

# TALK

**Third Age Learning  
at Kwantlen**

*Creative and stimulating  
educational activities for  
adults over 50*

## FALL 2022

**Courses start  
September 21**

**➤ Both online and  
on-campus courses**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY



# THE 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 dates to look forward to
- Great variety of topics, suggested by members
- Some courses are online (how to access included)
- On-campus courses with safety protocols in place

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

**NEW!** TALK is now able to offer gift cards so you can share the benefits of TALK with your friends. See instructions on our website and purchase when you register for your own courses.

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# TALK EVENTS CALENDAR

## ➤ TALK REGISTRATION NOW OPEN

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

SEPTEMBER 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
	Labour Day, campuses closed					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
			Why Economies Fail 11 am	Philosophers' Corner Langley 11:30 am		
25	26	27	28	29	30	
	Reiki Energy Healing 10 am	Improving Your Financial Future 10 am Richmond or Online	Saving Indigenous Languages 1 pm		National Day for Truth and Reconciliation, campuses closed	

# TALK EVENTS CALENDAR

OCTOBER 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 How Will You be Remembered? 10 am Surrey	4	5 Health and Active Aging 12 pm Richmond	6 Philosophers' Corner Richmond 10:30 am	7	8
9 Thanksgiving Day, campuses closed	10	11	12 Living the Lively Life 11 am	13 Philosophers' Corner Surrey 11:30 am	14 Water is Life 10 am Surrey	15
16 Building a Crystal Grid 10 am	17	18 Emily Carr: Canadian Icon 1:30 pm Surrey or Online	19 Science of Obesity 10 am	20	21 Armchair Travel: Camino de Santiago 10 am Richmond	22
23	24 TALK AGM 10 am Richmond or Online	25 Global Health Issues 10 am Richmond	26 Memoir of a Cop 10 am	27 Philosophers' Corner Langley 11:30 am	28 Famous Indigenous Women 10 am Surrey or Online	29
30	31					

# TALK EVENTS CALENDAR

## NOVEMBER/DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>NOV 1</b>	<b>2</b>	<b>3</b> Philosophers' Corner <i>Richmond</i> 10:30 am	<b>4</b> Learning to Love Bats 11 am	<b>5</b>
<b>6</b>	<b>7</b> Compelling Conversations 7 pm <i>Surrey Conference Centre or Online</i>	<b>8</b> How to Predict the Future 10 am	<b>9</b> Advance Care Planning 10 am	<b>10</b> Philosophers' Corner <i>Surrey</i> 11:30 am	<b>11</b> <i>Remembrance Day, campuses closed</i>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Digital Tools to Support Health 11 am	<b>16</b> Art as a Witness to History 1:30 pm <i>Surrey</i>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> Basic Meditation 10 am	<b>22</b> How Can We Reverse Climate Change? 11 am <i>Surrey</i>	<b>23</b> Metro Vancouver Waste 10 am <i>Richmond</i>	<b>24</b> Philosophers' Corner <i>Langley</i> 11:30 am	<b>25</b> The Solar System 10 am <i>Richmond</i>	<b>26</b>
<b>27</b>	<b>28</b> Protecting Urban Streams Through Photography 11 am	<b>29</b>	<b>30</b> Field Trip: Waste Energy Facility 10 am <i>Burnaby</i>	<b>DEC 1</b> Philosophers' Corner <i>Richmond</i> 10:30 am	<b>2</b> The Solar System 10 am <i>Richmond</i>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b> Support Your Local Farmer 2 pm	<b>7</b>	<b>8</b> Philosophers' Corner <i>Surrey</i> 11:30 am	<b>9</b>	<b>10</b>

# TALK'S COMPELLING CONVERSATIONS

**Monday, November 7, 2022 at 7:00 pm.**  
**Open to the public. FREE.**

## **Reconciliation 101**

Join KPU Chancellor Kim Baird in conversation as she shares:

- the historical underpinnings of Indigenous exclusion in Canada
- where this legacy has left First Nations today
- some of the potential paths governments and First Nations are using to resolve outstanding injustices (reconciliation paths)
- some options for action that individuals can take



Kim Baird is an accomplished leader advising Indigenous communities, governments, businesses and other organizations on Indigenous matters. She is the Chancellor for Kwantlen Polytechnic University and the owner of Kim Baird Strategic Consulting. Her goal is to improve the quality of life for Indigenous people through her services in relation to First Nation policy, governance, and economic development; as well as First Nation consultation, communication, and engagement issues. Kim is a member of both the Order of British Columbia and the Order of Canada.

*This will be a 'hybrid' presentation. When registering, please choose either the Surrey campus event if you wish to attend in person OR the Zoom meeting if you prefer to attend online.*

*TALK's Compelling Conversations is an annual lecture made possible by a generous endowment from a former TALK member Winnifred Searle.*

<b>DATE:</b>	Mon Nov 7
<b>TIME:</b>	7:00 – 8:30 pm
<b>LOCATION:</b>	Surrey campus, Cedar Building, Room 1205A and Online
<b>FEE:</b>	FREE and open to the public. Registration required.
<b>GUEST PRESENTER:</b>	Kim Baird
<b>FACILITATOR:</b>	Jane Diston, 604-596-6000, <a href="mailto:jdiston@telus.net">jdiston@telus.net</a>
<b>REGISTER BY:</b>	Mon Oct 31
<b>TO REGISTER:</b>	See page 47

# TALK'S PHILOSOPHERS' CORNERS

**Fall 2022**

## **TALK's Philosophers' Corners are back live this Fall!**

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.

The Richmond sessions start at 10:30 am and last approximately 60 minutes. They will be in the Multipurpose Room at Wisteria Place and include coffee/tea and a snack for your drop in fee of \$5.

The Surrey and Langley sessions start at 11:30 am and last approximately 90 minutes. These Philosophers' Corners are in restaurants and are set up in a separate room so you can enjoy your lunch and the discussion in a quiet venue. You are responsible for the cost of your meal and the gratuity for the server. There is a suggested drop in fee of \$2 for the in-person Corners at Surrey and Langley.

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

- Oct 6**    What is the future of democracy?
- Nov 3**    What is our responsibility for the sins of previous generations?
- Dec 1**    Ecology or the economy: how do we balance them?



**Surrey Philosophers' Corners will be held at 11:30 am on the second Thursday** at DilSe Multi Cuisine Restaurant (formerly Ricky's) at 2160 King George Blvd. 604.385.0201 [dilsemulticuisine.com](http://dilsemulticuisine.com)

**Oct 13** What are the joys of aging?

**Nov 10** What we learned from Covid about rights vs. privileges

**Dec 8** Topic to be chosen by the people who attend the first two

**Langley Philosophers' Corners will be held at 11:30 am on the fourth Thursday** at Brogan's Diner at 20555 56 Ave. 604.532.0776

**Sep 22** Should voting be mandatory?

**Oct 27** What's on your bucket list?

**Nov 24** How has parenting changed over the decades?



# TALK'S ANNUAL GENERAL MEETING

Our AGM will feature a fascinating presentation by Isobel Mackenzie, BC Seniors Advocate. She will discuss seniors' issues in BC. This will be followed by coffee/tea and treats, and then a very short AGM. Please join us!

Isobel Mackenzie has over 20 years' experience working with seniors in home care, licensed care, community services and volunteer services. Isobel led BC's largest not-for-profit agency, serving over 6,000 seniors annually. In this work, Isobel led the implementation of a new model of dementia care that has become a national best practice, and led the first safety accreditation for homecare workers, among many other accomplishments. Isobel has been widely recognized for her work and was named BC CEO of the Year for the not-for-profit sector and nominated as a Provincial Health Care Hero. Prior to her appointment as the Seniors Advocate in 2014, Isobel served on a number of national and provincial boards and commissions.



*This will be a 'hybrid' presentation. When registering, please choose either the Richmond campus event if you wish to attend in person OR the Zoom webinar if you prefer to attend online. Note that door prizes will be available only to those attending in person.*

<b>DATE:</b>	Mon Oct 24
<b>TIME:</b>	10:00 am – 12:00 pm
<b>LOCATION:</b>	Richmond campus, Melville Centre for Dialogue, Room 2550B or Online
<b>FEE:</b>	Free to TALK members
<b>GUEST PRESENTER:</b>	Isobel Mackenzie
<b>FACILITATOR:</b>	Jane Diston, 604-596-6000, <a href="mailto:jdiston@telus.net">jdiston@telus.net</a>
<b>REGISTER BY:</b>	Mon Oct 17
<b>TO REGISTER:</b>	See page 47

# SOCIAL MEDIA LINKS



## Facebook

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

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

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



## Instagram

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



## LinkedIn

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

# WHY ECONOMIES FAIL

Societies have throughout history developed systems to coordinate their economies in order to decide what to produce, how, and for whom. Each of the numerous possible systems used some blend of the four C's: *cooperation, command, custom, and competition*. The blend reflected who owned and who controlled the important resources of that economy.



For 60,000 years prior to the Agricultural Revolution, Homo sapiens used *cooperation*; ownership of resources was a non-issue.

The slow emergence of settled agriculture resulted in the production of an economic surplus; control over this surplus ushered in the concept of ownership and the rise of *command*---e.g. The Roman Empire or today's North Korea.

The fall of Empires left a vacuum filled by primary *custom* in the age of feudalism. The Industrial Revolution gave rise to *competition*. Why this occurred in Europe and not China is a fascinating question.

Today's economies are a blend of these four C's. The balance between them determines the degree of stability and instability. Understanding these mechanisms and the economic systems which emerged helps to assess the position of a nation in the world today.

John Sayre co-authored *Principles of Microeconomics*, *Principles of Macroeconomics*, and *Why Economies Fail*, which are used by universities and colleges across Canada. He taught at Capilano University for 30 years.

**DATE:** Wed Sep 21

**TIME:** 11:00 am – 12:30 pm

**LOCATION:** Online

**FEE:** \$15

**GUEST PRESENTER:** John Sayre

**FACILITATOR:** Rose Marie Borutski, 604-538-1856, [socionik@yahoo.ca](mailto:socionik@yahoo.ca)

**REGISTER BY:** Wed Sep 14

**TO REGISTER:** See page 47

# REIKI ENERGY HEALING

Have you ever wondered what Reiki is all about? Are you curious to experience the Reiki energy in a safe online group setting? Learn about this transformational energy from a local Reiki Master-Teacher who has been teaching since 2004.

You'll learn about the history of this hands-on Japanese healing system, experience a guided meditation followed by a mini-initiation process, and a group energy exercise. The initiation process allows those who choose to accept it to forge an initial connection with the Reiki flow and to share that Reiki energy with others through their own hands. Finish this beautiful workshop by sharing your thoughts and feelings and asking any questions about Reiki's healing powers.

Lisa Ayres, has been officially empowering folks through Reiki, aromatherapy, nutritional and spiritual counselling, aura analysis, and meditation since 2001, but she's been unofficially guiding souls her whole life. Lisa teaches classes by request. Learn more on her website: [DrawingDownTheMoonSystemOfReiki.ca](http://DrawingDownTheMoonSystemOfReiki.ca).



<b>DATE:</b>	Mon Sep 26
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lisa Ayres
<b>FACILITATOR:</b>	Sonya Furst, 778-833-3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Mon Sep 19
<b>TO REGISTER:</b>	See page 47

# IMPROVING YOUR FINANCIAL FUTURE

## What is your money story?

Money is often a taboo topic of conversation. This has kept people from finding the proper place for money in their lives and from balancing their financial needs with other needs – like relationships, self-worth, employment, physical and emotional health.

This presentation will show you how to improve your financial future by better understanding your personal money story – your own personal narrative that impacts your financial behaviours through your feelings, experiences, thoughts, and beliefs about money. Gather some tips and tactics on where to start so you can make the most of your personal situation for the best possible financial outcome.

Tracey Lundell is a Senior Investment Advisor and co-founder of Sea Glass Wealth Advisory Group, part of Harbourfront Wealth Management. Tracey is an investment and fixed income specialist holding several industry certifications including the Chartered Investment Manager designation. She has a passion for Financial Literacy and is a 2021 Wealth Professional Canada Advisor of the Year Excellence Awardee: The IFSE Institute Award for Financial Literacy Champion. She previously presented Tax Considerations for Seniors in fall 2020 for TALK.

*This will be a 'hybrid' presentation. When registering, please choose either the Richmond campus course if you wish to attend in person OR the Zoom webinar if you prefer to attend online.*



<b>DATE:</b>	Tue Sep 27
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2550B or Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Tracey Lundell
<b>FACILITATOR:</b>	Jean Garnett, 604-277-1130, jeangarnett@shaw.ca
<b>REGISTER BY:</b>	Tue Sep 20
<b>TO REGISTER:</b>	See page 47

# SAVING INDIGENOUS LANGUAGES

Without active intervention there will be a mass extinction of indigenous languages in Canada as the last generation of native speakers pass away. While the family and home were once the incubators of language transmission, that has become less and less the locus for learning the speech of our ancestors. Nowadays, schools and the internet are emerging as the places where language revitalization occurs.

Dr. Eldon Yellowhorn is a native speaker of the Blackfoot language. In this session, he shares his experience in working with new media to ensure that Blackfoot has a future.

Dr. Yellowhorn is Piikani and has family and cultural ties to the Peigan Indian Reserve. His Piikani name, Otahkotskina, which translates as Yellow Horn, has been in the family for generations. His early career in archaeology began in southern Alberta where he studied the ancient cultures of the plains. He is especially interested in the mythology and folklore of his Piikani ancestors in both ancient and recent times.

Dr. Yellowhorn was appointed to the faculty at Simon Fraser University in 2002 and established the Department of First Nations Studies in 2012. He served as Chair from 2012–17 and he teaches courses dedicated to chronicling the experience of Aboriginal people across Canada.



<b>DATE:</b>	Wed Sep 28
<b>TIME:</b>	1:00 – 2:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Eldon Yellowhorn
<b>FACILITATOR:</b>	Sandra Carpenter, 778-688-4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Wed Sep 21
<b>TO REGISTER:</b>	See page 47

# HOW WILL YOU BE REMEMBERED?

Most people think their legacy will be the stuff they leave behind. Author Robb Lucy disagrees and knows there's a huge benefit to rethinking our idea of legacy. He knows we can easily create a variety of legacies - now, while we're young. Those legacies will connect us to others, enhance all our lives, make us happy, and will continue to positively affect others when we're gone.

This presentation is for anyone who has asked: Will I make a difference? Are my stories worth telling? Do I want to leave a mark, and enjoy it now? You will leave this presentation able to create the most powerful legacy story you could ever leave your family and friends – and much more.

Robb Lucy is a speaker and producer and the author of *How Will You Be Remembered?* His first career was as a journalist and producer with CBC radio. He then formed his own company producing mixed media for corporations, governments and museums around the world. He was co-founder of the Make-A-Wish Foundation in Canada, and has been active in many other volunteer organizations.



<b>DATE:</b>	Mon Oct 3
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Fir building, Room 240
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Robb Lucy
<b>FACILITATOR:</b>	Jim Zalusky, 604-368-8500, jimzalusky1958@gmail.com
<b>REGISTER BY:</b>	Mon Sep 26
<b>TO REGISTER:</b>	See page 47



# HEALTH AND ACTIVE AGING

Do you ever wonder: Now that I am actively ageing, what can I do to help maintain my prime physical health? Join Lynn Walters as she interactively shares tips and techniques to navigate this universal process of ‘gaining wisdom’.

This session will explore four major areas including:

- Heart Health
- Mind Health
- Good Balance
- Social Fitness



This will help us focus on purposeful movement and emotional wellness for a better quality of life. When you are laughing you do not age!

Lynn Walters, a retired OR Nurse Manager and current fitness and Yoga instructor, will provide tips and techniques to make your unique life’s journey smoother, knowledgeable, and with a full measure of joy.

<b>DATE:</b>	Wed Oct 5
<b>TIME:</b>	12:00 – 1:50 pm
<b>LOCATION:</b>	Richmond campus, Room 2170
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lynn Walters
<b>FACILITATOR:</b>	Roberta Mayer, 604-241-0401, robertaannmayer@gmail.com
<b>REGISTER BY:</b>	Wed Sep 28
<b>TO REGISTER:</b>	See page 47

# LIVING THE LIVELY LIFE

How do we measure ourselves as we age? Are we comparing our bodies and minds with others – and being unhappy with our perception? Are we tired of being told how “active” we are, how “inspirational” we are – or of being guarded like some fragile tea cup?

This session is an exploration of how we can create our own positive measuring stick, no matter the ageing stage in which we find ourselves. Through stories and in the Q and A, Marylee Stephenson will share her approach to living the lively life, and you can share your own successes or challenges.



Marylee Stephenson, who has a doctorate in Sociology and Women’s Studies, works independently through CS/RESORS Consulting Ltd., a program-evaluation and social policy research firm. Marylee has drawn on her sociological lens to create her busy career in story-telling and stand-up comedy, where she is known as the only lesbian comic with a Ph.D. At this time in life (79), Marylee thinks the words *diversity*, *versatility*, and *resilience* characterize her approach to just about everything. In addition, she speaks to her nature activities through her book, *Guidebook to the Galapagos Islands and Ecuador*, and through teaching, such as her Neighbourhood Nature for SFU’s Continuing Studies program featuring her nature photography, and through writing.

<b>DATE:</b>	Wed Oct 12
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Maylee Stephenson
<b>FACILITATOR:</b>	Rose Marie Borutski, 604-538-1856, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a>
<b>REGISTER BY:</b>	Wed Oct 5
<b>TO REGISTER:</b>	See page 47

# WATER IS LIFE

Water is life: precious, valuable and the most important human right. However, safe water is more scarce with climate change. Eight hundred million people have no clean water, plus water borne disease is tragically claiming millions of lives each year. Impoverished children in developing countries face the biggest water challenges.

This powerful and timely presentation will address Child Water Rights in Thailand, Ethiopia and also among First Nations children in Canada.



The session will be moderated and co-presented by Samantha Jack, a KPU First Nations Student, Kine Afework, a KPU student originally from Ethiopia, and Dr. Ross Michael Pink, KPU Political Science Chair and lecturer.

<b>DATE:</b>	Fri Oct 14
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Fir building, Room 124
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Ross Pink, Samantha Jack, Kine Afework
<b>FACILITATOR:</b>	Helen Christiansen, 604-536-8134, <a href="mailto:helenjeanchr@gmail.com">helenjeanchr@gmail.com</a>
<b>REGISTER BY:</b>	Fri Oct 7
<b>TO REGISTER:</b>	See page 47

# BUILDING A CRYSTAL GRID

Bring your own crystals to this online workshop and let's play! Having your own crystals is not required – simply come to learn about how crystals and gemstones can be used in your daily life to magnify your intentions, focus your energy, and calm your mind. Local Reiki Master-Teacher and High Priestess Lisa Ayres will share some of her experience with crystals, how she uses them in treatments, and how you can use them in your own life.



To fully participate in the workshop, you'll need eight crystals. One of the eight crystals should be terminated (pointed on one end).

Come to the workshop with a vision statement, affirmation, or goal you wish to focus on. Learn more: [DrawingDownTheMoonSystemOfReiki.ca](http://DrawingDownTheMoonSystemOfReiki.ca)

Lisa Ayres, has been officially empowering folks through Reiki, aromatherapy, nutritional and spiritual counselling, aura analysis, and meditation since 2001, but she's been unofficially guiding souls her whole life. Lisa teaches classes by request.

<b>DATE:</b>	Mon Oct 17
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lisa Ayres
<b>FACILITATOR:</b>	Sonya Furst, 778-833-3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Mon Oct 10
<b>TO REGISTER:</b>	See page 47

# EMILY CARR: CANADIAN ICON

## Feminist, environmentalist, artist, author

The odds were against Emily succeeding as an artist. Growing up in conservative, small town Victoria, she was isolated from art and new ideas. She was a single woman in a Victorian man's world, yet she set out to record the art of the First Nations people of BC and, along the way, she created a unique visual language of the province. It took courage and commitment to go alone into the northern interior over 100 years ago, but she did it many times.



To survive, she taught art to children, made pottery, and ran a boarding house. She was 'discovered' as an artist at the age of 56, but was first known to Canadians as a writer. She endured poverty, isolation, and ridicule – artistic and otherwise. To help understand how and why she carried on, this session will look at Emily's hardships and adventures, and the changes she made to her art along the way.

Back by popular demand! Linda Quigley has a loyal following of many TALK members. She taught Art History and studio art classes and Art Appreciation before retiring to White Rock, where she continues to share her knowledge.

*This will be a 'hybrid' presentation. When registering, please choose either the Surrey campus course if you wish to attend in person OR the Zoom webinar if you prefer to attend online.*

<b>DATE:</b>	Tue Oct 18
<b>TIME:</b>	1:30 – 3:20 pm
<b>LOCATION:</b>	Surrey campus, Cedar building, Room 1205A or Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Linda Quigley
<b>FACILITATOR:</b>	Janis Foster, 604-788-5896, janisfoster@telus.net
<b>REGISTER BY:</b>	Tue Oct 11
<b>TO REGISTER:</b>	See page 47

# SCIENCE OF OBESITY

There exist many misconceptions when it comes to obesity and weight management. In this session, we will address some of this misleading information and provide a more comprehensive explanation of some of the physiological factors underlying this chronic disease, as well as evidence-based recommendations for treatment.

Points of discussion will include:

- physiological drives of hunger
- metabolic responses to weight loss
- reward systems in the brain that impact eating behaviours
- dietary and medical treatment interventions



Dr. Michael R. Lyon is Medical Director of Medical Weight Management Program, a multidisciplinary management of obesity and related disorders. He is a published researcher in the fields of nutrition, appetite regulation, dietary fiber, and blood sugar regulation. He has been a National Team Physician and his practice has focused on sports and fitness medicine, nutrition, lifestyle modification, addictions, mental health, cognitive behavioral therapy and obesity medicine.

<b>DATE:</b>	Wed Oct 19
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Michael Lyon
<b>FACILITATOR:</b>	Rose Marie Borutski, 604-538-1856, socionik@yahoo.ca
<b>REGISTER BY:</b>	Wed Oct 12
<b>TO REGISTER:</b>	See page 47

# ARMCHAIR TRAVEL: CAMINO DE SANTIAGO

Legend has it that St James is buried in a field in Galicia in the NW corner of Spain. This legend arose in the 10th century at a time when most of Spain was under the control of the Moors. Pilgrimages to Santiago started in the early 11th century and were very common during the Middle Ages but became much less frequent after the Industrial Revolution. In 1985 only 690 people walked the Camino. However, over the next 30 years its popularity dramatically increased and 262,000 people completed the Camino in 2015.



People have walked to Santiago from all over Europe so there are several different routes. By far the most popular is the Camino Frances which travels across northern Spain, avoiding beaches and tourist attractions but passing through rural areas of Spain. Many of the rural customs and ways of life remain, including the importance of local people helping pilgrims along the way. The simple rural lifestyle seen on the Camino adds to its attraction.

Kevin Farrell spent 50 years in medicine and practiced as a neurologist at Children's Hospital. In the 10 years since his retirement, has been learning Spanish and photography. In 2006, Kevin walked 790 km from St-Jean-Pied-de-Port in France to Santiago de Compostela in Galicia, vowing at the end never to do that again. Using his photos, he will explain some of factors that have caused him to return three further times to this walk.

<b>DATE:</b>	Fri Oct 21
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2170
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Kevin Farrell
<b>FACILITATOR:</b>	Gerry Boretta, 778-887-1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Fri Oct 14
<b>TO REGISTER:</b>	See page 47

# GLOBAL HEALTH ISSUES

## ...from a world-travelled fieldworker

As a Doctors without Borders Peer Support Worker and Registered Nurse, Sharon Janzen has field experience in Somalia, Darfur, Sudan, Liberia and Nigeria. She has also worked with other NGOs in Guatemala and Sri Lanka.

Sharon will help us understand the changes in global health she has learned in the field and the issues that make world health so complex today. She is a charismatic speaker and a fierce worker in all aspects of improving not only local but also world health issues.

Sharon Janzen presently coordinates the Peer Support Network for Medecins Sans Frontiere (Doctors without Borders) Canada and is an advocate for quality mental health care for all returning field workers. Locally, she is experienced with Clinical Prevention Services - mental health, trauma, and sexual assault. Most recently, Sharon has dealt with the Public Health Covid Response Program for Vancouver Coastal Health as a clinical coordinator, focused in the area of vaccine roll out in the Vancouver Downtown Eastside. She also instructs at BCIT and teaches nursing students at Vancouver Community College.



<b>DATE:</b>	Tue Oct 25
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2510
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Sharon Janzen
<b>FACILITATOR:</b>	Helen Christiansen, 604-536-8134, helenjeanchr@gmail.com
<b>REGISTER BY:</b>	Tue Oct 18
<b>TO REGISTER:</b>	See page 47



# MEMOIR OF A COP

A young policeman invited a directionless 18-year old Rob Rothwell on a ride-along, where a civilian spends a shift in the passenger seat observing the work of a police officer. The wild night that ensued gave Rob aspiration and ambition – “I knew I wanted to be a cop” – sending him into a career with the Vancouver Police Department.

In his memoir, “Thirty-three Years: The Unfiltered Memoir of a Cop”, Rob invites his readers to join in for their own ride-along inside the life of a cop. From patrol to plainclothes crime task force to criminal investigation superintendent, through car chases, dogged evidence-gathering, undercover drug operations, to sudden confrontations of unspeakable horror, Rob reveals the best and the worst of humanity from a wry, humanist perspective.

Rob Rothwell worked in patrol, plainclothes crime task force, as school liaison officer, Drug Squad detective, within the Integrated Intelligence Unit and the Internal Investigation Unit, as inspector in-charge of the Criminal Intelligence Section and the Patrol Support Section, ending his career as the superintendent commanding the Criminal Investigation Division for Homicide, Robbery/Assault, Arson, Financial Crimes, and Special Investigations. In retirement, he returned as civilian manager of Fleet Operations. Now fully retired, he remains active in TV development and production.



<b>DATE:</b>	Wed Oct 26
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Rob Rothwell
<b>FACILITATOR:</b>	Rose Marie Borutski, 604-538-1856, socionik@yahoo.ca
<b>REGISTER BY:</b>	Wed Oct 19
<b>TO REGISTER:</b>	See page 47

# FAMOUS INDIGENOUS WOMEN IN CANADIAN HISTORY

Indigenous women have been and in many ways still are excluded from conventional histories of Canada – and yet they were, in many instances, key players in shaping the historical evolution of this country. This presentation focuses on some famous – and some not-so-famous – Indigenous women who influenced Canada’s past.

In doing so, we will explore the ways that both Canadian histories as a process and History as a discipline have attempted – but ultimately failed – to marginalize Indigenous women.

Dr. Madeline Knickerbocker is a white settler and a faculty member in History at Kwantlen Polytechnic University. Her award-winning community-based oral history and archival research focuses on Indigenous-settler relations in southwestern BC, exploring themes of sovereignty, activism, gender, and cultural heritage.

*This will be a ‘hybrid’ presentation. When registering, please choose either the Surrey campus course if you wish to attend in person OR the Zoom webinar if you prefer to attend online.*



<b>DATE:</b>	Fri Oct 28
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Cedar building, Room 1205A or Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Madeline Knickerbocker
<b>FACILITATOR:</b>	Patricia Warshawski, 604-542-7171, pwarshawski@shaw.ca
<b>REGISTER BY:</b>	Fri Oct 21
<b>TO REGISTER:</b>	See page 47

# LEARNING TO LOVE BATS

Bats play a vital role in our ecosystem by consuming nocturnal insects, however they are feared and misunderstood by many. Discover what bat species are found in the Greater Vancouver area. Learn about their life cycle and the many threats they face.

One threat faced by many hibernating bats is White-nosed Syndrome. This disease has already killed millions of bats across North America. What small part can you play to help bat biologists track and study this disease in BC? Gain an appreciation for these small nocturnal creatures and learn how you can help and support the bats living around your neighbourhood.

Danielle Dagenais has been working and volunteering on bat projects since 2011. She has many hats when it comes to bats. She is a Regional Coordinator for the Community Bat Programs of BC ([bcbats.ca](http://bcbats.ca)), the Outreach Coordinator for the South Coast Bat Conservation Society ([scbats.org](http://scbats.org)), and has her own consulting company (EcoEd). Danielle organizes and leads bat presentations, bat walks, and bat house building workshops. She provides bat education to youth groups and schools, conducts bat box assessments, and helps with local bat research. Danielle completed a Master of Science assessing bat foraging activity over vineyards in the Okanagan Valley using an array of unique bat microphones and radar.



<b>DATE:</b>	Fri Nov 4
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Danielle Dagenais
<b>FACILITATOR:</b>	Sandra Carpenter, 778-688-4181, <a href="mailto:surreysandra@gmail.com">surreysandra@gmail.com</a>
<b>REGISTER BY:</b>	Fri Oct 28
<b>TO REGISTER:</b>	See page 47

# HOW TO PREDICT THE FUTURE

## Confessions of a Futurist: Making the future better

Back in 1980 Jim Bottomley was asked to predict the future of cats and dogs, which led him on an unexpected odyssey, eventually becoming one of Canada’s leading independent futurists. Jim specializes in providing advice to manage change and facilitate plans, and has worked across sectors, suggesting innovative strategies that cross boundaries. Jim’s sessions are always fun and dynamic, combining *aha* moments about the Innovation Age, with practical advice to inspire positive change.



He will provide insight into trend convergence, examining how technical, social, economic, demographic, and human behaviour trends are shaping our future.

A consultant and business owner for over 30 years, Jim Bottomley has helped industries, government and political parties find future direction, identify opportunities, improve stakeholder satisfaction, and cope with the stress of rallying change. Jim has spoken to over one quarter million Canadians regarding future success strategies. He lives in Sooke and loves to hike where it’s still wild.

DATE:	Tue Nov 8
TIME:	10:00 – 11:30 am
LOCATION:	Online
FEE:	\$15
GUEST PRESENTER:	Jim Bottomley
FACILITATOR:	Roberta Mayer, 604-241-0401, robertaannmayer@gmail.com
REGISTER BY:	Tue Nov 1
TO REGISTER:	See page 47

## Survey Findings and Tools to Start the Conversation

This presentation will include findings from a national survey of Canadians age 55+ concerning how the COVID-19 pandemic affected their life style and future care plans.

Tools will be introduced to assist older adults in starting conversations with family, friends, and partners about what they want and don't want should they become unable to speak for themselves. The aim of this presentation is to increase personal autonomy for older Canadians.

Gloria Gutman, PhD, developed the Gerontology Research Centre and Department of Gerontology at SFU. She is the author/editor of 23 books, the most recent titled *Technologies for Active Aging*. During her career, Dr. Gutman has held a number of high profile roles including two terms as President of the Canadian Association on Gerontology, President of the International Association of Gerontology and Geriatrics, and President of the International Network for Prevention of Elder Abuse. Currently, she is President of the North American chapter of the International Society for Gerontechnology, Vice-President of the International Longevity Centre-Canada, and a member of the Research Management Committee of the Canadian Frailty Network.



<b>DATE:</b>	Wed Nov 9
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Gloria Gutman
<b>FACILITATOR:</b>	Rose Marie Borutski, 604-538-1856, socionik@yahoo.ca
<b>REGISTER BY:</b>	Wed Nov 2
<b>TO REGISTER:</b>	See page 47

# DIGITAL TOOLS TO SUPPORT HEALTH

In this course, you will learn how to identify high quality information online, how to access virtual care, and how to prepare for a virtual visit. Build your confidence with these digital tools.

UBC's InterCultural Online Health Network (iCON) is an eHealth Strategy Office research initiative that embodies excellence in innovation, evaluation and translation of best practices in health care. iCON is a community engagement initiative that brings together health practitioners and community

members to learn and share information about chronic disease prevention and management, including diabetes, heart disease, and mental wellness.

This session will feature Dr. Kendall Ho, Emergency Department physician and iCon Lead; Anne-Marie Jamin, iCon Program Manager; and Jamie Vanden Broek, iCon Project Coordinator. They will share iCon's approach to building digital health literacy.



<b>DATE:</b>	Tue Nov 15
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Kendall Ho, Anne-Marie Jamin, Jamie Vanden Broek
<b>FACILITATOR:</b>	Rose Marie Borutski, 604-538-1856, socionik@yahoo.ca
<b>REGISTER BY:</b>	Tue Nov 8
<b>TO REGISTER:</b>	See page 47

# ART AS A WITNESS TO HISTORY

How does art make a statement about our society? How does the artist convey, through his medium, a reflection of life and history?

James Adams' paintings deal with history in *live time*. His subjects make a statement as they face the viewer to tell their point of view. They are composed with a layered story explained through complex and intriguing details. Jim will present slides of his paintings and explain the inspiration for each one. Jim is an eloquent speaker and a great storyteller with a deep background knowledge of history, mythology and the human situation, which he incorporates into his works.



If you have ever wondered how an artist thinks, you can expect to be pleasantly surprised at what you will learn. You will look at art with new understanding after taking this course.

Jim Adams has a Masters of Fine Arts from Pennsylvania University. He taught and studied art in many places in the US prior to making White Rock his home 30 years ago. In fall 2021, Jim had a successful exhibition at the Vancouver Art Gallery called "Dislocations & Echoes". His work has also been exhibited at the Reach Gallery in Abbotsford and the Surrey Art Gallery.

<b>DATE:</b>	Wed Nov 16
<b>TIME:</b>	1:30 – 3:20 pm
<b>LOCATION:</b>	Surrey campus, Fir building, Room 134
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	James Adams
<b>FACILITATOR:</b>	Helen Christiansen, 604-536-8134, helenjeanchr@gmail.com
<b>REGISTER BY:</b>	Wed Nov 9
<b>TO REGISTER:</b>	See page 47

# BASIC MEDITATION

In this introductory workshop you will experience a variety of meditation tools that can help you to transcend everyday reality and gain spiritual awareness. Learn about breath, grounding and centering, and the importance of relaxation in meditation.

We will cover (time permitting):

- Exploration and preparation for breathing, noticing how your breath affects your body
- Sinking every time you breathe out
- Grounding exercise: Red Root system
- Centering exercise: breathing through your heart
- “The Sponge” exercise
- Deep muscle relaxation
- Candle meditation



Be prepared for this online class with a pillow or meditation mat and a warm blanket or shawl.

Lisa Ayres, has been officially empowering folks through Reiki, aromatherapy, nutritional and spiritual counselling, aura analysis, and meditation since 2001, but she’s been unofficially guiding souls her whole life. Lisa teaches classes by request.

<b>DATE:</b>	Mon Nov 21
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lisa Ayres
<b>FACILITATOR:</b>	Sonya Furst, 778-833-3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Mon Nov 14
<b>TO REGISTER:</b>	See page 47



# HOW CAN WE REVERSE CLIMATE CHANGE?

According to the latest Intergovernmental Panel on Climate Change report, to prevent a truly destructive level of climate change from occurring, there is still time to act, but we've got to act fast. Limiting climate change demands strong and sustained reductions in greenhouse gas emissions from human activities such as burning fossil fuels. In order to keep global warming below 1.5 C, we have to reach a net-zero level of CO<sub>2</sub> emissions by 2050. How can we do this?



You probably have a list of actions that need to be done to get us there – reducing our use of coal and oil, planting more trees, moving to electric cars and buses, etc. – but how can we tell which of these actions are the most effective?

In this workshop, Geoff Dean will introduce you to a great tool (En-ROADS), and then you will be able to work with it to predict what will work best to reduce and maybe even reverse climate change. If you like, bring along your laptop to access the site during the class.

En-ROADS is a transparent, freely-available policy simulation model that gives everyone the chance to design their own scenarios to limit future global warming. <https://en-roads.climateinteractive.org>.

Geoff Dean taught math, physics and many other courses at Kwantlen Polytechnic University until he retired in 2019.

<b>DATE:</b>	Tue Nov 22
<b>TIME:</b>	11:00 am – 12:50 pm
<b>LOCATION:</b>	Surrey campus, Cedar building, Room 1205A
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Geoff Dean
<b>FACILITATOR:</b>	Jim Zalusky, 604-368-8500, <a href="mailto:jimzalusky1958@gmail.com">jimzalusky1958@gmail.com</a>
<b>REGISTER BY:</b>	Tue Nov 15
<b>TO REGISTER:</b>	See page 47

# METRO VANCOUVER WASTE

Join two senior managers from Metro Vancouver to learn what happens to the solid and liquid waste in our region.

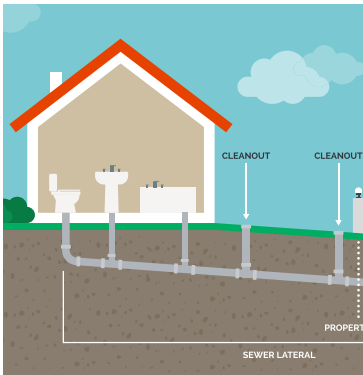
Paul Henderson, General Manager of Solid Waste Services, will talk about the Region’s transition to a zero waste/circular economy future and describe the Region’s solid waste management system including six recycling and waste centres, a waste to energy facility, and landfill disposal options.

Peter Navratil, General Manager of Liquid Waste Services, will discuss how Metro’s five Wastewater Treatment Plants work. You’ll be surprised to learn just how much biology, chemistry and engineering is involved in these complex systems. Peter will also share how Metro is incorporating new technologies into wastewater treatment and talk about what our wastewater can tell us about the health of the Region’s residents.

Paul Henderson is a Professional Engineer with more than 30 years’ experience the municipal waste management sector.

Peter Navratil has nearly 29 years of engineering, financial, and management experience and is passionate about delivering high quality public service.

*Note: you may also be interested in registering for the field trip to the Waste to Energy Facility in Burnaby on Nov 30.*



<b>DATE:</b>	Wed Nov 23
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2550B
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Paul Henderson, Peter Navratil
<b>FACILITATOR:</b>	Donna Brown, <a href="mailto:aggie2714@gmail.com">aggie2714@gmail.com</a>
<b>REGISTER BY:</b>	Wed Nov 16
<b>TO REGISTER:</b>	See page 47

# THE SOLAR SYSTEM

We live in a golden age of planetary exploration. Robot probes have visited almost all of the large bodies in the Solar System, rolled around the surface of Mars, and descended into the thick atmospheres of Venus, Jupiter and Saturn. Space telescopes have also identified thousands of planets around other suns.



This two-session course is a survey of our current knowledge about the planets, dwarf planets, moons, asteroids, and other debris that make up our own Solar System. How did it get this way? Why are planets so different from each other? Is Earth unique, or could there be other habitable planets out there?

Back by popular demand! Peter Robbins is one of our most popular TALK presenters. Retired from KPU after teaching biology, mathematics and physics for 24 years, he still has a passion for lifelong learning. His other interests include stage acting, photography, military history and wine-making.

<b>DATE:</b>	Fri Nov 25 & Dec 2 (2 sessions)
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Richmond campus, Room 2550B
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Peter Robbins
<b>FACILITATOR:</b>	Gerry Boretta, 778-887-1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Fri Nov 11
<b>TO REGISTER:</b>	See page 47

# PROTECTING URBAN STREAMS THROUGH PHOTOGRAPHY

Have you ever walked by a small stream in your neighborhood and wondered if any fish live in it? Take a deeper dive into urban streams in the Lower Mainland with outdoor storyteller and photographer Fernando Lessa.

From suckers to salmon, Fernando will share years of photography showing you the resilience and importance of freshwater fish and amphibians right in our backyard. Enjoy beautiful and intimate images and learn how you can protect precious local freshwater habitat.



A professional nature image maker based in North Vancouver, Fernando Lessa is best known for his conservation and ecology documentation of marine and freshwater ecosystems around BC and beyond. His acclaimed works include the threatened habitats of crucial white sturgeon and salmonids in *The Heart of the Fraser* and the first underwater photography series documenting Metro Vancouver's salmonid watersheds in *Urban Salmon*. See more at [fernandolessa.ca](http://fernandolessa.ca).

<b>DATE:</b>	Mon Nov 28
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Fernando Lessa
<b>FACILITATOR:</b>	Sandra Carpenter, 778-688-4181, <a href="mailto:surreysandra@gmail.com">surreysandra@gmail.com</a>
<b>REGISTER BY:</b>	Mon Nov 21
<b>TO REGISTER:</b>	See page 47

# FIELD TRIP: WASTE ENERGY FACILITY

Join us for a tour of Metro Vancouver’s Waste to Energy facility and learn all about what happens to the garbage that can’t be reused or recycled. The tour will highlight energy recovery to generate electricity as well as both ferrous (steel) and non-ferrous (copper and aluminum) metal recovery for recycling. The tour will include a presentation on the overall solid waste system and the specifics of the facility and will last approximately 2 hours.



Please note that this tour includes a number of stairs, considerable walking and other potential mobility challenges.

All participants must wear closed-toed shoes, long pants, and long sleeves. Other personal protection equipment, including hard hat, high visibility vest, eye protection, hearing protection and gloves will be provided.

Location: 5150 Riverbend Drive, Burnaby. Please park on the road and meet in the Administration building.

*Group limited to 20 participants.*

<b>DATE:</b>	Wed Nov 30
<b>TIME:</b>	10:00 am – 12:00 pm
<b>LOCATION:</b>	Waste to Energy Facility, 5150 Riverbend Drive, Burnaby
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	staff member at the facility
<b>FACILITATOR:</b>	Donna Brown, <a href="mailto:aggie2714@gmail.com">aggie2714@gmail.com</a>
<b>REGISTER BY:</b>	Wed Nov 23
<b>TO REGISTER:</b>	See page 47

# SUPPORT YOUR LOCAL FARMER

Do you want to support your local farmers, food systems and community but don't know where to start? This session is for you!

We will discuss:

- why it's important to support local
- multiple ways you can support your local farming community, like Community Supported Agriculture (CSA) box programs
- the risks and benefits of all these options for the farmer and the consumer
- resources to get you started in your community



Paige Leslie is the Program and Communications Coordinator for KPU Farm Schools - extension programming offering 7–8-month farming training programs through its two Farm Schools. Farming and her work have taught Paige not only how to grow food, but also how to work with and connect to the cycles of the earth, and how to make an impact on its sustainability and then share that knowledge with others.

<b>DATE:</b>	Tue Dec 6
<b>TIME:</b>	2:00 – 3:30 pm
<b>LOCATION:</b>	Online
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Paige Leslie
<b>FACILITATOR:</b>	Sonya Furst, 778-833-3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Tue Nov 29
<b>TO REGISTER:</b>	See page 47

# CAMPUS LOCATIONS

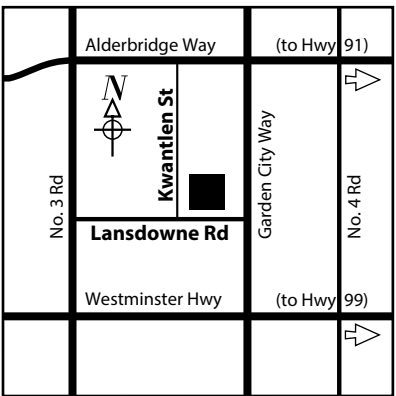
## Did you Know?

- You can look up the map of the KPU campus ahead of time to see where your classroom is located.
- Go to [kpu.ca/current-students/find-your-classroom](https://kpu.ca/current-students/find-your-classroom) and then click on the appropriate campus. Scroll to increase size of map.

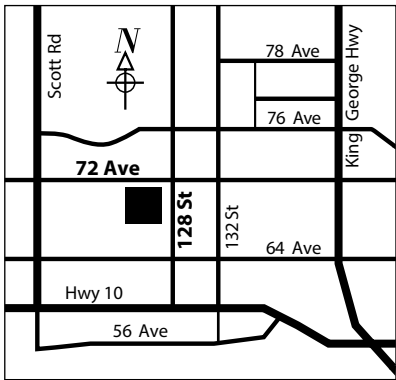


**KPU Langley Campus**  
20901 Langley By-Pass, Langley

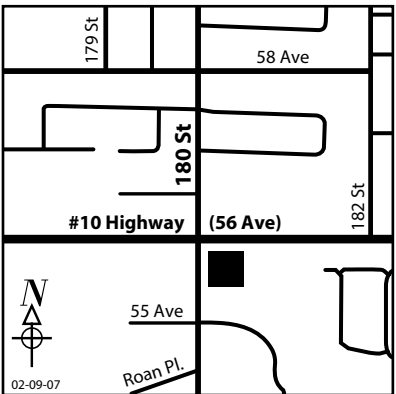
**Horticulture Field Lab**



**KPU Richmond Campus**  
8771 Lansdowne Rd, Richmond



**KPU Surrey Campus**  
12666 72 Ave, Surrey



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

# FREQUENTLY ASKED QUESTIONS

## **Q What makes TALK different?**

**A** TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is lively, full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. You can even offer to present a course!

For further information on being a TALK volunteer, contact TALK Board Chair Jane Diston at [jdiston@telus.net](mailto:jdiston@telus.net) or 604.596.6000 or Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or 604.277.1130. We particularly need help on our Marketing Committee.

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

**A** You must be a TALK member (Sept - Aug) in order to register for any of our paid TALK courses. You do NOT have to pay membership fees to participate in our free events such as Philosophers' Corners or Compelling Conversations, both of which are open to the public, but you do need to register.

## **Q What is Amilia?**

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

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

**A** Yes, you may register after the date. However, it is preferable to have members register earlier so that we know if we have enough people to run the course. Some courses fill up quickly so it is a good idea to register as early as you can. Registration on *Amilia* closes three days prior to the session.

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

**A** Yes. You will receive a confirmation of registration and payment email. You can also see a calendar of the courses you have



## FREQUENTLY ASKED QUESTIONS

registered for by going to your online *Amilia* calendar. You can also access your invoice and payment information on your *Amilia* account.

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

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

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

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

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

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

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

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

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

**A** Parking is available on all Kwantlen campuses. The cost is \$5.00.

- Go to a Paystation located at main building entrances.
- Key in car license plate number; select time; then pay. Coin plus Visa and MasterCard are accepted at all Pay-by-Stall Paystations.

## FREQUENTLY ASKED QUESTIONS

- Take receipt - no need to display on vehicle dash. The pass will be valid on all campuses for the day of purchase with displayed receipt.

If you have a handicapped placard, parking is free in the marked handicapped spaces only. If you park in a regular stall, you are expected to pay.

There is also free parking at the Newton Athletic Centre near the Surrey campus, a 10-15 minute walk. You can find more info about parking at [kpu.ca/parking-transit/maps](http://kpu.ca/parking-transit/maps).

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

**A** 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).

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

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

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

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

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

**A** You should receive your Zoom invitation from [notifications@amilia.com](mailto:notifications@amilia.com) two or three days prior to the scheduled session. This will include the link to your Zoom webinar or meeting, and any handouts the presenter has supplied. Please read this email carefully for any special instructions. Ensure that you have listed [notifications@amilia.com](mailto:notifications@amilia.com) in the **Safe Senders** tab in your email server's **Junk Mail Options**. If you have not received the link by

## FREQUENTLY ASKED QUESTIONS

the day before the session, please contact us immediately through [talk@kpu.ca](mailto:talk@kpu.ca) or call us at 604.599.3077 so that we may resend you the link.

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

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

**NOTE: You can find more FAQs on our website at [kpu.ca/talk/faqs](https://kpu.ca/talk/faqs). These include:**

- How do I sign into a Zoom meeting or webinar?
- What if I cannot get connected to the course via Zoom?
- How do I submit a question to a presenter during a Zoom session?
- How do I communicate a technical problem during a Zoom session?
- What is the difference between a Zoom meeting and a Zoom webinar?

### **TALK Greatly Appreciates:**

- Our member volunteers, who create and facilitate programs, distribute brochures, organize special events, and help promote TALK.
- The assistance in course registration, room bookings, brochure and newsletter production, marketing and other activities provided by KPU’s Faculty of Academic and Career Preparation.
- Our presenters, who volunteer their time and expertise to provide us with lifelong learning.
- The TALK interest group of CFUW Richmond, which plans and facilitates the Richmond Philosophers’ Corners (post-pandemic) and many of the courses at the Richmond campus.

# 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*.

1. A few days before your course, you will receive a reminder email from *Amilia* with a link to the webinar and a password.

**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**

2. 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.
3. Make sure you join the webinar with your First Name and Last Name as attendance will be taken during the presentation. There may be removal of attendance if you are not on the class list for the TALK course.
4. 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.

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

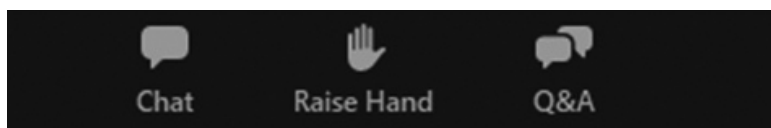
If you don't have a computer and want to phone in and listen to the presentation, numbers will be listed in the email (use the 778 are code number). You will be able to hear the presentation, but you won't be able to see any slides. For iPhone users, use the one-tap link for your iPhone (use the 778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

# WHAT TO EXPECT DURING THE WEBINAR

1. Courses are about 90 minutes, with a 5 minute break midway. Unlike Zoom meetings, you won't be seen or heard by others during the webinar so you can get up and stretch.
2. To ask a question, hover your cursor over the bottom of the screen until you see the options bar. Click on Q&A, type your question and tap Send. Your question will be answered at a specified time during the presentation.
3. Depending on the preferences of the presenter, there may be a time when we can unmute the audience for questions or a discussion.

## Navigating your Zoom Webinar

You will have the option of clicking on three buttons at the bottom of your screen.



1. Use **Chat** to speak to the Co-host of the meeting about technical issues or questions the presenter doesn't need to answer.
2. Use **Raise Hand** if the presenter wants to take a quick poll or when you are asked if anyone has any questions or we decide to unmute attendees for a general discussion.
3. Use **Q&A** to type a question for the presenter, which will be answered at an appropriate time.
4. If the presenter wants to do a more formal poll, a separate box will pop up on your screen. Click on your answer(s), being sure to scroll to the bottom of the box using the scroll bar to the right of the questions or your down arrow, and then click Submit.

# TALK REGISTRATION CALENDAR

To renew/apply for membership in TALK (\$10 Sep 1/22 – Aug 31/23) and to register for Fall 2022 events, please visit [kpu.ca/talk](http://kpu.ca/talk)

Here is the list of available courses and activities for Fall 2022. 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"/>	Why Economies Fail	Online	Sep 21	11 am	\$15
<input type="checkbox"/>	Reiki Energy Healing	Online	Sep 26	10 am	\$15
<input type="checkbox"/>	Improving Your Financial Future	Richmond or Online	Sep 27	10 am	\$15
<input type="checkbox"/>	Saving Indigenous Languages	Online	Sep 28	1 pm	\$15
<input type="checkbox"/>	How Will You Be Remembered?	Surrey	Oct 3	10 am	\$15
<input type="checkbox"/>	Health and Active Aging	Richmond	Oct 5	12 pm	\$15
<input type="checkbox"/>	Living the Lively Life	Online	Oct 12	11 am	\$15
<input type="checkbox"/>	Water is Life	Surrey	Oct 14	10 am	\$15
<input type="checkbox"/>	Building a Crystal Grid	Online	Oct 17	10 am	\$15
<input type="checkbox"/>	Emily Carr: Canadian Icon	Surrey or Online	Oct 18	1:30 pm	\$15
<input type="checkbox"/>	Science of Obesity	Online	Oct 19	10 am	\$15
<input type="checkbox"/>	Armchair Travel: Camino de Santiago	Richmond	Oct 21	10 am	\$15
<input type="checkbox"/>	Global Health Issues	Richmond	Oct 25	10 am	\$15
<input type="checkbox"/>	Memoir of a Cop	Online	Oct 26	10 am	\$15
<input type="checkbox"/>	Famous Indigenous Women	Surrey or Online	Oct 28	10 am	\$15
<input type="checkbox"/>	Learning to Love Bats	Online	Nov 4	11 am	\$15
<input type="checkbox"/>	How to Predict the Future	Online	Nov 8	10 am	\$15
<input type="checkbox"/>	Advance Care Planning	Online	Nov 9	10 am	\$15
<input type="checkbox"/>	Digital Tools to Support Health	Online	Nov 15	11 am	\$15
<input type="checkbox"/>	Art as a Witness to History	Surrey	Nov 16	1:30 pm	\$15
<input type="checkbox"/>	Basic Meditation	Online	Nov 21	10 am	\$15
<input type="checkbox"/>	Reverse Climate Change?	Surrey	Nov 22	11 am	\$15
<input type="checkbox"/>	Metro Vancouver Waste	Richmond	Nov 23	10 am	\$15
<input type="checkbox"/>	The Solar System	Richmond	Nov 25, Dec 2	10 am	\$20
<input type="checkbox"/>	Protecting Urban Streams	Online	Nov 28	11 am	\$15
<input type="checkbox"/>	Field Trip: Waste/Energy Facility	Burnaby	Nov 30	10 am	\$15
<input type="checkbox"/>	Support Your Local Farmer	Online	Dec 6	2 pm	\$15

## I wish to enroll in the following FREE sessions:

	COURSE	LOCATION	DATE(S)	TIME	FEE
<input type="checkbox"/>	TALK AGM	Richmond	Oct 24	10 am	FREE
<input type="checkbox"/>	TALK AGM Zoom Version	Online	Oct 24	10 am	FREE
<input type="checkbox"/>	Compelling Conversations	Surrey	Nov 7	7 pm	FREE
<input type="checkbox"/>	Compelling Conversations Zoom	Online	Nov 7	7 pm	FREE

# HOW TO REGISTER FOR TALK EVENTS

## Online Registration and Payment System

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

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

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

*That's it!*

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

For more detailed help with this registration process, please check out the "Online Registration Guide" that is on the TALK Courses & Registration webpage: **kpu.ca/talk/courses**

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

### Visit our TALK website **kpu.ca/talk** to find:

- A link to Courses and online Registration
- Philosophers' Corners
- How to become a volunteer with TALK
- Frequently Asked Questions
- TALK's Bylaws and Policies & Procedures
- A link to our Facebook page [facebook.com/kpu.ca.TALK](https://facebook.com/kpu.ca.TALK)
- A link to our Instagram and LinkedIn accounts



# TALK

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*Third Age Learning  
at Kwantlen*

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