors – Carol Barnett, Roger Elmes, Alice Macpherson, Yale Shap, Geoff Dean, Bob Perkins, Sandra Carpenter – were elected last year, and so the other current Directors' terms will expire at this AGM. This gives us four more positions to fill. Please consider putting your name forward and joining us.
- Nominations for four vacant Board positions will be accepted in person at the AGM, or online until Thursday 11 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 two Directors whose terms are expiring have agreed to run again: Sooz Klinkhamer and Terri Van Steinburg along with Board appointee Lindagene Coyle. We would be happy to get another nomination so the Board would be filled. If there are more than four nominations there will be an election with the four 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 COSCO and Leslie Gaudette

Leslie Gaudette is serving her second term as President of Council of Senior Citizens' Organization (COSCO) which serves as the "Voice of BC Seniors". COSCO advocates for policies to support healthy ageing in older adults based on the key determinants of health, including health care, housing, transportation, income security and elder abuse.

She has a long history of advocating for seniors and is a prime mover in this area. A 'retired' epidemiologist focused on chronic disease control, she has a strong interest in drug safety and implementation of national pharmacare and serves on the Public Awareness Committee of the Canadian Medication Appropriateness and Deprescribing Network. Further, she represents COSCO as a founding member of the Canadian Coalition Against Ageism to support the UN Convention on the Rights of Older Persons.

She is active in local community groups including Langley Seniors in Action and her local Branch of the National Association of Federal Retirees, among others, and is a member of the Steering Committee for the Primary Care Network in Langley. She has been recognized for her contributions through Queen's Platinum Jubilee Award in 2022, the SFU Gerontology Research Centre's 2022 Seniors Leadership Award for Outstanding Service and Community Education, the 2021 Eric Flowerdew Volunteer of the Year Award of Merit in Langley, as well in 2015 the national Collaboration Award with the National Association of Federal Retirees.

Established in 1950, the Council of Senior Citizens' Organization (COSCO) is an umbrella organization made up of many seniors' organizations and individual associate members. Registered under the Societies Act since 1981, COSCO has grown and now represents approximately 80,000 seniors in British Columbia. COSCO is run by volunteers, with activities coordinated through an elected Board of Directors.

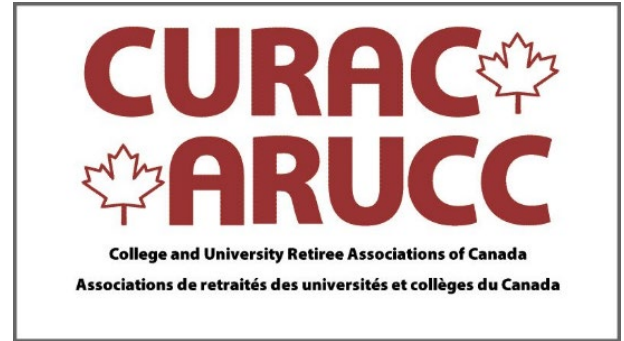
COSCO's mandate is to promote the well-being of seniors and their families, advocating for policies that allow seniors to remain active, independent, and fully engaged in the life of our province. The organization is non-partisan, but politically active, advocating for seniors' needs no matter who is in power.

Affiliated with the BC Centre for Policy Alternatives, the BC Health Coalition, the BC Public Interest Advocacy Centre and the National Pensioners' Federation, COSCO directors and members collaborate with others in a common cause. <https://coscobc.org/about/>

Colleagues,

Our congratulations to Alice Macpherson for this award which brings her dedicated service and KPURA to the attention of all CURAC Members.

Cheers,
Roger



From: "Andre Lapierre" <lapierre@uottawa.ca>
To: "Alice Macpherson" <alicemac@telus.net>
Cc: "Roger Elmes" <mcroger@shaw.ca>
Sent: Monday, March 11, 2024 7:27:13 AM
Subject: 2024 CURAC Tribute Award

Dear Alice Macpherson,

It gives me pleasure to inform you that you have been accepted for the **2024 CURAC Tribute Award** by unanimous decision of the CURAC Awards Committee. This award is intended to recognize exceptional contributions and/or achievements of individual retirees to their host institution and/or to the broader community. You were nominated for it by the **Kwantlen Polytechnic Universities Retirees Association**. Congratulations on your success!

Formal presentations of the CURAC awards will take place on May 23, 2024 during the banquet of the Annual CURAC Conference hosted by the University of Waterloo Retirees Association in Waterloo, Ontario. For information on this event, please visit <<https://uwaterloo.ca/retirees-association/conference-2024>>.

I sincerely hope that you will be able to attend to receive your framed certificate in person at the banquet. To facilitate your attendance, CURAC is pleased to waive the conference registration fee. Please click "Special" on the Registration Form to obtain this discount. Should you be unable to attend, please let me know so that we can arrange to mail your certificate following the Conference.

Once again, please accept my wholehearted congratulations on this remarkable achievement.

André Lapierre
 Chair, CURAC Awards Committee

*André Lapierre, Ph.D., FRSC, O.Ont
 Emeritus Professor
 Department of Linguistics
 University of Ottawa
 Ottawa ON K1N 6N5*

Sandra Carpenter

The KPURA Board Wants You!

The Kwantlen Polytechnic University Retirees Association is always on the hunt to find new volunteers with whom we can share and pass the torch around senior activism. 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 you would like to share some of the issues we are continuing to work on. 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.

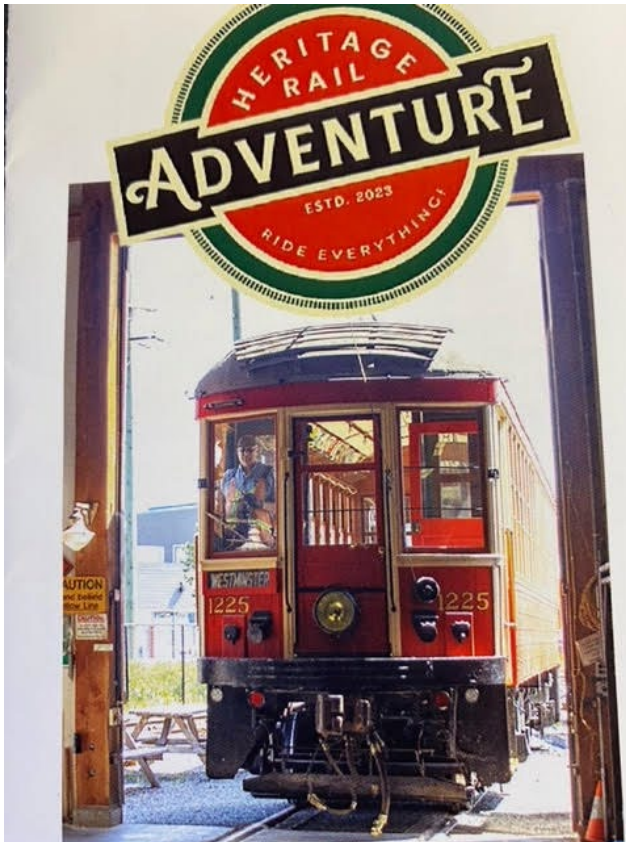
If you are worried it might be too large a commitment, perhaps consider attending a board meeting to observe what we do. We encourage you to consider job sharing by joining board members on issues that you feel are important. We hope to see you at the AGM and beyond.

Just email the KPURA and ask for a link to the next meeting on a first Monday of the month from 10 am to noon.
KPURA@kpu.ca

KPURA Upcoming Event

Fraser Valley Heritage Railway Tour and Lunch Event

April 12 (Friday), 2024



We are pleased to announce our next in person event!! Please mark your calendars for the Fraser Valley Heritage Railway Tour and Lunch event on Friday 12th April, 2024!

Location: we will meet in Cloverdale at 176th Street and Hwy #10.

(Cloverdale Station 17630 at 56th Avenue, Surrey, BC. Parking lot available.)

Our tour commences at 10:00a.m.

We ask that everyone arrives between 9:00 - 9:45 am.

Our tour will consist of the following:

- 1) A ride on Interurban Car #1225 down our spur (approximately 1 km each way).
- 2) We watch a video on the history of the B.C. Electric Rail (approximately 8 minutes long).
- 3) We then exit the train and our guide does a presentation of our 'story boards' which builds on the video that we just watched and the 3 other cars that we have in our rolling stock. Our guides are very knowledgeable and do a great job of sharing the history of the train.
- 4) Now we have some fun! We ride on the 'quad' (a 4-wheeled rail cart that is powered by man-power). This one requires the riders to manually propel it. Bottom line – If the riders don't work at it, they just sit still in one spot! Great fun!

5) We go for a ride on our Speeder (A smaller work train). It goes down our spur just like the original ride on Car #1225.

The whole tour is approximately 1 hour and 30 minutes depending on how large the group will be.

And then please plan to join us for a social lunch, next door at the **Coast and Country Diner** – check out the menu here:

<https://coastcaterers.com/dine-menu/>



Each person will be responsible for their own food and beverage bill of course.

Please reserve your spot by sending an email to kpura@kpu.ca

Thanks!!

Sooz Klinkhamer
 KPURA Events Coordinator



KPURA Social Event Reports

Report on our Festive Lunch – Fort Langley. December 7

Our 7th Annual Festive Lunch happened with many social interactions!

We said goodbye to 2023 with a festive lunch on December 7, 2023. We had a lovely group of 26 colleagues and friends come out to gather at our Seasonal Social at the FORT PUB, in Fort Langley, for the second year in a row. We had a great visit, with KPU VP External, Randall Heidt joining us for a bit of time. He then proceeded to ‘treat’ us all by paying our lunch bill (alcohol not included of course).

Most people happily remarked that the food and service was great, along with easy parking, a warm and inviting environment, and a great chance to catch up with everyone!! Finally, there were four lucky door prizes garnered by guests. John Marasigan and Margaret Franz both generously donated their books for a door prize draw, and additionally two Terry’s chocolate orange ball treats were donated by me, the events coordinator. The winners all departed with smiles on their faces!

Where we met

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 it simply exudes classic pub charm. **FORT PUB & GRILL**, in Fort Langley, is located about a half kilometre down river from the national historic Fort Langley Trading Post. If you haven’t visited there before, we would certainly recommend you add it to your list.

Here are a few photos from the event.



Virtual Learning Opportunity Report

Archived from January 30, February 13, February 27



Tally Wade

KPURA members, through their affiliation with AROHE (Association of Retirement Organizations in Higher Education) were invited to join a recent webinar series: "REIMAGINING RETIREMENT: EXPLORING YOUR LIFE PLAN", a three-part virtual learning series hosted by AROHE and Fidelity Investments.

The series explores the social, psychological, and emotional aspects of transitions to, and living in, retirement, and is geared towards both faculty and staff in higher education who are already retired or are contemplating retirement. This series was and is designed to help retirees clarify their goals and understand the changes that occur during life's next chapter.

The online webinar series was held virtually on January 30, February 13 & 27 and included the themes: Living your best life: Habits of Highly Effective Retired People; Reimagining your Personalized Plan for you Next Phase; and Rebuilding your Network: Strategies and Resources for Creating Connections.

Interested but didn't get the chance to join in? You are still in luck!

You can watch the recordings at your leisure by visiting: AROHE - Reimagining Retirement 2024 at <https://www.arohe.org/Reimagining-Retirement> where all of the recordings are available to you.

KPURA is a member of AROHE and our members benefit from events such as these.

AROHE (Association of Retirement Organizations in Higher Education)



At AROHE, we know that higher education retirees are assets of society who reinvent, NOT retire from, life; positively impact their communities; and contribute to the greater good. AROHE supports all phases of faculty/staff retirement through a dynamic member network that links retired faculty/staff associations, retiree and emeriti centers, and campus offices that engage retirees such as human resources, academic affairs, alumni, and advancement/development. AROHE provides resources and

connections to increase retirees' value to their colleges/universities, communities, and professions in the areas of philanthropy, advocacy on behalf of the institution, volunteerism, and institutional knowledge and commitment.

Fidelity's mission is to strengthen the financial well-being of our customers and deliver better outcomes for the clients and businesses we serve. With assets under administration of \$11.7 trillion, including discretionary assets of \$4.5 trillion as of June 30, 2023, we focus on meeting the unique needs of a diverse set of customers. Privately held for over 75 years, Fidelity employs over 70,000 associates who are focused on the long-term success of our customers.



Carpentry History at Kwantlen

This is a series highlighting interviews from the KPU Oral History Project.

“It was a good learning experience and we helped”

Excerpts from the interview with Don Currie, Carpentry Instructor



Don Currie with a student.
Photo: KPU Archives

Don Currie, was a longtime Kwantlen faculty member who taught building construction carpentry. He started teaching in the late 1970s and continued until his retirement in 2005.

Don designed KPU's first building construction program, which took students out of the classroom and into the community to learn while working on local projects. A site of one such project was at Camp Jubilee in North Vancouver. Don managed to find about eight students willing to do the work and stay in a bunkhouse during the project.

“It was a good learning experience, and we helped. That was the main thing.”

Another project came about from soccer. In the '70s, Don was coaching a game in Port Moody when a player asked for a bathroom. Except there were no bathrooms. Don came up with a plan – to build a city-funded fieldhouse with his students – and the city agreed.

“We got all the masonry block donated by Ocean (Concrete) and it was in the same style (that) they had cast for Expo 86. They had a lot of it left. All we had to pay for (was) the pallets.”

Students also had a hand in building a haunted house in Surrey.

“[W]e built this thing and they opened it up for Halloween and we made over \$25,000 for the food bank. That was a great experience for the kids too because it was something that we built but we didn't have to demolish. It's (another) thing if you're working in the shop and you're cutting a rafter and you use the same piece of two-by-four five times until you're down to a piece like that.”

An addition to a Surrey crisis centre was another project led by students, who poured the foundation, built walls, installed windows and added a roof.

“There were only four students and we had a construction shack with an oil heater and everything was in it – real world experiences – and it worked out very, very well,” he says. “[T]o this day that's a job they'll never forget, because they didn't get paid – only in gratitude. And a lot of times when you get something like that, that's worth more than money.”

In the student shop, Don prided himself on safety. No student ever lost so much as a finger, but he did reflect on a day when a student came to him with the words, “I shot myself.”

“[H]e holds his hand up like that and he's got a three-inch spike sticking through the palm of his hand,” he says. “They told him that it went right between the bones ... and that was the only accident that I had and that was the most important thing I ever achieved. I feel so good about that, because how do you explain an accident where someone gets seriously hurt?”

(Written and compiled by Matt Hoekstra for KPU.)



Full interview transcript: <https://archives.kpu.ca/don-currie-interview>

Transcripts of completed interviews are available on the project's website through the KPU Archives:

<https://archives.kpu.ca/oral-history-project>

Reviews

Resistance Training as Good as Aerobics?

Roger Elmes

“For too long...one way of keeping fit, aerobic exercise, has been perceived as superior to the other, resistance training, for promoting health when, in fact, they are equally valuable, and both can get us to the same goal of overall physical fitness.”

A short article from McMaster University’s Canada Research Chair in Skeletal Muscle Health outlines the dynamics of this perspective. The author’s conclusion “the main idea is not to pit resistance training against aerobic exercise but to recognize that they complement each other. Engaging in both forms of exercise is better than relying on one alone”.

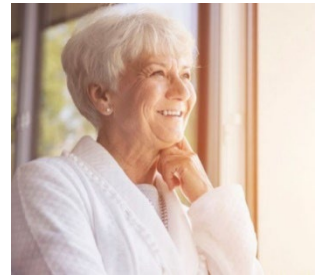
For our retiree community it’s important to know that “as people age, activities of daily living such as standing up, sitting down and climbing stairs demand strength and power more than cardiovascular endurance”.

It’s easier than you might think. These ideas can be pursued along with some examples of resistance training at <https://brighterworld.mcmaster.ca/articles/weight-training-resistance-exercise-vs-aerobic-stu-phillips/>

Thriving in 2024: 5 ways to stick with your health goals

To maintain or improve our well-being, consistency is one important key. A brief article in McMaster Optimal Aging gives us some hints about thriving in 2024: 5 ways to stick with your health goals.

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2024/01/10/thriving-in-2024-5-ways-to-stick-with-your-health-goals>

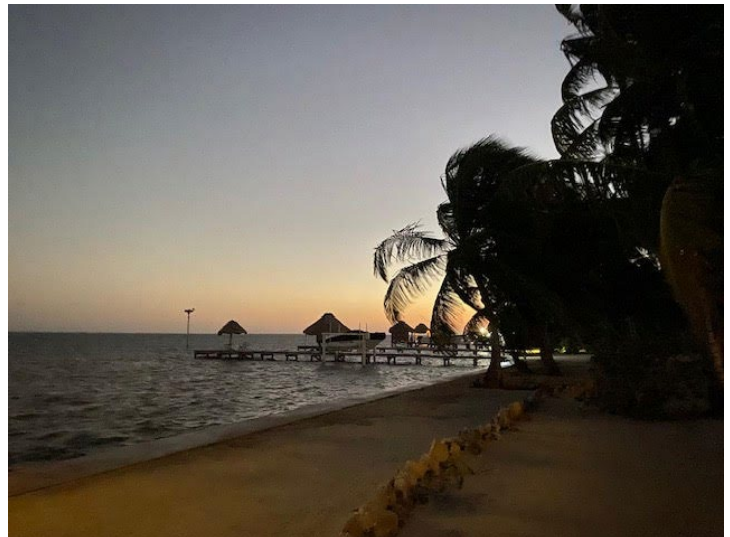


KPURA on Social Media – Facebook

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. When there is a charge for an in-person tour or other activity, non-KPURA Members will be charged a slightly higher fee. (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’!!





UBC researchers invite couples to participate in an online study on every day goals and activities.

Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and whether partners facilitate each other’s goal pursuit.

WHAT’S INVOLVED?
 Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days.
 Each partner receives a \$50 Canadian Amazon gift card as a token of appreciation.

WHO CAN TAKE PART?
 Couples aged 60 years and above.

TIME COMMITMENT
 Approximately five hours.

JOIN THE STUDY
 For more information, visit: blogs.ubc.ca/gripstudy or scan:



Your experience matters—tell us about it!

Food and Recipes

Cornbread and a New Hat

Lee (Woodson)

Yesterday, I discovered a recipe for 'corn bread' in a little gem of a book called "In the Green Kitchen" by Alice Waters. It has great photos, very few recipes, but what it does have all look interesting.

A technique for making cornbread with an extra crispy crust is to bake it in a preheated cast-iron skillet. When fresh corn is in season, try adding juicy kernels to the batter. 6 to 8 servings.

Ingredients

- 1 2/3 cups stone-ground cornmeal
- 1 2/3 cups unbleached all-purpose flour
- 2 1/2 tablespoons sugar
- 4 teaspoons baking powder
- 1 1/2 teaspoons salt
- 2 eggs
- 1/2 cup plus 2 tablespoons vegetable oil or rendered good-quality lard
- 1 2/3 cups milk
- 2 ears fresh corn (optional)
- 2 tablespoons unsalted butter

Preparation

Step 1 - Position a rack in the middle of the oven, and preheat the oven to 375°F.

Step 2 - Put the cornmeal, flour, sugar, baking powder, and salt in a large bowl, and whisk to combine. In a small bowl, whisk together the eggs, oil, and milk. Add the egg mixture to the cornmeal mixture, and stir until just combined. If adding fresh corn to the batter: Husk the ears of corn, pull off the corn silk, and cut the kernels from the cobs; there should be about 2 cups. Stir the kernels into the batter.

Step 3 - Warm a heavy 10-inch ovenproof pan, preferably a cast-iron skillet, over medium-high heat. (A cast-iron pan produces a crispy brown crust, but you can also use a heavy nonstick pan.) Melt 1 tablespoon of the butter in the skillet, swirl to coat the pan, and add the batter. Put the pan in the oven and bake until the cornbread is golden brown on top and a toothpick inserted in the middle comes out clean, 35 to 40 minutes. Remove from the oven, let cool for a few minutes, then lift the cornbread out of the pan and transfer to a cooling rack. Rub the remaining 1 tablespoon butter on top. Allow the cornbread to cool for at least 5 minutes, then cut into wedges and serve.



Retrieved from: In the Green Kitchen by Alice Waters. Copyright © 2010. Published by Clarkson Potter.

Anyway, it was a ton of fun making the corn bread in a skillet and it turned out great.

Still a fun time in life as yesterday a new hat arrived. A gift from one of my very old friends from Roseville high school. (Yes, back in Michigan) They have purchased hats for all of us to celebrate becoming Octogenarians this year. Hence the "Club Octo, RHS" It sure made me smile when the package arrived as I wondered "Hmm, a package from Michigan?" but, then I recognized the name of the sender.

Cheers!

Nostalgia from the Kwantlen Recipe Recreation Group

Late in the past century Kwantlen employees used to exchange recipes and food ideas on a regular basis. Here is one to stir your memory. We will post more over time.

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From jcha6953@student.kwantlen.bc.ca Mon Mar 10 09:30:15 1997
Date: Fri, 14 Feb 1997 10:58:28 -0800
From: Joyce Chan <jcha6953@student.kwantlen.bc.ca>
Newsgroups: kwt.rec.recipes
Subject: Neiman-Marcus Cookies
```

Someone sent me this \$250 recipe because they wanted to get it to as many people as possible, after the Neiman-Marcus Cafe in Dallas ripped them off by charging "two-fifty" to their credit card.(a misinterpretation of wording on the victim's part). After not being able to get her money back, the woman sent threatened the company by saying that she would make the recipe common knowledge...AND HERE IT IS!!! these are delicious cookies!

(recipe may be halved)

- 2 cups butter
- 4 cups flour
- 2 tsp baking soda
- 2 cups granulated sugar
- 2 cups brown sugar
- 5 cups blended oatmeal
(measure oatmeal;blend in blender into a fine powder)
- 24 oz. chocolate chips
- 1 tsp salt
- 1 8oz. Hershey Chocolate Bar, grated
- 4 eggs
- 2 tsp baking powder
- 3 cups chopped nuts(your choice of nuts)
- 2 tsp vanilla

- 1)Cream butter and both sugars
- 2)Add eggs & vanilla
- 3)Mix together w/ flour, oatmeal, salt, baking powder, and baking soda
- 4)Add chocolate chips, grated Hershey bar, & nuts
- 5)Roll into balls & place 2 inches apart on a cookie sheet
- 6)Bake for 10 minutes @ 375 degrees

Makes 112 cookies

ENJOY!!!

Please contribute

Do you have some favourite recipes – older or current – that you are willing to share?

Send them in to kpuranews@gmail.com

Pictures are also welcome!

KPU Retirees Travel – Home and Abroad

Belize – Ambergris Caye

Sooz Klinkhamer & Richard Hartfiel



One way to escape our west coast winter weather is to choose a destination known for sunshine, azure blue water, and ocean breezes. Richard and I departed Vancouver for Ambergris Caye, Belize on February 10 and enjoyed a couple of weeks of stunning blue skies, gentle winds, and the environment of this lovely island northwest of Belize City.

One of the first things you will notice, as Tropic Air's small plane lands on the island airport in San Pedro town is everyone being greeted by friends and travel hosts driving golf carts. In fact, golf carts are the main mode of transportation on the island (and on the sister island of Caye Caulker). Forget about crowded buses or car traffic jams, although there can be trouble finding a golf cart parking spot near the more popular restaurants and bars within the town.



We enjoyed sightseeing and exploring the northern part of the island which shows new development around every corner, and visited the (not so) Secret Beach, with its bars, restaurants, and numerous lounge chairs in and out of the warm clear water.

There was easy snorkelling along the stunning Barrier Reef, and visiting numerous palapa bars and grills for delicious seafood and exotic cocktails. The local beer company Belikin is served in 9.6oz bottles and is delicious. It is a very easy location, English speaking, with the Belizean dollar pegged 2 to 1 US dollar.



The locals are friendly, crime is very low on the islands, and the speed of daily activities is a lot more relaxed than in the city. Island time is an accurate description. After two weeks of island relaxation, and this being our fourth trip to Belize, we were once again surprised at the hectic pace of life as we landed at Phoenix International Airport to visit with my brother and family. Cars racing up the 101 loop to Scottsdale brought us back to life in the city quickly.



Kettle Valley Cycling

Bob Perkins

More and more people are looking for less strenuous activities, resulting in the purchase of e-bikes. The power-assisted pedaling makes it much easier to tackle hilly terrain. I have previously written about our experiences renting e-bikes at several ports of call during cruising. In this article I will briefly describe our trips in the area around Kelowna two summers ago.

From Lake Country it is very easy to access a number of trails around Okanagan Lake. The trails are mostly level and peddling is pretty easy, depending upon the speed/direction of the wind. In the areas where the hills are steeper, one can get wonderful views of the lake, as well as the many new sub-divisions that have been built. We were blessed with sunshine for the two days that we spent in the area.

Our last day in the area involved a drive outside of Kelowna to access a portion of the Kettle Valley Trail system, specifically the Myra Canyon section. The trip was exceptional with wonderful views. The only drawback was that it was sunny and warm when we left Kelowna, but with the elevation gain we did the cycling with a cold drizzle coming down.



The following information is taken from the Kettle Valley Trail Web site:

Hiking or biking the Kettle Valley Rail Trail is a good way to travel through British Columbia's wild spaces and learn about the province's history. The original Kettle Valley Railway opened in 1915. Now, the decommissioned tracks are home to an extensive recreational trail that provides almost 650 km (400 mi) of connected pathways from Hope to Castlegar. You can experience the trail on your own or as part of an organized tour; rent a bike for the day or take a multi-day tour. If you're looking for more than a hike or bike ride, tour operators will often pair cycling trips with brewery tours or wine tastings.

Most commonly used for cycling and hiking, certain sections also allow horseback riding, motorized vehicles, or snowshoeing and cross-country skiing in the winter. You can even take a train ride on one section. You can access the trail throughout the entire network from established parking areas. Pick a section to explore or ride the whole distance.

MYRA CANYON TRESTLES

Reward your soul with an inspiring half-day trip to Myra Canyon. This highly scenic portion of the Kettle Valley Railway (KVR) runs along a steep-walled canyon. Originally built by hand at the turn of the last century, this impressive landmark is highlighted by 2 tunnels and 18 trestle bridges that are too spectacular for words. For more information on the Myra Canyon Trestles, visit the Myra Canyon Restoration Society website.

Located only 24 km from downtown Kelowna (40 min drive to Myra Station). This scenic drive will take you past farms, orchards, vineyards, and golf courses. The road up to the trestles is a gravel road, but most vehicles should be able to make the climb during the summer and fall months. At Myra Station, there is a large parking area right at the entrance of the KVR. In the winter months it is possible to access the trails (with a good 4-wheel drive vehicle) for cross-country skiing and snowshoeing.



KPU Retirees Write

Making Good Time



Today the sun is out and I am making good time
 Heading south here on the coast and it is beautiful
 The land is green with spots of yellow and gold
 Fall, November is passing over the land as I drive
 My rig is mighty fine, but empty until I arrive
 Wind and rain have come our way, but the beauty
 Of the sea and the land is all around as I enter, yes
 I enter onto the bridge over Deception Pass and drive
 Steady now as the wind blows and blows hard now
 I have the wheel; I have it as I glance at the sea below
 Whoa, whoa now, no, no, I have it, oh no, I don't
 It has me, us, the truck; we are light on the wind side
 Going up, no, hold on, oh god, hold on, keep it steady
 No, its too late, this is the end, oh god help me now
 Oh, we skid on our side, on the rail. Do I die now?
 We stop, the truck and I, we are on the rail on our side

Don't move, don't make a sound, don't just don't
 Here we lay the truck and me on our side on the rail
 I have to get out, before the rail gives way and and
 Slowly now, its hard, but years behind the wheel, strength
 It takes all my strength to push up and open the door
 Harder now, but gentle, don't stop, don't lose my grip
 Get it open. Get it open; Get it open, there that's it
 Hold it don't let it slam, will the wind catch it now
 There that's it, I have it open and the wind holds it now
 Pull, pull up on the wheel, use it for leverage, got to
 Got to get out before it is too late, will the railing hold
 I don't know, I have to make it, to get out, out now
 I am able to slide down the high side of the cab now
 Slow, inch my way over and down from the open door
 The wind blows steady, but the truck deflects on the side
 I drop, drop to the pavement, hit hard, but I am here



Moments

Lee Woodson

Brave Neuf World

Spring Loaded

Lesley Neufeld

A friend told me the other day that it was time for "spring cleaning" at their house. I was taken aback! I hadn't heard that term in ages and suddenly felt mortified to confess that in 45 years of my adult life, I have never done what anyone would call a good, deep, spring cleaning. Did the embarrassment lead me to get right to it with vacuum, mop, and sponge? No. I Googled it.

Here I was thinking that spring cleaning was a throwback to our mothers' generation. Images of 1950s housewives in aprons and high heels. Not so!

My superficial research revealed that humans have been sweeping away winter's gloom and dust since ancient times. Think 3,000 or more years of scrubbing and scouring. Some cultures regard cleaning the home as part of annual rituals around awakening from the dark months. Washing away the previous year. Beginning anew. Refreshing. Decluttering. Organizing. Renewing body and spirit as the home is tidied and cleansed. Gosh, what had I been missing?

Please don't think I'm a total slacker, though. I hold my own in the general housework department. After all, I have been cleaning professionally since the age of 8 when I landed a prestigious position as Mother's Little Helper. I earned a weekly wage of \$1.00 for dusting, vacuuming, dish-drying, tidying my room, cleaning the bathroom, and sorting laundry. My folks got around the child labour laws by calling it, "Earning my Allowance." They deemed it good for my childhood development. Building my moral fiber. Teaching me a proper work ethic. Preparing me for marriage (1950s style). "You'll make a fine wife someday," they said. I pretended to be Cinderella and fantasized about a handsome prince rescuing me from scouring the bathtub.

Anyway, my Prince Charming did come along; aka, The Mr.! Yay! We clean the house together. How charming is that? (This is what happily ever after looks like.)

He and I do fine with our individual assignments and once-a-week chores. But in my research I see that "spring cleaning," is defined by close attention to the tasks normally skipped on regular rotation. Icky, odious jobs like washing the Venetian blinds. Deodorizing the garbage pails. Scrubbing the unbudging, greasy grime rimming the stovetop burners — those burnt-on rings that I've been calling, "patina."

But now, spring is in the air. And it smells like Lemon Pledge! Time to send dirt packing!

Our list of chores? As despicable as soap scum. The Mr. and I strategized plans of attack.

Option 1: The Zone Stratagem: Tackle one whole room at a time; one day at a time.

Option 2: The Lottery Derivation: Write tasks on pieces of paper and both players draw one chore per day, for a week.

Option 3: The X-treme Clean Causation: Schedule an hour one morning and race the clock. Like a competition show on TV.

Option 4: The Ignore it All Experimentation: Take on a chore only if it really needs it, e.g.; if the smell from the trash bin would gag a maggot, it's probably time to sanitize.

Option 5: The Singular Sufficiency: Assign everything to The Mr.

Or, we could follow the advice of a former neighbour, whose mother coached her that spring cleaning was best done by opening all the windows on a windy day and letting the breeze blow the dirt away.

Readers: We have a Winner! **Option 6: The Cyclone Solution!**

I will be letting a stiff breeze do my spring cleaning for me!

Or maybe hiring a cleaning service.

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



K9s & Kats of KPURA

Met while Travelling

Another new friend from the beach in Belize. No personal name yet, but stay tuned.



This is a black or Spiny Iguana, whose scientific name is *Ctenosaura similis*. They are usually found along the coast or on the Cayes. It's locally known as Wish Willy and it likes to hang out on rocks and on the sand but can also climb trees.

Sophie is like many of us. Getting Older and still enjoying life.



This is Roo, a rambunctious ball of wiry hair, our neighbour's dog that we get to 'borrow' from time to time. – Sooz and Richard

Bonus!

Warmer weather is coming soon and with it our friends, the Orb spiders, who do such good work in eliminating many annoying insects.



Photo by Doug Bird

Please share pictures of your pets, present and past, with a few words about them.

Affiliate Organizations

TALK is cheap!

As a KPURA member, your first year of membership in TALK is free! Annual dues are only \$10 per year.

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

What is TALK?

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.

Looking to Volunteer?

We are currently looking for volunteers to serve on our Board or to serve on our Marketing Committee and our Program Committee. If you want to learn more please contact our Program Chair, Jean Garnett at jeangarnett@shaw.ca or 604.277.1130. We particularly need help on our Marketing Committee. Contact our Marketing Chair, Sonya Furst at sonyafurst@outlook.com or 778.833.3762. To find out the perks of becoming a volunteer check out our "Become a Volunteer" page.

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



How do I join?

Anyone over 50 years of age can join! All you need is a membership (annual cost of \$10.00 September through August) and you can register for TALK's courses. To find out more about our upcoming courses, check out our "Courses and Registration" page. TALK prides itself on providing a variety of course options such as Science, Health & Wellness, Arts & Culture, History, Travel and more!

Related Websites

TALK maintains a collegial relationship with a number of sister organizations.

Gluu Technology Society is a Canadian non-profit on a mission to help older adults learn to use technology to stay happy, healthy and connected. See more at: <https://gluusociety.org>

If you happen to live in the Abbotsford/Chilliwack/Mission area, you might want to look into the programs and courses of the Lifetime Learning Centre. Here is a link to their home page: <http://www.lifetimelearningcentre.org/>

Chilliwack Elder College always has a wide variety of courses. You can check them out here: <http://chilliwackeldercollege.ca/>

For residents of Delta, a spring and fall semester of 30+ courses are offered by Elder College Delta, which is a member-based organization with a member Council that meets monthly in Delta. Visit their website at: <https://eldercollegedelta.wildapricot.org/>



KPURA is a member of the Association of Retirement Organizations in Higher Education.

Here is a link to their latest newsletter – January 2024.

This issue of AROHE Matters highlights how retirement organizations help retirees learn about the best life, financial, and estate planning tasks as they look forward to a New Year.

https://www.arohe.org/resources/EmailTemplates/AROHE%20Matters%202024-01/index_preview.html

Besides AROHE and CURAC, these are some of the other organizations that we are connected to.



The Association of British Columbia College Pension Plan Retirees

CPPR represents retired members of the BC College Pension Plan, in other words retired instructors and administrators from some of BC’s universities and from the Colleges and Institutes.

<https://www.cppr.ca/>



Council of Senior Citizens’ Organizations of B.C.

Established in 1950, the Council of Senior Citizens’ Organization (COSCO) is an umbrella organization made up of many seniors’ organizations and individual associate members.

Registered under the Societies Act since 1981, COSCO has grown and now represents approximately 80,000 seniors in British Columbia.



Canadian Federation of Pensioners

The Canadian Federation of Pensioners (CFP) advocates on behalf of defined benefit pension plans and their members. Pensions are deferred wages, earned while working and payable after retirement. Canadian pensioners have worked hard all their lives and deserve the full pension to which their former employer committed.

We are fighting to ensure governments across Canada work together to safeguard defined benefit pensions. Our advocacy includes:

- Monitoring the Implementation of the Pension Protection Act
- Calling on Governments to Require Full Pension Funding
- Making Companies with Underfunded Pensions Accountable
- Advocating for Informed Consent for Pension Plan Changes
- Supporting Pension Rights Education

<https://www.pensioners.ca/>

KPURA also monitors and corresponds with other organizations that are working to improve the welfare of older adults. These include:

- BC Federation of Retired Union Members
- BC University Retirees Associations
- Canadian Association of Retired Persons
- Canadian Coalition Against Ageism
- National Federation of Pensioners



KPURA Membership Update

Terri Van Steinburg – Membership Coordinator

Why is a Lifetime Membership in KPURA a Good Option?

Have you considered taking out a lifetime membership with KPURA? If not, maybe now is the time to do so!

When I joined KPURA, I opted for a lifetime membership for the convenience of it. I knew I would forget to renew and so I paid for my lifetime membership and now I never have to think about it again. AND, no more annoying email reminders from Geoff or Terri to deal with! :-)

You can enjoy all the events that Sooz has planned without wondering if your membership is up to date, or quickly renewing so you can participate.

Lifetime memberships benefit KPURA too. It provides stability through a core membership group and is helpful for our financial planning.

If you are interested in a Lifetime membership, it can be activated at any time.

Lifetime Membership Fee structure

AGE	FEE
66-69	\$240
70-75	\$200
76-79	\$170
80+	\$140

In recognition of the efforts of our Founding Members, \$25 will be deducted from each of the above fees if they choose to switch to Lifetime Membership at any time. Any other current annual dues paying members who decides to switch from Annual to Lifetime Membership will similarly receive a deduction of \$25.

I hope you'll join me and many others by switching to a lifetime membership in 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 lunches, local outings, boat tours, wine tastings, heritage, and walking tours.
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 for KPURA members 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

Newsletter Information

Thank you for reading **Newsletter #21** from 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.

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

Alice Macpherson, Editor, KPURA News

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>

In Memoriam

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