



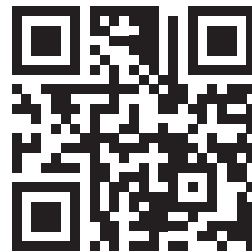
# TALK

*Third Age Learning  
at Kwantlen*

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

**FALL 2026**

**Courses start  
September 25**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

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

## ➤ THE FUTURE OF POST-SECONDARY EDUCATION

In an ever-changing educational, economic, social, and regulatory environment Acting KPU President Diane Purvey will explore the evolving landscape of post-secondary education in Canada, with particular focus on KPU. She will examine pressures that institutions face, including increasing access while safeguarding quality, aligning with shifting labour market demands, and supporting a more diverse student population than ever before.

Drawing on firsthand experience, Diane will reflect on both the challenges and the opportunities shaping the sector today and invite the audience to consider how post-secondary education can remain resilient, relevant, and responsive in the years ahead.

Dr. Diane Purvey is Acting President and Vice Chancellor of Kwantlen Polytechnic University (KPU). Prior to her current role, she served as KPU's Provost and Vice President Academic from 2021 and Dean of the Faculty of Arts from 2012.



|                         |                                                           |
|-------------------------|-----------------------------------------------------------|
| <b>DATE:</b>            | Monday, October 26                                        |
| <b>TIME:</b>            | 10:30 am—12:30 pm                                         |
| <b>LOCATION:</b>        | Richmond Campus, Room 2550 (Melville Centre for Dialogue) |
| <b>FEE:</b>             | FREE to TALK members                                      |
| <b>GUEST PRESENTER:</b> | Dr. Diane Purvey                                          |
| <b>FACILITATOR:</b>     | Paul Tyndall, paulbriantyndall@gmail.com                  |
| <b>REGISTER BY:</b>     | Wed Oct 21 To register see page 40                        |

### 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).

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TALK REGISTRATION OPENS SEPTEMBER 9

| SEPTEMBER 2026                                                                                          |     |                                                           |                                                                |                                                   |                                               |     |
|---------------------------------------------------------------------------------------------------------|-----|-----------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------|-----|
| SUN                                                                                                     | MON | TUE                                                       | WED                                                            | THU                                               | FRI                                           | SAT |
| 20                                                                                                      | 21  | 22                                                        | 23                                                             | 24<br>Philosophers' Corner<br>11:30 am<br>Langley | 25<br>To Create is Human<br>10 am<br>Richmond | 26  |
| 27                                                                                                      | 28  | 29<br>Field Trip: KPU Farm/ Garden at the Bog<br>10:30 am | 30<br>National Truth and Reconciliation Day<br>Campuses closed |                                                   |                                               |     |
| <div><div>Field Trip</div><div>Online</div><div>Richmond</div><div>Surrey</div><div>Langley</div></div> |     |                                                           |                                                                |                                                   |                                               |     |

What's New at TALK

- » In response to our March 2026 survey, our programs this fall reflect some requested themes: artificial intelligence, help with technology, medical issues, current affairs, and other fascinating topics, plus unique field trips with time for socializing. We are bringing back by popular demand a number of well-loved presenters.
- » There is an Amilia app that makes it even easier to register! See page 40.
- » Debit cards (if they are Visa or Mastercard debit cards) and pre-purchased credit cards can be accepted by Amilia now.
- » There are a couple of cost increases to note: The cost of parking on KPU campuses is now \$4 per hour or \$10 for all day. You will need the \$10 option for a two-hour class. For Surrey Campus, you can park free at Newton Athletic Park, a 10-to-15-minute walk from campus. See page 39 for details.
- » We have increased the cost of TALK courses by \$5. The last time TALK increased course fees was in 2015.

| OCTOBER 2026                                                                                            |                                                            |                                                            |                                                                 |                                                          |                                                             |     |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|-----|
| SUN                                                                                                     | MON                                                        | TUE                                                        | WED                                                             | THU                                                      | FRI                                                         | SAT |
|                                                                                                         |                                                            |                                                            |                                                                 | 1<br>Philosophers' Corner<br>10:30 am<br>Richmond        | 2<br>Ancient Communities & Vanishing Places<br>10 am Surrey | 3   |
| 4                                                                                                       | 5<br>The Fraser River<br>12 pm<br>Richmond                 | 6<br>Sticks and Stones: The Power of Words<br>10 am Online | 7<br>Field Trip: Fraser Valley Rose Farm<br>11 am Deroche       | 8<br>Philosophers' Corner<br>11:30 am Surrey             | 9<br>Basic First Aid at Home<br>10 am Surrey                | 10  |
| 11<br>Thanksgiving<br>Campuses closed                                                                   | 12                                                         | 13<br>The State of the World's Birds<br>10 am Online       | 14<br>How Financialization has Strangled Economy<br>9 am Online | 15                                                       | 16                                                          | 17  |
| 18                                                                                                      | 19<br>The Curious History of Colour in Art<br>11 am Surrey | 20<br>How to Help People with Dementia<br>10:30 am Online  | 21<br>How to Access Your Medical Records<br>10 am Online        | 22<br>Philosophers' Corner<br>11:30 am<br>Langley        | 23<br>Sleeping Peacefully<br>10 am Langley                  | 24  |
| 25<br>TALK AGM<br>10:30 am<br>Richmond                                                                  | 26<br>Ethics of Artificial Intelligence<br>10 am Online    | 27                                                         | 28                                                              | 29<br>Understanding Musical Autobiography<br>6 pm Online | 30                                                          |     |
| <div><div>Field Trip</div><div>Online</div><div>Richmond</div><div>Surrey</div><div>Langley</div></div> |                                                            |                                                            |                                                                 |                                                          |                                                             |     |

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

TALK facilitators put up gold 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/find-your-classroom](https://kpu.ca/current-students/find-your-classroom).

## TALK EVENTS CALENDAR

| NOVEMBER 2026                                         |                                                          |                                                                |                                                                               |                                                |                                                    |     |
|-------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------|-----|
| SUN                                                   | MON                                                      | TUE                                                            | WED                                                                           | THU                                            | FRI                                                | SAT |
| 1                                                     | 2<br>Geopolitics and International Trade<br>10 am Online | 3                                                              | 4<br>CyberSafe Seniors<br>10 am Online                                        | 5<br>Philosophers' Corner<br>10:30 am Richmond | 6                                                  | 7   |
| 8                                                     | 9                                                        | 10<br>The Future in Your Living Room 1950-70<br>10 am Richmond | 11<br><i>Remembrance Day</i><br><i>Campuses closed</i>                        | 12<br>Philosophers' Corner<br>11:30 am Surrey  | 13<br>Transit Oriented Communities<br>10 am Online | 14  |
| 15                                                    | 16                                                       | 17<br>The Future in Your Living Room 1950-70<br>10 am Richmond | 18<br>How Prescription Medicines Affect Your Cognitive Health<br>10 am Surrey | 19                                             | 20                                                 | 21  |
| 22                                                    | 23<br>Submarines in Canada<br>10 am Surrey               | 24                                                             | 25                                                                            | 26<br>Philosophers' Corner<br>11:30 am Langley | 27<br>Field Trip: Oughtred Roasting Works<br>10 am | 28  |
| 29<br>Armchair Travel: Bordeaux, etc.<br>10 am Online | 30                                                       |                                                                |                                                                               |                                                |                                                    |     |

|            |        |          |        |         |
|------------|--------|----------|--------|---------|
| Field Trip | Online | Richmond | Surrey | Langley |
|------------|--------|----------|--------|---------|

### Uncertain about driving and about parking costs (now \$10)?

Consider carpooling with your friends to TALK events on campus. See details about parking in our FAQ on page 38.

## TALK EVENTS CALENDAR

| DECEMBER 2026 |                                                   |                                                      |                                                    |                                                                                         |                                  |     |
|---------------|---------------------------------------------------|------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------|-----|
| SUN           | MON                                               | TUE                                                  | WED                                                | THU                                                                                     | FRI                              | SAT |
|               |                                                   | 1<br>Grief, Love and Letting Go<br>10 am Langley     | 2<br>Tech Support Android/ Windows<br>10 am Surrey | 3<br>Philosophers' Corner<br>10:30 am Richmond                                          | 4                                | 5   |
|               |                                                   |                                                      | Tech Support Apple/ Windows<br>1 pm Surrey         | Tech Support Android/ Apple<br>10 am Surrey<br>Tech Support Apple/ Apple<br>1 pm Surrey |                                  |     |
| 6             | 7<br>BC's Marvellous Mushrooms<br>10:30 am Online | 8<br>Housing Decisions for Seniors<br>10 am Richmond | 9                                                  | 10<br>Philosophers' Corner<br>11:30 am Surrey                                           | 11<br>Xi Jinping<br>10 am Surrey | 12  |

|            |        |          |        |         |
|------------|--------|----------|--------|---------|
| Field Trip | Online | Richmond | Surrey | Langley |
|------------|--------|----------|--------|---------|

### 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. See instructions on our FAQ page 39.

Third Age Learning at Kwantlen (TALK) events are organized and delivered by volunteers. While care is taken to provide enriching learning opportunities, participants engage in all activities at their own discretion and assume responsibility for their own participation.

## TALK'S PHILOSOPHERS' CORNERS

### Fall 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.

Participants are expected to contribute respectfully, stay on topic, and avoid dominating discussion or using language that could be perceived as hostile or dismissive.

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

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



## TALK'S PHILOSOPHERS' CORNERS

**Richmond Philosophers' Corners are held at 10:30 am on the first Thursday** at Wisteria Place, 4388 Garry Street in Multipurpose Room #1. 604.204.0910. [wisteriaplace.ca](http://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:

- Oct 1** Should humour be politically correct?
- Nov 5** How do you define success?
- Dec 3** Should teachers be allowed to keep children's "secrets" from their parents?

**Surrey Philosophers' Corners are 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.

- Oct 8** To Infinity and Beyond. Really?
- Nov 12** Environmental Report Card
- Dec 10** The Notwithstanding Clause. What is it and what's your opinion?

**Langley Philosophers' Corners are 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.

- Sep 24** Are you optimistic that many of the world's problems can be solved by science?
- Oct 22** The problem with one point of view!
- Nov 26** How do we use the principles of ethics in everyday life?

#### 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).

## TO CREATE IS HUMAN

### *A Workshop on Design Thinking*

This interactive workshop introduces the principles of creativity and design thinking as practical tools for everyday life. Through an engaging talk, participants will learn how creativity is not a rare talent, but a skill rooted in curiosity, empathy, and problem-solving.

We then transition into a hands-on activity where participants collaborate to understand real human needs and design meaningful solutions. Drawing on their own life experiences, participants will practice key elements of circular design thinking—empathizing, defining problems, generating ideas, prototyping, and testing—while discovering how these approaches can enhance personal decision-making and everyday challenges. The workshop will be dynamic, reflective, and designed to leave participants with both insight and practical strategies.

Back by popular demand! Farhad Dastur of KPU's Psychology Department is passionate about communicating ideas to the public and has presented for TALK since 2004 on visual illusions, evolutionary psychology, memory, mind, aviation safety, Amazon rainforest, frustrating everyday products, and virtual reality.



#### **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).

|                         |                                                                               |
|-------------------------|-------------------------------------------------------------------------------|
| <b>DATE:</b>            | Friday, September 25                                                          |
| <b>TIME:</b>            | 10:00—11:50 am                                                                |
| <b>LOCATION:</b>        | Richmond Campus, Main Building, Classroom R2500                               |
| <b>FEE:</b>             | \$20                                                                          |
| <b>GUEST PRESENTER:</b> | Dr. Farhad Dastur                                                             |
| <b>FACILITATOR:</b>     | Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a> |
| <b>REGISTER BY:</b>     | Tue Sep 22   To register see page 40                                          |

## FIELD TRIP: RICHMOND KPU FARM & GARDEN AT THE BOG

Bogs once covered most of east Richmond. These remarkable wetland ecosystems support rare plants and store far more carbon than an equivalent area of old-growth rainforest. The bogs of Richmond have been compromised by peat mining, road building, and agricultural drainage and development, releasing carbon dioxide as they disappear. Few pieces of the original bogland remain intact.

Kwantlen Polytechnic University (KPU) operates an organic teaching and research farm on the Garden City Lands, a municipal park dedicated to both sustainable agriculture and bog conservation. Learn how the KPU Farm balances organic fruit and vegetable production with protection and restoration of the sensitive bog ecosystem next door.

The walking tour will include both the farm and the bog. Wear outdoor shoes and weather-appropriate clothing. Park in the Richmond KPU parking lot (\$10) and meet in the main building in front of the library. We will walk together to the KPU Gardens and Farm across Garden City Road. Following the tour, we will have a social lunch.

Dr. Michael Bomford has taught sustainable agriculture at KPU since 2014. He teaches courses and guides research in organic agriculture, vegetable production, and pest management. Moving to Richmond sparked his interest in bogs and wetlands. Mike was recently awarded a year of study leave to develop a management plan for the bog at the Garden City Lands.



|                          |                                                                                                    |
|--------------------------|----------------------------------------------------------------------------------------------------|
| <b>DATE:</b>             | Tuesday, September 29                                                                              |
| <b>TIME:</b>             | 10:30 am—12:00 noon                                                                                |
| <b>LOCATION:</b>         | Garden City Lands, between Lansdowne & Alderbridge off Garden City Road.                           |
| <b>FEE:</b>              | \$20                                                                                               |
| <b>GUEST PRESENTERS:</b> | Dr. Michael Bomford                                                                                |
| <b>FACILITATORS:</b>     | Carol Mitchell, 604.377.1657, <a href="mailto:cmbmitchell42@gmail.com">cmbmitchell42@gmail.com</a> |
| <b>REGISTER BY:</b>      | Thu Sep 24   To register see page 40                                                               |

## ANCIENT COMMUNITIES AND VANISHING PLACES

This session explores historic indigenous and ethnic communities experiencing low birthrate, climate change challenges, and vanishing culture.

The communities include 1) Kwantlen in Tsawwassen, 2) Saisyat in Taiwan, 3) Northern Hill Tribes in Thailand, 4) Batak and Aeta in the Philippines, 5) Ainu in Japan.

Many communities are confronted with the loss of cultures such as language and art and the loss of young people who migrate to cities for education or employment. The traditional communities are highly engaged in farming and live mostly in rural areas, hence the impact of climate change such as flooding and drought.

Through this fascinating cultural and climate presentation, we will explore ancient noble communities and the challenge to combat climate change and the ways to protect precious cultures.

Back by popular demand! Dr. Ross Michael Pink teaches political science at KPU. His focus and areas of interest are water rights and development, child rights, human security, anti-child trafficking laws and policy, and refugee rights. He is Co-Founder of Global Water Rights, an Educational NGO. He has given TALK many fascinating courses in the past.



|                         |                                                                               |
|-------------------------|-------------------------------------------------------------------------------|
| <b>DATE:</b>            | Friday, October 2                                                             |
| <b>TIME:</b>            | 10:00—11:50 am                                                                |
| <b>LOCATION:</b>        | Surrey Campus, Fir Building, Classroom 130                                    |
| <b>FEE:</b>             | \$20                                                                          |
| <b>GUEST PRESENTER:</b> | Dr. Ross Michael Pink                                                         |
| <b>FACILITATOR:</b>     | Sonya Furst, <a href="mailto:talkwantlen@gmail.com">talkwantlen@gmail.com</a> |
| <b>REGISTER BY:</b>     | Tue Sep 29   <i>To register see page 40</i>                                   |

## THE FRASER RIVER

Did you know that the ocean used to reach all the way up to Langley?

Marine artist and historian John Horton will lead this presentation about the Fraser River. His knowledge of the river comes from patrolling it for 45 years as a search and rescue volunteer. Volunteers train twice a week on Delta Lifeboats, running thousands of safety patrols during both commercial and indigenous fishery times.

You'll enjoy this historical journey, shown through art, photographs, and maps of the Fraser.

John Horton has been painting since the age of nine and is internationally known for capturing marine subjects. He has produced more than 1,500 paintings, all of which are meticulously researched, richly detailed, and technically accurate. For his series of over 50 paintings depicting Captain George Vancouver's 18th-century voyages of exploration and discovery, Horton sailed Vancouver's routes, from Washington State through BC and up to the top of Alaska. In 2022, John was inducted into the Order of British Columbia in recognition of his dedication to recording Canadian Marine history.



### 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>            | Monday, October 5                                                                               |
| <b>TIME:</b>            | 12:00—1:50 pm                                                                                   |
| <b>LOCATION:</b>        | Richmond Campus, Main Building, Classroom 2060                                                  |
| <b>FEE:</b>             | \$20                                                                                            |
| <b>GUEST PRESENTER:</b> | John Horton, marine artist and historian                                                        |
| <b>FACILITATOR:</b>     | Patricia Warshawski, 604.542.7171, <a href="mailto:pwarshawski@shaw.ca">pwarshawski@shaw.ca</a> |
| <b>REGISTER BY:</b>     | Thu Oct 1   <i>To register see page 40</i>                                                      |

## STICKS & STONES: ROOTS & BONES

### *Exploring the Power of Words in a Polarized World*

Convinced that conversations were becoming more estranged and becoming harder than walking away – some seemingly no longer possible – and that the world was more polarized than ever, Don Shafer sought answers from global discourse analysts. Advice from one of his first endeavours: “Keep talking”. That answer didn’t resolve anything in the moment, but stayed with him, turning into how we keep talking – especially when power, identity, memory, and emotion are also in the room.

Don wants to share with you why conversations so often break down and how conversation is a living ecosystem. He will share what he’s learned about the conditions that make it possible to keep talking and why it is the most important civic act left for us to do – because the real risk isn’t disagreement or disputes, but losing connectedness.

Don Shafer is a broadcaster, researcher and community activist. He spent more than five decades at the intersection of storytelling, leadership, and public life, sitting in almost every chair in radio and television stations across Canada and with the Toronto Star newspaper group. He completed his PhD at UBC on dialogue, polarization, and what he calls “conversational ecosystems.”



#### **You don’t have to be in the Lower Mainland to take TALK courses**

Encourage your friends in other cities to take TALK webinars. You can sign in to these from anywhere! Also, most of our webinars are recorded so you can watch them later.

|                         |                                                                               |
|-------------------------|-------------------------------------------------------------------------------|
| <b>DATES:</b>           | Tuesday, October 6                                                            |
| <b>TIME:</b>            | 10:00—11:30 am                                                                |
| <b>LOCATION:</b>        | Online                                                                        |
| <b>FEE:</b>             | \$20                                                                          |
| <b>GUEST PRESENTER:</b> | Don Shafer                                                                    |
| <b>FACILITATOR:</b>     | Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a> |
| <b>REGISTER BY:</b>     | Thu Oct 1   <i>To register see page 40</i>                                    |

## FIELD TRIP: FRASER VALLEY ROSE FARM

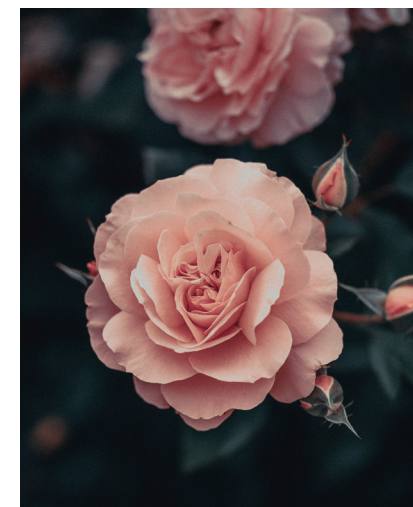
Jason Croutch invites you to participate in a technical look at the realities of today’s plant production. This walking tour will take you beyond the garden aesthetic to explore professional growing practices, integrated pest management and the science of propagation.

You will learn firsthand how thousands of plants are started and maintained in a working nursery environment. After your tour you will enjoy a visit to the Farm’s gift shop.

Following the tour, weather-dependent, we may organize a picnic.

Jason Croutch is the co-owner of the Fraser Valley Rose Farm, a nursery specializing in

unique, hard-to-find, and historical varieties of roses that are no longer available in the Canadian market. He attended the KPU greenhouse production program before taking a position at the Valleybrook Gardens growing perennials. Jason is active on YouTube, producing videos aimed at inspiring and sharing knowledge with backyard growers, budding rosarians, and garden enthusiasts.



Third Age Learning at Kwantlen (TALK) events are organized and delivered by volunteers. While care is taken to provide enriching learning opportunities, participants engage in all activities at their own discretion and assume responsibility for their own participation. Participants are asked to fill out a liability waiver for field trips.

|                         |                                                                                                    |
|-------------------------|----------------------------------------------------------------------------------------------------|
| <b>DATE:</b>            | Wednesday, October 7                                                                               |
| <b>TIME:</b>            | 11:00 am—12:30 pm                                                                                  |
| <b>LOCATION:</b>        | Fraser Valley Rose Farm, 8455 Thompson Road, Deroche (off Highway 7 just east of Mission)          |
| <b>FEE:</b>             | \$20                                                                                               |
| <b>GUEST PRESENTER:</b> | Jason Croutch                                                                                      |
| <b>FACILITATOR:</b>     | Carol Mitchell, 604.377.1657, <a href="mailto:cmbmitchell42@gmail.com">cmbmitchell42@gmail.com</a> |
| <b>REGISTER BY:</b>     | Sun Oct 4   <i>To register see page 40</i>                                                         |

# BASIC FIRST AID AT HOME

Are you prepared for a personal emergency that involves your partner, a visitor, or yourself? Do you have the information you need to access the appropriate help at your fingertips: Check! Call! and Care! Do you have the basic equipment or the skills to help the person until qualified help arrives?

Join Dan Amos, an experienced Firefighter for the City of Surrey, who can help you become a first aid and safety resource in your home. He will focus on accident prevention and how to be resourceful and helpful in emergency situations. He will show the key components of an essential first aid kit in the home.

Dan will also demonstrate basic CPR, how to help someone who is choking, how to position an unresponsive person in the recovery position, and how to use first aid supplies for common wounds. He will have helpful handouts for participants to take home and, if there is time, you will be able to practice.

Dan Amos is a Captain for the City of Surrey Fire Services and a Canadian Red Cross Instructor Trainer. He has 20 years of teaching experience in Fire Safety and Community CPR / First Aid delivery. Since its inception in 1981, the Surrey Firefighters CPR and First Aid Program has taught over 55,000 citizens some form of basic first aid and CPR.



|                         |                                                                           |
|-------------------------|---------------------------------------------------------------------------|
| <b>DATES:</b>           | Friday, October 9                                                         |
| <b>TIME:</b>            | 10:00—11:50 am                                                            |
| <b>LOCATION:</b>        | Surrey Campus, Fir Building, Classroom 130                                |
| <b>FEE:</b>             | \$20                                                                      |
| <b>GUEST PRESENTER:</b> | Dan Amos, Program Director, Surrey Firefighters CPR and First Aid Program |
| <b>FACILITATOR:</b>     | Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com                     |
| <b>REGISTER BY:</b>     | Tue Oct 6   <i>To register see page 40</i>                                |

# THE STATE OF THE WORLD’S BIRDS

The birds in the world are in serious trouble, and common species are in decline around the globe with one in eight birds threatened by extinction. The State of Canada’s Birds Report shows more species declining than increasing and dramatic declines in groups like aerial insectivores, grassland birds, and shorebirds.

In this session, you will learn about the surviving species, the miracle of migration, and what you can do to help them survive in today’s environment! Join us for a critical update on the world’s birds.

Carol Matthews, Executive Director of the Vancouver Avian Research Centre, will describe the current state of the bird population in the world and what we can do to help the birds in our surroundings survive.



**Do you belong to another group that might be interested in TALK?**  
Contact our Marketing Chair Sonya Furst at [talkwantlen@gmail.com](mailto:talkwantlen@gmail.com) for more information about a TALK presentation or a short article that could go in one of your newsletters.

|                         |                                                       |
|-------------------------|-------------------------------------------------------|
| <b>DATE:</b>            | Tuesday, October 13                                   |
| <b>TIME:</b>            | 10:00—11:30 am                                        |
| <b>LOCATION:</b>        | Online                                                |
| <b>FEE:</b>             | \$20                                                  |
| <b>GUEST PRESENTER:</b> | Carol Matthews                                        |
| <b>FACILITATOR:</b>     | Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com |
| <b>REGISTER BY:</b>     | Thu Oct 8   <i>To register see page 40</i>            |

# HOW FINANCIALIZATION HAS STRANGLED THE ECONOMY

There has been an inexorable trend over the past 50 years for big businesses to “financialize”– to turn away from making and selling real goods and services and instead to selling debt. That’s where the profit is.

Governments have been complicit in this process: deregulating markets, privatising, reducing taxes, and encouraging ‘financial engineering’. The result has been recurring crises, soaring house prices, increasing inequality, and stagnating economic growth. Western economies are thus being strangled as financiers get rich.

Tony Cleaver recently retired from lecturing economics at the University of Durham, UK. He has lived and worked in the UK, Singapore, Chile, The Netherlands and Colombia – all of which have inspired him to write and to continue to shake up orthodox economics.



### TALK’s Online Zoom webinars

Encourage your friends in other cities to take TALK webinars. You can sign in to these from anywhere! Also, most of our webinars are recorded so you can watch them later.

|                  |                                                        |
|------------------|--------------------------------------------------------|
| DATE:            | Wednesday, October 14                                  |
| TIME:            | 9:00—10:30 am                                          |
| LOCATION:        | Online                                                 |
| FEE:             | \$20                                                   |
| GUEST PRESENTER: | Tony Cleaver                                           |
| FACILITATOR:     | Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca |
| REGISTER BY:     | Sun Oct 11   To register see page 40                   |

# THE CURIOUS HISTORY OF COLOUR IN ART

We all have favorite colours, but the history and science of colour can be surprising.

Why do we ‘see red’ or ‘feel blue’? For artists, the search for colour was long and complicated. Some came from strange sources, others were precious, unreliable, smelly, or even deadly.

Some artists are linked with a colour, like Picasso’s blue period or Van Gogh’s yellow, and others used colours to change how we see or feel.

This session is for anyone who loves colour, art, and a bit of history.

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.



### Code of conduct

Participants in TALK courses and other events are expected to contribute respectfully, stay on topic, and avoid dominating discussion or using language that could be perceived as hostile or dismissive.

|                  |                                                        |
|------------------|--------------------------------------------------------|
| DATE:            | Monday, October 19                                     |
| TIME:            | 11:00 am—12:50 pm                                      |
| LOCATION:        | Surrey Campus, Fir Building, Classroom 1364            |
| FEE:             | \$20                                                   |
| GUEST PRESENTER: | Linda Quigley                                          |
| FACILITATOR:     | Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca |
| REGISTER BY:     | The Oct 15   To register see page 40                   |

# HOW TO HELP PEOPLE WITH DEMENTIA

As you know, caring for someone you love can be deeply meaningful, and also challenging, especially when dementia-related behavioural changes arise.

In this session, you will learn practical tips families need to know, including best practices for effective communication and survival tips for everyday caregiving. You'll leave the session with practical tools you can immediately understand and use.

Karen Tyrell is a Dementia Consultant, Educator and Speaker with over 30 years of experience in seniors' care. She is the founder and CEO of Personalized Dementia Solutions Inc. and the author of *Cracking the Dementia Code: Creative Solutions to Cope with Changed Behaviours*.

Karen supports family caregivers and frontline care teams by translating evidence into practical, person-centred strategies that reduce distress, strengthen resilience, and improve sustainability in home and community care. She developed Canada's Dementia Designation Program, enabling caregivers to stand out as Certified Dementia Care Providers, and was part of the design team for BC's first Dementia Village.



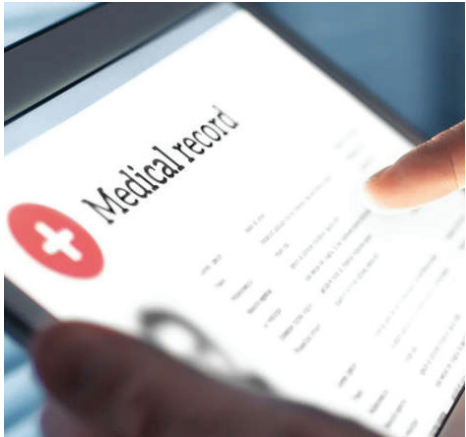
|                         |                                                       |
|-------------------------|-------------------------------------------------------|
| <b>DATES:</b>           | Tuesday, October 20                                   |
| <b>TIME:</b>            | 10:30 am—12:00 noon                                   |
| <b>LOCATION:</b>        | Online                                                |
| <b>FEE:</b>             | \$20                                                  |
| <b>GUEST PRESENTER:</b> | Karen Tyrell, CPCA, CDCP                              |
| <b>FACILITATOR:</b>     | Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com |
| <b>REGISTER BY:</b>     | Thu Oct 15   To register see page 40                  |

# HOW TO ACCESS YOUR MEDICAL RECORDS

This course will explore how people in British Columbia can access their medical records, both online and without using a computer. Participants will learn what types of health information are available, where that information is stored, and why it may appear in different places.

The session will explain the differences between doctors' clinic records, shared health system records, and personal health portals, with a focus on using Health Gateway, regional health authority portals, and clinic systems. Privacy, safety, and where to get help will also be covered, making this talk especially useful for anyone who wants to better understand and manage their own health information.

Jelena Kalyvas is a Board Member with the BC Chapter of the Healthcare Information and Management Systems Society and a healthcare digital transformation leader with extensive experience across BC's health system.



**TALK has two endowments**  
Former TALK member Winnifred Searle left a bequest in her will for an endowment to the KPU Foundation to be used for TALK programming. We use the annual proceeds of that endowment to host our annual Compelling Conversations event. In addition, TALK has funded a separate endowment at the KPU Foundation and uses those funds to provide annual scholarships for mature KPU students. If you'd like to donate and receive a tax receipt, go to [give.kpu.ca](https://give.kpu.ca), click on "Give", then "Find Your Fund", and then specify: "365753 - Third Age Learning at Kwantlen (TALK) Endowed Award."

|                         |                                                        |
|-------------------------|--------------------------------------------------------|
| <b>DATE:</b>            | Wednesday, October 21                                  |
| <b>TIME:</b>            | 10:00—11:30 am                                         |
| <b>LOCATION:</b>        | Online                                                 |
| <b>FEE:</b>             | \$20                                                   |
| <b>GUEST PRESENTER:</b> | Jelena Kalyvas                                         |
| <b>FACILITATOR:</b>     | Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca |
| <b>REGISTER BY:</b>     | Sun Oct 18   To register see page 40                   |

# SLEEPING PEACEFULLY

Would you like to know how to transform distressed sleep to peaceful sleep? Sleep-deprived people are putting their health, quality of life, and even their lifespan in jeopardy. Therefore, getting enough peaceful sleep should be a priority.

After briefly identifying causes and outcomes of disturbed sleep, the main focus of this seminar will be providing information and strategies to help you learn how to achieve peaceful sleep.

Practical psychological techniques explaining what to do and how to apply them will be provided. Several will be demonstrated within the seminar, with opportunity for you to practice them so that you gain experiential understanding of how to improve your ability to sleep well.

Dr. Donna Golding, a vibrant senior, studied psychology first in Vancouver and then in Australia. She gained a PhD and specialized in Transpersonal Psychology: states of consciousness, spirituality and the phenomenon of metaphysical experiences.



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

|                  |                                                  |
|------------------|--------------------------------------------------|
| DATE:            | Friday, October 23                               |
| TIME:            | 10:00—11:50 am                                   |
| LOCATION:        | Langley Campus, East Building, Classroom 1540    |
| FEE:             | \$20                                             |
| GUEST PRESENTER: | Dr. Donna Golding                                |
| FACILITATOR:     | Heather Cross, 604.762.2469, hscross@outlook.com |
| REGISTER BY:     | Tue Oct 20   To register see page 40             |

# ETHICS OF ARTIFICIAL INTELLIGENCE

## Humanity’s Greatest Threat or Only Hope?

As Artificial Intelligence (AI) tools continue to evolve with increasing claims of complexity and fewer and fewer guardrails, there are also increasing concerns that humanity as we knew it, even three years ago, is no longer in our hands. Are we doomed? Is Anthropic our Skynet? Who is calling the shots, if not us?

Digging into the embedded prevalence of AI tools in spaces and places with devices and data, primarily LLM based models, there is a growing list of ethical considerations:

- The global reliance on the surveillance economy
- Media manipulation for personal, political and criminal gain, including a steep rise in hate, harassment, and fraud
- A social and cultural erasure, coined ‘Digital Colonialism’, and a ballooning access inequity
- Environmental catastrophizing and real catastrophes

Who is responsible for these impacts? What do we do about it, if anything? How does one step into the epic flood of technological evolution and navigate the waters safely? Join us for this conversation to sift fact from fiction as we explore the ethics behind the risks, benefits, and opportunities of Artificial Intelligence in our time.

Dr. Joanna Hesketh is a professor at Vancouver Island University. Her diverse background includes a BA in Literature, an MBA in Marketing, and an MA and PhD in Media Psychology. She teaches Applied Research, Ethics, Marketing and Technology.



|                  |                                        |
|------------------|----------------------------------------|
| DATE:            | Tuesday, October 27                    |
| TIME:            | 10:00—11:30 am                         |
| LOCATION:        | Online                                 |
| FEE:             | \$20                                   |
| GUEST PRESENTER: | Dr. Joanna Hesketh                     |
| FACILITATOR:     | Rose Marie Borutski, socionik@yahoo.ca |
| REGISTER BY:     | Thu Oct 22   To register see page 40   |

## UNDERSTANDING MUSICAL AUTOBIOGRAPHY

### *How music socializes us and creates our identities*

Have you ever mused on the role of music and its impact in forming self-image and identity, how music speaks of one's situation, thoughts, and feelings?

What musicians or singers do you find yourself listening to, singing and humming to, and when - during the best of times and the worst? How did musicians, their music, and their words capture and define certain eras and even the way we think?

In this session, Randal Tonks helps connect the music of our lives to how our sense of self and identity develops.

Dr. Randal Tonks of Camosun College in Victoria teaches psychology courses in Culture, Health, History, and Music. He is currently a member of the Executive Committee of the International Union of Psychological Science which promotes the science of psychology globally. He has published research on identity development in cultural contexts for over 25 years, examining the role of acculturation on identity formation and its impacts on health and adjustment for immigrants and sojourners.



#### **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).

**DATES:** Thursday, October 29

**TIME:** 6:00—7:30 pm

**LOCATION:** Online

**FEE:** \$20

**GUEST PRESENTER:** Dr. Randal Tonks

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

**REGISTER BY:** Sun Oct 22 | To register see page 40

## GEOPOLITICS AND INTERNATIONAL TRADE

Following World War II, the United States had become the world economic power. In addition to the creation of various international organizations such as the United Nations, it supported the creation of the General Agreement on Tariffs and Trade (GATT) to reduce tariff barriers to trade.

Future negotiations led to more reductions in tariffs, ultimately leading to the creation of the World Trade Organization (WTO), which not only resulted in further tariff reductions, but also rules covering various other aspects of trade. China joined the WTO in 2001 and subsequently became the largest exporter in the world.



U.S. President Donald Trump, in his second term, disrupted the world trading system by increasing tariffs on most countries, a clear violation of the WTO rules. Canada has become highly dependent on trade with the U.S.

Under these circumstances Prime Minister Carney and other world leaders are seeking to establish a global trading system that is less reliant on trade with the U.S. This presentation will discuss some of the actions that Canada and other countries are proposing to reduce reliance on trade with the U.S.

Ron Krystynak grew up on a farm in Saskatchewan. After university he went to work for the Federal Government in Ottawa. Most of his career was as an economist with Agriculture and Agri-food Canada, much of which was related to trade, including the negotiation of the North American Free Trade Agreement, the World Trade Organization Agreement, and other smaller agreements. He was also posted to the Canadian Embassy in Washington, DC, dealing with agriculture trade issues.

**DATE:** Monday, November 2

**TIME:** 10:00—11:30 am

**LOCATION:** Online

**FEE:** \$20

**GUEST PRESENTER:** Ron Krystynak

**FACILITATOR:** Patricia Warshawski, 604.542.7171, [pwarshawski@shaw.ca](mailto:pwarshawski@shaw.ca)

**REGISTER BY:** Thu Oct 29 | To register see page 40

Preventing AI fraud and scams

This presentation will equip older adults with the skills to move beyond the buzzwords, to gain genuine clarity on the technology that is fundamentally reshaping our society, and to stay safe in an age of increasingly sophisticated scams.

Through practical, easy-to-follow guidance, participants will learn how to spot AI-powered fraud tactics—like voice cloning, deepfakes, and impersonation scams—and build confidence to respond safely and protect themselves online.

Marc-Alexandre Ladouceur is a Media Education Specialist with MediaSmarts, Canada’s centre for digital media literacy. He develops educational programs and resources for people of all ages. He regularly serves as a spokesperson for media outlets including Radio-Canada, CBC and La Presse, and delivers workshops and speaks at conferences across Canada, sharing his expertise in digital media literacy with educators, parents, and community organizations. He believes in the well-being of people navigating the rapid growth of technology through comprehensive digital literacy and intersubjective education.



**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](https://kpu.ca/talk/courses).

|                  |                                                                               |
|------------------|-------------------------------------------------------------------------------|
| DATE:            | Wednesday, November 4                                                         |
| TIME:            | 10:00—11:30 am                                                                |
| LOCATION:        | Online                                                                        |
| FEE:             | \$20                                                                          |
| GUEST PRESENTER: | Marc-Alexandre Ladouceur, MediaSmarts                                         |
| FACILITATOR:     | Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a> |
| REGISTER BY:     | Sun Nov 1   To register see page 40                                           |

How sci-fi TV shows mirrored hopes and fears in the post-war decades

Using still images and clips, Jim Rupert will survey sci-fi TV programs from 1949, when ‘Captain Video and His Video Rangers’ first entered living rooms, to 1969, when ‘Star Trek’ abruptly terminated its five-year mission.

**Nov 10: American sci-fi TV shows:** In the early 1950s, despite low budgets and technical limitations, space-themed adventures brought rocket ships, strange planets, aliens, and heroic spacemen into our living rooms, along with affirmations of honour, clean-living, and a lot of child-oriented marketing. Anthologies targeted older audiences and often featured stories by the field’s top authors. The 1960s saw increasing technical sophistication in adult-oriented dramas such as ‘Star Trek’ and lightweight adventures such as ‘Lost in Space’, as well as the influences of the ‘counterculture’ movement, the increased recognition of societal problems, and the mega-hit ‘Batman’, whose colourful ‘campy’ aesthetic was quickly copied.

**Nov 17: British and Japanese sci-fi TV shows:** The earliest British shows, such as the BBC’s ‘Quatermass’ series, were characterised by low budgets, fine acting, and cerebral plots. By the early 1960s, the emphasis shifted to kid-oriented action, often with ‘strings attached’, and to an iconic franchise that revolved around the adventures of a chameleonic ‘Time Lord’ who travelled through space and time in a blue police phone box. In Japan, the popular diakaiju (‘giant monster’) movie genre spilled over to the home screen, necessitating equally giant heroes (usually robots) and frequent, energetic brawls. Series such as ‘Ultraman’ were immensely popular with Japanese children, who revelled in the over-the-top action, bizarre imagery, and the plethora of toys the ‘monster-of-the-week’ format could generate.



|                  |                                                                                                 |
|------------------|-------------------------------------------------------------------------------------------------|
| DATE:            | Tuesdays, November 10 & 17 (2 sessions)                                                         |
| TIME:            | 10:00—11:50 am                                                                                  |
| LOCATION:        | Richmond Campus, Main Building, Classroom 2060                                                  |
| FEE:             | \$25                                                                                            |
| GUEST PRESENTER: | Jim Rupert                                                                                      |
| FACILITATOR:     | Gerry Boretta, 778.887.1497, <a href="mailto:gerrycamera3@gmail.com">gerrycamera3@gmail.com</a> |
| REGISTER BY:     | Thu Nov 5   To register see page 40                                                             |

## TRANSIT ORIENTED COMMUNITIES

Urban density remains one of the most significant yet insufficiently understood determinants in the design and development of sustainable cities. Concentrating residential populations within densely organized communities preserves open space and conserves finite land resources. Moreover, density constrains the extent of the required infrastructure, mitigating the inefficiencies associated with urban sprawl. One such framework for achieving these objectives is the Transit Oriented Community (TOC) model.

Transit Oriented Communities are defined as high-density developments strategically situated to facilitate the efficient movement of large populations to their respective destinations. These communities are characterized by enhanced livability and walkability, coupled with a diminished dependence on private vehicular transportation.

Despite their elevated population densities, TOCs are intentionally designed to foster community cohesion. They incorporate social infrastructure such as community centres and public parks, recreational amenities including pools and arenas, and essential civic services encompassing schools, police stations, fire departments, and hospitals. The TOC model thus presents a comprehensive framework for addressing both current and emergent challenges in urban environments.

Craig Mitchell is a registered architect with over 25 years of professional experience. His portfolio encompasses a diverse range of project types, including educational, library, healthcare, and cultural facilities, as well as industrial, commercial, and residential developments.



|                         |                                                       |
|-------------------------|-------------------------------------------------------|
| <b>DATE:</b>            | Friday, November 13                                   |
| <b>TIME:</b>            | 10:00—11:30 am                                        |
| <b>LOCATION:</b>        | Online                                                |
| <b>FEE:</b>             | \$20                                                  |
| <b>GUEST PRESENTER:</b> | Craig Mitchell                                        |
| <b>FACILITATOR:</b>     | Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com |
| <b>REGISTER BY:</b>     | Tue Nov 10   To register see page 40                  |

## HOW PRESCRIPTION MEDICINES AFFECT COGNITIVE HEALTH

How do drugs work in our body? Pharmacist Alan Glasser will explain the processes and review some of the common medications that can affect cognition as we age. For example, blood pressure medications can decrease blood flow to the brain. Sleep aids and mood-altering drugs can also affect cognition. Many drugs, including some antihistamines, can pass the blood-brain barrier causing potential cognition problems.

The key to brain health is energy in every cell. We will discover how our body's mitochondria affect this.

Alan Glasser has been the owner of Marks Pharmacy in Delta since 2003. He is also host of the Healthworx radio show since 1999, first on CFUW and now on CKNW every Saturday at 5 pm.



### Did you know that KPU is a member of the worldwide Age Friendly University movement?

An Age Friendly University “increases the understanding...of the longevity dividend and the increasing complexity and richness that aging brings, and encourages the participation of older adults in all the core activities of the university, including educational and research programmes. It also aims to promote intergenerational learning and widen access to educational opportunities for older adults.” KPU wants you to feel welcome. Supporting TALK over the past 27 years is one important way it does that. KPU also aims to be accessible and is working to be more so. More info at [kpu.ca/oeic/age-friendly-university](http://kpu.ca/oeic/age-friendly-university).

|                         |                                                  |
|-------------------------|--------------------------------------------------|
| <b>DATE:</b>            | Wednesday, November 18                           |
| <b>TIME:</b>            | 10:00—11:50 am                                   |
| <b>LOCATION:</b>        | Surrey Campus, Fir Building, Classroom 136       |
| <b>FEE:</b>             | \$20                                             |
| <b>GUEST PRESENTER:</b> | Alan Glasser                                     |
| <b>FACILITATOR:</b>     | Heather Cross, 604.762.2469, hscross@outlook.com |
| <b>REGISTER BY:</b>     | Sun Nov 15   To register see page 40             |

## SUBMARINES IN CANADA

This session will start with a brief history of the development of submarines from the first iterations to the present day, and the employment of these vessels, often called “U-boats”, as tactical and strategic weapons of war in the 19th, 20th and 21st centuries.

Then we’ll move into Canada’s need for submarines to protect our sovereignty and defend the shores of our three oceans, the sad state of our current submarine fleet, and the choices we face. Can we upgrade our undersea capabilities satisfactorily without going nuclear?

Rodrick (“Rod”) MacKinnon is a graduate of the Royal Military College and Dalhousie Law School. He served in the Royal Canadian Navy Regular and Reserves for 13 years as a Watchkeeper and Navigation Officer in Destroyers and Submarines and was a Training Officer for Naval Reservists. He worked as a lawyer in private practice for 22 years and also as an Executive with Seaspan and Vancouver Shipyards for five years.



**Did you know you can register for TALK courses on the Amilia App?**  
For detailed instructions, please see the “How to Use the Amilia App” guide at the bottom of the TALK Courses & Registration webpage: [kpu.ca/talk/courses](http://kpu.ca/talk/courses).

|                  |                                                                                                 |
|------------------|-------------------------------------------------------------------------------------------------|
| DATE:            | Monday, November 23                                                                             |
| TIME:            | 10:00—11:50 am                                                                                  |
| LOCATION:        | Surrey Campus, Fir Building, Classroom 130                                                      |
| FEE:             | \$20                                                                                            |
| GUEST PRESENTER: | Rod MacKinnon                                                                                   |
| FACILITATOR:     | Patricia Warshawski, 604.542.7171, <a href="mailto:pwarshawski@shaw.ca">pwarshawski@shaw.ca</a> |
| REGISTER BY:     | Thu Nov 19   To register see page 40                                                            |

## FIELD TRIP: OUGHTRED ROASTING WORKS

The Oughtred Roasting Works is a family-run coffee procurement and roasting business founded in 1973 by John Oughtred, Sr., now run by his son Michael Oughtred. The Roasting Works is strategically located in Delta’s Tilbury business park, only a few kilometers away from the Delta port where their green coffee beans arrive in Canada. Oughtred is one of only a handful of companies that import their green coffee beans directly from partner mills and farms across the world.



Focusing on the highest quality, sustainable Arabica coffee beans and direct relationships is what separates the Oughtred Roasting Works from its competition. In fact, many small- to medium-sized roasters across Western Canada rely on Oughtred’s specialized procurement relationships and direct trade model to source their green beans for their own roasting businesses.

At the Roasting Works we will have a chance to see both the unroasted beans and the process of roasting. Our tour will allow us to see a variety of different green coffees from around the world and how they must pass a rigorous quality control process before being transformed into roasted whole bean coffee. Included in the tour is a chance to taste a few different origins and roast levels to better understand the nuanced flavours and complexity that is possible in the world of coffee.

Lots of free parking available. There is also a retail store if you wish to purchase products.

Third Age Learning at Kwantlen (TALK) events are organized and delivered by volunteers. While care is taken to provide enriching learning opportunities, participants engage in all activities at their own discretion and assume responsibility for their own participation.

|                  |                                                                                                   |
|------------------|---------------------------------------------------------------------------------------------------|
| DATE:            | Friday, November 27                                                                               |
| TIME:            | 10:00 am—noon                                                                                     |
| LOCATION:        | Oughtred Roasting Works, #4-7550 River Rd, Delta                                                  |
| FEE:             | \$20                                                                                              |
| GUEST PRESENTER: | Michael Oughtred                                                                                  |
| FACILITATOR:     | Jim Zalusky, 604.368.8500, <a href="mailto:jimzalusky1958@gmail.com">jimzalusky1958@gmail.com</a> |
| REGISTER BY:     | Tue Nov 24   To register see page 40                                                              |

# ARMCHAIR TRAVEL: BORDEAUX REGION

## Bordeaux, Bernadette, Biarritz, and Bilbao

This session features a two-week tour through southwest France and northeast Spain. We start in Bordeaux, a city with more historic monuments than any other French city except Paris, and visit local and nearby attractions.

We move on to Lourdes, home of the Sanctuary of Our Lady of Lourdes and St. Bernadette, and from there to the Atlantic coast and trendy Biarritz.

Coastal and inland adventures eventually take us to Bilbao in Spain in the heart of Basque Country. Please join us for a fascinating tour of this corner of Europe.

Back by popular demand! Rick Chambers has been doing travelogues for the seniors' program in Ontario for over 13 years. He has travelled often, mostly in Europe and Canada. He has previously given TALK excellent travelogues on Ireland, Israel and Jordan, Scotland, Costa del Sol, Umbria, Italy, and the Canary Islands.



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

|                  |                                          |
|------------------|------------------------------------------|
| DATE:            | Monday, November 30                      |
| TIME:            | 10:00—11:30 am                           |
| LOCATION:        | Online                                   |
| FEE:             | \$20                                     |
| GUEST PRESENTER: | Rick Chambers                            |
| FACILITATOR:     | Sandra Carpenter, surreysandra@gmail.com |
| REGISTER BY:     | Thu Nov 26   To register see page 40     |

# GRIEF, LOVE AND LETTING GO

Grief is something we all experience, yet many of us feel unprepared to navigate it or support others through it. This session creates a safe, reflective, and compassionate space to explore grief beyond traditional models, recognizing it as a deeply personal and ongoing experience.

Drawing from lived experience, hospice volunteer work, and a Caribbean cultural perspective on death and community, this session invites participants into meaningful conversations about loss, love, and what it means to care for one another through life's transitions.

Participants will:

- Understand that grief is not linear and varies from person to person
- Learn practical and compassionate ways to support someone who is grieving
- Reflect on their own experiences with loss and meaning-making
- Explore the role of culture, community, and spirituality in grief

Camille Mc Millan Rambharat is a Death Doula and Grief and Bereavement Coach. She is also a hospice volunteer, supporting individuals and families through end-of-life and grief journeys. A published author and storyteller, Camille creates safe spaces for reflection, conversation, and connection, empowering individuals to navigate life's most difficult transitions with dignity and understanding.



|                  |                                                  |
|------------------|--------------------------------------------------|
| DATE:            | Tuesday, December 1                              |
| TIME:            | 10:00—11:50 am                                   |
| LOCATION:        | Langley Campus, East Building, Classroom 1515    |
| FEE:             | \$20                                             |
| GUEST PRESENTER: | Camille Mc Millan Rambharat                      |
| FACILITATOR:     | Heather Cross, 604.762.2469, hscross@outlook.com |
| REGISTER BY:     | Thu Nov 26   To register see page 40             |

## HANDS-ON TECH SUPPORT

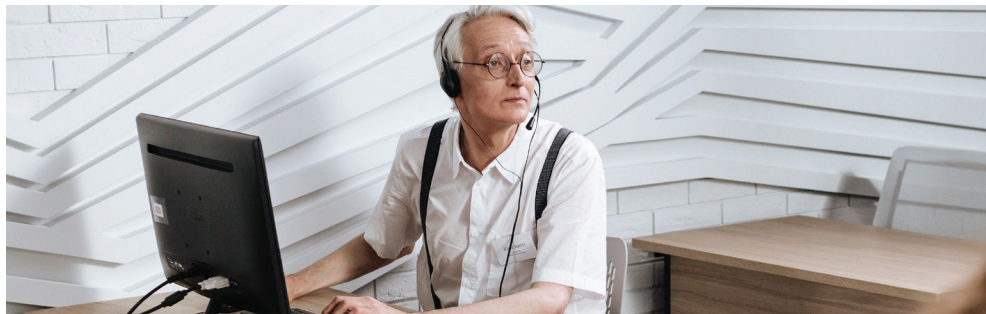
We know we should protect our devices and files and precious photos, but here is actual hands-on help! Rahim Virani and his team will work one-on-one with you to ensure you have the latest malware and security software installed on your devices and that you know how to back up and retrieve your files. We are running four different classes to ensure we have the experts in attendance that can help with your specific requirements.

This will be an in-person, hands-on session, so please make sure your devices have fully charged batteries and you have reviewed prior to the session any current account passwords that are required. Please bring your chargers just in case. We also suggest bringing an external hard drive, if you have one, and a few USB sticks (thumb drives) to the session.

Each class will be limited to six participants so that we can handle all requests in the time allotted. Please register for the class that matches your devices:

- Class 1 Apple laptop or tablet with Apple phone Tue Dec 2, 10:00—11:50 am
- Class 2 Apple laptop or tablet with Android phone Tue Dec 2, 1:00–2:50 pm
- Class 3 Windows laptop or tablet with Apple phone Wed Dec 3, 10:00—11:50 am
- Class 4 Windows laptop or tablet with Android phone Wed Dec 3, 1:00—2:50 pm

Rahim Virani is an IT professional with over 20 years of experience. He works with KPU's Information Security team in IT to help protect the University from the ever-increasing threats and bad actors.



|                         |                                                     |
|-------------------------|-----------------------------------------------------|
| <b>DATE:</b>            | Wed Dec 2 or Thurs Dec 3 (four individual sessions) |
| <b>TIME:</b>            | See above                                           |
| <b>LOCATION:</b>        | Surrey Campus, Fir Building, Classroom 1362         |
| <b>FEE:</b>             | \$20                                                |
| <b>GUEST PRESENTER:</b> | Rahim Virani                                        |
| <b>FACILITATOR:</b>     | Jim Zalusky, 604-368-8500, jimzalusky1958@gmail.com |
| <b>REGISTER BY:</b>     | Sun Nov 29   <i>To register see page 40</i>         |

## BC'S MARVELOUS MUSHROOMS

More than 3,400 species of mushrooms have been recorded in British Columbia – more than any other province or territory. Some are familiar, some bizarre, some delicious, and some deadly. The lives of these fungi are interwoven into every part of BC's ecosystems.

Mushrooms are not only a subject of scientific study but also a source of food, dyes, and medicine. For some, they are objects of ceremony and beauty.

This presentation will explore the biology and ecology of our province's mushrooms, and the various ways that humans interact with BC's marvellous mushrooms.

Andy MacKinnon has co-compiled BC's most popular field guides for plants and has been called "the rockstar of botanists." He is co-author of six best-selling books about plants of western North America, and co-author of the newly published Royal BC Museum Handbook "Mushrooms of British Columbia." If you peruse his book, you will know which special favourites you can ask him about!



### 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. See instruction on our FAQ page 39

|                         |                                            |
|-------------------------|--------------------------------------------|
| <b>DATE:</b>            | Monday, December 7                         |
| <b>TIME:</b>            | 10:30 am—noon                              |
| <b>LOCATION:</b>        | Online                                     |
| <b>FEE:</b>             | \$20                                       |
| <b>GUEST PRESENTER:</b> | Andy MacKinnon                             |
| <b>FACILITATOR:</b>     | Sandra Carpenter, surreysandra@gmail.com   |
| <b>REGISTER BY:</b>     | Thu Dec 3   <i>To register see page 40</i> |

# HOUSING DECISIONS FOR SENIORS

Are you feeling unsure about whether to stay or move? Learn practical tools and a clear decision-making process to help adults 50+ reduce stress, gain confidence, and take the next step with clarity.

This will be a conversational, supportive session led by three experienced professionals with decades of experience working with older adults and families: Connie McGinley, a trusted realtor; Tracey Lundell, a financial planner specializing in seniors; and Elaine Pitblado, an expert mortgage broker.

They will explore the emotional and practical sides of housing decisions and transitions later in life. The focus will be on reducing stress, clarifying your options, and helping you feel more confident as you consider whether to stay, downsize, or relocate.

Rather than a formal presentation, this is an open discussion designed to acknowledge and honour the emotions that often come with these decisions, while also providing practical strategies and real-world guidance.

Questions are encouraged throughout. Whether you are actively planning a move or simply starting to think ahead, you will leave feeling more informed, supported, and better equipped to make thoughtful decisions about your next chapter.



|                  |                                                     |
|------------------|-----------------------------------------------------|
| DATE:            | Tuesday, December 8                                 |
| TIME:            | 10:00—11:50 am                                      |
| LOCATION:        | Richmond Campus, Main Building, Classroom 2060      |
| FEE:             | \$20                                                |
| GUEST PRESENTER: | Connie McGinley, Tracey Lundell, Elaine Pitblado    |
| FACILITATOR:     | Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com |
| REGISTER BY:     | Thu Dec 3   To register see page 40                 |

# XI JINPING

This presentation on Xi Jinping and the Chinese Communist Party (CCP) will examine contemporary Chinese politics in three ways:

- What has made President, Chairman, and Commander-in-Chief Xi unique in recent Chinese history (2015-now)
- How the CCP continues to maintain relevance in a changing world and
- A short outline of ‘where the People’s Republic of China (PRC) is at with Canada’ according to recent events (2016-2026).



Xi and the Party are not going anywhere – they are gaining strength domestically and expanding geopolitical power in our rapidly changing world.

Bring your questions about recent Xi-related, PRC and PRC-Canadian political interactions.

Back by popular demand! Dr. 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 environmental and history projects in China and the US and currently works with the Canadian School of Public Service and Department of National Defence in Canada on courses and training related to international policy on PRC China. Jack has given TALK many fascinating courses in the past, most recently the one last spring on Tea and Culture in East Asia.

|                  |                                                     |
|------------------|-----------------------------------------------------|
| DATE:            | Friday, December 11                                 |
| TIME:            | 10:00—11:50 am                                      |
| LOCATION:        | Surrey Campus, Fir Building, Classroom 128          |
| FEE:             | \$20                                                |
| GUEST PRESENTER: | Dr. Jack Hayes                                      |
| FACILITATOR:     | Jim Zalusky, 604-368-8500, jimzalusky1958@gmail.com |
| REGISTER BY:     | Tue Dec 8   To register see page 40                 |

## FREQUENTLY ASKED QUESTIONS

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

You must be a TALK member (Sept-Aug) to register for any of our online (Zoom webinar) and on-campus courses and field trips. Our AGM is free to members. You do not have to pay membership fees to participate in our public events such as Philosophers' Corners and Compelling Conversations.

### **What is Amilia?**

Amilia is the Canadian-based online registration and payment system used by TALK. There is automatic access to Amilia through our website when you register for courses. The first time you become a member of TALK, you will be asked to set up an Amilia account. You will receive emails confirming registration and payment. You can see a calendar of the courses you have registered for and access your invoice and payment info on your Amilia account. There is also a new Amilia App you can use on your mobile device. See instructions to use this on page 40.

### **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 that registration has closed. To register after that date, contact the office at [talk@kpu.ca](mailto:talk@kpu.ca) or 604.599.3077. 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.

### **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 is requested at least seven days before the course starts. TALK membership fees will not be refunded. To withdraw from a course, email [talk@kpu.ca](mailto:talk@kpu.ca) or leave a message at 604.599.3077.

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

Registrants will receive a cancellation email that will request a response to ensure you have received the message. If you do not respond, you will be phoned. A full refund will be provided.

### **How do 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 email [talk@kpu.ca](mailto:talk@kpu.ca) with “feedback” in the subject line.

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

Parking is available on all KPU campuses. The cost is now \$10 per day (or \$4 per hour, but you will likely need to pay for more than 2 hours.) We recommend you carpool with

## FREQUENTLY ASKED QUESTIONS

friends! Park in a regular spot (not reserved or short-term). Go to a Pay station located at building entrances. Key in your car licence plate number; select time; then pay. Coins plus Visa and Mastercard are accepted. Take receipt – no need to display it on your dashboard. If you have a handicapped placard, parking is free in the marked accessible parking 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).

### **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/find-your-classroom](http://kpu.ca/current-students/find-your-classroom).

### **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 info stays within Canada. The routing to the webinar is encrypted, your personal info is not disclosed, and there is no impact on your privacy. KPU uses your contact info only to ensure you are registered in TALK courses and receive reminders and information about them.

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

You should receive your Zoom invitation two or three days prior to the scheduled session from [notifications@amilia.com](mailto:notifications@amilia.com). This will include the link to your Zoom webinar 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 Zoom link by the day before the session, contact the office through [talk@kpu.ca](mailto:talk@kpu.ca) or 604.599.3077 so that we may resend you the link.

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

Go to [kpu.ca/talk/courses](http://kpu.ca/talk/courses), click the Register for Courses button, 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 click Add to Cart. You can do this at the same time you are paying for your annual membership and registering for courses, or at any time.

## HOW TO REGISTER FOR TALK EVENTS

### Online Registration and Payment System...and a new App!

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 is a secure Canadian-based organization.

1. 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.
2. Click on the image of the current TALK brochure. Scroll to the bottom of the page and click on the link to the current TALK courses. There will be a number of options to choose from for types and locations of courses which you can click on to open the lists. Amilia will prompt you to create your Amilia account if you don't already have one. Amilia will also prompt you to pay your annual membership (Sep – Aug) if you have not done so.
3. Pay online by Visa, Mastercard or Discover credit card, Visa or Mastercard debit card, prepaid credit card or e-cheque (a direct payment from your bank).

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** and the Amilia team **notifications@amilia.com**.

For a step-by-step guide to this registration process, please see the “Online Registration Guide” at the bottom of the TALK Courses & Registration webpage: **[kpu.ca/talk/courses](http://kpu.ca/talk/courses)**.

**NEW: Amilia now has an App for your mobile device that makes it even easier to register.** For detailed instructions, please see the “How to Use the Amilia App” guide at the bottom of the TALK Courses & Registration webpage: **[kpu.ca/talk/courses](http://kpu.ca/talk/courses)**.

**If you need assistance or have questions**, please contact TALK administration at **talk@kpu.ca** or **604.599.3077**.

TALK greatly appreciates the assistance of KPU's Faculty of Academic and Career Preparation in booking us classroom space, arranging for printing and mailing of our brochure and other marketing materials, registration, and many other administrative supports!

## TALK REGISTRATION CALENDAR

To apply for membership in TALK (\$10 Sep 1/26 – Aug 31/27) and to register for Fall 2026 events, please visit **[kpu.ca/talk](http://kpu.ca/talk)**

Here is the list of available courses and activities for Fall 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"/> | To Create is Human                     | Richmond | Sep 25     | 10 am    | \$20 |
| <input type="checkbox"/> | Field Trip: KPU Farm & Garden at Bog   | Offsite  | Sep 29     | 10:30 am | \$20 |
| <input type="checkbox"/> | Ancient Communities                    | Surrey   | Oct 2      | 10 am    | \$20 |
| <input type="checkbox"/> | The Fraser River                       | Richmond | Oct 5      | noon     | \$20 |
| <input type="checkbox"/> | Sticks and Stones: The Power of Words  | Online   | Oct 6      | 10 am    | \$20 |
| <input type="checkbox"/> | Field Trip: Fraser Valley Rose Farm    | Offsite  | Oct 7      | 11 am    | \$20 |
| <input type="checkbox"/> | Basic First Aid at Home                | Surrey   | Oct 9      | 10 am    | \$20 |
| <input type="checkbox"/> | The State of the World's Birds         | Online   | Oct 13     | 10 am    | \$20 |
| <input type="checkbox"/> | Financialization Strangled Economy     | Online   | Oct 14     | 9 am     | \$20 |
| <input type="checkbox"/> | The Curious History of Colour in Art   | Surrey   | Oct 19     | 11 am    | \$20 |
| <input type="checkbox"/> | How to Help People with Dementia       | Online   | Oct 20     | 10:30 am | \$20 |
| <input type="checkbox"/> | How to Access Your Medical Records     | Online   | Oct 21     | 10 am    | \$20 |
| <input type="checkbox"/> | Sleeping Peacefully                    | Langley  | Oct 23     | 10 am    | \$20 |
| <input type="checkbox"/> | TALK AGM: Future of Post-Secondary     | Richmond | Oct 26     | 10:30 am | Free |
| <input type="checkbox"/> | Ethics of Artificial Intelligence      | Online   | Oct 27     | 10 am    | \$20 |
| <input type="checkbox"/> | Understanding Musical Autobiography    | Online   | Oct 29     | 6 pm     | \$20 |
| <input type="checkbox"/> | Geopolitics and International Trade    | Online   | Nov 2      | 10 am    | \$20 |
| <input type="checkbox"/> | Cybersafe Seniors                      | Online   | Nov 4      | 10 am    | \$20 |
| <input type="checkbox"/> | The Future in Your Living Room 1950-70 | Richmond | Nov 10, 17 | 10 am    | \$25 |
| <input type="checkbox"/> | Transit Oriented Communities           | Online   | Nov 13     | 10 am    | \$20 |
| <input type="checkbox"/> | Prescription Medicines & Cognition     | Surrey   | Nov 18     | 10 am    | \$20 |
| <input type="checkbox"/> | Submarines in Canada                   | Surrey   | Nov 23     | 10 am    | \$20 |
| <input type="checkbox"/> | Field Trip: Oughtred Roasting Works    | Offsite  | Nov 27     | 10 am    | \$20 |
| <input type="checkbox"/> | Armchair Travel: Bordeaux Region       | Online   | Nov 30     | 10 am    | \$20 |
| <input type="checkbox"/> | Grief, Love and Letting Go             | Langley  | Dec 1      | 10 am    | \$20 |
| <input type="checkbox"/> | Tech Support 1 Apple/Apple             | Surrey   | Dec 2      | 10 am    | \$20 |
| <input type="checkbox"/> | Tech Support 2 Apple/Android           | Surrey   | Dec 2      | 1 pm     | \$20 |
| <input type="checkbox"/> | Tech Support 3 Windows/Apple           | Surrey   | Dec 3      | 10 am    | \$20 |
| <input type="checkbox"/> | Tech Support 4 Windows /Android        | Surrey   | Dec 3      | 1 pm     | \$20 |
| <input type="checkbox"/> | BC's Marvellous Mushrooms              | Online   | Dec 7      | 10:30 am | \$20 |
| <input type="checkbox"/> | Housing Decisions for Seniors          | Richmond | Dec 8      | 10 am    | \$20 |
| <input type="checkbox"/> | Xi Jinping                             | Surrey   | Dec 11     | 10 am    | \$20 |

## HOW TO PARTICIPATE IN A TALK WEBINAR

### 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*. You will receive a confirmation email from [notifications@amilia.org](mailto:notifications@amilia.org).

1. A few days before your course, you will receive a reminder email from TALK/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.
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. If we are not planning to record, then we will add that information to the reminder email when we send you the Zoom link.

#### Zoom from anywhere!

Encourage your friends in other cities to take TALK webinars. You can sign in to these from anywhere as long as you get the time zone right!

## FOLLOW TALK ON SOCIAL MEDIA



### 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. Please post only items that are relevant to TALK.

We would appreciate if you would post reviews or comments on the courses you attend on our pages. Then share the course posts with your comments 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)**

### Benefits of being a TALK member

- » 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 and field trips with time for networking

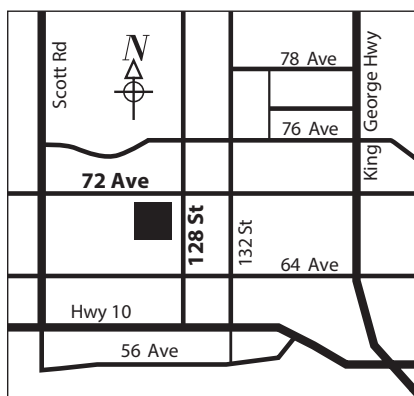
**All this leads to a greater satisfaction with life and enhanced mental fitness. Only \$10 per year to belong. Course costs kept very low. TALK is cheap!**



- KPU Langley Campus**  
20901 Langley By-Pass, Langley
- Horticulture Field Lab**



- KPU Richmond Campus**  
8771 Lansdowne Rd, Richmond



- KPU Surrey Campus**  
12666 72 Ave, Surrey



- KPU Tech Campus (Cloverdale)**  
5500 180 St, Surrey

# TALK

*Third Age Learning  
at Kwantlen*



- » [kpu.ca/talk](http://kpu.ca/talk)
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- » 604.599.3077

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