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## New Program Committee chair relishes demands of the job

Some people never thought it would never happen.

It seemed unthinkable that anyone would or could take over as chair of the Program Committee from the formidably efficient Jean Garnett, who has been at the helm since 2010.

It's a job that is definitely not for the faint of heart, involving countless meetings, keeping records, researching topics, finding instructors, booking rooms, getting write-ups from instructors, writing the brochure and facilitating courses.

Enter Bonny Amor, who leapt into the fray following the AGM in October 2015.

The transition has been seamless and Bonny and her committee have completely filled the upcoming fall timetable with a great variety of interesting courses.

"This is almost a full-time job but I really enjoy it," Bonny said. "I love the people and I love the ideas, sitting around the table and feeling the synergy in the room. I just love how the brainstorming works."

Bonny has been involved in TALK since 2011 when she first started taking courses. It didn't take long before she joined the Program Committee and then the Board. A nurse for more than 35 years with a career encompassing Home Care, ICU, ER, Professional Practice and Integration and Long Term Care, Bonny has also taught a number of TALK courses including Options for Care as We Age and Anatomy and Physiology.

A dynamo like her predecessor, Bonny is not only undaunted by the workload, but relishes the challenge of being program chair far more than attending board meetings.

"I'm task-oriented," she said. "I like to get right in there and do stuff. The program committee is more exciting than the board, it's more action-packed."

Bonny says that Jean's support has been invaluable. "Jean's been an awesome mentor. She's always there if I have a question."

Jean, who remains on the board as secretary and is chair of the planning group for the Richmond campus and the Richmond Philosophers' Corner, has also offered to sub for Bonny whenever necessary.

It is dedicated volunteers like Bonny and Jean that make TALK tick.

"I feel very proud of TALK and what we do for the community," said Bonny. "I am proud that I can give back to a university, my alma mater, KPU (BScN 2003). I respect the people who I work with and value their commitment to the program."

Janis Foster | [janis.f@telus.net](mailto:janis.f@telus.net)

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**Bonny Amor**

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## Plant sales offered weekly at KPU Horticulture!

By the time you receive this newsletter the annual spring plant sale held April 30 at KPU will have already happened and the bargain-priced bedding plants and baskets grown by the students are being heartily enjoyed by those who were in the know!

However, sales of flowers and vegetables will continue through the summer and fall every Thursday from 11 am to 2 pm at the

horticulture lab, located over the pedestrian walkway on the opposite side of Langley Bypass from the main campus!!

KPU Horticulture is a vital program that provides skills-based education for three main areas: (1) greenhouse vegetables, flowers and nursery crops, (2) landscape design, installation and maintenance and (3) turf management.



Fred and Christine Cheng

## Pharmacists integrate Western medicine and herbal/homeopathic remedies

When young Fred Cheng underwent a double lung operation, his painless, unusually rapid recovery so astonished the anaesthetist he jokingly asked Cheng, “What are you smoking?”

In fact, Fred was self-administering a homeopathic remedy, but he had no idea why it made him pain-free. “I can’t explain it,” he said. “It opened my mind to these things.”

It is still not clear exactly how homeopathy works, but studies have proven that it does. Dr. Samuel Hahnemann, who founded the practice, believed that remedies worked to balance the body so that it was able to heal itself.

Cheng and his sister Christine, who are the pharmacists and owners (with another sibling) of the Cloverdale Pharmasave Health Centre, have found that homeopathic treatments are effective, fast-acting and safe for adults, children and animals and they use them on themselves and their families.

Homeopathy is a holistic form of medicine that works for both acute, short-term illnesses and chronic ailments as well as the prevention of illness.

The name homeopathy comes from the Greek homios meaning “like” and pathos meaning “suffering.” The word “homeopathy” means treating like with like. This means that a substance that causes symptoms of illness in a well person can also be used to cure similar symptoms when they result from illness.

Homeopathy was but one of the topics touched upon in the Chengs’ wide-ranging two-session for TALK in March titled *To Supplement or Not*.

Under the expertise of Dr. Henry Cheng, the siblings’ father, Cloverdale Pharmasave has become a leader in integrating orthodox/Western drugs with herbal and homeopathic medicines.

Fred and Christine say that anyone can benefit from evidence-based supplementation but that quality is paramount—you get what you pay for—and natural does not always equal safe.

Consultation is essential to build up a complete picture of a person’s mental, physical and emotional health before treatment.

Homeopathy can treat almost any complaint—physical and psychological—but its efficacy appears to be dependent on the individual and his or her makeup.

In addition to natural remedies Fred and Christine specialize in customized compounding for both human and veterinarian use.

The Chengs actively promote wellness by offering informative clinics and seminars on a wide range of topics including bio-medical hormone replacement therapy, arthritis, blood pressure, cholesterol testing, weight loss and pain management.

For information on upcoming events, see the pharmacy’s website.

Janis Foster | [janis.f@telus.net](mailto:janis.f@telus.net)

## Conspiracy theories abound—and we all believe in some of them

The Apollo moon landing was faked and the existence of UFOs is a government cover-up. Climate change is a left-wing conspiracy, vaccines cause autism and the terrorist attacks of 9/11 were an inside job.

Such wild conspiracies have captured tabloid headlines, air-time and online followings, and are as differing as they are difficult to believe. But what do they have in common?

On Feb. 2, Dr. Farhad Dastur, a cognitive and evolutionary scientist at KPU and a popular lecturer for TALK, revealed the psychology behind superstitions, personal illusions and mass delusions in his talk, *Such Seething Brains, Such Shaping Fantasies*.

Dastur defined conspiracy theory as a secret plan by a group to cause harm to others. Conspiracy theories lack compelling and consistent evidence, they assume deception and misinformation and they concern important events. The conspiratorial group is very powerful and immune to change or correction. “You can’t poke holes in their argument,” he said. “They have a monological belief system—a singular world view that is not open to question.”

But not all conspiracy theories are false or unreasonable. “It doesn’t help that governments do act secretly,” Dastur noted.

“We live in an age of anxiety. Every day the media reminds us to be afraid of a world full of threats: we’re immersed in images of terrorism, epidemics, catastrophic weather, environmental collapse, violent crimes, economic woes, international conflict, corporate corruption, privacy breaches and political scandals,” said Dastur, who points out that vast numbers of people — regardless of age, gender, race and politics — believe in conspiracies and cover-ups.

“When confronted with such chaos, the mind naturally seeks patterns and order. Belief in conspiracies and superstitious thinking are the patterns that make meaning out of uncertainty.”

Those who missed Dr. Dastur’s presentation, which he also presented as part of the KPU Science World speaker series, can view it on You Tube at [youtube.com/embed/YWxA91dkFWk](https://youtube.com/embed/YWxA91dkFWk)



Dr. Farhad Dastur

## TALK 2016 FALL Series Preview

Fat or Fiction

The Lower Fraser, What is at Stake?

National Film Board

Haida Gwaii (repeat of spring 2016)

Advanced Care Planning

Vancouver Experimental Theremin Orchestra

International Buddhist Temple Tour

Climate Refugees

Aromatherapy Crystal Massage

Joy of Solo Travel

Relieve Stress with Bach Flower Remedies

The Northern Lights in Indigenous Legends

Understanding Your Strata

Mindful Meditation and Dharma Drum Centre Tour

The Future of Libraries

Zombies

The Life and Times of CF Andrews

Bagpipes

Will Medical Marijuana Change the Future of Medicine?

Arts Club Theatre—Bill Millerd

What Place does Islam have in Mid East Politics?

Crafty Calligraphy

Compassionate Conflict Resolution

Consequences of Climate Change

Mobile Health for Independent Living

Norad and the Russian Threat

American Electoral Process

Please note registrations will NOT be accepted until **September 14**

## Sergeant provides insight into world of policing

TALK members attending the Changing RCMP Policing Strategies on March 30 were in for a rare treat. To set the scene, Sgt. Holly Turton of Surrey RCMP Detachment began her talk with a short biography of growing up in various parts of the globe. Her early childhood experiences with different cultures showed her that injustice does exist in the world. Sgt. Turton then went on to describe how experiences in her young years influenced her decision to enter the RCMP and her subsequent choices of policing departments.

Through her 18-year career in the RCMP, Sgt. Turton actively sought out the toughest aspects of policing and spent time as a Serious Crime Investigator, Integrated Homicide Investigation Team, Missing Persons, Domestic Violence and Mental Health Intervention. At the TALK session, Sgt. Turton described her progression through the different

departments and offered reflections on what she had learned and how she had adapted her investigative style to meet new challenges.

It is not often that we get a glimpse inside the real world of policing—the human reality of homicide and missing children. Sgt. Turton's status as a veteran was obvious as she deftly fielded so many different questions from the attendees. We found out modern policing doesn't reflect the shoot-everyone-in-sight attitudes of TV dramas, but instead is a thoughtful and evolving process that makes a practice of establishing bonds with the community as part of their strategy.

Sgt. Turton has received a promotion and is shortly moving to an RCMP Detachment in Newfoundland. We wish her the best of luck in her new position.

**Robin Heath | [robiheath@gmail.com](mailto:robiheath@gmail.com)**

## 'Godfather' of Philosophers' Cafe will be missed

A founding member of Third Age Learning at Kwantlen has passed away.

Trevor Phillips, a distinguished scholar, educator and gentleman, was a member of the Steering Committee that initiated TALK in 1998 and subsequently served on the Board, the Program Committee and the Philosophers' Cafe Committee.

He died peacefully at home on March 17 at age 89 in South Surrey.

"I always referred to him as the 'godfather' of the Philosophers' Cafe and the one person in the room who actually was trained as a philosopher! We will miss him a lot," said Selma Swaab, chair of the Surrey Philosophers' Corner Committee.

Trevor Joseph Phillips was born in Manchester, England in 1927 and immigrated to Canada 20 years later. Settling in Montreal, he took advantage of Sir George Williams College's night classes offered for WW II veterans and became editor of *The Georgian*. He carried on to MacDonald College School for Teachers and taught school in Quebec for eight years before returning to university.

Upon invitation, Trevor went on to complete his Masters and PhD in education at the University of Connecticut in Storrs in 1962. His dissertation, *Transactionalism: An Historical and Interpretive Study*, completed in 1966, was published in 2013 by *Influence Ecology*. A memorial scholarship in Trevor's name is being established at that institute.

He married Lois Carrie Ingalls in 1957 and the couple had three children: David, Janis and Nancy. In 1963 the family moved to Bowling Green, Ohio where Trevor commenced his career in educational philosophy. On more than one occasion, he was honoured to receive the Best Teacher Award.

Trevor's interest in dialogue led him to co-edit a journal, *New Directions in Teaching*, and to chair the Experimental Studies Program from 1967-1982. In later years he was chair of the Educational Foundations Department at BCSU.

When Trevor retired in 1996, he and his wife moved to South Surrey, where they enjoyed hiking, travelling, reading and becoming valued contributors to TALK.

Condolences may be offered at [victoryfuneralcentre.ca](http://victoryfuneralcentre.ca)



Trevor Phillips

# TALK

Third Age Learning  
at Kwantlen

Third Age Learning at Kwantlen Newsletter

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