



KPURA News

Volume 8 Issue 1 September 2024

Fraser Valley Heritage Rail Tour

Keeping Connected

Board of Directors Report

The Board was pleased to host the 6th Annual General Meeting at Langley Campus on April 17th. A small, but engaged group attended. Leslie Gaudette, President of the Council of Senior Citizens' Organizations of BC (COSCO) was the keynote speaker. There was lively discussion during the meeting and at lunch afterwards. The box lunches were provided by the Office of External Affairs. Randal Heidt, VP, was able to take time from his very busy schedule and join us for lunch.

For several years KPURA has set up an exhibit at KPU Day. This year we also sponsored a presentation and discussion for KPU employees planning for their retirement. Carol Barnett, Alice Macpherson, Sooz Klinkhamer, and Astrid Opsetmoen contributed to the presentation. The event was well attended and received.

George Davidson of Association of British Columbia College

Pension Plan Retirees (CPPR) was our guest at our May Board meeting. George is the new President and spoke about his adjustment to the role. CPPR monitors Pension Corp decisions on behalf of BC College Pension retirees.

The Board updated its strategic goals for 2024/2025. Among Board business and administration issues, our goals include a continued focus on **Age Friendly Principles at KPU**, as well as a greater presence on KPU campuses.

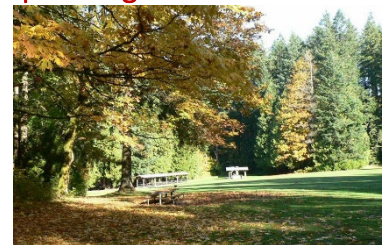
2024-25 Board of Directors:
 Chair – Carol Barnett,
 Vice-Chair – Terri Van Steinburg,
 Secretary – Alice Macpherson,
 Treasurer – Roger Elmes,
 Members at Large:
 Events – Sooz Klinkhamer,
 Liaisons – Bob Perkins,
 Sandra Carpenter, Yale Shap
 Lindagene Coyle, Geoff Dean,
 Astrid Opsetmoen

AGM & Lunch, April 17 Report



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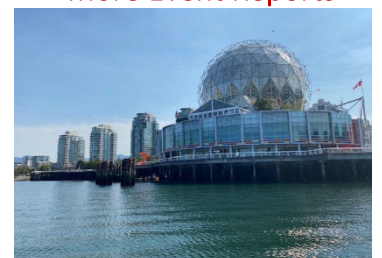
Upcoming Crescent Park Picnic



September 5, 2024

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More Event Reports



FVHR and False Creek Cruising

Pages 5-7

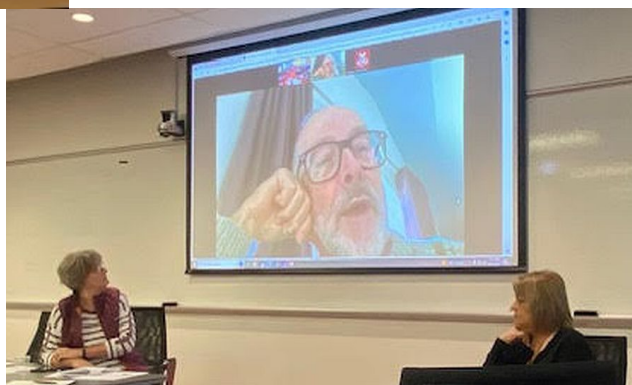
KPURA AGM – April 17, 2024

Some pictures from our 7th AGM



Leslie Gaudette of COSCO gave a dynamic and informative guest presentation

Leslie Gaudette of COSCO



Bob Perkins was one of our remote attendees with Carol Barnett and Terri van Steinburg looking on



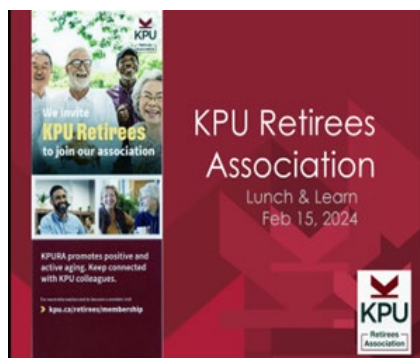
KFA President Mark Diotte brought greetings to us, received by Carol Barnett KPURA Chair



Another successful AGM completed.

We finished our Business meeting in short order and then had a Social lunch provided by KPU Vice President, External Affairs, Randall Heidt.

Activities at KPU



Lunch and Learn with the Kwantlen Polytechnic University Retirees Association

To promote our organization and the many benefits of membership, Kwantlen Polytechnic University Retirees Association (KPURA) constantly strives to connect with university faculty and staff that are planning their retirements. Because of confidentiality rules, the KPURA Board is not able to access the names and contact details of these employees directly from the University. However, KPU's Human Resources (HR) Department does maintain the current list. At our request they will organize online meetings at which KPURA is able to speak to employees that are in the process of setting their retirement date.

On February 15, 2024, HR invited more than two dozen employees who had expressed their intentions to retire soon to a "Lunch and Learn" Teams meeting. The HR director opened the meeting and reviewed many steps that employees must take to terminate their employment and start their pension. Four KPURA directors presented a PowerPoint presentation which introduced our organization. Each director described a project that KPURA is currently involved. Benefits of membership were also discussed including organizations that support retirees/seniors to which KPURA belongs.

Most importantly, the presentation included contact details of our organization: web page address, email address, and Facebook group name. These presentations and participation at KPU on-campus events are part of our promotional campaign to increase recognition of our organization as a supportive resource for KPU employees that are planning their retirement and those that are retired.

KPU Day Fun at Langley campus

The KPURA activities crew did it again at KPU Day on April 26 at the Langley Campus and Community Day May 25 at the KPU Tech Campus.

At Langley KPURA board members Astrid Opsetmoen, Alice Macpherson Yale Shap, and Sooz Klinkhamer, and Life Member Richard Hartfiel. Part of the event included doing a presentation to current KPU colleagues who are contemplating retirement. We also collected names of those considering retirement for our "Friends" list.



Community Day at KPU Tech

KPURA board members Yale Shap and Sooz Klinkhamer, and Life Member Richard Hartfiel hosted the retirees table at a very successful KPU COMMUNITY Day on May 25. There was lots of activities and a number of interesting conversations. With many of the attendees' families and their children there was not much interest in signing up for our 'friends email list', but lots of interest in the Werther's caramel candies and in the swag offered by various departments and vendors, plus KPU's door prizes.

We did however make good connections with TALK (table next to us); and with the Lifespan Cognition Lab....and it is possible that we may offer a visit to the Lab for our retiree members in future and provide opportunities for them to join in various studies in progress by the Lab.

One of the highlights of the Community Day was a presentation to Anita Huberman, long time Surrey Board of Trade CEO and President. She was given an award from KPU for her endless support and involvement with Kwantlen over the past few decades. Anita has announced her retirement from Surrey Board of Trade, effective August 2024.

KPURA has made a commitment to have a presence at KPU Community and Employee Days and other events involving the communities in which they are located.

KPURA Upcoming Events

Sooz Klinkhamer – Events Coordinator

Join us for a Picnic!!

Location – Crescent Park, 129th Street and 28th Ave in South Surrey, BC, September 5, 2024.

Our last picnic was in 2023 and we have decided to make this an annual event!

Crescent Park is a large 52 hectare (128 acre) destination park in South Surrey. The Park offers walking trails through mature second growth forests, with ponds, streams and lots of secret meadows to discover. It is home to numerous species of birds that prefer the dense undergrowth, as well as ducks and kingfishers that use the small ponds.

The park's wildlife, open fields, covered picnic shelters and forested trails make it a relaxing destination and a place of discovery.

There are 2 [picnic shelters](#) in Crescent Park located at the north end of the meadow, north of the playground and about 100 metres from washrooms. Picnic shelters are available on a **first-come, first-serve** basis – We plan to arrive on September 5 around 11 am to claim at least one of them.

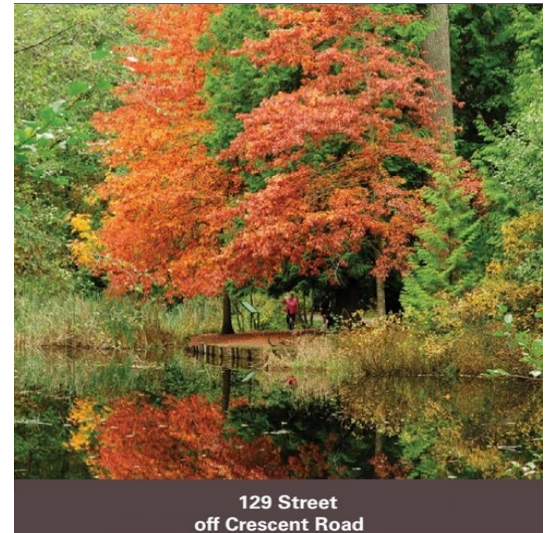
We invite you to gather after 11:30 am, bring:

- a picnic lunch with you,
- a folding chair,
- or anything else you like.

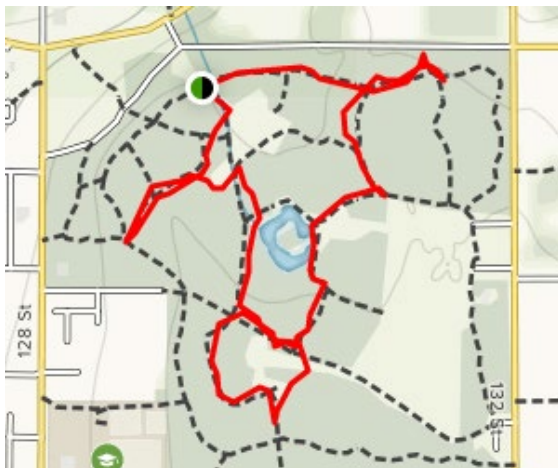
KPURA will supply Cookies for dessert.

We look forward to the opportunity for chatting, reminiscing, and catching up with old friends and colleagues.

Everyone is invited and welcome!



129 Street
off Crescent Road



Activities Before or After

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

- ✓ Walk the promenade and pier at White Rock (15 minute drive)
- ✓ Walk the beach and Blackie's Spit at nearby Crescent Beach (5 minute drive)
- ✓ Walk the Nature Trails in Crescent Park. A loop made of the outermost trails is about 3.8 km long with many options for shorter loops. <https://flipbook-surrey-ca.cld.bz/Nature-Trails-Brochure-Flipbook1/7/#zoom=z>
- ✓

Please let us know if you plan to come so we have enough cookies! kpura@kpu.ca

Set your GPS for **13723 Crescent Road - Surrey, BC** the location of the Historic Stewart Farm. This will take you off of Hwy 99 to Crescent Road. When you start to see signs for the farm, keep going on Crescent Rd. PAST the farm toward Crescent Beach and turn LEFT on 129 St.at 28th Avenue which will; take you directly into the correct parking lot.

Looking Forward to Seeing Everyone Who Can Join Us

KPURA Social Event Reports

Report on Fraser Valley Heritage Rail visit April 12

Sooz Klinkhamer

A lively group of 18 KPURA members and friends enjoyed a morning of fun activities at the Fraser Valley Heritage Rail in Cloverdale on April 12. We began the tour in the Cloverdale Railway Station, an exact replica of the original station built in 1910. We then walked through Bill's Corner store (selling heritage rail goods and items) and out onto the platform where we boarded the fully restored B.C. Electric interurban tram. We 'buzzed' down the tracks on the Honey Bee Express and then returned to the barn where we continued to learn about the fascinating history and current story of the FVHRS (Fraser Valley Heritage Rail Society). Our fellow KPU colleague John Sprung is the current President of this society.

We then each took our turn riding the Velocipede, and earned our badge.

A movie was shared with our group while sitting in the interurban car 1207, and then continued with the many storyboards, photos and displays in the Frank Horne Discovery Centre. This was followed by a ride on the Quad Car, and then the Speeder, and then a tram ride back to the station where we were all given a delightful coffee mug filled with pins, chocolate and treats, and information about the captivating history of this Society's work. The volunteers are all dressed in historic attire and/or colourful costumes, and make the event ever so much more interesting and entertaining. It truly is a 'participate' and 'ride' event, rich with history and stories.



The group then proceeded next door to the Coast Country Diner for a group lunch and a chance to visit with each other. The common departing comments seemed to be that 'folks are going home for a nap after a participatory morning and a hearty lunch'. I think this needs to be put on the schedule for a return visit in the future - what fun!!

Rolling Down the Track

What's a Velocipede?"

I asked innocently. Before I could get an answer, the official looking train master replied, "Would you like to ride one?"

"Of course," I said. And the rest is history.

It was on a field trip organized by the Kwantlen Polytechnic University Retirees Association to the Surrey Rail Museum in Cloverdale, the home of showpiece B.C. Electric Interurban cars 1225 (shown here) and 1304 (soon to be restored) where I first laid eyes on this curious piece of railway rolling stock. It's a three-wheeled, hand-powered vehicle that was used for track inspection at a time before there were internal combustion engines to drive a small speeder. In those days, the distance between stations or service points was only eight miles; the velocipede was easy for one person to operate as well as to lift on and off the track. At around 115 years ago, the BC Electric Railway Fraser Valley Line stretched from Vancouver to New Westminster and onto Chilliwack bearing people and freight in a green clean energy transportation system that may one day become popular again.

In the meantime, devoted railway enthusiasts from all over the Lower Mainland volunteer thousands of hours of their time and expertise to locate and restore old trams and provide a great "train experience" to people like me who love the idea of train travel, especially those rail journeys that wind slowly through the countryside allowing passengers to savor every part of their nostalgic trip through time and space.

Also sampled by our group on this day was the accessible "speeder" carriage, capable of accommodating up to 12 passengers and designed to welcome visitors with mobility challenges and those with wheelchairs.

All in all, it was a great day! For more info, go to <https://www.fvhrs.org>

Credit to the publications "2023 Signal" and "A Centenary Celebration of the B.C. Railway Fraser Valley Line, 1910 -2010" available at the Surrey Museum. – **Margaret Franz**

Reports from the Great KPURA False Creek Maritime Tour 2024

It was a glorious day for our one hour Aquabus ride around False Creek and the inner harbour, seeing and hearing about our city from Michael Geller, our illustrious special host and moderator on Thursday 18 July 2024.

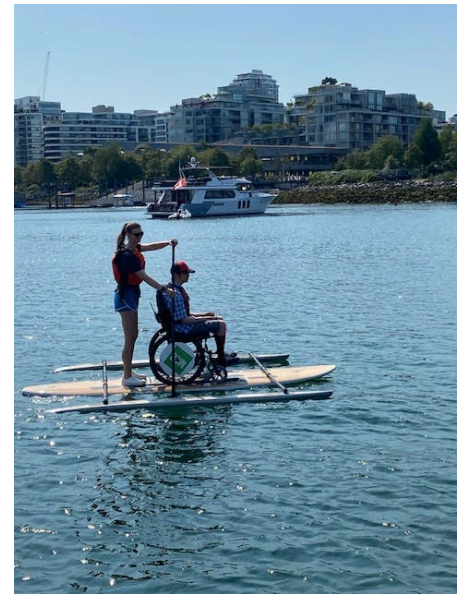


Fun and camaraderie were had by all. Here are some first person reports.

What a wonderful day for a cruise to witness the staggering development along the shores of False Creek! From the redevelopment of Granville Island by CMHC in the mid '70s to the sight of showstoppers like Vancouver House which has been described as "neo-futuristic". Michael Geller was a host with both knowledge and wit, and left participants with the question: "Is Vancouver better off today with all the development/redevelopment?" Not sure – are we? – **Dorothy Fisher**

Michael Geller was a source of valuable historic information about Granville Island, False Creek and the personalities of earlier Vancouver politics and developers. What a great choice of speaker and field trip to view from the water. The cost was reasonable, the company as always, interesting. Meeting up for lunch afterwards completed the outing. Thank you for organizing, Sooz. Looking forward to the next event! – **Jacinta Sterling**

I thoroughly enjoyed the July 18 KPURA False Creek tour with information on Vancouver's development in that area. With my love of history coupled with many years in community theatre, I always enjoy learning about the behind-the-scenes stories of places I visit, and Michael Geller provided that and more. I appreciated the wit, wisdom, experience and knowledge Michael provided for us. He gave us insights and perspectives we would not have received otherwise, and - just like knowing the names of plants and trees enriches a hike - so does the information Michael shared enrich my appreciation of the False Creek area. Having time after the tour to wander through Granville Island shops before lunch was a bonus, and of course, best of all was the conversation and connection with fellow retirees. The fact that the weather was glorious was icing on it all! – **Colleen McGoff Dean**



Further to the False Creek Cruise...

The British Columbia Tartan

Yes, British Columbia has an official Tartan...

(British Columbia Tartan) In the design are the blue of the Pacific Ocean; the green of the forests; the red of the maple leaf; the white of the dogwood floral emblem; and the gold of the crown and sun in the provincial arms.)

Early diversity in the region that would become our British Columbia was influenced by peoples from Russia, Spain and England. They influenced what are now our British Columbia and our Vancouver.

First Nations along the coastline were the Nootka, Bella Coola, Tlingit, Haida, Tsimshian, Kwakiutl and Salish. The nations found on the plateaus of the Rocky Mountains included the Tagish, Tahltan, Tsetsaut, Carrier, Chilcotin Interior Salish, Nicola and Kootenay.

Although we did not hear anything in particular about these groups of peoples, maybe a future 'longer' boat trip can fill in those missing pieces.

However,

The talk on our boat trip provided by Michael was very interesting as names and places took all of us back to the times from 1974 to the present. Names of political figures from Dave Barrett's election in 1972 to Pierre Trudeau coming to power as Prime Minister and the arrival of Christie Clark as Premier in B.C. later in 2011 as well as the people like Jimmy Pattison who helped develop what was to become what we know as Vancouver today as well as Mayor Art Phillips. They were all names that we knew of or at least had heard of whispered or shouted over the years. All were involved in building this building, park, or roadway and on it went into the morning light as we motored along on our trip from Granville Island up False Creek all the way to Science World.



Houseboats at Granville Island



Granville and Burrard Bridges

We learned about the many discussions and debates over what was to be developed and where buildings and developments with the mix of commercial and residential zoning would come into existence and who were the movers and shakers over those many years in the not so distant past. The development of the Olympic athletes Village in Southeast False Creek South which today is one of the most beautiful areas in Vancouver to the development of the former industrial lands between Cambie St. Bridge and Granville Island.

1983 not so long ago was when the Christie Residential School was the last residential school located in Tofino, British Columbia closed its doors and British Columbia and what is our Vancouver has moved on...

It was a grand trek down memory lane for all of us and we look forward to the next historical outing. Maybe we can revisit the China Town tour once again. But our time was a morning

well spent and a glorious morning it was, sunshine, beautiful scenery and wonderful conversations during our lunch afterwards at the Tap & Barrel (Bridges) restaurant.

A morning well spent...

- Lee Woodson

Virtual Learning Opportunities



Fall Free Virtual Events through AROHE

1. **Trip Preview Webinar, September 11**, highlighting our new Travel Institute trips for retired faculty and staff in partnership with Road Scholar
2. **Virtual Summit, September 18**, focusing on the importance of social relationships for a happy and successful retirement
3. **Cyber Fraud and Personal Security Insights, October 24**, focusing on cyber threats and how you can protect yourself, presented by Fidelity Investments.

AROHE Travel Institute Trip Preview Webinar

Wednesday, September 11 - 10-11 am PDT

Learn more about the AROHE Travel Institute's worldwide learning adventures for retired or current college/university faculty/staff and their friends and family during this trip preview webinar. We will be offering five learning adventures in 2025 in the US and abroad in Canada, Spain, and Portugal. During the webinar, we will review itineraries for these trips and provide enrollment information.

This new collaboration between AROHE and Road Scholar will connect you with former colleagues in academia and introduce you to new acquaintances as you learn and travel together on inspiring trips led by Road Scholar, the leader in educational travel for adults. Details: <https://www.road scholar.org/arohe/exclusive-programs/>



[Register for the Trip Preview Webinar](#)

Virtual Summit

Social Relationships:

Key to a Happy and Successful Retirement

Wed., September 18 - 10-11:30 am PDT

AROHE's 2024 Virtual Summit will explore the importance of social relationships in retirement with an engaging presentation followed by a panel discussion. In May 2023, the U.S. Surgeon General issued an advisory titled "Our Epidemic of Loneliness and

Isolation," shedding light on "the public health crisis of loneliness, isolation, and lack of connection in our country." Even predating the COVID-19 pandemic, around half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection profoundly impacts mental, physical, and societal well-being. This presentation will help retirees and the organizations that serve them to better understand and facilitate better social connections.

Our keynote speaker is Dr. Julianne Holt-Lunstad, professor of psychology and neuroscience and director of the Social Connection & Health Lab at Brigham Young University. Her presentation will be followed by a panel discussion with Dr. Kaye Jeter, Central State University; Valerie Ventre-Hutton, UC Berkeley; and Dr. Louise Nasmith, University of British Columbia, who will share their personal experiences related to this topic.

[Learn More and Register for the Summit](#)

Cyber Fraud and Personal Security Insights

Thursday, October 24 - 10-11 am PDT Cyber threats are everywhere, which is why it's important to understand what it takes to keep yourself cybersafe. We are proud to team up with Fidelity Investments to offer this exclusive virtual workshop to share important information about common financial scams and ways you can monitor, protect, and safeguard your data.

Presenter: Gary Rossi leads Fidelity Investments Personal Security Insights Program, educating clients about cyber and personal security threats. Mr. Rossi previously worked as a special agent for the Federal Bureau of Investigation (FBI), specializing in white-collar crime investigations, including financial frauds, cybercrimes, and public corruption matters.

[Register for the Cyber Fraud & Personal Security Insights Webinar](#)

Virtual activity 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.



Community Theatre

Colleen McGoff Dean

At Naked Stage we strive to bring a collection of interesting, sometimes provocative and always entertaining productions. To order season's tickets please visit: <https://www.npsociety.com/upcoming-shows>

Scroll down the page and choose your preferred day. If during the season you wish to change, no problem!

For our 2024/2025 season we are proud to present:



Radioland '48

by Kirsten Van Ritzen

It's 1948 and a radio station is about to be closed forever. The employees of CHLO desperately try to save their studio with a marathon broadcast of a loopy serial, as romance blossoms between a pair of naïve ingenues and a couple of cynical careerists. This hilarious one-act romp is an homage to screwball romantic comedies with a contemporary twist.

November 1, 2, 3, 2024



Renovations for Six

by Norm Foster

Shayna and Grant Perkins are new in town. Eager to make friends, the young couple decides to host a dinner party. The guest list includes two other couples, and all are undergoing house renovations and all could use a little fix-up in their relationships too! Hell breaks loose at the dinner party in this fast-paced comedy as secrets are revealed and cultures clash.

February 21, 22, 23, 2025



Murderers

by Jeffrey Hatcher

Three comic monologues about revenge, blackmail, money, jealousy, justice, sex, and murder. Each tale depicts desperate passions, old wounds and cold calculations that intersect in the sundrenched world of the Riddle Key Luxury Retirement Village in Florida. Each story is a cat-and-mouse mystery featuring culprits who tell how they decided to commit the perfect crime and what tripped them up along the way.

April 25, 26, 27, 2025



Take Down The Letters

by Sue Schleifer

Finally ready to clean out her late husband's closet, Lynn discovers a box of letters. She invites her mom to accompany her on the reading journey that takes them to the 70s and his former girlfriend, who is searching for her purpose in life. What do the letters reveal, and what will Lynn learn about herself and her own relationships?

June 6, 7, 8, 2025

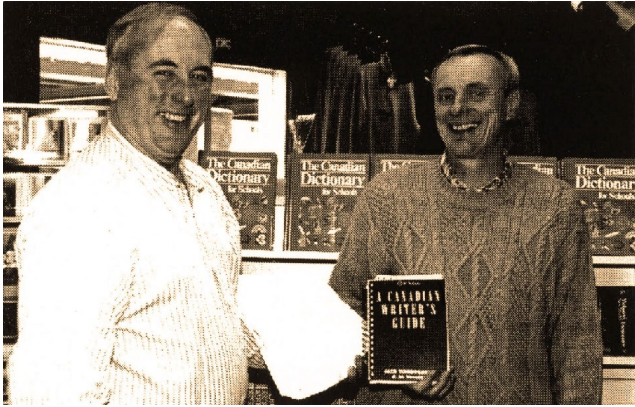
We are grateful for the support we receive from the City of Surrey and the Arts Council of Surrey

KPU Reflections

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

On Broom Closets, Commuting, and the Future Classroom

Excerpts from the interview with Al Valleau, English Instructor



**Al Valleau and Jack Finnbogason,
co-wrote *A Canadian Writer's Guide*,
a handbook for students.**

Photo: KPU Archives

Al's teaching career as an English instructor spans three provinces – Alberta, Quebec and B.C. – but it was in the latter he spent most time, specifically at KPU. He taught at the Richmond, Surrey, and Langley campuses, which he remembers as all being quite different, both in physical space and the personalities.

"I remember the old (Richmond) campus where the office I had was a broom closet, and it was crowded," he says. "[Y]ou really did get a sense of different personalities from campus to campus, and that was interesting too, because you had to adapt to your audience. You didn't take anything for granted that it was all going to be the same, because it wasn't."

He describes commuting between the campuses – even in the early days of the college – as "torturous."

"I remember having a class ending at six in Richmond, and I had class starting at seven in Langley. I told my students in Langley, 'If I come in and I'm still burping the hamburger that I thrust down my throat as I was commuting, please forgive me, but this is the reality that I live in. I will stay late to make up for that time,' he says. "God knows today if someone had that same kind of configuration of classes, they wouldn't be able to make it."

Al would use the time during the commute to mentally prepare for his next class.

"If you are teaching communications in Richmond and English in Langley you had to remove that one compartment of your brain and put down and plug in the other one," he says. "[Y]ou just didn't go in with the same expectations of how the class was going to run ... because classes on each campus were radically different from one another. Where you can say something that will get people in Surrey asking you a question ... in Langley and Richmond they would sit there writing down notes."

Al also reflected on colleges becoming universities – and Kwantlen becoming a polytechnic university – the needs of future students, and a liberal arts education versus skills training.

"The problem with training for a specific task is the fact that the task can get dated very quickly. We have a very dynamic society. The skills and abilities that are needed today are not going to be needed tomorrow, and studies have shown that again and again," he says.

"My father could have stayed in one job his whole life ... whereas now, students, that's not the future they face. They are going to have to change, they're going to have to grow, they're going to have to adapt. The types of training that they need are really quite different from a specific training, and that's something that I think is really a problem for educational facilities because it's just like disciplines – you teach what you know, you get caught in a dogma of what has worked in the past," he says. "So, we need people that think laterally rather than linearly, and that's a different kind of skill altogether."

(Written and compiled by Matt Hoekstra for KPU.)

[Read the full interview transcript.](#)

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

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

Advocacy

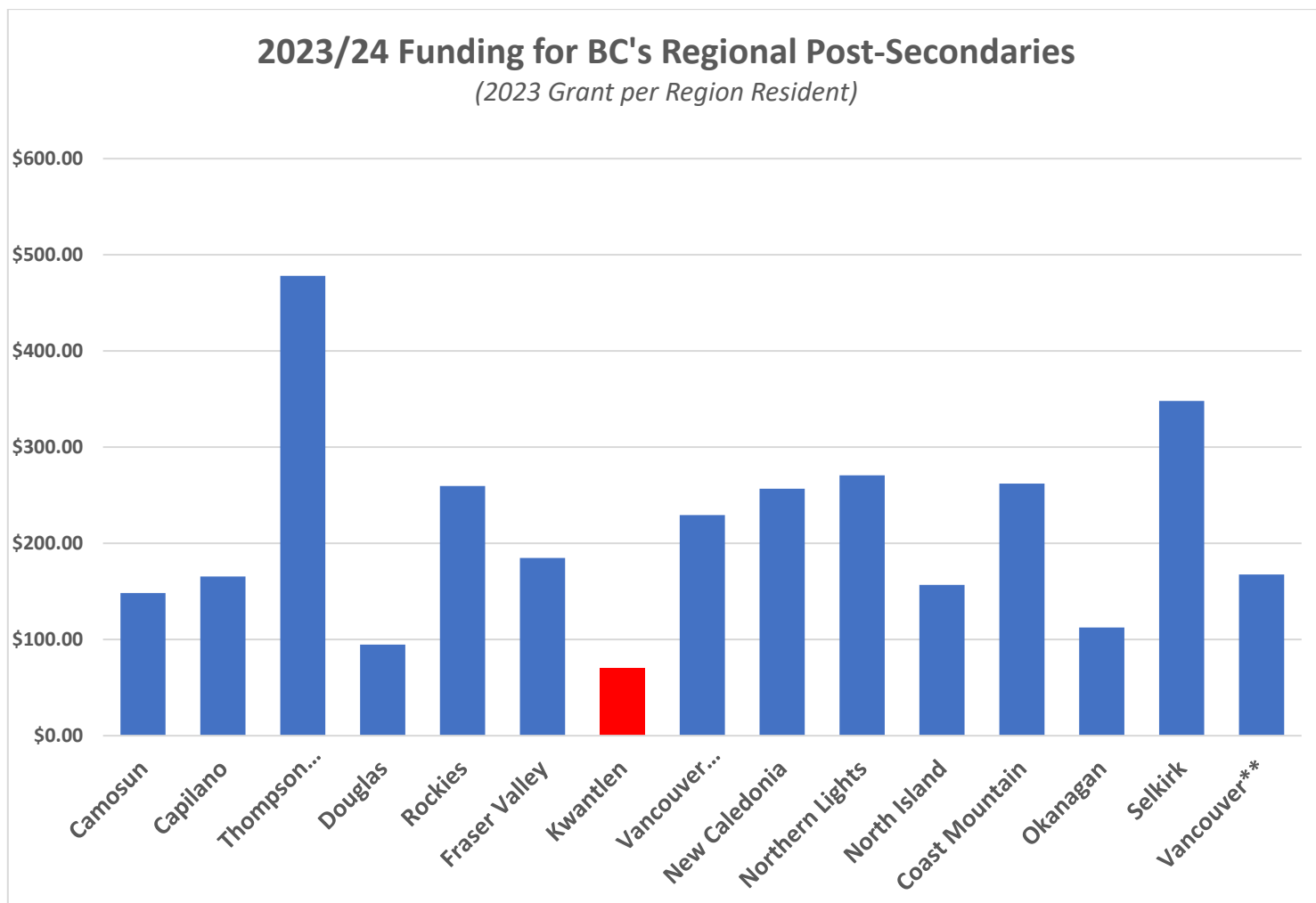
BC’s “Post-Secondary Funding Formula Review”

Geoff Dean

You may remember from page 8 of our December 2022 newsletter; the BC government had begun a review of the funding for our province’s post-secondary system – for its 25 post-secondary institutions.

The Review’s webpage at <https://www2.gov.bc.ca/gov/content/education-training/post-secondary-education/post-secondary-funding-formula-review> has a range of links to important information about this. See, for instance, a link on the top right of this page for the MacDonald report that led to the founding of BC’s community college system. And see our submission to the Review in the list found in “Written Submissions: Other Key Stakeholders” at the bottom of this page.

Unfortunately, there has been no public report from the Review team yet; this is especially disappointing given the way at which our south Fraser region has always been underfunded, with the result that people in our region have a much lower level of access to the education that people need to be successful in today’s economy.



If you can, please contact your MLA about this, and feel free to send them a link to the Review’s website and to our submission.

And, like me, keep your fingers crossed in the hope that this Review and our support for it will result in our region’s residents soon getting a fair level of access to the various good programs that KPU offers.

Science and You

What is in your Glass of Water?

Bob Perkins

Everything in our world is made up of compounds containing two or more elements. How many elements does Nature have to choose from you may ask? The answer to that question is quite complicated as although there are currently 118 elements known to science, not all of them can be found in Nature. Some are stable, while others are **radioactive**.

For this article I will simply introduce the concept of radioactivity by considering the following question:

How many different water molecules are found in a glass of water?

You may initially think that it is a trick question as since the formula for water is simply H₂O, then all the water molecules in the glass should be the same. Alas, that is not the case. Of the 118 known elements, there are 80 that can be found in Nature as non-radioactive elements. You may now be asking yourself, what makes an element stable or radioactive? A detailed explanation of that will have to wait for the next article, but for now the simple answer is to consider the ratio between the number of neutrons and protons in the nucleus of the atom.

For example, the element carbon contains 6 protons in the nucleus; however, the number of neutrons in the nucleus is not fixed. All forms of carbon in Nature can exist in 3 different types: carbon 12, carbon 13, and carbon 14 (simply abbreviated as C-12, C-13, and C-14). C-12 is the most abundant isotope and contains an equal number of neutrons and protons in the nucleus (6 of each). C-13 contains 1 more neutron in the nucleus, and C-14 contains 2 more neutrons in the nucleus. These 3 different forms of carbon are known as **isotopes**, and if the ratio between the number of neutrons and the number of protons gets too small or too large, then that isotope is "unstable" or **radioactive**. C-14 is a radioactive isotope, while C-12 and C-13 are both stable. You may have heard of the radioactive dating of artifacts, C-14 is the isotope of carbon used for that determination.

So now the question becomes, if carbon can have 3 different isotopes in Nature, then how many isotopes can be found for the other 117 known elements? The answer may astound you as the answer is more than 3400!! Most of them have been prepared in the laboratory and are not found in Nature due to their extreme instability; i.e., **very short half-lives**. Of the non-radioactive isotopes, there are still more than 270 that can be found in Nature. Some elements, like fluorine, have a single stable isotope, while the element tin has 10 stable isotopes.

With this brief introduction we can now come back to the initial question posed in the title of this article. The formula for water is H₂O, but does hydrogen also have different isotopes that can exist in Nature? The answer is YES. Like carbon, hydrogen has 3 different isotopes that exist in Nature.

The isotopes of hydrogen are unique among all the other elements, as they have specific names:

H-1 is called **protium** and has the symbol H
H-2 is called **deuterium** and has the symbol D
H-3 is called **tritium** and has the symbol T

Protium and deuterium are both stable, while tritium is radioactive. Protium is the most abundant isotope found in Nature and is normally simply referred to as hydrogen (H). Since the formula of water is H₂O, we can therefore have 6 different types of water molecules possible, based on the 3 possible isotopes of hydrogen:

H₂O D₂O T₂O HDO HTO DTO

The 3 water molecules containing tritium will be radioactive; luckily for us tritium is present in only trace amounts in Nature.

Are we finished with the analysis? The answer is unfortunately NO, as there are also 3 different stable isotopes of oxygen that occur in Nature: O-16, O-17, and O-18 (O-16 is the most abundant). The 6 different water molecules shown above can have either O-16, O-17 or O-18 in their structure. So, the final answer to the original question is that your glass of water contains **18 different types of water molecules**, with the H₂O molecules containing protium (H) and O-16 being the most abundant.

I hope you enjoyed this brief review of your high school chemistry experience, and stay tuned for a more complete discussion of radioactivity in the next newsletter.

Report from the BC Senior's Advocate

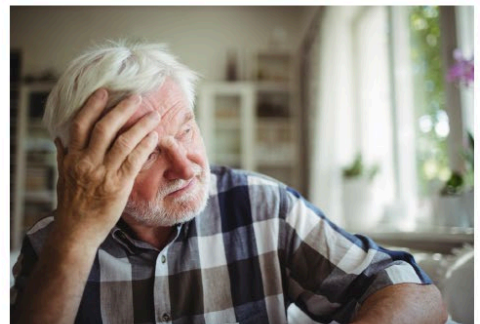
Ageing Matters: Listening to B.C. Seniors

The 'Ageing Matters' report reaffirms B.C. seniors on fixed incomes are disproportionately impacted by the high cost of living and unable to absorb increased costs for housing, food, medical equipment, mobility aids and other necessities for healthy ageing.

The report is based on the issues raised to new Seniors Advocate Dan Levitt during his 'listening tour' in April 2024, travelling throughout the province to meet with seniors in both rural and urban communities and hear about their concerns. He also met with local seniors' service providers, volunteers and other stakeholders to learn about the gaps, barriers and suggestions for improvement as well as what is working well for older people.

The report makes five recommendations:

1. Provide immediate financial relief for low-income senior renters by redesigning the Shelter Aid for Elderly Renters program so that seniors' rents are 30% of their income and rent ceilings are adjusted to reflect the current reality of the rental market.
2. Increase the amount of BC Seniors Supplement and index the supplement to inflation consistent with other government income supports for seniors like CPP, OAS and GIS.
3. Eliminate the daily rate charge for home support that places a financial barrier for seniors to get the help they need to live independently in their home for as long as possible.
4. The National Advisory Committee on Immunization (NACI) recommends people over 50 years old receive the shingles vaccine. The Province should provide a shingles vaccine program at no cost to B.C. seniors.
5. Develop and implement a cross-government strategy and action plan for seniors with key targets and performance measures with annual public reporting on performance.



[Read the Report](#)

<https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2024/06/AGEING-MATTERS-REPORT-FINAL.pdf>

The Beauty of Embracing Aging

Charles M. Blow, The New York Times, June 5, 2024

As Evelyn Couch said to Ninny Threadgoode in Fannie Flagg's "Fried Green Tomatoes at the Whistle Stop Cafe": "I'm too young to be old and too old to be young. I just don't fit anywhere."

I think about this line often, this feeling of being out of place, particularly in a culture that obsessively glorifies youth and teaches us to view aging as an enemy.

No one really tells us how we're supposed to age, how much fighting against it and how much acceptance of it is the right balance. No one tells us how we're supposed to feel when the body grows softer and the hair grayer, how we're supposed to consider the creping of the skin or the wrinkles on the face that make our smiles feel unfortunate.

The poet Dylan Thomas told us we should "rage, rage against the dying of the light," that "old age should burn and rave at close of day." He died, sadly, before turning 40.

For those of us well past that mark, rage feels futile, like a misallocation of energy. There is, after all, a beauty in aging. And aging is about more than how we look and feel in our bodies. It's also about how the world around us plows ahead and pulls us along.

I remember a call, a few years ago, from a long time friend who said it looked as if her father was about to pass away. I remember meeting her, along with another friend, at her father's elder care facility so she wouldn't have to be alone, and seeing the way her tears fell on his face as she stroked his cheeks and cooed his name; the way she collapsed in the hallway on our way out, screaming, not knowing if that night would be his last.

He survived, and has survived several near-death experiences since, but I saw my friend's struggle with her father's health difficulties as a precursor to what might one day be my struggle with my parents' aging and health challenges. And it was.

Soon after that harrowing night at the elder care facility, my mother, who lives alone, suffered a stroke. Luckily, one of my brothers was having breakfast with her that morning and, noticing that her speech was becoming slurred, rushed her to the emergency room.

On the flight to Louisiana, I tried in vain to remain calm, not knowing what condition she would be in when I arrived, not knowing the damage the stroke had done. When I finally laid eyes on her, it was confirmed for me how fortunate we were that my brother had been alert and acted quickly. My mother would fully recover, but the image of her in that hospital bed — diminished from the commanding, invincible image of her that had been burned into my mind — shook me and has remained with me.

In that moment, I was reminded that my mother was in the final chapter of her life, and that I was moving into a new phase of mine.

That is one of the profound, emotional parts of aging: assuming a new familial role. Recognizing that my brothers and I were graduating from being the uncles to being the elders.

And that shifting family dynamic exerts itself on both ends, from above and below. This year, my older son turned 30. There's no way to continue to consider yourself young when you have a child that age. He isn't a father yet, but it has dawned on me that by the time I was his age, I had three children and my marriage was coming to an end. In fact, by the time I was his age, all of my mother's grandchildren had been born.

No matter how young you may look or feel, time refuses to rest. It forges on. I'm now right around the age my parents were when I first considered them old.

I'm not sure when the world will consider me old — maybe it already does — but I do know that I'm no longer afraid of it. I welcome it. And I understand that the best parts of many books are their final chapters.

The actress Jenifer Lewis, appearing on the nationally syndicated radio show "The Breakfast Club," once remarked: "I'm 61. I got about 30 more summers left." Since hearing those words, I've thought of my own life in that way, in terms of how many summers I might have left. How many more times will I see the leaves sprout and the flowers bloom? How many more times will I spend a day by the pool or enjoy an ice cream on a hot day?

I don't consider these questions because I'm worried, but because I want to remind myself to relish. Relish every summer day. Stretch them. Fill them with memories. Smile and laugh more. Gather with friends and visit family. Put my feet in the water. Grow things and grill things. I make my summers count by making them beautiful.

I have no intention of raging against my aging. I intend to embrace it, to embrace the muscle aches and the crow's feet as the price of growing in wisdom and grace; to understand that age is not my body forsaking me but my life rewarding me.

Retrieved from: https://www.nytimes.com/2024/06/05/opinion/aging-older-family.html?unlocked_article_code=1.x00.9pj1.StLoluJ4fUE8&smid=url-share

Activism on Aging

How to challenge ageism in our everyday lives

McMaster

OPTIMAL AGING PORTAL

Ageism is all around us. From stereotypes in the media to assumptions in the workplace, ageism can limit opportunities and even create social isolation for older adults. The good news is that we can be part of the solution and combat it together to create a more inclusive world for all ages. Here are four ways you and those around you can help.

Challenge your own biases. We all have unconscious biases. Reflect on your ideas about ageing and ask yourself if they are based on reality or outdated stereotypes.

Use your voice. When you witness ageist remarks, don't be silent. Politely challenge them to promote a more respectful conversation.

Fight stereotypes. Older adults are a diverse group with a wealth of experience, and there are plenty of achievements and contributions to celebrate.

Bridge the gap. Intergenerational programs encourage interactions between different age groups to foster respect and understanding. Older adults can mentor young children, teach them life skills, or share stories and traditions. They can also participate in technology workshops led by younger people to learn new skills, creating a mutually beneficial exchange. These programs can help challenge stereotypes by demonstrating diverse contributions, capabilities and interests while bridging generational gaps.

Ageism affects everyone. By breaking down stereotypes, we can create a world where everyone feels valued and respected, regardless of age. Let's work together to create a society where age is just a number, not a barrier.

Featured Resources

Blog Post: [Aging, a negative label?](#)

Blog Post: [Bridging the age gap: How intergenerational programs benefit older adults](#)

Blog Post: [The challenges of a connected society: Combating digital ageism](#)

Blog Post: [Building a better world for all](#)

Blog Post: [Combating ageism to leverage the assets of older workers](#)

See more at: <https://www.mcmasteroptimalaging.org/>



Tips for Thriving

Living Longer

Astrid Opsetmoen

If you have Netflix, you might enjoy the 2023 documentary by Dan Buettner called "Live to 100: Secrets of the Blue Zones". It is a four-part documentary that is quite fascinating. Each segment is about 40 minutes in length and covers a different location in the world. Some of the locations might surprise you and I don't want to give it all away in this summary.

Dan Buettner delves into the science behind longevity in various cultures around the world. The basic breakdown is that diet and exercise are not the only keys to longevity. Strong social bonds that reinforce family support (even if only by our chosen family) is also an important aspect in longevity.

The documentary caused me to seek out further books by Dan Buettner and so I borrowed "The Blue

Zones Kitchen" by Dan Buettner from the Surrey public library. It has some great recipes and I'm including a simple smoothie found on pages 215-216 of the electronic copy that is quite tasty.

Iced Banapple Turmeric Smoothie

1 ripe banana

1 apple, cored and cut into pieces

1 teaspoon turmeric powder

1 cup vanilla soy milk or other non-dairy substitute

5 cups ice

Mix in a blender until smooth and enjoy.

Turmeric helps to regulate FOXO3 and makes our cells more efficient. FOXO3 is a gene that is associated with longevity that helps to reduce inflammation.

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'!!



Some of our members on the Aquabus in False Creek

Brave Neuf World

Going Nowhere Fast, Slowly

Lesley Neufeld

You've heard of slow dancing. Slow lanes. Slow cookers. Slow pokes. But have you heard of the Slow Movement?

I read about this fad in a trendy magazine at the hair salon — you know — where you get ALL the best information. As the name implies, the Slow Movement prescribes an unhurried pace rather than constant rushing around. Being "Slow" is to experience life in a thoughtful way. To drink in its pleasures. To relish. To delight and appreciate. You get the idea.

"Slow" has come to be applied to all kinds of activities: Slow Food. Slow Cinema. Slow Gardening. Even Slow Sex (and who's going to say no to that one?)

So, here's the thing! Retirement is the very definition of Slow! Ever since we rounded the corner into our golden years, the Mr and I have been totally crushing the Slow Movement. (And slow movement doesn't mean you need to boost your daily dose of Metamucil. Although, at our age, what could it hurt?)

Heck, our whole day is slow! We linger over breakfast. Do the crossword. Watch the morning news on actual TV. Step outdoors holding a coffee mug. Just stand there. Ask ourselves, "Well. What ARE we going to do today?" Bliss.

Now that we are experts on the subject, I am happy to share some tips on Slow Retirement for those of you who are poised to exit the work force. Or maybe you are already out there collecting your pension. Use these bits of wisdom as a check list to get you back on track. You, too, can achieve the ultimate Slow experience.

Top Five Slow Retirement Tips:

5. Pace yourself. One major activity per day is enough. We find that taking a shower AND cleaning our glasses is really too much for one day. Save something for tomorrow. It gives you hope.

4. Schedule naps. You know you want to. So go ahead and lie down, for heaven's sake! And don't wimp out with a toss cushion and a light blanket on the couch! Crawl into bed! Fluff up your pillows! Pull up the covers! Sleep! Perchance to dream! Pick your own favourite time, but we like the 4:00/4:30 time slot. That way, when we wake up, it's already Wine O'clock!

3. Keep moving. But don't overstrain yourself. There is a reason that Tai Chi is so popular with oldsters. It's so slow it is positively glacial! But if that isn't your cup of Chai, then peruse your local Rec Center catalogue for 60+ programs. Yoga. Zumba. Lawn Bowling—which, let's face it, has been the Gold Star Standard of seniors' activities for generations. Personally, I enjoy a old folks' Sculpt and Tone class—go-at-your-own-pace, low-impact. Be warned, though: these sessions are usually set to Oldies play lists. It's fun to relive the 50s, 60s, and 70s, but I'd argue that Queen's "Another One Bites the Dust," isn't the best selection for a bunch of old ladies.

2. Find folks in your own age group to chat with. It doesn't take long to spot retirees. Snoozing at the symphony. Lined up for eye-tests at the Department of Motor Vehicles. Checking out the hearing aid display at the Wellness Fair. Fingering through a wallet full of loose coins at the grocery check out to "give the right change." Ordering discount appetizers for dinner at any Happy Hour anywhere. Actually buying a real book at Chapters. The Mr enjoys striking up conversations with other old guys at Home Depot. They can be found wandering the aisles checking out drill bits and barbecue brushes. If you see someone in a Tilley hat at the Home Depot, you know you've found a pensioner. The question isn't, "ARE you retired?" It's "WHEN did you retire?" The hat renders the first question moot.

1. Learn everything you can about your various health problems. This is really Advanced Slow Retirement. Performed in a loud voice at your local coffee bar, you will narrate your personal health care drama in juicy, jaw-dropping detail to an astonished audience of new pals (see #2 above.) Hours will go by as they do likewise. At the end, the winner is the story-teller who evokes the most disgust, as in, "I had no idea that could even happen to a person!"

See? You are going to have such fun taking it slow.

Now, you will have to excuse me. It's my day to clean my glasses. I'm pacing myself.

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



Retirees Travel – Home and Abroad

Edinburgh

Carol Barnett



Colourful Edinburgh

My husband and I have had Scotland listed as a travel destination for a few years. Knowing that my great grandparents grew up in Edinburgh and emigrated to Toronto in 1871 and having read all the “John Rebus” series of books by Ian Rankin made this grand old city a must see.

We arrived in Edinburgh in mid May and spent nine days exploring Old and New Towns and surrounding destinations. In “Strip Jack” Ian Rankin describes the weather in springtime as “freezing wind, and near-horizontal rain”. We had many days of good weather, but when it rained you could be instantly soaked and chilled throughout.

We first flew to Heathrow to visit London for five days. This was a great way to deal with jet lag and visit cities and towns that are an easy commuter distance away (Windsor, Canterbury, Greenwich). We took the LNER train to Edinburgh from King’s Cross Station. Our first-class seats included a served lunch. The 4.5-hour journey was incredibly smooth, and we enjoyed the passing scenery, catching glimpses of small villages, pastoral fields full of sheep, and the North Sea.

Waverley Train Station is in the valley between Old Town to the south and New Town to the north. We found the city quite busy in the tourist areas. The Royal Mile between the Castle and Holyrood House Palace was especially crowded and not without reason as there are shops and restaurants lining this street. Edinburgh Castle is a must-see attraction perched on top of a rocky bluff (extinct volcano). There are excellent views of the city from the walls of the Castle and many exhibits to view. St. Giles Cathedral is located on the Royal Mile and is a beautiful example of 18th century architecture. On the steep slope from Princess Gardens at the base to the Royal Mile there are many quaint, cobbled and narrow streets to explore.

New Town extends to the north of Princess Street and Princess Street Gardens, which run along its south edge, and ends in Leigh and the Firth of Forth. The streets, organized in a grid-like pattern, are lined with beautiful Georgian Terraces. My great grandmother (1848 – 1924) grew up in two different Terrace homes. It was a thrill to locate both addresses. We took a tram to Leigh and explored the area which is full of canals and ate an excellent fish mid-day meal. The Botanical Gardens are well worth an explore and I loved poking around the Royal Yacht Britannia.



Stirling Castle

The City of Stirling is a short train trip from Edinburgh. Stirling Castle has been returned to its former glory of the 15th and 16th centuries with historically accurate exhibits. In an outbuilding there is an excellent display illustrating the recreation of the tapestries used in the Castle.



Edinburgh Castle



Wallace monument in Stirling

The National Wallace Monument is dedicated to Sir William Wallace. It is accessible by city bus, plus a steep climb up the crag on which it sits (shuttle bus is an option). Exhibits are located on each floor of the tower which are connected by a narrow spiral stone staircase. The views from the open top platform of the tower are spectacular. We also visited the Stirling Old Town Jail which recreates the prison system of the mid 19th century.



Peebles on the Scottish border

Our desire to see some of the Scottish Border Lands brought us to Peebles about an hour south of Edinburgh by bus. This is a quaint small town with a "high street", churches, Cross Kirk ruins, and centuries old graveyards.

We had a great day exploring and taking in the walkway along the River Tweed. My great, great grandfather was born there in 1795. The bus ride

there and back was a bonus, as we could view the surrounding countryside and small villages in comfort.



Bass Rock from North Berwick

North Berwick is an easy journey by electric trains that run frequently throughout the day. The seaside Town is located right on the Firth or Forth. The broad sandy beach complete with rocky outcroppings is quite walkable at low tide. There is a long, pleasant high street with lots of little shops and cafes. We had an excellent fish and chips lunch at a small restaurant near to the beach.



Edinburgh Royal Mile

Scotland is a great place to visit. The weather is quite changeable. Dressing in layers with some kind of rain protection is advisable. Comfortable shoes with good soles (cobble stones and uneven sidewalks) are a must. There are steep slopes everywhere. Gluten-free options were available at almost all eating establishments. Apparently, coeliac disease is quite common among the Scots. Buses, trains, and trams run frequently. And above all, the scenery is outstanding.

New Discoveries in Naples

Bob Perkins

COVID certainly put a damper on the cruise industry – who among us would have been in a hurry to sign up for a trip on a floating petri dish? People had to wait to see how long before they felt safe enough to consider cruising again. We hope to take our first post-COVID cruise to Alaska this fall.

My wife and I certainly enjoyed spending two days in Naples during a Mediterranean cruise several years ago. Taking a bus tour part way up Vesuvius and then hiking up to near the summit was quite the experience; and although it was socked in with clouds that day, but we still got to experience the aroma of the various sulfur compounds emitted from the volcano. It was rather unnerving to realize just how many people live on and around the slopes of the volcano.

Recently there have been a number of articles published describing new discoveries and concerns regarding the volcanic activity around Naples. I hope that everyone will enjoy reading about these recent reports that I will summarize below. With at least one third of Pompeii still waiting to be excavated, there will undoubtedly be additional exciting discoveries to be made.

What many people outside of Italy do not appreciate is that Vesuvius is merely one of nearly 24 underground craters that make up the supervolcano, the Campi Flegrei. The following article describes the concern for residents after the most powerful earthquake in 40 years struck the area. After years of rampant residential construction, politicians are now actually considering paying residents to move out of the area to reduce the number of people that would have to be evacuated should another eruption occur.

<https://www.politico.eu/article/super-volcano-italy-coast-pozzuoli-beach-town-residents-safety-naples-eruption-housing-emergency/>

Vesuvius is actually a much smaller volcano than the Campi Flegrei, even though it still did destroy the Roman cities of Pompeii and Herculaneum in A.D. 79, along with many other communities in the area. It has been estimated that more than 15,000 perished as a result of the eruption. More and more buildings in Pompeii have been opened to the public over the years, and new discoveries continue to be made.



Just last month an article was published that suggested that some of the residents of Pompeii actually perished from earthquakes that took place at the same time as the volcanic eruptions. The results came from a detailed analysis by a team of archaeologists, vulcanologists, building engineers and anthropologists.

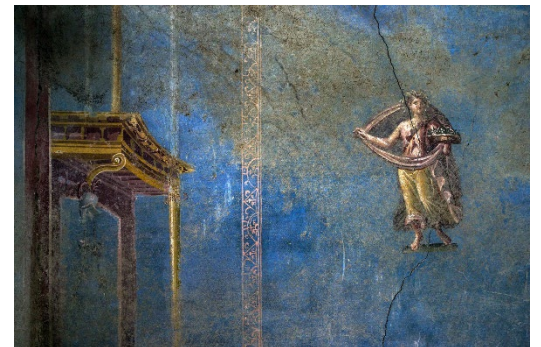
<https://www.smithsonianmag.com/smart-news/amid-its-volcanic-eruption-pompeii-was-also-rocked-by-an-earthquake-study-suggests-180984743/>

Another recent publication described the unearthing of a sacred room shrine in Pompeii. What made this discovery so important was that the walls in the shrine were painted blue. Because it was difficult to produce, blue was a rare and very expensive colour and was only used by the extremely wealthy families. The room also contained a selection building materials, suggesting that a renovation or redecoration project was underway.

<https://www.nbcnews.com/news/world/pompeii-italy-blue-room-rare-color-roman-site-vesuvius-volcano-shrine-rcna156548>

Finally, one of the beaches destroyed by the eruption at the Herculaneum harbour has just reopened to the public after years of excavation and restoration. It is estimated that more than 300 individuals perished on the beach while waiting for rescue from the sea, directed by Roman admiral and scholar Pliny the Elder (who also perished).

https://www.cnn.com/2024/06/19/europe/beach-mount-vesuvius-reopens-herculaneum-intl-latam?cid=ios_app



K9s & Kats of KPURA

Pet Portraits

These are pencil sketches done by a daughter of a friend of mine. She obviously has some talent here.

They are of Richard and my grand-dogs.

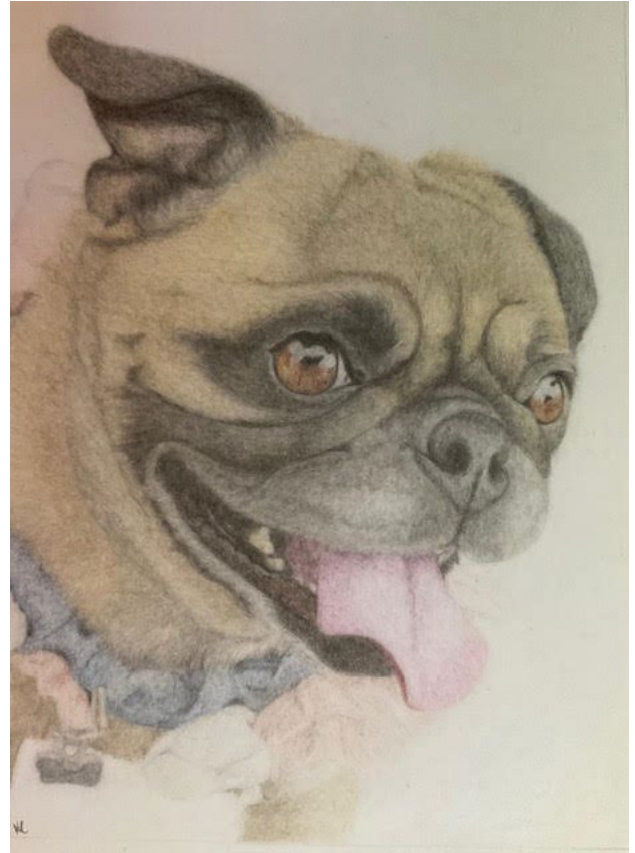
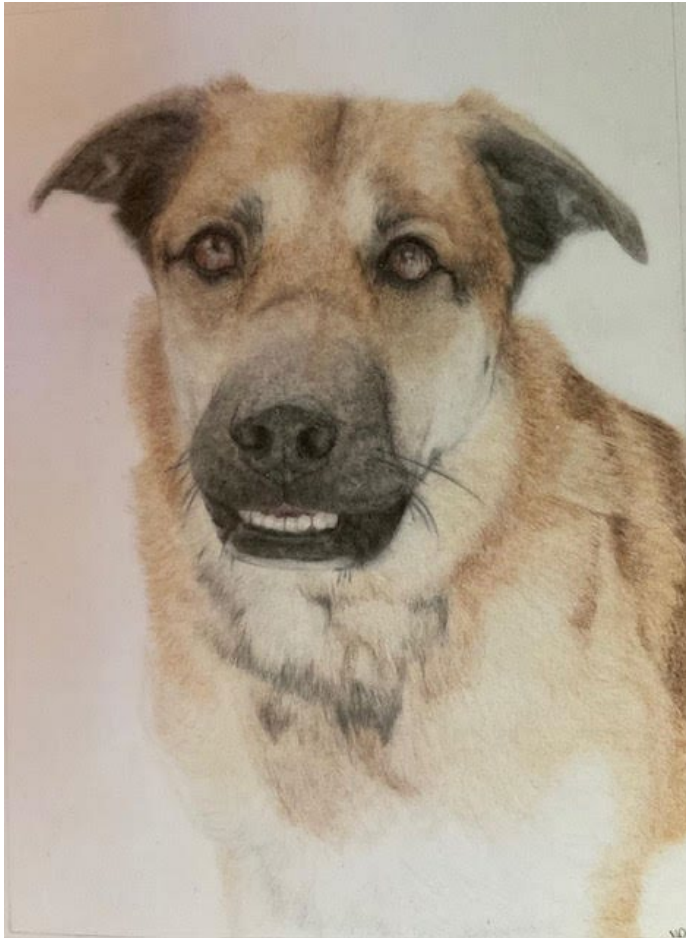
Bruce (shepherd cross)

Sophie (Pug)

Tina (Frenchie).

I can connect anyone who is interested in having their pet 'sketched' with Kelsey, if desired

Sooz



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>



Fall activities are now live at:

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

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 – July 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%202024-07/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

CPPPR 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.
<https://coscobc.org/>

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



You Benefit by being a Current Member of KPURA

KPURA members receive priority registration for our organization’s events!! So please remember to renew your membership annually, or – better yet – become a Life Member. That way, you’ll not only be supporting YOUR retirement organization, but will be assured access to our in person events when numbers are limited such as the False Creek Boat tour in July.

Why is a Lifetime Membership in KPURA a Good Option?

Terri van Steinburg, Membership Coordinator

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 KPURA 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.

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!

Members Receive

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 #22** 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.

Visit our website for more information and resources: <https://www.kpu.ca/retirees>

In Memoriam

Don Currie

April 4, 2024 - Right from the beginning of Kwantlen. Don's role as the Chief Carpentry instructor when our trades program began and carried right through many campus changes right up to the KPU Tech campus in Cloverdale. In teaching, he always had his students' learning experiences front and centre as he prepared them for their careers in construction. A strong union rep, he supported the union and rank and file. He was always up for a good conversation and will be greatly missed by all who knew him.

Jack Finnbogason

April 30, 2024 - Jack passed away in his sleep. He was a one of a kind guy - always well informed, erudite, committed to life, friends and family and to his work. He made such incredible contributions to Kwantlen as a faculty member, an administrator, and a friend and mentor to so many. He was highly respected for so many qualities and for his leadership. He was always looking for new ways he could be of service; if there was an educational committee somewhere, he was probably on it or leading it. Jack will be remembered for his dry wit, his insatiable curiosity, and his incredibly kind and generous spirit. An outgoing soul, he touched the lives of thousands of students and innumerable colleagues, neighbours, friends, and family.

Bill Day

August 4, 2024 - Bill always cherished education—he worked a fulfilling career as an adult educator within educational institutions including the University of Rajasthan, Douglas College, and UBC. He was a driving force in Canadian adult education; his contributions included establishing night school adult high school equivalency classes during his early years teaching high school in Maple Ridge, developing extension programs to improve basic literacy in rural Rajasthani villages, and working from Douglas College's foundation as Dean of Continuing Education and President. He was a unique and very successful player in the college scene from the initial organizing efforts around the creation of Douglas/Kwantlen and ultimately one of the longest serving presidents in BC college history. He had a tremendous impact on both Douglas and by extension Kwantlen. Always forthright and honest as well as a gentleman in all his interactions.

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