



# TALK

*Third Age Learning  
at Kwantlen*

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

**WINTER/  
SPRING  
2026**

**Courses start  
February 11**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

➤ **Online, on-campus  
and off-site non-  
credit courses**

## ► THE AGRICULTURAL SINGULARITY: TECHNOLOGY, POLICY AND THE SURPRISING FUTURE OF FOOD

When you think about agriculture, you might imagine red barns, chickens pecking in a farmyard, and aging farmers. But agriculture increasingly occurs on the cutting edge of technology. The pace of change in the food system is red hot thanks to advances in genomics, robotics, sensing, data systems, automation and artificial intelligence. This raises the potential of a coming agricultural singularity, a point where vastly more food will be produced with vastly less labour and, for the first time in centuries, the total area of the Earth used for food production will begin to shrink. The policy response to these technological changes could create a world of abundance where vast tracts of land are rewilded and food is plentiful, healthy and cheap, or a world where the benefits of these massive gains in productivity are concentrated in the hands of the few.

Lenore Newman is the Director of the Food and Agriculture Institute at the University of the Fraser Valley where she holds a full professorship and research chair in food and agriculture innovation. She consults with industry in the areas of controlled environment agriculture, alternative proteins, and rare fruit and vegetables. Lenore is the author of *Speaking in Cod Tongues* and the award-winning *Lost Feast*, and she is co-author of *Dinner on Mars*.

*Compelling Conversations* is made possible by an endowment to the KPU Foundation by former TALK member Winnifred Searle.



<b>DATE:</b>	Wednesday March 11
<b>TIME:</b>	7:00 – 9:00 pm
<b>LOCATION:</b>	Richmond Campus, Room 2550 (Melville Centre for Dialogue)
<b>FEE:</b>	FREE and open to the public but registration required
<b>GUEST PRESENTER:</b>	Dr. Lenore Newman
<b>FACILITATOR:</b>	Jean Garnett, jeangarnett@shaw.ca, 604.277.1130
<b>REGISTER BY:</b>	Fri Mar 6

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# TALK EVENTS CALENDAR

## ➤ TALK REGISTRATION OPENS JANUARY 12

Here is a very handy link to locate your classroom before you leave the house:  
[kpu.ca/current-students/find-your-classroom](http://kpu.ca/current-students/find-your-classroom)

### FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Philosophers' Corner 10:30 am Richmond	6	7
8	9	10	11 Crime Stoppers 10 am Langley	12 Philosophers' Corner 11:30 am Surrey	13	14
15 <i>Family Day Campuses closed</i>	16	17 Black History 11 am Surrey	18	19	20 You Are What You Eat: Triglycerides 11 am Online	21
22	23	24	25	26 Philosophers' Corner 11:30 am Langley	27 Field Trip: Museum of Surrey 10 am	28
Special Event	Field Trip	Online	Richmond	Surrey	Langley	

#### What makes TALK unique?

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 course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. For further information on being a TALK volunteer, please visit our website at [kpu.ca/talk/volunteer](http://kpu.ca/talk/volunteer).

# TALK EVENTS CALENDAR

### MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Philosophers' Corner 10:30 am Richmond	6 Women in Science 10 am Richmond	7
8 <i>Daylight Savings begins</i>	9	10	11 Compelling Conversations 7 pm Richmond	12 Philosophers' Corner 11:30 am Surrey	13 Women in Science 10 am Richmond	14
15	16 Ancient Rome: Art, Politics & Legacy 1:30 pm Surrey	17 Exploring Generative AI 6 pm Online	18 Hands-on Mobile Device Training 10 am Surrey	19	20 Gardening for Climate Change 10 am Richmond	21 Film Study: Building a Film Studio 10 am Online
22	23 Film Study: The Pitt 10 am Surrey	24 Exploring Generative AI 6 pm Online	25	26 Philosophers' Corner 11:30 am Langley	27 Who Was Tommy Douglas? noon Surrey	28 Film Study: The camera's perspective 11 am Surrey
29	30 Film Study: The Pitt 10 am Surrey	31				
Special Event	Field Trip	Online	Richmond	Surrey	Langley	

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# TALK EVENTS CALENDAR

APRIL 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Philosophers' Corner 10:30 am Richmond	3 <i>Good Friday Campuses closed</i>	4
5 <i>Easter Monday Campuses closed</i>	6	7 Tea and Culture in East Asia 10 am Surrey	8 Indian Act & Truth & Reconciliation 10 am Online	9 Philosophers' Corner 11:30 am Surrey	10 Indian Act and Truth & Reconciliation 10 am Online	11 Missing Butterflies 10 am Online
12	13 Field Trip: Big Canoe 10 am Ft. Langley	14 Wildland Firefighters 10 am Online	15	16	17	18 Transit Oriented 10 am Online
19	20	21 Living Well with Dementia 10 am Online	22 Poetry of the First World War 10 am Surrey	23 Philosophers' Corner 11:30 am Langley	24 Reclaim Your Vitality 1 pm Richmond	25
26	27	28 Psychology of Golf 10 am Richmond	29	30		

Special Event	Field Trip	Online	Richmond	Surrey	Langley
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### Uncertain about driving and about parking costs?

Consider carpooling with your friends to TALK events on campus. See details about handicap parking in our FAQ.

# TALK EVENTS CALENDAR

MAY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Policing: Past and Future 1 pm Langley	5	6 Field Trip: BC Legislature Victoria	7 Philosophers' Corner 10:30 am Richmond	8	9
10	11	12	13 Field Trip: Derek Doubleday Arboretum 10 am	14 Philosophers' Corner 11:30 am Surrey	15	16
17	18 <i>Victoria Day Campuses closed</i>	19	20	21	22 Field Trip: A Walk in the Forest 11 am	23
24	25	26	27	28 Philosophers' Corner 11:30 am Langley	29	30

Special Event	Field Trip	Online	Richmond	Surrey	Langley
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### Did you know that TALK has Gift Cards?

Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at another time. Go to [kpu.ca/talk/courses](http://kpu.ca/talk/courses).

## Winter/Spring 2026

How does a Philosophers' Corner work? A volunteer researches the chosen topic and outlines, in a 10-minute presentation, some of the most controversial or interesting points for participants to wrestle with during the discussion. Then, attendees can weigh in with their own thoughts. A moderator keeps track of whose turn it is to speak.

This is different from a regular TALK course, where an expert does most of the talking. We all have a lifetime of wisdom and a Philosophers' Corner is an ideal place to share your thoughts and listen to others' points of view.

You do not have to be a TALK member or over 50 to attend. Attendance is on a first come-first served basis, as space permits.



**Richmond Philosophers' Corners will be held at 10:30 am on the first Thursday** at Wisteria Place, 4388 Garry Street in Multipurpose Room #1. 604.204.0910. wisteriaplace.ca. There is plenty of free parking. Please check in at the Concierge Desk when you arrive. Wisteria Place is generously providing coffee/tea plus a small snack for a drop-in fee of just \$5. Here are the topics:

- Feb 5** Canada is at a major crossroads: what now?
- Mar 5** What's the difference between justice and revenge?
- Apr 2** Are AI generated music and other art forms ethical?
- May 7** The Canadian Charter of Rights: has it been a successful concept?

**Surrey Philosophers' Corners will be held at 11:30 am on the second Thursday** at Crescent Gardens, 1222 King George Blvd. There is a donation of \$2 for the Surrey sessions and an optional fee of \$20 for lunch (soup, main course, dessert, coffee/tea) which **participants must pre-order and bring cash.**

Contact [jdiston@telus.net](mailto:jdiston@telus.net) for details

- Feb 12** Free Speech, Hate Speech and Censorship
- Mar 12** Traditional versus Alternative Medicine
- Apr 9** Why do People Believe Conspiracies?
- May 14** The Future of Work in Changing Times

**Langley Philosophers' Corners will be held at 11:30 am on the fourth Thursday** at City of Langley Library, 20399 Douglas Crescent. There is no charge and the library generously provides tea/coffee and cookies.

- Feb 26** Canada's new place in the world with less interaction with the US.
- Mar 26** Globalization: good or bad for countries?
- Apr 23** Should there be limits to science?
- May 28** AI: the good, the bad and the ugly.

### **TALK needs volunteers to operate!**

Please join our Board, Program Committee or Marketing Committee. See more details at [kpu.ca/talk/volunteer](http://kpu.ca/talk/volunteer).

## CRIME STOPPERS

Seniors are particularly vulnerable to financial scams, neglect, and emotional or physical mistreatment, yet many cases go unnoticed due to fear, isolation, or lack of awareness about available resources. Elder abuse remains an underreported and often hidden issue in many communities.

This session will teach you how to recognize the warning signs of abuse and how to report concerns safely and anonymously.

Crime Stoppers See Something, Say Something – Elder Abuse Program serves seniors across the Lower Mainland, as well as those who interact with them daily, including family members, service providers, and community groups. Metro Vancouver Crime Stoppers is committed to fostering safer communities by offering a secure platform for individuals to report criminal activity anonymously. This anonymity is essential in encouraging reluctant witnesses to come forward with vital information, leading to the resolution of cases and the apprehension of offenders.

Since its inception, tips to Metro Vancouver Crime Stoppers have led to more than 8,400 arrests and over half a billion dollars in drugs and property seized.



<b>DATE:</b>	Wednesday February 11
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Langley campus, West Building, Room 2120
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Margarett Lange, Outreach & Events Manager
<b>FACILITATOR:</b>	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
<b>REGISTER BY:</b>	Sun Feb 8   <i>To register see page 42</i>

## BLACK HISTORY IN BC

This session will explore the hidden histories of Black life in British Columbia, tracing legacies from the late 1800s to the present day. We will examine the local impacts of slavery and displacement on historical and contemporary society, asking how these histories continue to shape belonging, representation, and identity in British Columbia today.

Shayla Bird (MPEd, BEd, BA) is a visionary educator and strategic communications expert whose work bridges education, culture, and community storytelling.

She is the founder of PLANher Consulting Inc. Shayla designs equity-centered learning experiences that help individuals meaningfully engage with Black history, identity, and belonging. She has worked with the Ministry of Education and Child Care, designed curriculum for BLK: An Origin Series, and has led professional walking tours in Hogan's Alley since 2023.



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<b>DATE:</b>	Tuesday February 17
<b>TIME:</b>	11:00 am – 12:50 pm
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 118
<b>FEE:</b>	\$15
<b>GUEST PRESENTERS:</b>	Shayla Bird
<b>FACILITATORS:</b>	Heather Cross, 604.762.2469, hscross@outlook.com
<b>REGISTER BY:</b>	Thu Feb 12   <i>To register see page 42</i>

## YOU ARE WHAT YOU EAT: TRIGLYCERIDES

Reading food labels is important, but what do they mean when they say triglycerides? What fats and oils are good, and what should be avoided?

We will consider the process of digestion and discuss the issues surrounding saturated versus unsaturated triglycerides and the omega system of labelling fatty acids. We will also examine the basic functional group involved in their formation, as well as the presence of monoglycerides and diglycerides in ultra processed food.

No previous chemistry or biochemistry knowledge is required for the session. Have some of the products you eat available to compare the ingredients with Dr. Perkin's recommendations.

Bob Perkins taught chemistry for 25 years at Kwantlen, then was a part time chemistry professor at Quest University in Squamish and is now a Board member for Elder College in Port Alberni.



### Do you have ideas for TALK course topics?

Please send an email to [talk@kpu.ca](mailto:talk@kpu.ca) or contact Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca). Consider joining our Program Committee!

<b>DATE:</b>	Friday February 20
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Dr. Bob Perkins
<b>FACILITATOR:</b>	Sandra Carpenter, 778.688.4181, <a href="mailto:surreysandra@gmail.com">surreysandra@gmail.com</a>
<b>REGISTER BY:</b>	Tue Feb 17   <i>To register see page 42</i>

## FIELD TRIP: MUSEUM OF SURREY

Interact with a group of your fellow TALK members as we take a self-guided tour of this fascinating museum. Exhibitions and programs relate to the residents of Surrey with subject matter that includes Indigenous learning, immigration, Surrey's diverse communities, and sustainability.

Explore the many exhibits, including the Indigenous Hall. This gallery, produced in partnership with se'mya'me (Semiahmoo) First Nation, ą̓'ɑ:ńłəń (Kwantlen) First Nation and ą̓'icəy̓ (Katzie) First Nation, displays Indigenous exhibits from across Canada.

Exhibits in the Feature Gallery and Community Treasures are constantly changing, being updated and added. Please check online at [surrey.ca/arts-culture/museum-of-surrey](http://surrey.ca/arts-culture/museum-of-surrey) for the latest exhibits. Come and see what's new!

Join us for this self-guided tour and lunch afterwards, at your cost, at the nearby The Henry Restaurant 5708 176 St., Surrey (Cloverdale) within walking distance in historic downtown Cloverdale.

You are welcome to leave a donation to the Museum afterwards. Free parking at the museum and nearby.



<b>DATE:</b>	Friday February 27
<b>TIME:</b>	10:00 am – noon
<b>LOCATION:</b>	Museum of Surrey, 17710 56A Ave, Cloverdale
<b>FEE:</b>	\$15
<b>FACILITATOR:</b>	Jim Zalusky, 604.368.8500, <a href="mailto:jimzalusky1958@gmail.com">jimzalusky1958@gmail.com</a>
<b>REGISTER BY:</b>	Tue Feb 24   <i>To register see page 42</i>

## WOMEN IN SCIENCE: MICROBIOLOGY AND MATHEMATICS

Most accounts of the history of scientific discovery focus on famous men. Everyone has heard of Albert Einstein, Isaac Newton, Charles Darwin and Louis Pasteur. It is commonly assumed that, because of social strictures, women were not even allowed to study the sciences until well into the 20th century. While this is largely true, some remarkable women overcame these barriers to make significant contributions to our understanding of matter, life, and how the universe is constructed.

Join us for two sessions bracketing International Women's Day (March 8). We will see how women contributed to important discoveries in microbiology and mathematics.

**March 6:** chromosomes and DNA, jumping genes and endosymbiosis, CRISPR and mRNA.

**March 13:** geometry and arithmetic, algebra and computing, rocket science and non-Euclidian geometry.



Back by popular demand! Peter Robbins retired from KPU after teaching biology, mathematics and physics for 24 years. He still has a passion for lifelong learning. His other interests include stage acting, photography, military history and winemaking. He has given TALK many wonderful courses over the years.

<b>DATES:</b>	Fridays March 6 and 13 (2 sessions)
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Peter Robbins
<b>FACILITATOR:</b>	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Tue Mar 3   To register see page 42

## ANCIENT ROME: ART, POLITICS & LEGACY

Ancient Rome grew from a small republic into a vast empire that dominated the known world for centuries. This session will look at emperors, both good and terrible, what they accomplished and what they built, the role of propaganda and slavery, how ordinary citizens lived, and what Rome has passed down to us, in art, architecture, and law.

Like all empires, Rome became weak and finally disappeared. What went wrong and what can we learn from the fall?

Back by popular demand! Linda Quigley taught art history and studio art classes at St. Francis Xavier University in Nova Scotia. She has given many wonderful programs to TALK members.



**Do you belong to another group that might be interested in TALK?**  
Contact our Marketing Chair for more information about a TALK presentation or a short article that could go in one of your newsletters.

<b>DATE:</b>	Monday March 16
<b>TIME:</b>	1:30 – 3:20 pm
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 232
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Linda Quigley
<b>FACILITATOR:</b>	Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca
<b>REGISTER BY:</b>	Thu Mar 12   To register see page 42

## EXPLORING GENERATIVE AI

### *A Practical Introduction for Seniors*

Curious about artificial intelligence (AI) and how it's shaping our world?

This engaging 2-session workshop introduces seniors to Generative AI—tools that can create text, images, music, and more. Learn what AI is (and isn't), how to interact with it effectively, and how to use it safely in everyday life.

We'll explore practical applications, discuss common risks like fakes, scams and misinformation, offering tips for getting started with confidence. No technical background is required, just an interest in learning and exploring. Whether you're looking to write a story, organize your thoughts, or understand the technology your grandkids are using, this session offers a friendly and informative starting point. Join us for a hands-on introduction to one of today's most talked-about technologies, with time for questions and discussion.

Craig Wright is a KPU Teaching and Learning Strategist who supports instructors with defining and delivering meaningful learning opportunities for students. He works with instructors defining specific instruction goals, by first clarifying these goals and intentions, and effectively applying the theory, practice, and technology, to deliberately meet specific instructional goals.

Dr. Kristie Dukewich completed her undergraduate work in Edmonton, taught in Taiwan and studied Mandarin, completed graduate work in Halifax, and post-doc in Vancouver, held a faculty position in Toronto, before settling in at KPU in the Psychology department.



**DATES:** Tuesdays March 17 and 24 (2 sessions)

**TIME:** 6:00 – 7:30 pm

**LOCATION:** ONLINE

**FEE:** \$20

**GUEST PRESENTER:** Craig Wright & Dr. Kristie Dukewich

**FACILITATOR:** Rose Marie Borutski, [socionik@yahoo.ca](mailto:socionik@yahoo.ca)

**REGISTER BY:** Thu Mar 12 | *To register see page 42*

## HANDS-ON MOBILE DEVICE TRAINING

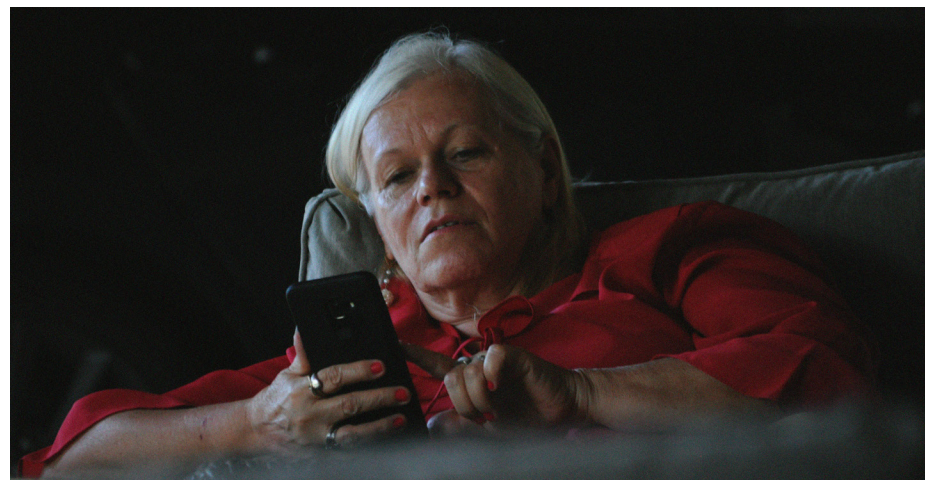
Do you wish someone would show you clearly how to effectively and safely use your phone, laptop or other mobile devices? This is your opportunity!

Join Rahim Virani for an overview of how to use your mobile devices. In this session you will learn the basics of maintaining the hardware of your mobile device, online safety and security, communicating with your loved ones and setting up your device in a way that's good for your eyes and for your posture.

This will be an in-person, hands-on session, so please make sure your device has a fully charged battery and you have reviewed prior to the session any current account passwords that are required. Please also bring your charger just in case.

Bring your questions, too!

Rahim Virani is an IT professional with over 20 years of experience working in the IT field. He's also spent 7 years as an instructor teaching information technology and security related courses to post-secondary students. He is currently working with KPU's Information Security team in IT to help protect the University from the ever-increasing threats and bad actors.



**DATE:** Wednesday March 18

**TIME:** 10:00 – 11:50 am

**LOCATION:** Surrey campus, Fir Building, Room 326

**FEE:** \$15

**GUEST PRESENTER:** Rahim Virani

**FACILITATOR:** Jim Zalusky, 604.368.8500, [jimzalusky1958@gmail.com](mailto:jimzalusky1958@gmail.com)

**REGISTER BY:** Sun Mar 15 | *To register see page 42*

## GARDENING FOR CLIMATE CHANGE

Lynda Pasacreta is passionate about gardening in a changing climate and loves exploring ways to adapt our gardens to be more sustainable, resilient, and eco-friendly. With shifting weather patterns affecting how we grow, she believes every garden—big or small— can make a positive difference for the planet.

Learn strategies for building healthy soil, the value of planting natives and heat-tolerant varieties, and the benefits of increasing biodiversity in your garden.

Lynda Pasacreta is the current president of the BC Council of Garden Clubs and a past president of Richmond Garden Club. She also volunteers her time caring for the beautiful perennial garden beds in Paulik Park.



### How can I find the classroom for my on-campus course?

TALK facilitators put up golden coloured room signs. If you want to have an idea ahead of time, here is an interactive map to find your classroom on campus: [kpu.ca/current-students/findyour-classroom](http://kpu.ca/current-students/findyour-classroom).

<b>DATE:</b>	Friday March 20
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lynda Pasacreta
<b>FACILITATOR:</b>	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Tue Mar 17   To register see page 42

## FILM STUDY: BUILDING A FILM STUDIO

How do you create spaces and places that can be any where and any time? In essence, a space that can constitute “a world of pure imagination”? (Willy Wonka and the Chocolate Factory). According to Contemporary French Philosopher Gilles Deleuze, “The two essential things that come from cinema are movement and time”.

Architecture is the vehicle which permits a film director the opportunity to capture the movement of actors in any place, any where and at any time. Film studios, while being “simple black boxes” are subtly far more sophisticated. They are black boxes for the purpose of manipulating light. They are black boxes for the building of sets derived from history or imagination. They are soundless. Sounds neither penetrate the black box space nor escape.

The Lake City Studios for Bridge Studios are the largest purpose-built film studios in North America and they are incredibly complex spaces. Let’s explore the building of a film studio!

Craig Mitchell is an experienced architect having spent 25 years in the profession. His portfolio spans a wide range of sectors, including schools, libraries, healthcare and cultural facilities, as well as industrial, commercial and residential developments. He has a reputation for leading diverse teams and for solving complex and unique architectural challenges.



<b>DATE:</b>	Saturday March 21
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Craig Mitchell
<b>FACILITATOR:</b>	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Tue Mar 17   To register see page 42

## FILM STUDY: THE PITT

If you have ever found yourself in a hospital's emergency room, you likely had a visceral response to its sights, sounds, people, and operations. Winner of the 2025 Emmy for Outstanding Drama Series, R. Scott Gemmill's *The Pitt* is a groundbreaking medical procedural reimagining that experience from the points of view of frontline workers in America's healthcare system.

Taking you to intimate spaces beyond the waiting room of the Pittsburgh Trauma Medical Hospital's ER, the series creates its ingenious continuity by having each episode represent 1 hour in the ER staff's 15-hour shift. The series has won praise—especially from medical professionals—for its unvarnished portrayal of what really happens in ERs. From understaffing and chaotic waiting rooms to post-pandemic PTSD and abusive patients, *The Pitt* resonates with its subject matter and its viewers.



In this two-part course, you will be taken on a guided tour of the filmic artistry of *The Pitt* starting with its screenplay, the source material used to adapt the series. You will learn about screenplay essentials and how they translate into casting, acting, set and sound design decisions. You will screen and analyze excerpts from select episodes of the series, become an assistant casting director, and learn how to write a short review of *The Pitt*. It is time for you to scrub in for medical drama!

Back by popular demand! Greg Chan is the founder and editor-in-chief of KPU's official film studies publication, *Mise-en-scène: The Journal of Film & Visual Narration*, and the co-director of the KDocs Film Festival, through which he runs the Community Outreach Program and the Social Justice Lab. On the production side of film, he is the executive producer of the KDocs Talks social justice lecture series. Greg taught writing, literature, and film studies courses in KPU's English department from 1995 to 2025. He has given many wonderful TALK courses over the years.

<b>DATES:</b>	Mondays March 23 and 30 (2 sessions)
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 1364
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Greg Chan
<b>FACILITATOR:</b>	Sonya Furst, 778.833.3762, sonyafurst@outlook.com
<b>REGISTER BY:</b>	Thu Mar 19   <i>To register see page 42</i>

## WHO WAS TOMMY DOUGLAS?

In 2024, Tommy Douglas was recognized as “Canada’s Greatest Canadian” in a Canada-wide CBC contest, receiving more than 1.2 million votes. He is known for his role in establishing universal health care, but he also established a Saskatchewan Bill of Rights, preceding the U.N. Declaration of Human Rights by 18 months.

In 1932, with several interprovincial political and labour leaders, he helped form the Cooperative Commonwealth Federation (CCF). Now known as the New Democratic Party (NDP), it stands alone as the single social democrat party in North America.

Douglas was not a pacifist. He tried to enlist in the Army but could not serve due to a leg injury at age 15. Growing worse as an adult, amputation was recommended. A caring surgeon saved his leg at no cost to his family. This led to Tommy's life-long conviction that health should be a human right, not a privilege.

Living through the depression, he came to believe capitalism was a seriously flawed system. With his famous sense of humour, he would tell audiences: “It’s every man for himself!” said the elephant as he danced among the chickens. In 17 years as Saskatchewan’s premier, he established government owned and operated Crown Corporations such as Sask Power, Sask Oil, and Sask Government Insurance.

Tommy left this statement as part of his legacy: “We are all in this world together, and the only test of our character that matters is how we look after the least fortunate among us. How we look after each other, not how we look after ourselves. That’s all that really matters, I think.” Join us to learn more about this “greatest Canadian”.

Dr. Allan Quigley was one of the founders of Saskatchewan’s college system. He taught Adult Education at Penn State, then at St. Francis Xavier University in Nova Scotia. He has published widely on adult literacy. Now retired, his main interest is Canadian history. He is also a member of the TALK Board.



<b>DATE:</b>	Friday March 27
<b>TIME:</b>	12:00 – 1:50 pm
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 1362
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Dr Allan Quigley
<b>FACILITATOR:</b>	Heather Cross, 604.762.2469, hscross@outlook.com
<b>REGISTER BY:</b>	Tue Mar 24   <i>To register see page 42</i>

## FILM STUDY: THE CAMERA'S PERSPECTIVE

Steadicam Operator Craig Cross will share his in-depth knowledge of film making, particularly how it pertains to the industry in Vancouver. He will touch briefly on such details as script, budget, production, etc.

He will then concentrate primarily on key aspects of his profession as a camera operator and what is needed to be successful in the field, such as:

- Creativity
- Visual composition
- Technical mastery of equipment and software
- Excellent communication skills
- Physical strength/stamina
- Several other detailed aspects of the job



Craig's presentation will be interactive and will give you a sneak peek behind the scenes of a day on the job of a camera operator. Here's your opportunity to participate in making a film.

Craig Cross is a Steadicam Operator and Director of Photography, living and working in the Vancouver area with over 25 years of full-time experience. He has operated cameras on many feature-length movies or series for Netflix, HBO, Disney, ABC Studios, MGM+, Sony, CBS studios, AMC, Hallmark Channel and independents. He's also operated or directed photography for reality series such as The Bachelor and Bachelorette Canada, Love It or List It Vancouver, The Real Housewives of Vancouver, The Liquidator, and Extreme Houseboats. Craig is known for The Unforgivable (2021), The Last of Us (2023), the Great Canadian Pottery Throw Down (2024) and Allegiance (2025), to name a few.

<b>DATE:</b>	Saturday March 28
<b>TIME:</b>	11:00 am – 12:50 pm
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 134
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Craig Cross
<b>FACILITATOR:</b>	Heather Cross, 604.762.2469, hscross@outlook.com
<b>REGISTER BY:</b>	Tue Mar 24   <i>To register see page 42</i>

## TEA AND CULTURE IN EAST ASIA

This presentation on the East Asian tea culture(s) will examine the historical origins, taste and processing, and a basic overview of Chinese and some Japanese tea. As a global commodity with distinctly Asian (East, Northeast, South) origins, making tea and 'doing' tea have developed into functional art forms in addition to its simplicity as a beverage of choice.

The presentation will include seeing and smelling some basic Chinese tea families as well as a modest Pu'er tea tasting of three ages of southwestern China's famous heavily oxidized black tea.

Back by popular demand! Jack Hayes joined the Asian Studies and History faculty at KPU and the Center for Chinese Research at UBC's Institute of Asian Research in 2013. His teaching and research focus on late imperial and modern Chinese, Japanese, and Tibetan environmental history, with digressions into disaster management, Chinese policy studies, and military history. In addition to his academic activities, Dr. Hayes has served as a consultant on a number of environment and history projects in China and the US and currently works with the Canadian School of Public Service and Department of National Defense on courses and trainings related to international policy on PRC China. He has given many fascinating courses for TALK in the past.



<b>DATE:</b>	Tuesday April 7
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Cedar Building, Room 3010
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Dr. Jack Hayes
<b>FACILITATOR:</b>	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
<b>REGISTER BY:</b>	Tue Mar 31   <i>To register see page 42</i>

## INDIAN ACT AND TRUTH & RECONCILIATION

Join Brandon Gabriel over two sessions to explore the Indian Act and its outcomes to Canadians and learn about the impact of the Truth and Reconciliation agreement.

**April 8:** Have you an understanding of the Indian Act? Its purpose and outcomes in Canada? How did it come about? What was the rationale for such legislation? It has been criticized for its paternalistic and discriminatory aspects, but have there been any positive outcomes? Brandon will explore the history and its continuing impact upon Canadians.

**April 10:** Today we will focus on the Truth and Reconciliation Commission goals to encourage all Canadians to participate in efforts that positively impact the lives of Indigenous people. What are the major challenges Canadians need to pursue to create the change needed?

Brandon Gabriel, Kwelexwelsten, was raised in the Kwantlen First Nations in Fort Langley. He was educated in Cultural Anthropology, Visual Arts, and Marketing at Kwantlen Polytechnic University and holds a Bachelor of Arts in Visual Arts from Emily Carr University of Fine Arts and Design. Brandon also studied at the Justice Institute of British Columbia. He has been a teacher, master artist, and entrepreneur and has exhibited his work in several countries including United Kingdom, Hong Kong, United States and Canada. See Brandon's work on [instagram.com/brandongabrielart?igsh=eDhtNXk5NjdoczZ2](https://www.instagram.com/brandongabrielart?igsh=eDhtNXk5NjdoczZ2)



<b>DATES:</b>	Wednesday April 8 and Friday April 10 (2 sessions)
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Brandon Gabriel
<b>FACILITATOR:</b>	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Thu Apr 2   To register see page 42

## MISSING BUTTERFLIES

### *Mystery unraveled*

If you've been commenting that there seems to be fewer butterflies, you're not alone. Butterfly sightings, once common, have dramatically dropped in recent years, and people are noticing. What's behind this decline? What are butterflies, albeit their absence, telling us about the health of our ecosystems?

In this session, Michelle Tseng will unpack the puzzle of the missing butterflies - what is reshaping their life, how it has come about, and what we can do, as individuals and communities, to help butterflies return.

Dr. Michelle Tseng is an Associate Professor cross-appointed in the Departments of Botany and Zoology at UBC and leads the Bugs & Plankton research lab. She teaches courses in ecology and insect biology, and her work spans lab experiments, field studies, and biodiversity collections to understand ecological and evolutionary dynamics under global change.



### **TALK needs volunteers to operate!**

Please join our Board, Program Committee or Marketing Committee. See more details at [kpu.ca/talk/volunteer](https://kpu.ca/talk/volunteer).

<b>DATE:</b>	Saturday April 11
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Dr. Michelle Tseng
<b>FACILITATOR:</b>	Rose Marie Borutski, socionik@yahoo.ca
<b>REGISTER BY:</b>	Tue Apr 7   To register see page 42

## FIELD TRIP: BIG CANOE

### *An adventure on the water!*

Paddle a Big Canoe reminiscent of the first people to travel the Fraser River. See wildlife on the water and along the shore. Learn about the history and the importance of the river and the people that were the start of present-day Fort Langley.

Experienced paddlers from the Fort Langley Canoe Club will demonstrate paddling techniques and safety procedures before taking you on a one-hour on-the-water paddling and living history adventure. Personal flotation devices (life jackets) and paddles are provided.

Participants should have the ability to walk down a ramp to the boat dock and paddle for one hour. We will meet on the dock directly north of the Fort Langley Pub at 9273 Glover Road, Fort Langley.

Dress according to the weather. Wear a hat and preferably waterproof footwear or sneakers. Since we are dependent on river and flood conditions on the river that day, please understand that we could cancel on short notice. Adventure to be confirmed via email the day prior.

Join us afterwards at the Fort Langley pub for lunch at your own expense.

*Space limited. Register early! If there is a waitlist, we may add a second canoe.*



<b>DATE:</b>	Monday April 13
<b>TIME:</b>	10:00 am – noon
<b>LOCATION:</b>	Fort Langley dock, 9273 Glover Rd., Fort Langley
<b>FEE:</b>	\$35
<b>GUEST PRESENTER:</b>	Judy Fawcett and paddlers
<b>FACILITATOR:</b>	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
<b>REGISTER BY:</b>	Tue Apr 7   <i>To register see page 42</i>

## WILDLAND FIREFIGHTERS

Have you ever wondered about the life of the brave people fighting forest fires in our province?

Wildland firefighters face growing health and safety challenges, from sleep deprivation and stress to smoke exposure during increasingly severe wildfire seasons. Drawing on both frontline experience and current research, Jesse Wallace-Webb will describe the life of wildland firefighters in BC and explore how sleep, fatigue, and innovative tools are being studied to improve firefighter well-being, recovery, and performance.

Jesse Wallace-Webb has worked with the BC Wildfire Service (BCWS) since 2016. He spent eight years on the front lines as a unit crew member and initial attack crew leader. During this time, he completed a Master of Science in Kinesiology at the University of Victoria, where his research focused on the relationships between sleep, shift duration, stress, and brain function in wildland firefighters. Jesse now works as a Research Technician with the BCWS Research and Innovation business area, where he leads projects that aim to enhance firefighter health and well-being through evidence-based approaches.



### **Did you know that TALK now has Gift Cards available?**

Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at another time. Go to [kpu.ca/talk/courses](http://kpu.ca/talk/courses).

<b>DATE:</b>	Tuesday April 14
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Jesse Wallace-Webb
<b>FACILITATOR:</b>	Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca
<b>REGISTER BY:</b>	Thu Apr 9   <i>To register see page 42</i>

## TRANSIT ORIENTED COMMUNITIES

Population density is one of the most important and least understood concepts in the development of cities. Focusing on having people live in densely populated communities preserves space and land. Density means that infrastructure is constrained and not an endless network of sprawl. A solution is the creation of Transit Oriented Communities.

Transit Oriented Communities (TOC) means places of density where high populations of people can be moved to their destinations with ease. Transit Oriented Communities are therefore livable and walkable communities with a reduced reliance on vehicles. These communities, although densely populated, are community oriented. They contain social areas such as community centres and public parks as well as athletic facilities such as pools and arenas. More service-oriented facilities such as schools, police stations, fire departments and hospitals are also present. TOCs present solutions to many of the problems we face in urban areas, currently and in the future.

Craig Mitchell is an experienced architect with 25 years in the profession. His portfolio spans a wide range of sectors including schools, libraries, healthcare and cultural facilities, as well as industrial, commercial and residential developments. He has a reputation for leading diverse teams and for solving complex and unique architectural challenges. He gives back to his community by mentoring young architects.



<b>DATE:</b>	Saturday April 18
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Craig Mitchell
<b>FACILITATOR:</b>	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Tue Apr 14   To register see page 42

## LIVING WELL WITH DEMENTIA

### *Promoting Ability, Purpose, and Connection in Dementia Care*

The DementiAbility Methods developed by Gail Elliot have transformed the way we understand and support individuals living with dementia. The aim is to focus on abilities and ask, “What can the person do?” rather than “What they can no longer do?”

In this presentation, Carina Bateman will share how these evidence-informed strategies create opportunities for engagement, independence, and dignity for those living at home or in long-term care.

Carina will explore practical ways to reduce frustration, manage responsive behaviours, address needs and build meaningful routines that promote success for both the person living with dementia and their caregivers. Participants will also gain insight into recognizing early cognitive changes, communicating effectively, and creating supportive environments that nurture calm and connection and meaningful engagement.

Carina Bateman is a Certified Therapeutic Recreation Specialist and recent Master of Applied Gerontology graduate from Brock University in Ontario. With over ten years of experience in long-term care, she is passionate about empowering families, caregivers, and professionals to apply the DementiAbility approach and help individuals with dementia live with meaning, purpose, connection and joy.



<b>DATE:</b>	Tuesday April 21
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Carina Bateman
<b>FACILITATOR:</b>	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Thu Apr 16   To register see page 42

## POETRY OF THE FIRST WORLD WAR

Of course, we all know “In Flanders Fields” by John McCrae. But there are many other memorable poems from the First World War.

In this session, we will examine the poetry of the First World War, looking closely at the way this poetry reflects changing attitudes toward war at the beginning of the 20th century and how this body of literature continues to shape our understanding of modern warfare.

Finally, we will consider why the poetry of the First World War remains popular more than one hundred years after the end of The Great War.

Paul Tyndall has taught courses in literature, film and popular culture at universities across the country and recently retired from teaching in the KPU English department. He is also a TALK Board member.



<b>DATE:</b>	Wednesday April 22
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 232
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Paul Tyndall
<b>FACILITATOR:</b>	Sonya Furst, 778.833.3762, sonyafurst@outlook.com
<b>REGISTER BY:</b>	Sun Apr 19   <i>To register see page 42</i>

## RECLAIM YOUR VITALITY AT ANY AGE

What do you do when you’ve lost your vitality? When the zest that buoyed you through decades seems to have vanished? It’s a question we ask ourselves when inertia threatens our very existence. One many of us ask in our lifetime. Older adults may feel this dip and think it’s permanent. It’s not.

Topics we’ll touch on in this session will include:

- Tending to Your Brain
- Vowing to Stay Curious
- Finding What Brings you Joy
- Seeking Connection
- Traveling to Awaken Your Senses
- Taking Action...NOW!



Participants will get concrete inspiration (and real-world stories) on how bold action later in life is both possible and deeply life-affirming.

Becky Livingston is a Certified Travel and Life coach, speaker, and Founder of Vital Journeys at Any Age where she helps women 55+ to revitalize their lives through slow, gentle travel. She is the author of the best-selling memoir *The Suitcase & The Jar: Travels with a Daughter’s Ashes*, and has been featured in *The Vancouver Sun*, *CBC News*, *Journey Woman*, *Medium*, and *Modern Loss*. She has presented on *CBC Radio*, at *Whistler Writer’s Festival*, *Word Vancouver*, the *Brain Tumour Foundation of Canada*, and at international gatherings. Born and raised in England she now calls Canada home. Becky combines careers in global public education, peer support consulting, and memoir writing.

<b>DATE:</b>	Friday April 24
<b>TIME:</b>	1:00 – 2:50 pm
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Becky Livingston
<b>FACILITATOR:</b>	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Tue Apr 21   <i>To register see page 42</i>

Interested in the psychology of winning golfers and how insights from golfers can help in real-life pressure situations? Join Golftec’s Matt Carrothers to explore the following:

- How champions like Nicklaus and Woods succeeded in Major Championships
- Success and Failure; Success versus Failure – Lessons Learned
- The Performance Formula
- Identification and Preparation
- The worst hazard in golf and in life
- How to stop spiraling
- Shared experiences
- Bring your questions!

Matt Carrothers has been at Golftec North Vancouver since 2010. [golftec.com](http://golftec.com). He is a Certified Personal Coach and Head Teaching Professional. Previously, he was with The Green Room Golf Performance Center, Big Sky Golf Academy and the Whistler Golf Club, where he started golf coaching in 1992.



**YOU are our best marketing tool.**  
Please tell your friends about TALK.

<b>DATE:</b>	Tuesday April 28
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$15
<b>FACILITATOR:</b>	Jim Zalusky, 604.368.8500, <a href="mailto:jimzalusky1958@gmail.com">jimzalusky1958@gmail.com</a>
<b>REGISTER BY:</b>	Thu Apr 23   <i>To register see page 42</i>

## *From Warrior to Guardian*

This talk explores the evolution of policing in Canada, tracing its roots and examining where it may be headed. Participants will journey through four key themes:

1. Early Beginnings – The origins of Canadian policing.
2. Professionalization and Growth – The rise of police services, training, and accountability measures.
3. Contemporary Challenges – Issues such as organized crime, mental health, technology, and public trust.
4. The Future of Policing in Canada – Exploring reform, innovation, and the path forward for community safety and justice.



Through history, current realities, and forward-looking perspectives, this presentation offers a comprehensive view of the role policing has played, and will continue to play, in shaping Canadian society.

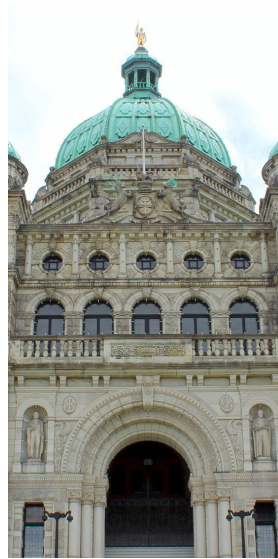
Ret. Chief Superintendent Galib Bhayani is a seasoned public safety leader and academic with a 31-year career in policing and over 16 years as a university educator. He was formerly the Chief Superintendent of RCMP Metro Vancouver and Chief of Police for the City and District of North Vancouver, served as a UN Regional Security Chief in Sudan and in Baghdad, Iraq as the first Canadian Advisor to the Prime Minister’s office during the time of ISIS. He was appointed as the Chief Safety and Risk Officer at Simon Fraser University in 2023 where he currently leads a team of 40 professionals keeping SFU’s 40,000 students, staff and faculty safe.

<b>DATE:</b>	Monday May 4
<b>TIME:</b>	1:00 – 2:50 pm
<b>LOCATION:</b>	Langley campus, West Building, Room 2120
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Galib Bhayani
<b>FACILITATOR:</b>	Sonya Furst, 778.833.3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Thu Apr 30   <i>To register see page 42</i>

## FIELD TRIP: BC LEGISLATURE IN VICTORIA

Join us for a full day adventure and a guided tour of the Parliament Buildings, home to the Legislative Assembly of British Columbia where elected representatives – called Members of the Legislative Assembly or MLAs – meet to shape the future of the province by debating and passing the laws that govern British Columbia.

The Parliament Buildings and surrounding areas are located on the traditional territories of the Lekwungen-speaking peoples. Now known as the Songhees and Esquimalt Nations, these Coast Salish people have a rich culture and history dating back thousands of years. Opened in 1898, the politics that have taken place within its long hallways, richly furnished rooms and grand Legislative Chamber have had lasting impacts on generations of British Columbians and will continue to do so well into the future.



Meet at the BC Ferry Tsawwassen terminal for the 8:00 am departure. Free ferry fare (passengers only) for those BC residents over the age of 65 with valid ID. Ride the Victoria Transit double decker bus (for an hour) from the Schwartz Bay ferry terminal to downtown Victoria and the Parliament Building at 501 Belleville Street. Our tour will be from approximately 11:00 am to 12:30 pm.

Join us after the tour for lunch, either at the BC Legislature dining room or a local pub (to be confirmed and communicated via email a few weeks prior).

Board the bus back to the Swartz Bay Ferry terminal at 3:30 pm to catch the 5:00 pm ferry back to Tsawwassen, arriving at 6:45 pm. Parking at BC Ferries Tsawwassen long term lot is approximately \$15 for 24 hours. Carpool if you can.

For those with mobility issues, the BC Legislature does have wheelchair or walker ramps and/or elevators.

<b>DATE:</b>	Wednesday May 6
<b>TIME:</b>	8 am – 7 pm
<b>LOCATION:</b>	Victoria
<b>FEE:</b>	\$15 (plus transit, lunch, and ferry fare if you are under 65)
<b>FACILITATOR:</b>	Jim Zalusky, 604-368-8500, jimzalusky1958@gmail.com Carol Mitchell, 604-377-1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Wed Apr 29   To register see page 42

## FIELD TRIP: DEREK DOUBLEDAY ARBORETUM

### *Sustainable Horticulture Tour*

On this guided tour, join Nichole Marples and Amanda Smith from the Langley Environmental Partners Society (LEPS) to learn about the ongoing history of the Derek Doubleday Arboretum. The Arboretum is a 30-acre public park with a diversity of organizations active in stewarding the lands. From War Memorials to Memorial Gardens to Urban Agriculture projects, this park is for all.

For those interested in history, gardening, agriculture and sustainability, this tour is for you. Wear sturdy walking shoes for exploring this site on flat, gravel paths.

Amanda Smith has been with LEPS since 2019. She has a BA in Holocaust Studies and is a certified Master Gardener. She has 20 years of farming experience and works with many agriculture-focused groups in the Langley area. Nichole Marples has been with LEPS since 1998. Nichole holds 29 years of experience in organizational management, fundraising, project development, event



<b>DATE:</b>	Wednesday May 13
<b>TIME:</b>	10:00 am – noon
<b>LOCATION:</b>	Derek Doubleday Arboretum, 21177 Fraser Highway, Langley
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Nichole Marples and Amanda Smith
<b>FACILITATOR:</b>	Heather Cross, 604.762.2469, hscross@outlook.com
<b>REGISTER BY:</b>	Fri May 8   To register see page 42

## FIELD TRIP: A WALK IN THE FOREST

Join us for a guided walk in a forest in the traditional land and territory of Sq'ewá:lxw First Nations People. They have created an artistic story about their culture along the trail. The name of the Adventure Park (Syéxw Chó:leqw: Rockslide in the Forest) was chosen due to a slope at the north end where rocks have been falling from the mountain for thousands of years.

The Adventure Park was opened in 2018 to serve the local community. It includes 4,000 meters of walking and biking trails, viewing platforms, and art installations in the form of mural paintings and wood sculptures. Playground for our Ancestors was the inspiration for the park as the First Nation's families had used the land for hunting, fishing and harvesting cedar bark. You can preview the park at [skawahlook.com/syexw-choleqw-adventure-park](http://skawahlook.com/syexw-choleqw-adventure-park)

In preparation for this walk and talk, you may watch the film Transcendence // Capturing the Spirit of Mountain Biking Through Art in Northern British Columbia at [youtube.com](https://www.youtube.com).

Patrick Lucas is a community planner, storyteller, and co-founder of the Indigenous Youth Mountain Bike Program, which has worked with 60 First Nations throughout BC to build more than 200 km of nature trails that foster outdoor recreation and assert their rights and title to their lands and territories. Patrick will share how these experiences have reformed his understanding of reconciliation from a non-Indigenous perspective and the importance of decolonizing outdoor adventure sport.



<b>DATE:</b>	Friday May 22
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	Syéxw Chó:leqw Adventure Park 59389 Lougheed Highway, Ruby Creek, BC
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Patrick Lucas
<b>FACILITATOR:</b>	Carol Mitchell, 604-377-1657, <a href="mailto:cmbmitchell42@gmail.com">cmbmitchell42@gmail.com</a>
<b>REGISTER BY:</b>	Fri May 15   <i>To register see page 42</i>

## FREQUENTLY ASKED QUESTIONS

### What makes TALK different?

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 course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. You can even offer to present a course!

For further information on being a TALK volunteer, contact Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or 604.277.1130. We particularly need help on our Marketing Committee. Contact Marketing Chair Sonya Furst at [sonyafurst@outlook.com](mailto:sonyafurst@outlook.com) or 778.833.3762.

### Do I have to be a TALK member to attend courses?

You must be a TALK member (Sept – Aug) in order to register for any of our paid TALK courses. You do not have to pay membership fees to participate in our public events such as Philosophers' Corners and Compelling Conversations. Our AGM is free to members.

### What is Amilia?

Amilia is the online registration and payment system used by TALK. It is a Canadian based organization and the use of the system has been vetted and approved by TALK and KPU.

### May I register after the course “register by” date?

The “register by” date on Amilia and in the brochure is set to just before the reminder notice or Zoom link is sent out by the office. If you try to register online after that date, you will get a message saying registration has closed. To register after that date, you will have to contact the office at 604 599-3077 or [talk@kpu.ca](mailto:talk@kpu.ca). However, it is preferable to have members register earlier so that we know if we have enough people to run the course. Some courses fill up quickly so it is a good idea to register as early as you can.

### Will I get a receipt and confirmation of all of the courses I signed up for?

Yes. You will receive a confirmation of registration and payment email. You can also see a calendar of the courses you have registered for by going to your online Amilia calendar. You can also access your invoice and payment information on your Amilia account.

## FREQUENTLY ASKED QUESTIONS

### **What if I find I will not be able to attend a course I have registered for?**

Members are entitled to a refund of course fees if withdrawal occurs at least seven days before the course starts. TALK membership fees will not be refunded. If you would like to withdraw from a course, please call the TALK phone number 604-599-3077 or email [talk@kpu.ca](mailto:talk@kpu.ca).

### **How can I get more information on the course content?**

Please contact the Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or 604.277.1130.

### **What happens if a course is cancelled?**

Registrants will receive a cancellation email notification that will request a response. If the TALK admin do not receive an email response, the TALK member will be phoned and notified of the cancellation of the course. A full refund will be provided.

### **What are the COVID-19 protocols for on-campus courses?**

At KPU, mask wearing is now a matter of personal preference. Use of masks in indoor public areas is strongly recommended. It is important that we respect the choices of everyone. Should the mask mandate change, we will update this information. You will receive notice of additional requirements (if applicable) with the reminder notice that is sent a few days before your class.

### **Is there parking available on campus?**

Parking is available on all Kwantlen campuses. The cost is \$5.00. Go to a Paystation located at main building entrances. Key in car license plate number; select time; then pay. Coin plus Visa and MasterCard are accepted at all Pay-by-Stall Paystations. Take receipt - no need to display on vehicle dash. The pass will be valid on all campuses for the day of purchase with displayed receipt. If you have a handicapped placard, parking is free in the marked handicapped spaces only. If you park in a regular stall, you are expected to pay. There is also free parking at the Newton Athletic Centre near the Surrey campus, a 10-15 minute walk. You can find more info about parking at [kpu.ca/parking-transit/maps](http://kpu.ca/parking-transit/maps).

## FREQUENTLY ASKED QUESTIONS

### **Why is the classroom so cold?**

Some rooms on campus have automated heat. They don't start to warm up until there are bodies in the room to trip the motion detectors. We recommend you dress in layers.

### **Should I worry about the security of my personal information using Zoom?**

No need to worry! KPU has a special Zoom licence. All your personal information stays within Canada. The routing to the meeting is encrypted, your personal information is not disclosed, and there is no impact on your privacy. KPU uses your contact information only to ensure you are registered in TALK courses and receive information about them.

### **When will I receive my Zoom link?**

You should receive your Zoom invitation from [notifications@amilia.com](mailto:notifications@amilia.com) two or three days prior to the scheduled session. This will include the link to your Zoom webinar or meeting, and any handouts the presenter has supplied. Please read this email carefully for any special instructions. Ensure that you have listed [notifications@amilia.com](mailto:notifications@amilia.com) in the Safe Senders tab in your email server's Junk Mail Options. If you have not received the link by the day before the session, please contact us immediately through [talk@kpu.ca](mailto:talk@kpu.ca) or call us at 604.599.3077 so that we may resend you the link.

### **How can I give feedback to the TALK organizers?**

We love hearing from you. To send written comments on courses or suggest future courses or presenters, please send an email to [talk@kpu.ca](mailto:talk@kpu.ca) with "feedback" in the subject line.

### **How do I buy a TALK gift card for a friend?**

Go to [kpu.ca/talk/courses](http://kpu.ca/talk/courses), Click on Register for Courses, Click Login (upper right of screen) and enter your email and Amilia password. Click on Gift Cards (under the TALK logo) and choose an amount. Add recipient name, email and message and Add to Cart. You can do this at the same time you are paying for your membership and registering for courses or any time.

## Just a few simple steps!

Go to our website [kpu.ca/talk/courses](http://kpu.ca/talk/courses). Sign up and pay for a webinar course on *Amilia*.

1. A few days before your course, you will receive a reminder email from *Amilia* with a link to the webinar and a password.
2. **Save this email** somewhere you can find it... or add the link to your calendar. **If you haven't received the link by the day before the session, please contact [talk@kpu.ca](mailto:talk@kpu.ca) or 604-599-3077**
3. About 10 minutes before the start time of the webinar, go to the reminder email and sign in by clicking on the link and entering the password. (You can join using your web browser and do not need to download the Zoom app.) You will be placed into a wait room until the start of the session.
4. Make sure you join the webinar with your First Name and Last Name as attendance will be taken during the presentation. There may be removal of attendance if you are not on the class list for the TALK course.
5. If unable to join the Zoom webinar send email with "technical difficulties" in the subject line and your telephone number. We will try to call you to see if we can assist you.

### Did you know that most TALK Zoom webinars are recorded and the link to the private video is sent to those registered after the class?

This means you can register with confidence that, if you can't attend, you can still watch the presentation later.

### Using a regular phone or iPhone to attend the webinar

If you don't have a computer and want to phone in and listen to the presentation, numbers will be listed in the email (use the 778 are code number). You will be able to hear the presentation, but you won't be able to see any slides. For iPhone users, use the one-tap link for your iPhone (use the 778 are code number). Some of the slides might be hard to see on the small screen.

### Do you belong to another group that might be interested in TALK?

Contact our Marketing Chair Sonya Furst ([sonyafurst@outlook.com](mailto:sonyafurst@outlook.com)) for more information about a TALK presentation or a short article that could go in one of your newsletters.

To apply for membership in TALK (\$10 Sep 1/25 – Aug 31/26) and to register for winter/spring 2026 events, please visit [kpu.ca/talk](http://kpu.ca/talk).

Here is the list of available courses and activities for winter/spring 2026. For quick reference, you may wish to keep track of your *Amilia*:

ID# \_\_\_\_\_ Username \_\_\_\_\_ Password \_\_\_\_\_

### I wish to enroll in the following courses:

	COURSE	LOCATION	DATE(S)	TIME	FEE
<input type="checkbox"/>	Crime Stoppers	Langley	Feb 11	10 am	\$15
<input type="checkbox"/>	Black History in BC	Surrey	Feb 17	11 am	\$15
<input type="checkbox"/>	You Are What You Eat: Triglycerides	Online	Feb 20	11 am	\$15
<input type="checkbox"/>	Field Trip: Museum of Surrey	Offsite	Feb 27	10 am	\$15
<input type="checkbox"/>	Women in Science: Microbiology/Math	Richmond	Mar 6, 13	10 am	\$20
<input type="checkbox"/>	<b>Compelling Conversations</b>	Richmond	Mar 11	7 pm	free
<input type="checkbox"/>	Ancient Rome: Art, Politics & Legacy	Surrey	Mar 16	1:30pm	\$15
<input type="checkbox"/>	Exploring Generative AI	Online	Mar 17, 24	6 pm	\$20
<input type="checkbox"/>	Hands-on Mobile Device Training	Surrey	Mar 18	10 am	\$15
<input type="checkbox"/>	Gardening for Climate Change	Richmond	Mar 20	10 am	\$15
<input type="checkbox"/>	Film Study: Building a Film Studio	Online	Mar 21	10 am	\$15
<input type="checkbox"/>	Film Study: The Pitt	Surrey	Mar 23, 30	10 am	\$20
<input type="checkbox"/>	Who was Tommy Douglas?	Surrey	Mar 27	12 pm	\$15
<input type="checkbox"/>	Film Study: The Camera's Perspective	Surrey	Mar 28	11 am	\$15
<input type="checkbox"/>	Tea and Culture in East Asia	Surrey	Apr 7	10 am	\$15
<input type="checkbox"/>	Indian Act and Truth & Reconciliation	Online	Apr 8, 10	10 am	\$20
<input type="checkbox"/>	Missing Butterflies	Online	Apr 11	10 am	\$15
<input type="checkbox"/>	Field Trip: Big Canoe	Offsite	Apr 13	10 am	\$35
<input type="checkbox"/>	Wildland Firefighters	Online	Apr 14	10 am	\$15
<input type="checkbox"/>	Transit ORiented Communities	Online	Apr 18	10 am	\$15
<input type="checkbox"/>	Living Well with Dementia	Online	Apr 21	10 am	\$15
<input type="checkbox"/>	Poetry of the First World War	Surrey	Apr 22	10 am	\$15
<input type="checkbox"/>	Reclaim Your Vitality at Any Age	Richmond	Apr 24	1 pm	\$15
<input type="checkbox"/>	Psychology of Golf	Richmond	Apr 28	10 am	\$15
<input type="checkbox"/>	Policing: Past and Future	Langley	May 4	1 pm	\$15
<input type="checkbox"/>	Field Trip: BC Legislature in Victoria	Offsite	May 6	8 am	\$15
<input type="checkbox"/>	Field Trip: Derek Doubleday Arboretum	Offsite	May 13	10 am	\$15
<input type="checkbox"/>	Field Trip: A Walk in the Forest	Offsite	May 22	11 am	\$15

### Online Registration and Payment System

TALK's registration and payment system is online to make your registration experience as fast and easy as possible. The system is called *Amilia*, and it is a secure Canadian-based organization.

It's as Easy as 1 - 2 - 3!

1. To access the *Amilia* registration site, visit the TALK website [kpu.ca/talk](http://kpu.ca/talk), click on the **Courses & Registration** tab, and click on the **“Register for Courses”** button OR go directly to **“Register for Courses”** at [kpu.ca/talk/courses](http://kpu.ca/talk/courses)
2. Once there, register for courses and create your *Amilia* account if you don't already have one
3. Lastly, pay online by credit card or e-cheque (a direct payment from your bank)

*That's it!*

When setting up your *Amilia* account, please ensure that you check the boxes to receive emails from Third Age Learning at Kwantlen (TALK) [talk@kpu.ca](mailto:talk@kpu.ca) and the *Amilia* team notifications@amilia.com.

For more detailed help with this registration process, please check out the “Online Registration Guide” that is on the TALK Courses & Registration webpage: [kpu.ca/talk/courses](http://kpu.ca/talk/courses)

If you need assistance or have questions about the online registration and payment system, please contact the TALK administration at **604-599-3077** or email [talk@kpu.ca](mailto:talk@kpu.ca).

- » Great way to connect with others who enjoy learning
- » Helps you stay current and relevant
- » Courses are presented by professionals
- » High quality content at a reasonable cost
- » Enthusiastic, volunteer instructors
- » Adds structure to your life and activities to look forward to
- » Great variety of topics suggested by members
- » Some courses are online (how to access included)
- » On-campus courses with safety protocols in place

**All this leads to a greater satisfaction with life and enhanced mental fitness. Only \$10 per year to belong. Course costs kept very low. TALK is cheap!**



### Facebook

TALK has two pages: a Facebook Community page and a Group page. To visit our Facebook Community page, go to: [facebook.com/kpu.ca.TALK](https://facebook.com/kpu.ca.TALK). Here you can see what's happening at TALK.

If you want a more interactive experience, join our Group page. Visit [facebook.com/groups/697127260390288](https://facebook.com/groups/697127260390288) or search “**TALK Third Age Learning at Kwantlen**” and click on the “Public Group” entry. You can view this page without joining it but if you want to post or comment you must click “join” and you will be automatically added. Please post only items that are relevant to TALK.

As well, we would appreciate if you would post a review on our Community page and a comment on the courses you attend on our Public Group page. Then share the course post(s) with your comment(s) to your own social media accounts. Help spread the word about TALK!



### Instagram

Check us out! [instagram.com/talkwantlen/](https://instagram.com/talkwantlen/)



### LinkedIn

Follow us at: [linkedin.com/company/talk-third-age-learning-at-kwantlen](https://linkedin.com/company/talk-third-age-learning-at-kwantlen)

Don't miss our Compelling Conversations  
event March 11: The Agricultural  
Singularity: technology, policy and the  
surprising future of food.  
See details on page 2.



# TALK

*Third Age Learning  
at Kwantlen*



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