



Crescent Park Picnic group 2023

Board of Directors Report

The KPU Retirees Association Board of Directors are moving forward with projects that have been in the planning stages for several months. One of these initiatives has resulted in an official announcement, made on Oct 30 during TALK's AGM (See separate article).

"KPU has joined a network of higher education institutions committed to age inclusivity with membership in the Age-Friendly University (AFU) Global Network" says the official press release.

Board Members Alice Macpherson and Carol Barnett represented KPURA at a table display at KPU's Open House held Saturday October 14 at the Surrey Campus. The event was very well attended. Alice and Carol had several pleasant discussions with KPU employees.

Currently there are nine Directors, but we have capacity for eleven. If you would like to serve on the Board, we would love to have you join us for our monthly online meetings.

Your 2023-24 Board of Directors:

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

KPURA News

Volume 7
Issue 2
December
2023

Keeping Connected

KPU is an Age-Friendly University



October 30 announcement.

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Country Vines, Picnic at Crescent Park

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Upcoming Events



Festive Lunch at Fort Langley,
December 7.

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KPU is now a Designated Age-Friendly University

KPU has joined the Age-Friendly University (AFU) Global Network. This network promotes positive and healthy aging which includes lifelong education.

<https://www.afugn.org/north-american-members>

In the press release Carol Barnett, Chair of KPURA, stated, "The KPURA is very pleased that KPU has joined the Age-Friendly University Network. The Board of Directors look forward to supporting KPU in its commitment to older adults and their educational needs."

Spearheaded by Board Member, Sooz Klinkhamer, the AFU concept was introduced to the KPURA Board when Christine O'Kelly, then Coordinator of the Age-Friendly University Global Network led by Dublin City University was invited to speak at our AGM in 2021. (See the description of the event here: [6.1 Newsletter](#) page 2.)



After discussions with Randall Heidt, VP External Affairs, Board Member Sandra Carpenter wrote and submitted the first stage of the AFU application process. This was accepted. A second and more elaborate submission to the Network, prepared by the Office of External Affairs, was sent and accepted earlier this fall.

Randall Heidt (see picture left) made the official announcement at the TALK (Third Age Learning at Kwantlen) AGM on October 30 at the Surrey Campus. KPU President Dr. Alan Davies and Diane Purvey, Provost and VP Academic, were also in attendance.

"Never in the history of our society has it been so vital to invest in, understand and respond to the issues of healthy aging..." said Dr. Alan Davis, President and Vice-Chancellor at KPU. The AFU network, formed in 2012, includes more than 100 institutions of higher learning around the world. KPU joins the University of the Fraser Valley and UBC Okanagan as

the third Age-Friendly University in British Columbia.

In summary the [press release](#) states that KPU recognizes the range of needs of older adults and supports those who wish to pursue second careers and/or higher education. The hiring of a Recognition of Prior Learning Specialist accelerates the process of applying recognition of achievement by adult learners with career experience. In addition, Third Age Learning at Kwantlen (TALK) provides diverse educational opportunities for lifelong learners.

See the [AFU website](#) which lists the guiding principles of an Age-Friendly University. The Network has been transferred to Dr. Aaron Guest, Arizona State University.



KPURA Board members attending the AFU announcement:

(l to r) Sandra Carpenter, Geoff Dean, Carol Barnett, Randal Heidt (VP External Affairs), Terri Van Steinburg, Yale Shap.

Further

We encourage you to get involved!

Your KPURA Board always wants to hear from you. Any input or suggestions you may have will be welcome.

You are also welcome to attend monthly meetings to hear what is happening.

For an invite and link, send an email to

KPURA@kpu.ca

KPURA Social Event Reports

Picnic at Crescent Park September 7, 2023

Sooz Klinkhamer

At lunch time on September 7, a small but enthusiastic group of KPURA retirees came together to enjoy our early Fall beautiful weather.

I had said several times to colleagues that this is the same location we had a picnic 'last year', but in fact, it had been a couple of years. Am I the only one that 'condensed' the entire time of Covid19 pandemic into a single year?

It was a perfect weather day to gather, and we had both sunshine and shade in our picnic shelter area. Conversations were lively and heartwarming to hear what our members have been up to over the past months, and what the plans were for upcoming autumn vacations and travel.

There were some people that wanted to join but were unable to make it. We thought of them all fondly.



The cleanliness and appropriate removal of 'fuel' as advised by Firesafe and Firewise programs was clearly in evidence in the park. It is the ground 'fuel' and dead branches on lower parts of trees that often lead to canopy fires that become impossible to extinguish. It also, of course, makes it easy for even elderly walkers to have a stroll in the forest!

As with our annual Festive Lunch get-together in December this event may well become another annual event.

It's a beautiful location that was well-received by our attendee members and friends.



Wine Tasting at Country Vines in Richmond October 19



On a beautiful Thursday afternoon, a lively group of KPURA retirees met at Country Vines Winery at 13060 Steveston Highway in Richmond, B.C.

This was a re-visit to this delightful winery for those that remember being there in February 2020 shortly before Covid19 shut us down. Our return was welcomed by Eric Urquhart (the owner) and the staff, and a wonderful time was enjoyed by all.



It is a lovely environment with a picnic area and outdoor lounge that we enjoyed following our wine tasting which was hosted by Eric. He is extremely knowledgeable about wine making and shared his captivating stories with us!

We were then able to purchase wine by the glass or bottle, and visit with each other!



KPURA provided a charcuterie tray for attendees to enjoy as well.

This place will certainly earn another re-visit in future.

Charming environment!



Festive Lunch – Fort Langley. December 7

You are Invited!

We will be holding our 7th Annual Festive Lunch on Thursday, December 7, 2023 – from 12 noon onwards!

Where we will meet

The **FORT PUB & GRILL**, in Fort Langley, has been selected (for the second year in a row) as the location for this year's Seasonal meet up. We had a great (and lively) crowd last year and several people remarked that the food and service were great, easy parking, warm and inviting environment, and a great chance to catch up with everyone!!

Historic and Good Food

As their advertising says, "From its entrepreneurial roots as the Fort Langley Hotel the Fort Pub site has weathered floods, fires and the prohibition!"

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

You will order your own meal as you choose from their classic pub menu. <https://www.fortpub.ca/menu>

Join Us

We welcome all to join us December 7 at noon.

Let us know if you can make it and we will make sure we have enough chairs reserved.
kपुरa@kpυ.ca

Here are a few photos of last year's event. We hope to see YOU this year!



Join Us at The Fort Pub!

Online Free Webinars – Virtual Learning

January 30, February 13, February 27



Sooz Klinkhamer, KPURA Events Coordinator

AROHE (Association of Retirement Organizations in Higher Education)

KPURA is a member of AROHE and as such we are pleased to offer all of our members and associates a three part webinar series at no cost. Read here for more information and/or to register:

<https://www.arohe.org/Reimagining-Retirement>

Reimagining Retirement: Exploring Your Life Plan

This is a three-part virtual learning series hosted by AROHE and Fidelity Investments that will explore the social, psychological, and emotional aspects of transitioning to, and living in, retirement. The series is geared toward faculty and staff in higher education who are contemplating retirement or who are already retired and is designed to help attendees to clarify their goals and understand the changes that occur during life's next chapter. There is no charge to attend; everyone is welcome to register. All sessions are 10 a.m. PST (11 am MST, 12 pm CST, 1 pm EST, 2 pm AST, 2:30 pm NST).

Tuesday, January 30

Reframing Your Identity – Living Your Best Life: Habits of Highly Effective Retired People

Tuesday, January 30, 2024, 10-11:15 a.m. PST

Retirement planning is complicated for all, but it can be especially challenging for those working in higher education because their identities are often tied to their profession. For some, the education and acculturation required to become faculty or staff at an academic institution leave little time to think about, or develop, outside interests. University of Toronto Sociology Professor Michelle Pannor Silver will explore how careful planning for later career transitions can honor one's lifelong commitment to their work.

Reimagining Your Personalized Plan – Reimagining a Personalized Plan for your Next Phase

Tuesday, February 13, 2024, 10-11:15 a.m. PST

After a long career of academic and workplace achievement, retirement presents a unique opportunity to create a different sort of legacy. Retirees can examine next phase opportunities, define goals, and make plans through a values-driven lens. Much of this can be achieved by drawing upon existing social networks and developing new social connections and collaborations to support one's goals. Ageism can unfortunately interfere with undertaking this type of goal setting. Dr. Gordon will pay attention to developing awareness of, and avoiding, ageist tropes.

Rebuilding Your Network – Strategies and Resources for Creating Connections

Tuesday, February 27, 2024 10-11:15 a.m. PST

Once retired, many people feel a blissful release from the intense pressure of a full-time work week and welcome this new flexibility. Then, for some, the giddy glow wears off as they try to adjust to unstructured days, and they describe unexpected feelings of being at loose ends. A panel of retired faculty and staff from colleges and universities across the U.S. and Canada will share their strategies for rebuilding their networks, developing new social connections, and identifying resources to find purpose in this next chapter.

Presenters

Michelle Pannor Silver is an associate professor at the University of Toronto and chair of the Department of Health and Society. Dr. Silver's primary areas of research include:

- 1) Work, Aging, and Retirement;
- 2) Health Information Seeking; and 3) Perceptions about Aging and Health. Her book, *Retirement and Its Discontents*, was published in 2018 by Columbia University Press.

Dr. Silver also holds cross appointments in the Dalla Lana School of Public Health/IHPME and the Institute for Life Course and Aging at the University of Toronto. Her research has been supported by grants from multiple funding agencies including the Social Science and Humanities Research Council (SSHRC), the Connaught New Researcher Award, and the Mitacs Accelerate Program.

Dr. Silver received a BA, BS, and MPP from the University of California, Berkeley and a PhD from the University of Chicago.

Stacey Gordon, DSW, LMSW, is the program director of Next Phase Adult Caregiving and Retirement for the Work Life Office at New York University. In her role she relies upon her expertise in social work and gerontology to provide university-wide programming, thought leadership, and personalized consultations with faculty and administrators on adult caregiving, aging, and retirement planning. She developed and directs the NYU Society of Retired Faculty.

Prior to joining the Work Life team, Dr. Gordon founded and directed geriatric care management practices in NYC, Chicago, and Israel. She served as an adjunct lecturer at the University of Chicago Crown Family School of Social Work, Policy and Practice and as an adjunct assistant professor at the NYU Silver School of Social Work.

Dr. Gordon earned a PhD in social welfare (DSW) from the NYU Silver School of Social Work. She holds an MSW from the University of Michigan and a BA in Economics from the University of Maryland.



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.



Museum of Surrey – Seniors Social Inclusion



On Friday, September 22, 2023, the Surrey Intercultural Seniors Social Inclusion Partnership (SISSIP) invited the community to celebrate the opening of its interactive installation at the Museum of Surrey's community treasures exhibit.

The Legacy Project Exhibit event was held to invite community members to explore Surrey's diverse community, its contributions and stories, and engage all in the history and culture of Surrey. It promised we would discover hidden

treasures while connecting with other participants of the SISSIP network. After a delicious lunch, presentations were given by a variety of long time Surrey residents.

If you are interested in seeing the Community Treasures Exhibit, you can go to: <https://www.surrey.ca/arts-culture/museum-of-surrey/exhibitions/connecting-generations-legacy-project>

The exhibit is running until December 23, 2023 5:00 pm.

The Museum of Surrey is well worth a visit at 17710 56A Avenue. There are other exhibits on display including a beautiful exhibit of weaving from numerous cultures.

Happenings at KPU

KPU Surrey Open House in October

Kwantlen held an Open House day in Surrey on October 14. This is an annual event and KPURA attended.

“Open house is a wonderful opportunity for us to interact with students and parents, and members of the community,” said Dr. Alan Davis, KPU president and vice-chancellor. “It’s exciting to see so many people on our campus asking questions and discovering the many opportunities found in post-secondary education.”

The next Open House / Community Day is planned for Spring. These events will appeal to prospective students, but are also an opportunity for KPU to be better integrated with other community members, internal and external, as well. Because we anticipated being designated as an age friendly university, these events could serve as a springboard for involving community members of all ages.

It is to KPURA’s benefit to support any efforts by KPU to be more age-friendly now that we have become a member of the Age Friendly University network.



Visit to the KPU Acupuncture Clinic

Sandra Carpenter

I was greatly impressed by my visit to the KPU Traditional Chinese Medicine Acupuncture clinic on the Richmond campus under the Faculty of Health which boasts extensive hands-on instruction. Did you know that you can book appointments at the student clinic? <https://www.kpu.ca/health/acupuncture/clinic>

The clinic space is large and bright and very professional looking. My appointment was for 2:15. on a Wednesday in June. As I was driving from South Surrey, my estimate of the time needed for the trip was slightly off. I was embarrassed to arrive about eight minutes late. I was immediately greeted by several people. After some Covid paperwork, I was taken into an interview room and seated at a table. As soon as I was seated, about eleven students piled around the table. I had not known that I would be the main attraction for the whole class.

The doctor/instructor felt my pulse communicating to the students what he was detecting. I heard the words, heart, and. kidney. I asked whether something was wrong with my kidneys, and was told that was a term for an acupressure point. When I was asked to stick out my tongue. I complied, and all the students leaned forward to get a closer look at my tongue. I quipped that if I had known my tongue was to be so closely examined, I would have brushed it! I tried to recall what I had been eating recently. The last time my tongue had been commented on was in the dental chair. The dental hygienist asked why my tongue was yellow. I told her I had turmeric with my breakfast every morning. She delightedly confided that she, too, took turmeric for joints. She was not even that old! She told me she had her mother take turmeric as well.

I’m glad I hadn’t eaten turmeric before my visit to the acupuncture clinic as it might have obscured their inspection. They examined it for a while. Just as I thought I could return my tongue to its normal resting place, the doctor asked to see the underside of my tongue which was an equal interest.

Then it was time to feel the pulse on my other wrist, which brought more information on how different the pulse in the left wrist was. Next, I was led to the examination room, told to lie face down on a gurney (meaning I could no longer observe my examiners. The doctor asked if he could do some acupressure massage which I agree to. That felt pretty good as he ran his hands from my shoulders to my ankles. All the while, he was communicating information to the students gathered around me.

He inserted about six needles, a heat lamp was placed above my back, he told me to rest, and the class retired to another part of the clinic. After about 15 minutes, a dinger rang, and the class returned. I was asked to turn on my back. The doctor placed a needle at the top of my forehead, on my stomach, and on my ankles. Again, I was told to rest while the class continued its discussion elsewhere. I was perfectly comfortable until I decided to move my

left leg slightly. A sharp pain occurred in my left calf. Apparently, the needles don't hurt as long as you don't move! Perhaps the muscle senses something has intruded and spasms.

I didn't want to ask because I didn't want to appear to be a sissy. However, I did lie quite still until they returned. A bit more discussion occurred, and then I was told I could leave.

I already have difficulty standing and walking. Getting up from the gurney was more difficult than I had expected. I hobbled with my walking poles to the front counter where I paid my \$25. I was surprisingly achy. I don't know whether this is to be expected after an acupuncture treatment. No one prepared me. When I got to my car, should I confess, I took some of my tincture of cannabis. Lest you fear that I was going to drive in an impaired state, for some reason, my tincture takes about three hours before I can feel it. This does not seem to be true for other people.

My second visit was two weeks later. Some of the same students were present, but the instructor was different. She again took my pulse in both wrists simultaneously and commented on the difference, but the only word I caught was chi. She again asked me to stick out my tongue and said it was moist, watery. Who knew?! She asked whether I felt fluctuations in temperature. I wondered how she knew that several times a night, I get hot and have to throw my covers off.

Again, I was asked to lie on my stomach. She discussed with the students the vertebrae, counting off the cervical and lumbar. Several times she spoke of using landmarks to know where they were. Reasonable when you are in a profession in which you must see through the skin to what lies beneath.

These students were ones any teacher would love to have. They were attentive, polite, and took many notes.

I recommend you take advantage of the acupuncture clinic. The only thing that could've improved my experience would be in if they shared some of their findings with me. Was my tongue supposed moist or dry? Was I drinking enough water or should I try drinking more? Should I feel better right after the treatment or later? Could they determine anything about whether my heart had a few more years left in it? I would imagine most patients after such a thorough examination might like to hear the results as well. However, I do acknowledge that my visit was for the purpose of instructing students, and not as much for my personal benefit.



KPU Lifespan Cognition Lab

studying how *thinking*
changes over the *lifespan*



and dreams.

The Lifespan Cognition Lab conducts research on cognitive and developmental psychology – how thinking changes and develops across the lifespan. Our most recent areas of research involve perspective taking and theory of mind, memory, false memories, meta-cognition, and hindsight bias. We are also interested in mild head injury, sleep,

Lifespan Cognition Study – KPU REB #H21-00950

Have you previously been a part of the Lifespan Cognition Study? We resumed testing over this summer. If you have yet to be contacted to participate again, please send us an email at inpersonLCLstudy@kpu.ca

Visit www.lifespancognition.com/participate



Book Reviews

You Are What You Eat

Bob Perkins

After having no in-person ElderCollege courses here at NIC in Port Alberni since the spring of 2020 (damn COVID), I am again teaching my Chemistry/Biochemistry of Food once again this month. The course consists of four 1.5-hour classes every Tuesday morning. A brief outline of the course is shown below, and then I will do a review of two books that the attendees have found to be very useful to further their understanding of the material. The course is discussion based with plenty of opportunity to ask questions.

Class 1 – We have a brief discussion of the Periodic Table of the Elements, and using it to see where the names of ingredients on food packaging come from. For example, a box of table salt has sodium chloride, potassium iodide, calcium silicate and sodium thiosulfate listed on the box. I point out that the ending “ide” generally means that only two elements are present (NaCl), while the “ate” ending generally means that more than two elements are present, and that one of them will be oxygen (Na₂S₂O₃). We can use this simple definition to track the ingredients in food products.

Class 2 - This is the most interesting class for the seniors as we have a detailed discussion of carbohydrates, sugars and sugar substitutes. Folks are very surprised to discover all the different ways that “sweet things” can appear on food labels. These include: raw sugar, cane sugar, cane crystals, brown sugar, agave nectar, corn sweetener, corn syrup, fructose, dextrose, glucose, sucrose, invert sugar, maltose, malt syrup, molasses, honey, maple syrup, HFCS (high fructose corn syrup), lactose, sorbitol, xylitol, erythritol, mannitol, lactitol. We also look at the possible effects that sugar substitutes may have on our gut flora.

Class 3 – This class is devoted to a discussion of fats, oils, fatty acids, and triglycerides. This discussion includes why some are solids at room temperature and others are liquids. We also discuss the meaning of the prefix omega, for the labels that indicate that the food contains omega-3, omega-6, and/or omega-9 fat/oil and what this means to the metabolism and use of these substances in the human body. The attendees are also surprised to discover the link between triglycerides, fats, and soap/detergents.

Class 4 - This class is devoted to a discussion of amino acids and proteins. We touch on why proteins take longer to metabolize, and what is a gluten allergy. We finish off with a look at DNA/RNA and how mRNA was used to develop vaccines for the COVID-19 virus.

In addition to providing the seniors with links to articles from science publications, I also recommend two useful books on the topic of food.

Salt/Sugar/Fat – How the Food Giants Hooked Us – Michael Moss (2013)

The author is a Pulitzer Prize winning journalist, and has taken a detailed insider look at the major food companies to verify that they have only one job – to maximize sales and profits. A major theme is the search for the “bliss point” when it comes to the amount of added sugar necessary, and “mouth feel” when it comes to the amount of added fat necessary to ensure that a “food product” will be eagerly be purchased by a shopper. Changing the relative ratios of the three ingredients allows the companies to proclaim that the new product can be labeled “fat-free”, “low-salt” or “sugar-free”.

I heartily recommend this book for anyone concerned about the products in their supermarkets, and what they put in their grocery carts.

#1 New York Times bestseller

MICHAEL MOSS

Salt

“A Fast Food Nation for the processed food industry.”

—MICHAEL POLLAN

SUGAR

fat

How the Food Giants Hooked Us

An Apple A Day – The Myths, Misconceptions and Truths About the Foods We Eat – Joe Schwarcz (2007)

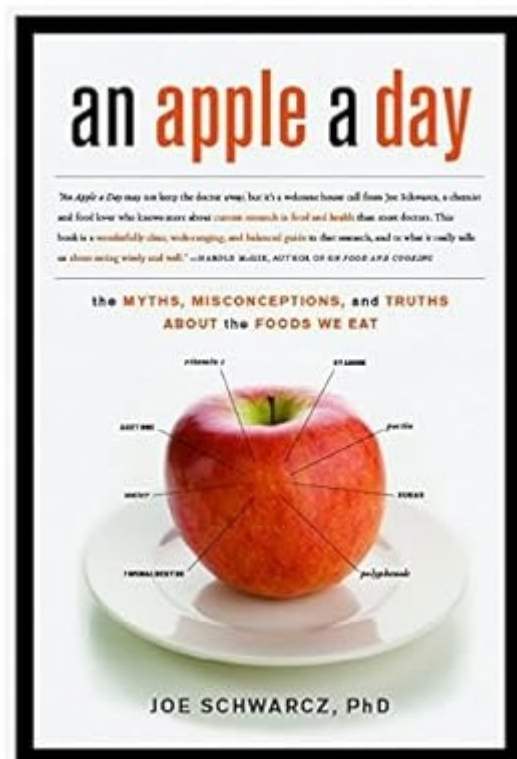
Dr. Joe is a chemistry professor based in Montreal. He has spent years providing information for the general public on current scientific topics. He has run a phone-in radio show every Saturday for many years where callers can ask questions. He has also written many books on a wide variety of topics (a Google search will allow you to see the range of topics he has covered).

This particular book is divided into four chapters:

1. Naturally Occurring Substances in Our Food Supply
2. Manipulating Our Food Supply
3. Contaminants in Our Food Supply
4. Tough to Swallow (the latest fad diets)

Each chapter contains short segments, usually 4 to 5 pages, on a particular topic. The writing style is aimed at the average consumer who wants to learn more about a particular type of food ingredient, specific additive to food, or things that should not be present in their food.

I heartily recommend this book for anyone concerned about what they put in their grocery carts to feed their families.



KPURA on Facebook

KPURA has a Facebook page that is designed for KPU retirees to exchange views and updates, as well as catch up on KPURA news. Upcoming KPURA sponsored events are posted as are photos of the event itself. Many of these events are free and all KPU retirees are invited to attend. 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'!!



Gardeners of KPURA

Green therapy: The health benefits of gardening

As we age, engaging in meaningful activities that promote our physical, mental, and emotional health and well-being is crucial. Gardening has emerged as a strategy we can lean on. Beyond just a hobby, gardening can offer numerous health benefits for older adults. Whether you have a spacious backyard, a small balcony, or a community garden nearby, cultivating a garden offers numerous health benefits. So, grab your gardening tools and immerse yourself in the wonders of green therapy!

There is a lot of information at the McMaster Optimal Aging Portal. Check out more here:

<https://www.mcmasteroptimalaging.org/hitting-the-headlines/detail/hitting-the-headlines/2023/08/02/embracing-green-therapy-the-health-benefits-of-gardening>



Roger Elmes

Addicted to Plants

Some of you must be gardeners. I'm addicted to plants. I volunteer monthly at the Surrey Seed Library which is a seed exchange offering free access to seeds and supporting local gardeners in saving seeds currently sharing 60 varieties of regionally adapted, open pollinated and self-fertile seed.

You can read about it at: <https://neighbourhoodsmallgrants.ca/our-stories/surrey-seed-library/>

One also operates in Clayton: <https://www.clayton-seed-library.com/>

KPU has their own seed library at the Langley campus as well: <https://libguides.kpu.ca/seeds>

Access to so many seeds makes me plant much more than I should! I'm not so able bodied as to be able to dig holes and move rocks as I used to. A huge lot to garden in is now beyond me. As an aside, before I sell my huge lot, if any of you would like to dig up a few plants to adopt, let me know. I'm sure the garden will be bulldozed.

However, it's amazing how much gardening one can do in containers and hanging baskets. I'm recently doing my gardening in a space that began as gravel with a few containers. I've multiplied the containers. I'm still looking for more containers, so if you have any you no longer want, I'll be happy to give them a new home.

I particularly like mixing flowers and edibles plants. Many vegetables are attractive in the garden. Red or rainbow chard is pretty. Even lettuce can make a container look lush. Purple basil is striking. It cheers me to see all the colours. The only possible downside is I have to water every day, but it's so sweet to see all my plants thriving.

Sandra Carpenter

Earth Connections

My garden keeps me busy, well fed, and sane.

Having a garden means that I keep in close contact with the seasons, the weather, and the conditions that will help my plants survive and thrive.

Much of gardening is ensuring that conditions are good for what you want to grow. This means removing the plants that you don't want, keeping an eye on pests, and keeping the soils fertile.



Every year sees more additions of compost, leaves, and well rotted manure to feed the perennial and annual plants. This supports the whole year nature of any garden. One example is that my garlic is in and growing well as November comes to a close. It will be harvested in July next year.

Another joy is my apple trees. The two of them produce 200 – 250 pounds of apples most years. While there is plenty for pies and sauce, the bulk of the fruit is pressed for juice. The juice might be fermented for cider or waterbath canned to provide juice for drinking and cooking throughout the year.

Alice Macpherson

K9s & Kats of KPURA

Met while Travelling

Our new friend Butterscotch (wearing his dog-crocs) in NYC.



Bob Perkins' cat Calvin, enjoying a box.



The clever doggie-park in the Montreal airport.

A bonus!

Squirrel finding their winter cache at McGill University in Montreal.



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

Advocacy

BC's "Post-Secondary Funding Formula Review"

Geoff Dean

You may remember from page 8 of our December 2022 newsletter ([Issue 6.2](#)), 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.

The Urgent Need for Pharmacare in Canada

Terri Van Steinburg

The fight for Pharmacare, a publicly funded, universal drug coverage program, has become front and centre for many organizations across Canada, including the BC Health Coalition, Council of Canadian and the Canadian Health Care Coalition. A recent poll conducted by the Canadian Federation of Nurses Union indicated 87% of Canadians support a pharmacare program.

The Federal Liberal government, because of the confidence and supply agreement with the NDP, have committed to introducing legislation to implement a National Pharmacare program by the end of 2023. Canada has universal health care, but, unlike other countries with universal health care, it does not have universal coverage for prescription drugs.

Why is a publicly funded, universal drug coverage program so important?

According to the Canadian Federation of Nurses Union, the lack of affordable prescription drugs could be causing premature deaths due to heart disease and diabetes. A public pharmacare plan could increase prescription drug use substantively, and provide relief for those who are currently skipping medications due to the cost of those medications.

A paper by the Canadian Medical Journal indicates that Canadians have gone without basics such as food and heat for their homes due to the cost of prescription drugs. Even having a health benefit plan can still mean paying out of pocket, and for seniors living on a fixed income this can really add up.

The parliamentary budget officer in his report of October 13, 2023, said that a single-payer universal drug plan could have estimated economy-wide savings of \$1.4 billion in 2024-25 and a further increase in savings of \$2.2 billion in 2027-28. The report goes on to say that these estimates do not include savings to the healthcare system as a whole. Right now, the pharmaceutical industry is the only beneficiary of our current system.

If you would like to add your voice and support a national pharmacare program check out the link below to the Pharmacare Now campaign by the Council of Canadians:

<https://canadians.org/pharmacare-now/#signup>



BC Seniors: Falling Further Behind

In this report, **BC Seniors Advocate Isobel Mackenzie** details the results of a systemic review of the impact of rising costs on B.C. seniors who depend on government pensions and ranks B.C. as the lowest in its financial support for seniors compared to other provinces and territories. The report examines the incomes and expenses of seniors across a broad socio-economic landscape and assesses the effectiveness of government supports, services and subsidies. The report includes findings from a spring 2022 survey of low-income seniors and a consultation with 82 community agencies.

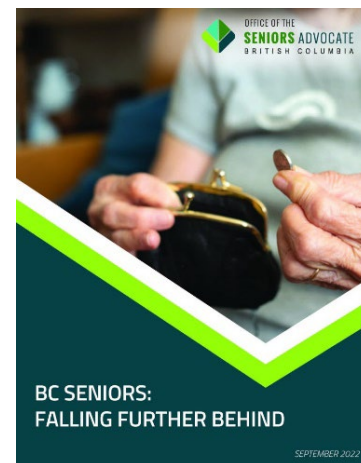
Highlights:

- The 2019 median income for B.C. seniors was \$30,750 a year, compared to \$51,170 for the prime working age population and 25% of seniors earn an income less than \$21,000.
- 90% of seniors receive pension income from Old Age Security (OAS) and Canada Pension Plan (CPP) and 28% receive the Guaranteed Income Supplement (GIS) top up for low-income seniors. On average, these pensions provide an annual income of \$22,649
- BC Seniors Supplement, a financial support provided by the Province for the lowest income seniors was doubled last year to a maximum of \$99 per month but is the fourth lowest in the country and not indexed to inflation.
- In the last 10 years, market rents have increased by 50%, the allowable rent increase jumped 34% while pension incomes have risen just 25%, in the same period.
- The SAFER program is failing in its goal of 30% of income to be spent on rent. Currently, SAFER recipients paying the average rent for a 1 bedroom in Vancouver will spend over 60% of their income on rent and 80% of SAFER recipients have incomes of less than \$25,000.
- The wait list for SSH has increased by 50% in the last 5 years and only 8% of applicants on the wait list were placed in a unit last year.
- The average wait time for a SSH unit is three years, with 17% of applicants waiting over five years.
- 49% of low-income senior homeowners report they cannot afford needed major repairs for safety or accessibility.
- An estimated 16% of seniors access the Property Tax Deferral Program
- Seniors with an annual income of \$28,000 will be charged \$8,800 a year for a 45-minute daily visit of publicly subsidized home support.
- There is no program to fund extended health benefits such as dental, eyeglasses, hearing aids or medical equipment leaving most seniors to pay the total cost.
- 1 in 2 low-income seniors reports they are concerned, or very concerned, about being able to stay in their own home as they age.
- 84% of low-income seniors report running out of money to buy food some of the time.
- There was a 78% increase in use of food banks by B.C. seniors in the last five years.

Recommendations:

1. Index the BC Seniors Supplement to inflation consistent with other income supports such as GIS/OAS and CPP.
2. Redesign the Shelter Aid for Elderly Renters (SAFER) program to reflect the current reality of the B.C. rental market and ensure yearly rent increases are recognized.
3. Increase the number of Seniors Subsidized Housing Units with a particular focus on rural B.C. where the overall supply of rental accommodation for seniors is most challenging.
4. Increase awareness of the Property Tax Deferral Program and examine an expansion of the program for low- and modest-income seniors to defer other costs such as strata fees, hydro costs and other municipal charges. Examine how seniors living in co-operative housing might be able to take advantage of the program.
5. Develop a program to assist low- and modest-income seniors with major home repairs.
6. Eliminate the daily rate for publicly funded home support services.
7. Provide an extended health benefit for seniors that includes eyeglasses, hearing aids, mobility aids and necessary medical equipment. The cost of the plan could be covered by premiums based on income, ensuring it is an affordable option for all B.C. seniors.
8. Work with the federal government to ensure dental coverage for seniors with co-payments and deductibles based on income or include in an overall extended benefit plan.
9. Provide an annual province-wide bus pass for all seniors that includes handyDART. The fee for the pass could be based on a sliding scale matched to income.
10. Develop a comprehensive plan to build the capacity of seniors' centres across B.C. to better support social engagement and help support older people access the supports and services they need to continue to live independently.

[Read the report](#)



KPU Retirees Travel – Home and Abroad

The High Line, NYC

Sooz Klinkhamer

If you were thinking you'd like to 'get up in this world', and that happens to be in New York City, then please consider taking a stroll along the HIGH LINE.

We travelled to New York for a couple of touristy days before embarking on a lovely Fall (Autumn Leaves) cruise from there up the eastern seaboard, through the Maritime provinces, and into the St. Lawrence river to Montreal. A beautiful cruise aboard Oceania's newest ship 'Vista' (which from a design point of view has some wonderful innovations - especially with respect to lighting. LED everything, and it works!) This trip was our treat to ourselves celebrating our 40th anniversary!



I am interested in sharing a bit of information about the High Line in NYC. If you find yourself there, please set some time aside to walk it!

"The **High Line** is a 1.45-mile-long (2.33 km) elevated linear park greenway created on a former NY Central Railroad spur on the west side of Manhattan. The abandoned spur has been redesigned as a "living system" drawing from multiple disciplines which include landscape architecture, urban design, and ecology. The High Line was inspired by the 4.7 km (2.9 mi) long (tree-lined walkway), a similar project in Paris completed in 1993.

The park is built on an abandoned, southern viaduct section of the New York Central Railroad's West Side Line. Originating in the Meatpacking District the park runs from Gansevoort Street through Chelsea to the northern edge of West 34th Street near the Javits Centre. Due to a decline in rail traffic along the rest of the viaduct, it was effectively abandoned in 1980 when the construction of the Javits Center required the demolition of the viaduct's northernmost portion. The southern portion of the viaduct was demolished in segments during the late 20th century.

A nonprofit organization called Friends of the High Line was formed in 1999, advocating its preservation and reuse as public open space, an elevated park or greenway. Celebrity New Yorkers joined in on fundraising and support for the concept. The administration of Mayor Michael Bloomberg announced plans for a High Line park in 2003. Repurposing the railway into an urban park began in 2006 and opened in phases during 2009, 2011, and 2014. Since opening in June 2009, the High Line has become an icon of American contemporary landscape architecture. The High Line's success has inspired

cities throughout the United States (and hopefully Canada) to redevelop obsolete infrastructure as public space. By September 2014, the park had nearly five million visitors annually, and by 2019, it had eight million visitors per year." (Edited from Wikipedia)

In walking the High Line on a beautiful warm day, one can hear any number of languages other than English. It truly is a draw for both locals and tourists alike!

This are some pictures of what can be seen as you walk along.



A new park being constructed on the Hudson River.



Natural plantings, walking path, seating area, and display space as well.



Richard chatting with his new 'mindless' friend in an outdoor theatre area along the 'Line'.



This is how close you are to high-rises when you are walking the High Line! Those windows are frankly a bit scary, and when the light is right, you can see inside easily!

Calling all Donations!

Denise Dale, KPU Archives Librarian

Quick story... I was talking to a seasoned librarian about books in our personal collections. I mentioned trying to squeeze yet another bookcase into my home. The other librarian, who only had two shelves of books, was astonished. He said, "Denise, don't you know? The library is where you store your books."

The point of that story is that the KPU Archives might just be the place to "store" items from your personal archives. The Archives welcomes donations that can help document and share the story of the institution. Photographs and artifacts are of particular interest as the Archives is in the process of building up those collections.

Aside from photographs, to give you an idea of what to donate, here are some of the artifacts currently on display in the Archives Research Room:

- Fraser Crinklaw's sweatshirt from the 1990s featuring an architectural model of the new Langley campus;
- a cedar pin used during the 1999 Surrey Phase II opening ceremonies; and
- a soccer ball donated by 2015 honorary degree recipient Christine Sinclair.

For more information or to chat about a possible donation, please contact: Denise.Dale@kpu.ca

Brave Neuf World

I Wouldn't Touch That With a 125 cm Pole!

Lesley Neufeld

SOMEONE, not naming any names, thought I ought to try trekking poles. He actually said it out loud.

I think I might have yelled, "THOSE ARE FOR OLD PEOPLE!" suggesting SOMEONE might end up in the dog house for several days.

The Mr: But your knees, Dear. Maybe poles would help keep you steady.

Me: Yeah? A.) I've seen those women out there with hiking sticks. They're old. I'm not old. B.) People would look at me, like, who is she kidding? Do I LOOK like I actually hike?

The Mr: Okay. Just an idea.

Truth is, it had crossed my mind. AS IF I would let on. Arthritis in the knees, with no immediate plan for surgical replacement, does tend to slow one down a bit. I like to be active, but the lurching is getting tiresome. I stumble more than stride. Limp rather than lope. Jerk rather than jog.

Fast forward a week or two since this exchange. Shore walk. A beach stoney enough to sprain an ankle. Logs to step over and possibly take a tumble. Slippery, washed-up seaweed to slide on. Just the ticket for a nasty trip and fall. Casually, without any hint that he might be right, I brought the topic up.

Me: You know, (taking his arm for support) I was thinking maybe I might try hiking poles.

The Mr: Uh huh (equally casual) Saw them at the mall on sale. I was going to get you some for Christmas but I value my life.

Me: Wise man.

Next day, I headed to the mall. Trekking poles. On sale. 40% off. Really good deal. I figured if I didn't like them, it wouldn't be too big a loss. So a shiny new pair came home with me that day. Glossy. Yellow, adjustable stalks. Handles with firm, ergonomic grips. Steel carbine tips for rough terrain and removable rubber feet for pavement. Velcro wrist straps so you can let them dangle stylishly from your forearm if your hands are otherwise occupied, like when you text your husband, "Come get me. I've fallen and I can't get up."

My stick "test drive" was something of an experiment. Just a leisurely walk in the neighbourhood. The packaging included instructions on adjusting the poles to elbow height, which for me is 125 cm. An illustration showed how to hold the grips. There was no manual with instructions — you know — on how to WALK, so one's first steps were a bit tentative. Hesitant, to say the least.

I discovered that there are a variety of styles possible.

- The "Come On, Baby, Do the Locomotion." Imagine you are a kid, pretending to be a Choo-Choo. Your hands are at 90 degrees from your elbows. You chug-a-chug-chug along, planting your poles out front — left, right, left, right, in sync with your feet, moving left, right, left, right. Like swinging your arms, only not past your hips. But then you realize you are shuffling like Tim Conway's Oldest Man character, Dwayne Toddleberry, on the Carol Burnett Show. So, you try:
- The "Cross Country Ski Schuss." This is where you visualize you are a Nordic skier on a snowy track, propelling yourself along by extending those poles way out in front and kicking them way out in back as you elongate your stride and you glide along the pavement. Problem is, your feet still think you are doing choo-choo. So, then, you go for:
- The "You Know Your Next Step is a Walker, Right?" In this method, you plant both poles out in front and push backward with both arms, at the same time as you step forward, left right. Push. Left. Right. Push. Left. Right. Push. Wow! Not recommending. This simply screams "Senior Citizen!" You will get where you're going. Eventually. But you might honestly be old by the time you get there.
- The "I'm a Jaunty Alpine Hiker." In this technique, you use one pole, waving it around, tossing it out to touch base randomly, nonchalantly, with the pavement, feeling like you might break into song: "Val-de-ri, Val-de-ra, Val-de-ri, Val-de-ra-ha-ha-ha." Really, there's no point to it — it's an affectation at best.

So, I gave up and trudged along without aid for a few steps. It was way easier. I continued home, breezily, with the trekking poles tucked under my arm.

Epilogue

Second test drive: Tossed both poles in the car. Opted to take one along for support on our beach walk. It was enormously helpful for crossing over logs, navigating pebbly portions, and securely traversing seaweed drifts. I was in good company. A number of spry oldsters had them too.

You can also find Lesley at: <http://brave-neufworld.blogspot.com/>



Just Drifting Along

Bob Perkins

As I described in a past issue of the newsletter, beachcombing with my kayak has provided us with a steady supply of firewood as well as keeping our arm of Sproat Lake clear of floating debris (bits of plastic/pieces of Styrofoam/beach toys). This past summer has seen the lowest water level in the past 40 years, with a result that many “treasures” have been exposed in the silt. Many trips out with my kayak allowed me to clean up our side of the Kleecoot arm of Sproat Lake of metal bits, broken glass, and nearly \$50 worth of recyclable cans and bottles. There were also a number of old pop bottles and stubby brown beer bottles which I have kept for display.



With all the rain we have been having, the lake level is now 2.4 metres above the lowest level during the summer, and the latest round of floating logs and wood bits has started.

With that, I decided to provide some additional information about the other uses of the recycled wood from the lake.

Many of the irregularly shaped pieces of driftwood make lovely lawn displays, and with small pieces of rebar driftwood trees can be easily constructed. I choose a large piece of driftwood as a base, and then drill a hole in the base to receive the piece of rebar. Smaller pieces of driftwood are then chosen and then carefully arranged on the rebar, gradually using smaller pieces until reaching the top of the rebar.



My next door neighbour is only too happy to join in the fun with his chain saw as he gets some firewood as well as any larger cedar logs for his chain saw carving. We both get a good deal of exercise, do our bit to clean up the lake, and wind up with some interesting lawn art.



Driftwood Trees

KPU Reflections

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

‘We had to set the bar reasonably high’

Excerpts from the interview with Carol Barnett, Horticulture



Langley campus overpass photo, above: KPU Archives File CA KPU F53 (002)

Carol started teaching at Kwantlen University College in 1993 in the new horticulture school at the new Langley campus. She put a lot of work into building the curriculum. Carol wanted the experience for Kwantlen students to be different than her own after high school, when she spent a less-than-satisfying year in post-secondary horticulture studies at Humber College in Ontario.

“All of this new material had to be developed. One of the things that I had in the back of my mind was, one, the lower than necessary scholastic expectations at Humber, I didn’t want to see at Kwantlen. The second was the high expectations that I saw at Cornell (University, where Carol completed her PhD),” she says. “We had to set the bar reasonably high.”

When Kwantlen’s easternmost campus opened, horticulture students would walk across the Langley Bypass to access the greenhouses. There was no pedestrian overpass.

“We told all our students to go to the light, cross at the light, go down. Of course, no one did. Everybody just ran across,” says Carol. “It wasn’t that busy in those days. Not like now.”

Carol remembers government officials being invited to tour the horticulture facilities on the same day elementary school students were visiting the campus as part of a program engaging them in horticulture work, under the eye of the school’s first director Dieter Thomas.

“Everybody loved it because all these little kids were all chaperoned with parents and teachers, and it was lovely. So, it just happened that they both came to the bypass at the same time, and of course Dieter, being the big guy he was, would just walk out into the middle of the bypass, stop the traffic literally, and allow these little wee kids to try to cross. Well of course these government officials were horrified because they found out that this was a weekly occurrence.

“So very quickly after that, surprise, surprise, they found the money to put the overpass and the walkway in. It was very expensive and very difficult to do because they had to sandwich it in, especially on the north side, within a very confined space. But it worked, and we benefited from that hugely. That was tremendous.”

[Read the full interview transcript.](#)

(Written and compiled by Matt Hoekstra for KPU.)

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

Affiliate Organizations



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

How do I join?

Anyone over 50 years of age can join! All you need is a membership (annual cost of \$10.00 September through August) and you can register for TALK's courses. To find out more about our upcoming courses, check out our "Courses and Registration" page.

What kind of courses can I take?

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.

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%202023-11/index_preview.html

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. In addition to participating in courses, you can become a TALK volunteer. To find out the perks of becoming a volunteer check out our "Become a Volunteer" page.

Besides AROHE, 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.



Council of Senior Citizens' Organizations of B.C.

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

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



College and University Retiree Associations of Canada

CURAC/ARUCC (College and University Retiree Associations of Canada) is a non-profit federation of retiree organizations at colleges and universities across Canada. Its primary aim is to coordinate activities that promote communication among member organizations, to share information, provide mutual assistance, and speak publicly on issues of common concern to its more than fifteen thousand members across Canada.

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
- Canadian Federation of Pensioners
- National Federation of Pensioners



KPURA Membership Update

Terri Van Steinburg – Membership Coordinator

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

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

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

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

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

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

Lifetime Membership Fee structure

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

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

I hope you'll join me and many others by switching to a lifetime membership in KPURA!

Benefits of Membership

1. Newsletter 3 times a year – *KPURA News* – keeping us connected with news of retirees':
 - a. travels,
 - b. community-based activities,
 - c. research and scholarly activities,
 - d. social activities.
2. Reduced fees for KPURA-sponsored activities such as wine tastings, local boat, streetcar, and walking tours, lunches.
3. Keeping connected with colleagues and friends – with the “Kwantlen Family”.
4. Maintaining friendships and creating new ones.
5. The exchange of information.
6. Intellectual engagement.
7. Ongoing support from and to the university.
8. Representation of their interests as retirees.
9. Access to benefits of the College and University Retirees Association of Canada (CURAC) 42 member associations (including KPURA) embracing some 16,000 retirees.

CURAC Benefits 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 #20** from the KPU Retirees Association.
The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.
Thanks to all the contributors for this and past issues.

We welcome you to Join Us!

We really want to know what you would like to see in the KPURA Newsletter.
We also look forward to your memories and your contributions. Please share!

The newsletter is always looking for pictures and stories. They can be about your adventures at Kwantlen and beyond into community activities or travels near and far.

Do you have a photo or short story to share of your days at Kwantlen?

How about your travels or adventures before or after retirement?

Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies? We are interested in it all!

Feel free to join in with an article of up to 500 words with several pictures to illustrate.

Your Newsletter Committee would welcome more input, members, articles and photos.

Please send information and articles to kpuranews@gmail.com

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

Alice Macpherson, Editor, KPURA News

The KPU Retirees Association

Invites you to join us for the purposes of:

- Encouraging fellowship among retirees by maintaining existing and promoting new friendships;
- Organizing social events for university retirees;
- Facilitating continuing engagement with the university;
- Facilitating the free exchange of information and discussion of topics of interest to members;
- Advocating on issues and topics agreed to by the association; and
- Representing the members of the society to Kwantlen Polytechnic University and other entities.

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

In Memoriam

Sukey Samra, former KPU IT director passed away in early October. Sukey was a graduate of KPU's (Kwantlen College at the time) Computer Information Systems diploma program in 1986. For a few years after graduating, he worked for a private company as a system administrator. In 1989 he joined KPU as a system administrator and became Manager of Technology Services in 1995. He became Associate Director and later Director of IT. He served as interim Chief Information Officer twice.

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