



## Seasonal Lunch Celebration in Ladner

### Board of Directors Report

The KPU Retirees Association Board is pleased to announce our guest speaker **Dan Levitt, BC Seniors Advocate**, at our 2025 AGM. The theme of this year's meeting is **"Thriving in Retirement in an Ageist Society"**. His presentation will precede the Business Meeting and promises to be dynamic. This event is scheduled for March 5 from 10:00 am to 12:00 pm at KPU Surrey, Conference Room A, Cedar Building. A boxed lunch will follow for all that wish to remain. All are welcome. **Please RSVP at [kpura@kpu.ca](mailto:kpura@kpu.ca)**

The KPURA Board hopes to participate in another Lunch and Learn seminar for current KPU employees planning to retire in the near future.

These online sessions (in Microsoft Teams) are organized by Human Resources and have been well attended in past years. We have been in discussion with the HR Organizational Development Committee and hope to schedule another seminar later in the spring.

KPURA events committee continues to do an outstanding job for our members and friends. Christmas lunch, held this year at the Britannia Pub in Ladner on December 12, was a great success. Our KPU liaison, Randall Heidt, VP External Affairs, was able to squeeze an hour out of his extremely busy schedule to join us.

See a variety of articles in this newsletter that will elaborate on these topics.

**Carol Barnett, Chair**

# KPURA News

Volume 8  
Issue 3  
March 2025

*Keeping Connected*

### Events

**Special Speaker Dan Levitt**



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**Dr Bob's next Webinar  
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## KPU Retirees Association Presents *Thriving in Retirement in an Ageist Society*

### Speaker Dan Levitt, BC Seniors Advocate

March 5, 2025, 10:00 -11:00 AM

KPU Surrey in the Cedar Conference Room A. 12666 72  
Ave Surrey BC  
Or Via Zoom

Dan Levitt has been a tireless champion of seniors' rights for over 30 years and continues supporting seniors and their loved ones through his work at the Office of the Seniors Advocate.



The poster is a vertical rectangle with a red background. It features a central text block in white and gold. On the left and right sides of the central text are two photographs: on the left, a group of seniors smiling; on the right, a group of seniors sitting at a table. The central text reads: 'KPU Retirees Association Presents THRIVING IN RETIREMENT IN AN AGEIST SOCIETY DAN LEVITT BC SENIORS ADVOCATE MARCH 05, 2025, 10:00 -11:00 AM KPU Surrey Cedar Conference Room A 12666 72 Ave Surrey BC Or Via Zoom'.

Followed by:

## KPURA AGM (our 8<sup>th</sup>)

**Business Meeting March 5, 2025, after our Speaker  
11:15 AM -12:00 PM**

**KPU Surrey, Cedar Conference Room A, or Via Zoom**

**Stay for Lunch after the Meeting!**

**Refreshments and Boxed Lunch Courtesy of KPU Office of External Affairs**

**Register for either or both events by email: [KPURA@kpu.ca](mailto:KPURA@kpu.ca)**

## The World Health Organization says:



<https://www.who.int/health-topics/ageism>



## KPU Day, May 2, 2025 Invitation

KPU Day is coming to the Richmond Campus on May 2, 2025!!

This annual event is for all employees and we have been advised that retirees can join in the fun as well. Everyone is welcome to attend this event, comprised of free admission for all of us, campus tours, live entertainment, games, demonstrations, refreshments, networking opportunities, etc...

KPURA will have a table/booth display in the main corridor where we will be welcoming prospective retirees and sharing information about our organization. It is also a chance to renew old acquaintances and check out what is happening now.

Feel free to join us!!

We also plan to offer an informative seminar on retirement information and our association's activities for those interested in attending...no pre-registration required!

Watch for more information on our KPURA Facebook Page (and join us on FB if have not yet done so)!





## KPU is an Age Friendly University

KPU joined the [Age Friendly University Global Network](#) of higher education institutions in October 2023. Members of this world-wide network strive to promote the education and the healthy aging of older adults by endorsing AFU's 10 principles. The KPU Retirees Association presents this report as an overview of KPU's progress to date.

**Principle 1:** *To encourage the participation of older adults in all the core activities of the university, including educational and research programs.*

- TALK (Third Age Learning at Kwantlen) offers many non-credit courses for older adults (50+). Office of External Affairs will fund an advertising campaign aimed at Seniors Groups within KPU's catchment area.
- Registration Services has reviewed the [Senior Citizens Fee Exemption program](#) guidelines. Through this program, seniors can access empty seats after the main registration period in some course sections without paying tuition."

**Principle 2:** *To promote personal and career development in the second half of life and to support those who wish to pursue second careers.*

A Prior Learning and Recognition program (PLAR) was developed many years ago. Non-traditional and mature students can request that their accumulated work experience and non-credit education be evaluated for course credit. KPU has launched an augmented program with streamlined pathways for Trades and Indigenous students to ensure that prior learning is considered in all new program development. A more inclusive and efficient set of templates have been recently developed that will assist both student and the faculty assessor. Templates are being made available for the Brewing and Brewery Operations program and all programs offered by the Melville School of Business for the assessment process. Application and assessment will be free of charge to the student. More information and contact details are available at <https://kpu.ca/flex>.

**Principle 3:** *To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue master's or PhD qualifications).*

KPU has established (May 2024) a new [Faculty of Graduate Studies](#) to support graduate level programming. Master's degrees will be developed to meet the needs of community and industry in BC. The availability of upper-level degrees will provide an opportunity for mature and mid-career learners wishing to augment their education credentials.

**Principle 4:** *To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages.*

To be worked on in the future.

**Principle 5:** *To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.*

KPU offers a rigorous blend of online and in-person courses for all students across its 140+ programs.

**Principle 6:** *To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.*

[The Lifespan Cognition Lab](#) conducts research in developmental and cognitive psychology. Currently the lab is conducting a [study](#) on cognition memory changes from the age of 10 to 70, which includes older adults and seniors.

***Principle 7: To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.***

The Office of the Provost and Vice President, Academic has produced a comprehensive list of 104 courses that in part study some aspect of the needs of older adults. Subject areas include:

- Financial needs, living space and design requirements of ageing adults
- Changes in mental and physical health care, age related chronic disease and disabilities, changes in medication requirements
- Changes in learning, problem solving and conflict resolution, and cognitive memory decline
- Changes in social relationships and consumer behavior, sexual health, and psychological and cultural considerations
- Need for community care, nursing care, and end of life care
- Ageism in criminal profiling, elder abuse and neglect, and safety considerations

KPURA has been advised that some of the 10 AFU Principles will be incorporated into the Academic Plan 2029 as the University foresees a greater role for non-traditional and mature adult learners at KPU in the future.

***Principle 8: To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.***

KPU opens its doors to the surrounding community by hosting two or three Community Days at different campuses each year. Activities are planned for all ages Games, live entertainment, and campus tours provide a fun and an inviting atmosphere. Refreshments are also available.

***Principle 9: To engage actively with the university's own retired community.***

The KPU Retirees Association was registered as a society in 2018. Its Board of Directors actively work toward increasing connection among KPU Retirees by promoting positive living in retirement.

A Memorandum of Agreement was drawn up between KPU and the KPU Retirees Association (KPURA), which outlines how the two parties work together and collectively benefit both the university and retirees. KPURA maintains a close relationship with the Office of External Affairs.

KPURA plans online and in-person events, produces newsletters, and provides materials for employees preparing for retirement and those that have retired. The Retirees Association also participates in on campus events and activities.

***Principle 10: To ensure regular dialogue with organizations representing the interests of the aging population.***

KPURA is a member of a number of organizations that support retired university employees and the aging population. Information from newsletters and webinars is summarized and distributed to its members and other interested persons.

[COSCO](#) – Council of Senior Citizens' Organizations of BC

[CCAA](#) - Canadian Coalition Against Ageism

[CPPR](#) – Association of BC College Pension Plan Retirees

[CURAC](#) - College and University Retiree Associations of Canada

[AROHE](#) – Association of Retirement Organizations in Higher Education

[BC Forum](#) – BC Federation of Retired Union Members

This is an ongoing process in which KPURA supports to continued development and inclusion of policies and processes that are Age Friendly.

## KPURA Social Event Reports

### December Seasonal Social and Festive Lunch

#### *Sooz Klinkhamer*

On December 12, 2024 our retiree members gathered at the Britannia pub in Ladner to visit and celebrate the season. The weather cooperated nicely, and we had a lovely group of over 30 members and friends in attendance. The location was bright and cheerful, with excellent service by our two servers in one half of the establishment so we could all be seated together. A wonderful time to catch up with each other and cheer the season! Thanks to all that took the time to join us. We do try to move these seasonal gatherings around our large catchment area of Kwantlen, with last year's being at the Fort Pub in Langley.



Who knows where we will gather next! Always open to suggestions from our members and friends!!

One of the highlights of this event was the appearance of Randall Heidt in his 'seasonal jacket' – splendid attire for the occasion!! And further, Randall provided a delightful seasonal 'gift' to all in attendance by picking up the tab for our food orders.

We were, of course, on the hook for our alcoholic beverages, as it should be!

Let's give a 'cheer' to Randall for his superb choice in jackets for our seasonal social!!





## Report: Foraging and Fermenting with Dr Bob

### *Astrid Opsetmoen*

On Jan. 23rd Bob Perkins gave a wonderful Zoom presentation called “Foraging and Fermenting”. An engaged group took part and learned about the various berries and fruits Bob has either available in his own garden or from close neighbours to be frozen for later jam preparation or fermenting into wine.

The occasional pie can also be made either fresh or from frozen later too. He also described the joy his grand kids have in dashing about the property during the summer collecting various berries and/or fruits into a cup and mashing that up with a little sugar. Each cup an original fruit smoothie, or as Bob called it “fruit mush”.

The presentation began with an overview of the various types of berry bushes he had on his property and how some of the berry species within the Rubus Genus (Blackberry) have crossed to give different varieties. He showed a complex slide that gives a small hint of the possibilities and explains why the Rubus Genus has over 1400 varieties around the world.

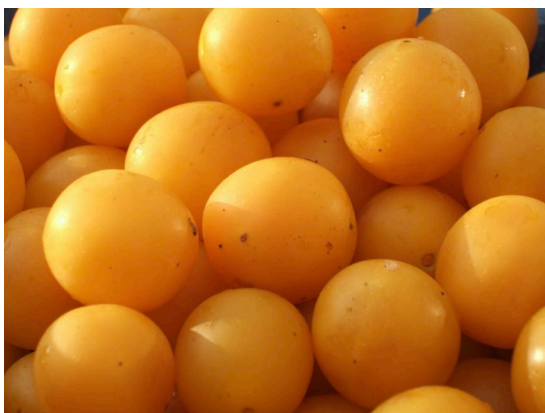
Some other fruits that Bob likes to use in his winemaking are blueberries, plums and cherries.



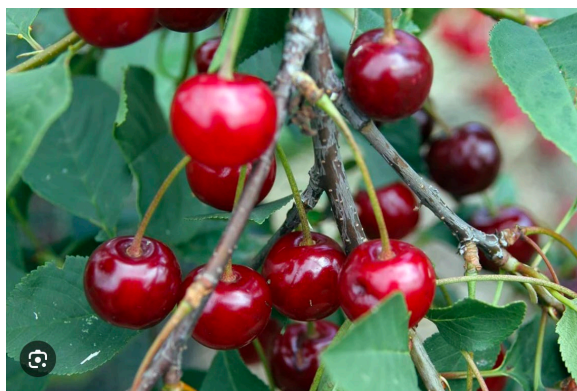
Blueberry



Purple Plum



Yellow Plum



Cherries

Bob picks the fruit in season and washes it before freezing it in 5 lb. portions in large freezer bags.

When ready to make the wine or jam he takes the fruit out and begins the process. The basic recipe for wine is a 1 to 1 ratio of fruit to sugar in a 10 gallon bucket and he focuses on achieving a specific gravity of 1.090 which yields a dry wine that has about 12% alcohol content.

Yeast and other ingredients are added and then the basic fermentation starts followed by transfers as time passes from the bucket to one carboy and to the next carboy and finally into smaller bottles.



Blackberries fermenting



Plums Fermenting

There are many steps to the wine making process in order to ensure that the product is actually tasty. You can reach out to Bob at (bperkins5@gmail.com) to talk further about any questions that you might have about the process.

Bob bottles smaller portions into Sleeman bottles for submission to the local fair. He doesn't like to submit a full bottle on an entry since oxidation occurs and then the wine no longer tastes the same.



He has won many prizes over the years for his tasty concoctions.

Bob kindly gave permission to record the session which we did. If you would like to view the presentation, it is archived on the Zoom site and will be available for 90 days:

[https://us06web.zoom.us/rec/share/Oavqfaj5\\_uWtwwLVHgp0PrHpPYJeQp1n0jt\\_zdPQV4JXTWIs3BT0E-jWcsaJie7.eV-NR30OkZcwDmPP](https://us06web.zoom.us/rec/share/Oavqfaj5_uWtwwLVHgp0PrHpPYJeQp1n0jt_zdPQV4JXTWIs3BT0E-jWcsaJie7.eV-NR30OkZcwDmPP)

Passcode: **.S7V\*WiF**

Our session was very interactive and no prior scientific expertise/knowledge was required. Bob is going to present further on Triglycerides: fats, oils and protein on Feb. 20th at 10 am via Zoom. Please let us know if you are interested in February's session by sending an email to

[KPURetirees@gmail.com](mailto:KPURetirees@gmail.com)



## Upcoming KPURA Events

### Dr Bob Presents: Triglycerides

The feedback from Part 1 in November (reading labels and carbohydrates) was very positive.

This online second session will be focused on triglycerides (fats/oils). We will consider the process of digestion, as well discuss the issues surrounding saturated versus unsaturated triglycerides, and the omega system of labelling fatty acids.

It is not necessary that you participated in You are what you eat Part 1. No previous chemistry or biochemistry knowledge is required for the session.

Register for this Zoom session with an email to [kpura@kpu.ca](mailto:kpura@kpu.ca)

## More Virtual Learning Opportunities

### Free Virtual Event through AROHE

KPURA is a member of Association of Retirement Organizations in Higher Education (AROHE) and our members benefit from events that they offer.



### Learn and Share in Interactive Webinars

AROHE's Idea Exchange webinars, developed by the Research and Education Committee, offer the opportunity to explore retirement transitioning issues, hear about successful retiree programs/practices, learn about issues affecting retired faculty and staff, and share resources with others. These interactive webinars are conducted using the Zoom meeting platform.

### Next Up!

The [Reimagining Retirement 2025](#) event is just around the corner, as a member of our Retirement Organization, the AROHE event is open to you! This year's event promises to be insightful and engaging, with a lineup of distinguished speakers and thought-provoking sessions. We believe your participation will greatly contribute to its success.

Starting on February 25th, join us for our first session - Healthy Cognition: The Science of Memory and Forgetting, with Dr. Charan Ranganath, a pioneering neuroscientist and internationally renowned memory researcher, as he discusses his groundbreaking new book *Why We Remember: The Science of Memory and How it Shapes Us*.

Discover the science behind memory and gain practical tools to enhance your recall in everyday life. Whether you're looking to preserve brain health as you age, improve memory for professional or personal pursuits, or understand how your mind works, this talk is for you.

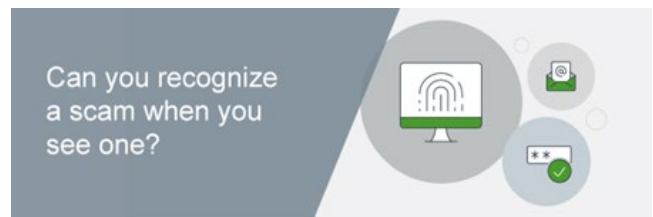
### What You'll Learn:

- Why We Forget
- The Power of Attention and Intention
- Mental Time Travel
- Imagination in Memory
- Memory and Aging

Take a journey into the fascinating world of memory. Learn to remember better, preserve brain health, and continue thriving professionally and personally.

## **AROHE presents: Cyber Fraud and Personal Security Insights**

**Tuesday, April 08 – 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 late 2024: Reimagining Retirement 2024](#)**

## **The Scale of Fraud Against Seniors is Huge, and Still Growing – Here's Why**

**Annie Lecompte (Associate professor, UQAM)**



With technology evolving rapidly, the amount of fraud against seniors is increasing at an alarming rate. Fraud is now the leading crime committed against seniors in Canada.

Today's scammers are taking advantage of new technological tools that make their schemes both more credible, and harder to detect. From fraudulent phone calls using voice simulation systems, to sophisticated online hustling, scams are becoming increasingly complex. Despite alerts and warnings, fraud continues to flourish in the age of technology.

As an expert in the field of technological fraud, I will try to provide some answers to the following question: Why is fraud against seniors on the rise when it is so highly publicized? And how can seniors protect themselves?

### **Technological fraud against grandparents**

While fraud affects different segments of the population, some specifically targets seniors because of their vulnerability. For example, grandparent fraud, where a fraudster pretends to be a loved one in difficulty, exploits seniors' trust and encourages them to send money in a hurry. The Canadian Anti-Fraud Centre (CAFC) has identified 2,494 victims of these schemes, for a total loss of \$9.4 million. Romance scam is another common trap. These fraudsters establish an online relationship over an extended period in order to extract money from victims under the pretext of being in financial difficulty, or experiencing a personal emergency. This type of fraud has intensified with modern technology. In 2023 it was responsible for the third-largest financial loss to Canadians, according to the Royal Canadian Mounted Police. In 2022, Canadians lost more than \$59 million to this type of fraud, according to CAFC.

### **Stolen photos and fake identities**

Fraudsters also use dating platforms and social networks to create convincing profiles of fictitious identities using stolen photos. Artificial intelligence and image manipulation software are then employed to make these scams all the more realistic, boosting victims' confidence and making fraud harder to detect. Recent warnings have been issued to alert the Canadian public to romance scams where scammers manipulate their victims into investing in fraudulent cryptocurrencies.

Phishing, which has also become more sophisticated thanks to new technologies, is another common fraud technique used against seniors, with the CAFC listing losses for Canadians at around \$58 million in 2022.

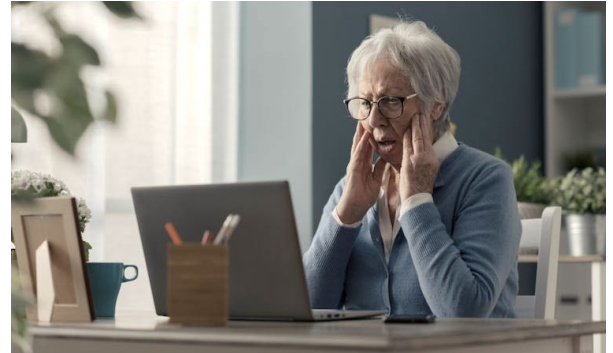


Scammers send e-mails or text messages pretending to be companies or financial institutions and prompt recipients to click on fraudulent links, or divulge personal information. Artificial intelligence and automated systems allow fraudsters to target victims on a massive scale and create a sense of urgency that pushes seniors to act without thinking twice.

### ***Why fraud targeting seniors is on the rise***

Fraud targeting seniors is on the rise for a number of reasons. Because seniors often have more free time and are more socially isolated, they are more inclined to respond to calls, e-mails or text messages from strangers. Their solitude also makes fraudulent interactions more credible, while their accessible savings make them attractive targets.

Although many seniors use the internet, a large majority are not comfortable with technology. This makes them more vulnerable to online scams. According to one study, while 67 per cent of seniors surf the internet regularly, only 26 per cent feel very confident using computers and smartphones.



Seniors continue to fall into these traps despite numerous awareness campaigns, since fraudsters skillfully exploit seniors' lack of familiarity with digital technologies and constantly adapt their methods to circumvent warnings. What's more, the emotional impact of a well-crafted scam can override caution, making warnings less effective in these situations.

### ***Protection strategies***

To protect themselves from fraud, there are a number of essential behaviours seniors must adopt. They should never share personal information, such as PINs or passwords, by telephone, e-mail or text message. It's also important not to respond to any unsolicited offers whether they are received by e-mail, text or telephone.

If a specific case requires action, it's best to type the financial institution's web address, rather than click on a link provided. Seniors should never make hasty decisions. If a child or grandchild claims to be in an emergency and is asking for financial assistance, seniors should ask them personal questions to verify their identity. Finally, trusting one's intuition remains essential: if something seems suspicious, it's best to heed your gut and take extra precautions.

At a time when technology is advancing rapidly, fraudsters have never been better equipped to target the elderly. Although seniors are increasingly connected, being less familiar with digital tools makes them all the more vulnerable. Scams — whether romantic scams, phishing or telephone fraud — exploit their trust and isolation. Because of this threat, it's crucial to inform and educate seniors so they can protect themselves against these increasingly sophisticated scams.

### ***Collective awareness***

But prevention is not enough: collective awareness is also necessary. By supporting our seniors, we can help reduce fraud and better protect this vulnerable population. Collective awareness means making sure the community is committed to monitoring, alerting and protecting those who are most at risk.

This can be achieved through concrete actions carried out on a regular basis to raise awareness among seniors, but also by encouraging seniors' loved ones to be alert to signs of potential fraud.

It would also be a good idea to involve local players, such as financial institutions or community centres, to offer ongoing training and reminders about common frauds.

In the long run, it is only by combining prevention, education and solidarity that we will be able to truly limit the impact of this fraud, and offer seniors the protection they deserve in an increasingly digital world.

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## Revisiting Country Vines Winery in Richmond



**March 20, 2025 at 12 noon**

### **COME AND JOIN US FOR A RE-VISIT TO COUNTRY VINES WINERY**

We are returning to this lovely environment on the first day of SPRING – Thursday 20 March at noon!!

We look forward to welcoming you all back to this delightful winery with its lovely environment (picnic area and outdoor lounge). We will determine if we will provide a charcuterie board, or whether each attendee should bring their own snacks.

Wine (and other beverages) will be for purchase for those in attendance to enjoy with their food. What a wonderful way to welcome SPRING!!



**Please confirm your intention to join us  
by emailing [KPURA@KPU.ca](mailto:KPURA@KPU.ca)**





## Upcoming 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.nspociety.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:



### 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

## Fresh Sausages

### *Canoe Creek Community Kitchen recipe – Alice Macpherson and Tally Wade*

Our Community Kitchen came together on Flag Day (February 15) to grind, spice, and stuff 20 kilos of sausage. Mutual Aid and sharing costs at its finest.

Cultures around the world have long traditions in mincing, grinding, mixing, and cooking various meats, fish, and various substances with a range of herbs, spices, and other items. Discovered references to sausages go back as far as 8<sup>th</sup> century BCE. This is one of the most creative foods that humans make.

This recipe is all about fresh sausage which are made from meats that have not been previously cured. They must be refrigerated and thoroughly cooked before eating.

### **Fresh Pork Sausage**

Shoulder meat, often called 'pork butt', is an excellent cut to use for this type of sausage. It has a good balance of lean to fat. You can sometimes get it boned, but may need to cut the meat from the shoulder bones yourself. The bones made a great stock if you have them.

Cleanliness and food safety is critical for working with any protein. Meat should be thoroughly chilled and not be out of the fridge for any longer than necessary to grind and mix. Thaw meat in the fridge the night before if frozen and place in bins. Clean and clear your counters and have lots of clean cloths for wiping up and drying.

Make sure you acquire the meat, spices, garlic, wine, etc. for this recipe ahead of time. Once you have your meat, bone and trim off any skin. Then refrigerate or freeze meat depending on timing. If you are planning to stuff your sausage meat into casings, now is the time to purchase them. We generally use 32/35 mm salted hog casing (with a green ring – this is how they size them). As you come up to your grinding and stuffing day, you will rinse off the salt from the casings and then soak in water overnight in fridge.

Three work areas – Set up a spice area (spices, garlic, wine, small scale) and another area with your large scale and clean bins, spatulas, etc. Then set up your meat grinder. This can be motorized or hand crank – both work very well and your choice depends on cost and amounts. We use a meat grinder with a plate that has 10 mm (3/8 of an inch) holes. Most commercial ground meat is ground finer than this, but you can make your own choices. You can even start with commercially ground meat if you want.

For every kilogram of meat that you are going to make into fresh sausage you will need 2 grams each of whole peppercorns, mustard seeds, cumin seeds, fennel seeds, coriander seeds.

The morning of your sausage making, weigh out and toast these seeds until lightly fragrant in a dry frying pan and then grind them fine with a spice grinder or a mortar and pestle.

You will also add 2 grams of garlic powder (or 4 grams microplaned fresh garlic), and 1 gram of citrus zest per kilogram of meat.

Mix all of this with 12 grams of sea salt per kilogram of meat.





Also have 25 ml of a white wine with good acid for each kilogram of meat. A Chilean Sauvignon Blanc works well. If you have two kilograms of meat, double this and so forth.

Cut your meat into chunks about half the diameter of the meat grinder throat. As you start grinding, feed the meat in steadily without forcing. Catch the meat in a suitable bin that the ground meat will only half fill. You will need space in your bin to do your mixing.

Once your meat is all ground (and remember you can start with commercially ground meat), add your spices, garlic, and wine. You did do them first, right? Mix the meat thoroughly with a large spatula or with Very Clean hands (most traditional).



This is your fresh sausage!

Now you need to check it out for taste. Make a few slider patties and fry them up. Eat them plain to get the full flavour. Adjust your sausage seasonings according to your taste. Consider that flavours will marry over time.

At this point you can package the sausage meat, excluding as much air as possible, and freeze. This product keeps well and will give you many fine meals. Figure 80-100 grams per person per serving depending on appetite.

### **Stuffing Sausages**

If you are stuffing casings, you will take this sausage meat and run it through the grinder again, using a 'kidney plate' (just three large holes) and a stuffing horn. You will have rinsed the insides of casings and place in water bowl with ends on rim as they must be kept wet. Slide a casing all the way onto your horn. If you do this in advance, store in water to cover until ready to use.

Install the prepped horn on your grinder, and tie off and dock the end of the casing (poke holes in it with a pricker) to release air. Start to turn the grinder and stuff meat into casings, careful not to overstuff or they will burst. Create coils and lay out flat on trays. When swapping in a fresh horn, pull out the grinder plate and blade to remove any sinewy buildup.

With your sausages on the trays, dock (on both sides) of the coils. If you are looking for links, you will now pinch the casing at the length you want and then twist every other one towards you a couple of full turns to create links. Refrigerate sausages to firm into shape (may be overnight).

Finally, snip sausages into groups (twos or fours or...) and lay out on trays. Bag the sausages (choose either ziplock or foodsaver) and use fresh or freeze for the future.

A very satisfying venture.



## Building Bridges

**By Bob Perkins**

Previous articles in the KPURA newsletter (Volume 5.1 and Volume 7.2) have described my kayak salvage adventures of bringing in logs at high water conditions. The logs have been floated over the retaining wall onto our lower lawn, and once the water level has receded, cut up in rounds for firewood.

In addition to logs, I have also salvaged a number of abandoned docks over the past 5 winters. As there is only one outlet to the lake, these treasures simply float past our property on their way to the Sproat River. These docks are dismantled, the spikes/screws/nails retained along with any suitable pieces of lumber.



Because of the past 3 summers of severe drought here around Sproat Lake, many of the trees have become very stressed, resulting in some of them coming down during wind storms. My wife and I belong to the Sproat Lake Woodland Trails society, and along with a number of other couples, hike the trails on a regular basis. After every windstorm, there are always a number of trees that have come down across the trails. In some cases, the trees will also take out bridges that are across streams and muddy areas. For those trees that come down close to the logging roads, it is fairly easy to open the trails up again with my chain saw, as well as providing me with some more free firewood.

In the cases where the downed trees are located some distance from a road, I have used a wheeled cart to transport my chainsaw, lumber and other tools to clear the trees from a trail, as well as repairing/replacing destroyed bridges.

Now you may ask, how does one go about building a bridge in an area that is not next to a road? The answer is that the bridge has to be pre-built in my driveway over a pair of sawhorses.







The stringers are laid out, and then the treads are cut and put in place. The treads are not attached to the stringers at this point, the process is merely to decide how many treads will be required. The lumber is transported in my truck, and then moved to the creek location, either by hand or with my 2-wheeled cart. The treads are attached to the stringers with 3 inch screws, and pieces of rebar are used to stabilize the corners so that the bridge is secure. I prefer to use screws rather than nails to ensure the treads don't start to shift sideways with use.

This is all well and good if the size of the creek is small, but what for about larger creeks? In this case we may have to cut down small cedar trees to function as stringers, and bring in the required number of treads separately.



Luckily one of my neighbours is always up for a project so the work goes a lot faster with the two of us. His wife and my wife are both avid mushroom enthusiasts, so they are usually seeking out/taking pictures of mushrooms while we are doing constructions. In the past year, they have identified more than 500 different species around Sproat Lake.

We are blessed with a number of different trails in the area, some very easy for walking, while others are more challenging.



## KPU Reflections

### Back at the end of the last Century

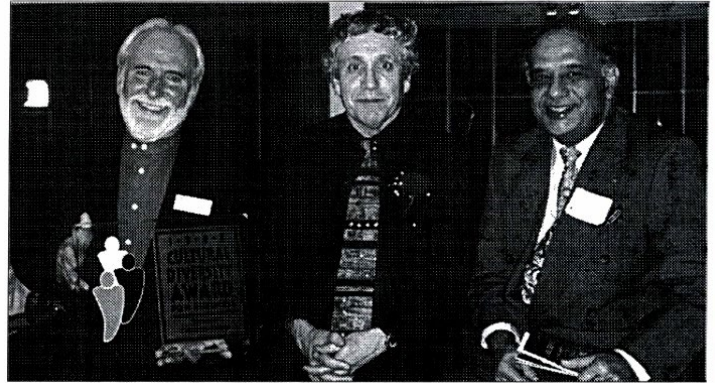
KPU has a long and rich history and thanks to the hard work of the people in the KPU Archives, like Archives Librarian Denise Dale, a good portion of that history is available for us to dive into today.

#### 1998 – Kwantlen wins Cultural Diversity Award

In the February 1998 edition of Inside, the Kwantlen University College community newsletter, we have evidence that Kwantlen has been at the forefront of what today might be called equity, diversity and inclusion for decades. On Feb. 19 of that year, the hard work of the Cultural Diversity and Ethnic Awareness committee (CDEA) at Kwantlen was awarded the third annual Cultural Diversity Award for Large Business from the Surrey Delta Immigrant Services Society.

In the image below we can see receiving the award are Navnit Shah (right), vice-chair of the board of governors at Kwantlen, Roger Elmes, (left), Surrey campus dean and chair of the cultural diversity and ethnic awareness committee (CDEA), and David Baxter (centre), executive director of the Urban Futures Institute.

#### Kwantlen University College



Kwantlen receives the 1998 Cultural Diversity Award for Large Business. Navnit Shah (right), vice chair of the board of governors, accepted the award on behalf of Kwantlen. Navnit is with Roger Elmes, (left), Surrey campus dean and chair of the cultural diversity and ethnic awareness committee and David Baxter, executive director of the Urban Futures Institute.



Pictured celebrating the win are some of the CDEA members (from the left, front row): Darlene Willier, Lindagene Coyle, Skip Triplett, Sundari Bala, Donna Suttie and Marlene Silcock; (from the left, centre row) Roger Elmes, Priscilla Bolio and Navnit Shah. (from the left, back row): Frances Chik, Renu Seru, Moira DeSilva, MCs Paul Lail and Linda Aubert, Melodee Sondrup and Jamshid Shahidi.

## KPU Retirees Out and About

### What I learned in Hawaii about the Hawaiian Green Sea Turtles

(Contributed by Sooz Klinkhamer)

Our family vacation in Kauai this month had a number of highlights. One of the most memorable was our opportunity to personally see the giant green sea turtles as they visited our favourite beach (Poipu Beach) each day. Anywhere from 2 to 5 of these 'giants' would appear on the beach in the morning and stay anywhere from 3 to 6 hours...

*This information below is from the Hawaiian Scientific group at the Maui Ocean Sphere located in Ma'Alaea Harbour. (Copied verbatim)*



Hawaiian green sea turtles, or honu, are native to Hawai'i. They are the largest hard-shelled sea turtle in the world, reaching lengths of four feet and weighing over 300 pounds. Out of the seven types of sea turtle, the Hawaiian green sea turtle is the most common in Hawaiian waters.

Their carapace (upper shell) ranges from brown with yellow and light brown streaks to black, and their plastron (bottom shell) is a light yellow. As adults, honu mainly eat algae and seagrasses, which turn their fat layer green and gives them their common name.

With lungs two-thirds as long as their carapace, it is believed they can stay underwater for many hours depending on their size. The longest recorded downtime for Hawaiian green sea turtles lasted five hours. Imagine holding your breath for that long!

#### **Hawaiian Green Sea Turtle Reproduction**

The Hawaiian green sea turtle typically reaches sexual maturity around 20 years of age, with some turtles in a study reaching age 40 before mating for the first time. Once sexual maturity is reached, males grow long, thick tails, and female tails remain short. Females may mate every two years, and after doing so, over ninety percent will swim from the main island chain westward to the French Frigate Shoals, a distance of nearly 600 miles, to lay their eggs. According to Global Independent Sea Turtle Scientist George Balazs, this journey for a female turtle in Maui's waters could take more than two months as they 'island hop' and graze on seaweed off each island along the way.

The females laboriously haul themselves out of the water upon reaching their destination and try to get as far away from the tide line as possible. They then dig a pit called a nest chamber and lay an average of 75 to 100 eggs per nest, digging as many as six nests in one season. Hawaiian green sea turtles typically lay their nests in the early summer months, and the hatchlings begin to emerge about two months later. The sex of each hatchling is determined by temperature — the cooler the sand, the more males will hatch.

Life doesn't come easily for small sea turtles. Just the simple act of making it to the open ocean is a massive challenge for hatchlings. Sandy shorelines and shallow reefs pose a high threat, as do animals such as crabs, dogs, mongooses, and even people who may take these young hatchlings. The first few years of their lives are known as "the lost years" and are spent roaming the open ocean or pelagic zone where it is believed they search for mats of algae, seaweed, or debris for protection.



These young turtles must search for food, and their omnivorous diet consists of sea jellies, crustaceans, and fish. Seabirds frequently spot them from the air, and many species of fish prey on hatchlings. The juveniles who survive these numerous challenges return to their coastal grazing areas after five to ten years, mostly grazing on seaweed (limu).

### ***Significance in Hawaiian Culture***

In old Hawai'i, green sea turtles were thought to be the property of the ali'i, or chiefs. They were sometimes raised in loko i'a, or fishponds, according to Maui Ocean Center's Hawaiian Cultural Advisor, Kahu Dane Maxwell. The turtle meat would be eaten, the turtle's bones used for ornaments or fishhooks, and their shells as containers. Some individuals or families did not take or consume honu and instead thought of them as family deities ('aumākua), worshipping and caring for them.

### ***A Protected Species***

All sea turtles are listed as endangered species in the United States, meaning it is a federal offense to harm, harass, or even touch a sea turtle. Whether the turtle is in the water or resting on a beach, any physical contact is prohibited. Current research in Hawai'i shows the Hawaiian green turtle population has increased since they have been protected by federal law.



Hawaiian Name: Honu

Scientific Name: *Chelonia mydas*

## Brave Neuf World

### *Four Letter Words – or – a Word Nerd in Dreamland:*

#### *Lesley Neufeld*

WORD.

W is for weather, weird, wisp, water, world, wonder, whisker, whisper, wait, watch, witty, walk, winter....

O is for – Oh! Sorry. Ha ha. I drifted off there. You see, I'm trying a "fall asleep" technique a friend told me about.

Here's how it works. Once you get into bed, (or if you wake up in the middle of the night), think of a four letter word that has no repeating letters. Then, in your head, list all the words you can think of that start with each letter, in turn. Such as, let's say you choose the word "WORD." You'd go through W until you can't think of any more words starting with W, then do O, then R, then D.



The inventor, a BC-based researcher at Simon Fraser University named Luc Beaudoin, calls it a "cognitive shuffle." He came up with this word-play sleep theory way back in April 2017. It has since been featured on CBC News, in the New York Times, and in Oprah's "O" magazine.

I'm loving this exercise. Most nights, I fall asleep before even getting around to the second letter in my Word of the Night. Or, if my brain has been on overdrive all day, I might complete a whole word and then start on another. I find this fun. I go to sleep happy.

It's a little like meditation. My mind can concentrate on the task for a short time. Take R, for example. My list might be: radical, radiate, rascal, repetition...and then my thoughts will drift away onto totally unrelated topics – a review of the day, worries about tomorrow – you know the drill. And then, I'll interrupt myself and remind my crazed brain to go back to the word list. Oh, yeah, R: rhyme, rhythm, room, rumor, rude...rude, yeah, that so and so waitress today was so rude...alright, back on track, Lesley. Okay. R: rerun, rotten, rival, roof....

The whole idea is to stop your thought rollercoaster. And it works! I relax and let words come into my head by free association: relax, rest...and...I'm asleep.

Finding the right word to get under way can be tricky. Here are my tips to get you started:

Avoid conjugating complex, multisyllabic words. We all know you're smart, but this isn't the best time to show off your vocabulary. For instance, O can get complicated: obvious, obsession, obstruct, obviate, obfuscate, obliterate, opinion, osmosis. These are brainy, word-nerd playgrounds, but at 3 in the morning, you don't need to be doing mental gymnastics. The goal is sleep, remember? Stick with: open, over, oval, owl, ohm...

Also, bad choices are clunkers with K and Q: kite, kazoo, kayak, kangaroo, quack, quake. These shake your brain (and rattle your nerves. See what I did there?)

I haven't found much joy in Z either. Which is ironic, given that the universal cartoon symbol for sleep is, "ZZZZZZZZZZ".

But, really, who actually knows more than a handful of words that start with Z? Zero, zebra, zoo, zylophone... no, wait, that starts with an X. Forget about Z and X. Y isn't much better – except for yawn, which is, of course, suggestive and useful.

Beware danger zones. A riff on any letter could dredge up distressing words. For example, here's D: dread, dumb, dumber, dull, dismay, defective, distraught, disgusting, dastardly, despicable. See? Bad words happen! Before you know it, you're all stressed out and depressed. Which starts with D. Try to grab more affirmative words and let them float into your head, like: drowsy, dozy, dream, drift, dove, dolphin, daffodil....

In fact, it's best to stay away from hot button words altogether. You could be going alone peacefully with P: posies, poppies, puffy, pet, puddle, purple, perfume, pillow...and suddenly POLITICS pops into your noggin. That's gonna keep you up all night!

I find that it's better to feed your brain simple, affirmative words with friendly letters in them.

Try something like CALM. C is for comfy, cozy, cupcake, cuddle... A is for amiable, amble, angel, art, awesome... L is for love, lamb, loaf, lull, lullaby...Asleep yet? Aren't going to make it to M, are 'ya?

Some of my favorite sleepy words contain B. Bed, blankets, biscuit, baby, banana, bounce, boat, bobbin, bird, bee, butterfly...ahhh, yes, beautiful butterflies... floating... flitting... drifting... getting... sooooo... sleepy. Night night!



# TALK

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## Third Age Learning at Kwantlen

### TALK is cheap!

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

### What New at TALK?

After celebrating its 25th anniversary in fall, 2024, Third Age Learning at Kwantlen has another full lineup for spring, 2025. You can check out the latest

offerings on the next page or at <https://kpu.ca/TALK>

You may feel inspired to volunteer to do a presentation yourself for fall, 2025 and we will be happy to see you. You can choose Zoom or if you prefer in person, any KPU campus. TALK is hoping you have a favourite topic you love to talk about in any venue. KPU faculty have generously supported TALK for its entire 25 years.

One of your KPURA board members, Geoff Dean is also on the board of TALK. You could speak with him or email the TALK office to volunteer.





# TALK

Third Age Learning  
at Kwantlen

In-person and online courses and activities

## WINTER/SPRING 2025 TALK COURSES

Registration opens January 6

How Climate Change Affects Sea Ice	Feb 18	Online
Everything EV (Electric Vehicle)	Feb 25	Online
Vaccinations	Feb 28	Langley
Field Trip: Non-alcoholic beer & wine	Mar 4	Offsite
Women in Science	M 7/14	Richmond
Film Study: Film Noir	M 10/11	Surrey
An AI Experience	Mar 12	Richmond
You Are What You Eat (Carbohydrates)	Mar 18	Online
Frustrating Everyday Products	Mar 21	Richmond
The World of Work	Mar 28	Surrey
Armchair Travel: Umbria, Italy	Mar 31	Online
Prehistoric Art Was Not Primitive	Apr 2	Surrey
Armchair Travel: Travel & Photography	Apr 4	Online
Internet Safety & Security	Apr 8	Online
Confronting Population Denial	Apr 9	Online
Considerations for an Aging Brain	Apr 11	Richmond
Field Trip: Museum of Anthropology	Apr 15	Offsite
Accessing Health Services	Apr 16	Richmond
Journalism: The Future of News	Apr 23	Online
Stress and Brain Health	Apr 29	Surrey
How Birds Help Trees Adapt	May 2	Surrey
Happiness and the Human Brain	May 6	Langley
Field Trip: Craigdarroch Castle, Victoria	May 7	Offsite
Field Trip: Explosion of Bird Song	May 16	Offsite
Field Trip: BC Farm Museum	May 23	Offsite

## PLEASE JOIN US!

TALK membership is only \$10 per year and we keep the cost of our courses very low.

**Celebrating 25 years of stimulating  
lifelong learning for adults over 50!**

## SPECIAL EVENT

### TALK's COMPELLING CONVERSATIONS

**Saturday, March 1, 2025**

at 10:00 am at KPU Richmond campus

**How can we make your future better?**

**Featuring Futurist Jim Bottomley**

We've entered the *Innovation Age* where maximum change causes stress that divides us.

What are your fears for the future?

In a divided world, how can we better connect?

**Free and open to the public.**

Register at [kpu.ca/talk](http://kpu.ca/talk)

## TALK'S PHILOSOPHERS' CORNERS

### Wisteria Place in Richmond 10:30 AM

**Feb 6:** Are we becoming a more uncivil & non-caring society?

**Mar 6:** How does culture affect our personal identity?

**Apr 3:** Will religion ever become obsolete?

**May 1:** What makes you feel like you are living life to the fullest?

### Crescent Gardens in Surrey 11:30 AM

**Feb 13:** Are drug consumption sites helpful?

**Mar 13:** Globalization: good or bad?

**Apr 10:** Is "manifestation" a real thing?

**May 8:** Effect of the loss of traditional media.

### City of Langley Library 11:30 AM

**Feb 27:** Is happiness the goal?

**Mar 27:** Can we survive without religious beliefs?

**Apr 24:** What can we do about mental illness among youth?

**May 22:** Should there be term limits on politicians?

**TALK's Philosophers' Corners are open to the public.**

No need to register.

See more info at [kpu.ca/talk/philosophers-corner](http://kpu.ca/talk/philosophers-corner).

**MORE INFORMATION: [kpu.ca/talk](http://kpu.ca/talk)**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

## The Future of Transit in Metro Vancouver



With the conclusion of the recent provincial election, and the NDP forming government, it is time for TransLink and the Government of BC to get to work to address key challenges and opportunities facing public transit in Metro Vancouver.

Prior to the election, TransLink reported that it faces a \$600 million annual shortfall starting in 2026, which will lead to drastic reductions in transit services if new sources of funding are not identified. This includes cutting bus service in half and reducing HandyDart, SkyTrain and Sea- Bus trips by up to one-third. The Access for Everyone expansion plan would be put on hold.

At the time, Mayor Brad West, Chair of the Mayors' Council said, "Metro Vancouver's transit system is vital to our region's economy and quality of life. The potential cuts outlined in today's report are not just severe; they are catastrophic. Our region is growing rapidly and facing an affordability crisis at the same time – both of which require more transit, not less. We are committed to doing everything possible to prevent these cuts and ensure our transit system remains robust and reliable."

In an open letter sent to party leaders, the TransLink Mayors' Council called on all parties to commit to working with TransLink to address the funding shortfall so that potential service cuts could be avoided, and to begin expanding and improving transit in the region. In particular, the Mayors' Council called on all parties to create a provincial program to provide transit fare discounts or exemptions for low-income youth, adults and seniors.

Fortunately, all parties responded positively to these calls for support from the Mayors' Council and transit champions from across BC, including from COSCO.

The Mayors' Council will begin working with the new government to identify the new funding needed to begin delivering on the new Access for Everyone expansion plan, including to implement a transit fare discounts or exemptions for low-income youth, adults and seniors, and to expand HandyDART service. A successful outcome of these negotiations is not assured – the new government faces many competing priorities – but all of the united voices, including COSCO's, calling for better transit will make it easier for the government to focus its resources on transit.

The Mayors' Council thanks COSCO for its support and partnership in the lead up to the election and hopes and trusts that we can continue working together to deliver new and expanded transit services that COSCO members and our region expect and need.

Submitted by Mike Buda, Executive Director, TransLink Mayors' Council.

For more information on the Mayors' Council and its Access for Everyone Plan, go to <https://accessforeveryone.ca/>.



Mayors and community members at the Union of BC Municipalities 2024 Convention

(reprinted from COSCO News #130, December, 2024)



## You Benefit by being a Current Member of KPURA

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 email membership renewal reminders 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.

### Why is a Lifetime Membership in KPURA a Good Option?

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

***Terri van Steinburg, Membership Coordinator***

## Member Benefits

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](http://www.curac.ca) :

- a. Discounted travel
- b. Discounted home and car insurance
- c. Discounted pet insurance
- d. Extended health insurance – in some aspects better than our group pension health insurance – rates are not age-banded
- e. Two different travel/trip cancellation plans – one is not age-banded
- f. Quarterly Newsletter
- g. Annual National Conference

## Newsletter Information

Thank you for reading **Newsletter #24** 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](mailto:kpuranews@gmail.com)***

or by surface mail to: **KPURA, c/o President's Office**, 12666 – 72<sup>nd</sup> 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>**