



CURAC Tribute Award for Roger Elmes

Board of Directors Report

KPURA Board of Director elections were held at our AGM in March. Sooz Klinkhamer, Astrid Opsetmoen, Joel Murray, and Terri Van Steinburg were elected to serve for two-year terms.

At the first KPURA Board meeting following the AGM, the Board of Directors voted unanimously to join the National Pensioners Federation.

In May, Board members attended a number of events held at KPU, including the Long Service Awards, Community Day, and KPU Day, where Carol, Sooz, and Alice presented a lively information session to prospective retirees.

Carol and Alice presented again at a Lunch and Learn over Teams on June 19 for current KPU employees contemplating retirement. This was a repeat of the in-person session that was presented at KPU Day on May 8 and was well received by the participants.

**Board of Directors
2026-2027**

- Terri Van Steinburg, Chair,**
- Joel Murray, Vice Chair**
- Roger Elmes, Treasurer**
- Alice Macpherson, Secretary**
- Committee Coordinators:**
- Astrid Opsetmoen, Members**
- Sooz Klinkhamer, Events**
- Geoff Dean, Advocacy**
- Reps to affiliate groups:**
- Carol Barnett, Yale Shap,**
- Sandra Carpenter,**
- Bob Perkins**

**KPURA
News**

**Volume 10
Issue 1
July 2026**

Keeping Connected

Events

Upcoming Events



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Events Coming Up

Voyage of the Gikumi – August 9, 2026

It was so much fun last year that we decided to do it again!



We are planning an exciting cruise on the Fraser River – Sunday afternoon 9 August 2026. We hope you can join us! Mark your calendars and go on-line to register and pay for your cruise!

This event will be the second year we are offering the chance to enjoy a river boat tour of Steveston's historic cannery channel on the beautifully restored 1954 work boat, [the MV Gikumi](#).

Last year's 'cruise' was enjoyed by a good group of our KPURA members and friends. Several others indicated they wished they'd been able to join us. So here is your chance!!

This two-hour cruise of the Fraser River estuary departs [Britannia Shipyards National Historic Site](#), and is led by a heritage interpreter who shares

stories of Steveston's colourful fishing and canning heydays, highlighting points of interest along the way.

The Voyage of the Gikumi is a [Pacific.Authentic.Experience](#), presented in partnership with Tourism Richmond.

Due to the historical nature of the MV Gikumi, these voyages are not wheelchair accessible.

PLEASE register asap, as these cruises are not limited to our group, and will fill up their 20 seats fast.

Please go to [City of Richmond](#) link – to request reservations on August 9 at 1:30 pm.

<https://richmond.zau.net/booking/web/#/default/activity/4?date=2026-08-09>

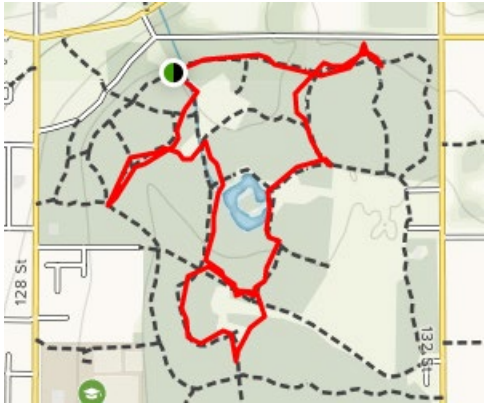
Let us know when you sign up as well: kpura.events@gmail.com

Here is our crew from 2025. Come out and get your picture taken this year.



KPURA Annual Picnic – September 10, 2026

Crescent Park, 129th Street and 28th Ave in South Surrey, BC



Please mark your calendars for Thursday 10 September 2026 for our annual KPURA Picnic!!

(or in the event of rain, Thursday 17 September)

We will gather at the north end of the meadow at Crescent Park around 11:30am and enjoy each other's company.

Please bring your own chairs, lunch, beverages, and a sense of camaraderie!

Cookies will be provided for a sweet treat following lunch.

Why is Crescent Park our annual location for our picnic?

For many years Kwantlen held annual picnics for employees and their families. In the early years, some were held at HMCS Discovery in Stanley Park and included whaler races between Douglas and Kwantlen. Later Crescent Park became our "traditional" site, always featuring Don Currie's 45 gallon oil drums converted into barbecues with senior administrators as "chefs"; games for all and free food and drinks. These could be big events with 100-150 attending.

Come join us to recreate some of those memories.

And we won't even force you to play games!"



Amenities at our Location

Crescent Park is a large 52 hectare (128 acre) destination park in South Surrey. The Park offers walking trails through mature second growth forests, with ponds, streams and lots of secret meadows to discover. It is home to numerous species of birds that prefer the dense undergrowth, as well as ducks and kingfishers that use the small ponds.

Everyone is invited and welcome!

Please let us know if you plan to come so we have enough cookies! kpura@kpu.ca

Set your GPS for **13723 Crescent Road, Surrey, BC** the location of the Historic Stewart Farm.

This will take you off of Hwy 99 to Crescent Road. When you start to see signs for the farm, keep going on Crescent Rd. PAST the farm toward Crescent Beach and turn LEFT on 129 St. at 28th Avenue which will take you directly into the correct parking lot.

Looking Forward to Seeing Everyone Who Can Join Us

KPU Retirees Association 2026 AGM report

KPURA held our eighth Annual General Meeting (AGM) on Thursday, March 12 at the Wilson School of Design on the Richmond Campus of KPU. The venue is a beautiful conference space with a great view of the North Shore mountains and the glide path of the aircraft coming into YVR.

Our keynote speaker was Trish McAuliffe, President of the National Pensioners Federation (NPF), who spoke eloquently on promoting a life of dignity, independence and financial security for seniors across Canada.

The National Pensioners Federation is a national, not for profit, non partisan, non sectarian organization, comprised of national & provincial seniors' organizations, local community seniors' clubs, labour union retiree organizations/chapters and individual

supporters across Canada with a collective reach of nearly 1 million. Membership advocacy for seniors and retirees is devoted entirely to the welfare and social interests of Older Adults.

The mission of the NPF is to stimulate public interest in the welfare of ageing Canadians. Their goal is to advocate for seniors and retirees in securing a life of dignity, independence and financial security. They accomplish this through networking and educating the general public on issues such as: Pensions, Housing, Health Care, Democracy, Social Programs, Elder Abuse, Affordable Access to Technology and Transportation. As well as presenting independent policy position briefs to Parliamentary Leaders derived from debated resolutions presented to our Biennial National Conventions, they provide Federal lobby support for improvements to all things concerning Ageing Canadians. As well as presenting independent policy position briefs to Parliamentary Leaders derived from debated resolutions presented to our Biennial National Conventions, we provide Federal lobby support for improvements to all things concerning Ageing Canadians.

KPURA members in attendance at the AGM encouraged the KPURA Board to consider joining the NPF. This motion was brought forward and passed by the KPURA Board at the first meeting after the AGM and our organization is now a member of NPF.

More about NPF here: <https://nationalpensionersfederation.ca/about-us/presidents-message/>



KPU and KPURA Updates

KPURA is now attached to and working closely with KPU Human Resources, who supplied coffee, tea, snacks, and then a wonderful buffet lunch after the AGM. Attending members also had free parking.

Our consultation continues with HR as we look for ways to support KPU employees as they move into retirement. These include our ongoing Lunch and Learns, attendance at KPU internal and external community events, and other opportunities as they arise.

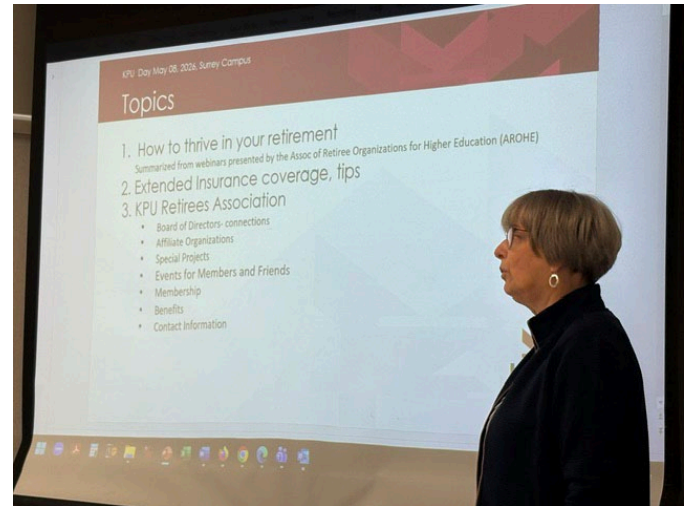
Presentation to KPU Employees Considering Retirement, KPU Day, May 08, 2026, Surrey Campus

Carol Barnett

KPURA Board members Carol Barnett, Sooz Klinkhamer, and Alice Macpherson presented an in-person presentation titled: “Thriving in Retirement” to about 25 KPU employees considering their retirement in the near future. The presentation was divided into two parts:

1) Retirement planning and the changes in life style to be expected in the first few years of retirement were discussed. Key strategies to make this transition easier were suggested.

2) The KPU Retirees Association was described including social activities, events, tours, and the benefits of membership.



There was time for questions at the end of the presentation. Many of the attendees wanted more information to assist them with the purchase of private extended health and dental insurance packages. The KPURA Board members provided tips for assessing the benefits offered by various health insurance providers. They referenced a report available at www.kpu.ca/retirees under the “Reports and Documents” tab titled **Extended Health/Dental Insurance and Travel Insurance Options for KPU Retirees**. This document lists several companies which provide health insurance coverage for seniors. There are also questions to think about when rating the benefits of each provider.

The KPURA presentation was repeated for a Lunch and Learn seminar offered June 19th through Human Resources online on MS Teams. Another group of 16 people joined in.



View from the back of the classroom at the KPURA session.

Age-Friendly University Best Practices Database

KPU joined the Age-Friendly University (AFU) Global Network in the fall of 2023. This network promotes positive and healthy aging which includes lifelong education. <https://www.afugn.org/north-american-members>



As a member of this global network KPU and the KPURA Board of Directors are working with Asma Sayed, Vice President, Equity & Inclusive Communities – <https://www.kpu.ca/oeic>

The **Age-Friendly University Global Network Best Practices** database highlights innovative programs, policies, resources, and partnerships that bring the [Ten Principles of an Age-Friendly University](#) to life.

Member institutions around the world are reimagining how higher education can engage learners of all ages, foster intergenerational connections, and contribute to the well-being of aging societies.

This resource serves as both a **showcase and a learning hub** celebrating what's working across diverse contexts and providing practical inspiration for others seeking to advance age friendly programming on their campuses. From lifelong learning initiatives and research collaborations to community engagement models and campus design strategies, these examples reflect the creativity and commitment of universities leading the way toward more inclusive, equitable, and age-integrated learning environment.

You can explore the collection to learn how universities worldwide are advancing age-friendliness—and discover ideas you can adapt to your own campus and community.

You can access the database here:

<https://airtable.com/appcW4hq3850mytJX/shrOrioKpp8lsmtcY/tbIKGptn0ITbmceeg/viwopw5izbORstgTi>

The Age-Friendly University Global Network announced that the University of Manitoba was selected to serve a four-year term as the North American Regional Lead. This recognizes the University of Manitoba's long standing commitment to age-inclusive teaching, research, and community engagement, and positions it to help coordinate and support AFU efforts across North America.

Age Friendly Intergenerational Opportunity This Fall!

Kwantlen Polytechnic University (KPU) is pleased to invite mature learners in our community to participate in an intergenerational classroom opportunity this Fall.

Participants (age 50+) can join undergraduate Psychology courses as active learners—bringing valuable life experience into classroom discussions while engaging in meaningful, university-level learning. This fall, participants may enroll in one of the following courses:

- Psychology of Genocide (PSYC 4650) – Kyle Matsuba
- Psychology of Memory (PSYC 3215) – Danny Bernstein

To register, participants simply need to complete a short set of forms (including instructor approval). Those aged 65+ may also qualify for a tuition fee exemption.

Spaces are limited, and applications are processed as soon as forms are received.

To learn more: <https://www.kpu.ca/dev/learn-together-intergenerational-classroom-opportunities-kpu>

CURAC Tribute Citation for Roger Elmes

Sooz Klinkhamer nomination of Roger Elmes

I am pleased to nominate retired faculty member and Dean Emeritus Roger Elmes for his sterling service to KPURA since its creation in 2017. Roger conducted an investigative report (2016) on university retiree associations. He then located contact information for 250 retirees via searches of Facebook, LinkedIn, and 411 Canada. He subsequently chaired a series of meetings including a founding meeting of 75 retirees which gave rise to KPURA. He continues to be a pillar of strength to KPURA serving first as Chair and now as Treasurer.

He is a regular contributor to our Newsletters; and is Principal Researcher to the KPURA Oral History Project - including interviews with 7 administrators (2 founders); 3 students (2 founding); 8 faculty (2 founding); and the first university chancellor. He has been an active participant in Board Meetings, AGMs, and all virtual and in-person events (approx. 50) since KPURA was created 8 years ago.

In retirement Roger made significant community contributions, serving 6 years on the Progressive Intercultural Community Services Society's Board, including 2 years as President, where he led planning and fund-raising activities for a culturally and linguistically diverse 125 bed long-term care facility currently under construction.

Roger also served as consultant on 10 projects to public and private colleges and universities in the GVRD. A significant and lengthy consultation, involving faculty in Social Sciences, Humanities, and Fine & Performing Arts at KPU, resulted in the creation of KPU's Faculty of Arts.

Roger received this well-deserved Citation at CURAC Conference 2026. (see picture on front page)

CURAC Conference in New Westminster report

Astrid Opsetmoen

The SFU Retirees Association (SFURA) hosted the annual College & University Retiree Associations of Canada (CURAC) Conference at the Inn on the Quay in New Westminster from May 20 - 22. I went as the KPURA delegate and attended all three days.

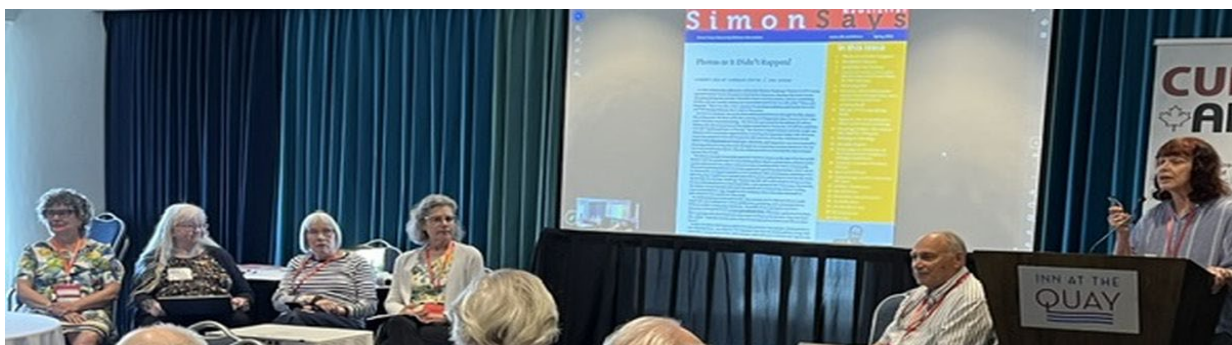


SFURA did wonderful job of hosting the conference and managed to collect an impressive number of door prizes. KPURA member Marie Claire Rucquoy was lucky enough to win a prize of a large type keyboard donated by Canadian Assistive Technology which has a Vancouver location www.canasstech.com,

The 2027 conference will be hosted by McMaster in Hamilton from May 19 - 21, 2027 and I can only encourage you to attend if you happen to be in that part of Canada next spring!

Newsletter Editor Panel at CURAC Conference

Alice Macpherson was honoured to be invited as a panel member for this session. She shared the panel with Patricia Cia, Langara College Association of Retirees; Mary Griffin, Association of BC College Pension Plan Retirees; Valerie White, UBC Emeritus College; Walter Piovesan and Marcia Toms, SFU Retirees Association. There was a lively discussion with good questions and comments from the audience. I came away with new ideas and a renew commitment to accessibility measures.



KPURA Event Reports

Seed Packaging for KPU Seed Library February 19 and May 22, 2026 updates

Astrid Opsetmoen

After our KPU Seed Library Online session with KPU Librarians, Celia Brinkerhoff and Melissa Cuthill, back in January, we moved on to seed packaging...twice!

February Seed Packaging Event



Celia Brinkerhoff and Melissa Cuthill requested help putting a lot of seed packages together for the **KPU Seed Library** and upcoming events such as **Langley Seedy Saturday** which was held on March 21, 2026. KPURA members Jacinta Sterling and Astrid Opsetmoen helped out on Feb. 19th, 2026.

We created over 1000 packages of various seeds to be “lent out” to local gardeners. Much fun was had by the small group which grew to include the visiting

parent of a KPU student. We first folded paper to make the packages before labelling them with the appropriate information about the plants and then filling the packages with seeds.

May 22nd Seed Packaging

Our intrepid Seed Librarians needed a little more help putting even more seed packages together.

Due to unforeseen circumstances a few KPURA members weren't able to attend this time. Jacinta Sterling had spread the word to her fellow volunteer gardeners at Dart's Hill and so we had three new people join us. Su, Shawna, and Gladys had fun helping us to label the seed packages before filling them with an appropriate number of seeds. We created many packages of various seeds to be “lent “out to local gardeners.



The **KPU Seed Library** is stored on the Langley Campus.

Borrowers have free access to the collection of seeds. After harvest, borrowers return a donation of seed back to the collection. The goal of the **KPU Seed Library** is to build a collection of seeds that are locally adapted and shared by our community.

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Nidus Personal Planning Webinar report

Astrid Opsetmoen

Martina Zanetti, Director of Programs & Lawyer, presented the webinar on Personal Planning and Representation Agreements on Tuesday, April 28th, 2026.



She explained a little of the history of Nidus which means nest in Latin and indicates stability and safety. Nidus is a non-profit charity for public benefit that helps BC residents plan for their future and helps to safe guard important documents in case of disaster.

You can find them online at: <https://nidus.ca/>

Nidus is a registered Canadian charity BN 889408332RR0001.

Nidus as a registry was first established in 2002 and is a place to securely store all types of important information and documents that might be needed in a health crisis or other emergency – by you or others who need to help.

This Nidus presentation helped to explain why you should take steps in your own Personal Planning by giving real life examples of why it might be necessary. Martina also explained what a Representation Agreement is, which type is appropriate (RA7 vs RA9) and how to create one. It is important to remember that you don't always need a lawyer to help you draft these documents, unless you decide to have multiple representatives. These documents are for your benefit while you are living and helps others understand your wishes before you suffer any incapacity, either mentally or physically.

The benefits of storing documents in the Nidus Registry in case of emergency were also explained. It is not necessary to store any documents that you eventually create in the on-line Nidus Registry.

To get a synopsis of the information presented in the seminar follow this link to Nidus which gives an Overview of Representation Agreements: https://nidus.ca/PDFs/Nidus_FactSheet_RA_Overview.pdf

Nidus provides free Representation Agreement Forms (with tips and execution instructions) that can be found here: <https://nidus.ca/ra-forms/>. No legal professional is needed to make a Representation Agreement.

To explore Nidus further, check out the following link: <https://nidus.ca/register/> which contains Info about the Nidus Registry. You can register for the next seminar and ask questions directly.

Tuesday, June 30 @ 11am-12pm

Hosted by Nidus

Click to register: [ONLINE on Zoom](https://us06web.zoom.us/meeting/register/p1ZavFOIQuG5gDu4OIs_dg#/registration)

(https://us06web.zoom.us/meeting/register/p1ZavFOIQuG5gDu4OIs_dg#/registration)

Chinese Canadian Museum Tour Report

Sooz Klinkhamer

A small but enthusiastic group of KPURA members were welcomed May 14th at the Chinese Canadian Museum (CCM) by our guide Dr. Melissa Karmen Lee, the Museum CEO and Curator of several of the historic displays. Gordon Lee, former KPU Dean joined us as well; he is a board member of the Museum and was instrumental in extending an invitation for a group tour at the CCM.



History

In 2017, the Province of B.C. announced its commitment to establishing a museum dedicated to celebrating the Chinese Canadian community. A working group consisting of community members and scholars was formed to lead consultations across B.C. to determine this museum's public needs and primary functions. In 2020, these community consultations resulted in the founding of the Chinese Canadian Museum Society of BC. The aspiration was to build a public museum honouring Chinese Canadians' history, contributions, and heritage. Since its founding, the society has launched temporary exhibitions, secured a permanent museum site, and procured funders and donors to support the development of the Chinese Canadian Museum! On July 1st, 2023, the Chinese Canadian Museum celebrated its grand opening at the historic Wing Sang building on 51 East Pender Street in Vancouver. In October 2024, the museum was presented the Governor's Award by the National Trust for Canada for its work.

This is the first Chinese Canadian Museum in Canada and, is now permanently at home inside the Wing Sang Building. Originally a two-storey structure built in 1889 by merchant Yip Sang, the Wing Sang Building was later expanded in 1901 and 1912, and remains the oldest building in Vancouver's Chinatown. Chinese Canadian Museum is located at 51 East Pender Street, Vancouver, BC.

Our Tour

We enjoyed a guided tour including the Dream Factory Exhibit of Cantopop Mandopop 1980s - 2000 – Hong Kong inspired fashion and music, including a karaoke room. We took a thoroughly wonderful walkthrough of a number of curated displays. Each area of the Museum houses very different shows. One was a permanent exhibit of A Soldier For All Seasons - highlighting the experiences of Chinese Canadians in WWII.



Other areas included the restored Yip family living quarters and the Chinese classroom where the children learned about their history.

We ended in the 1886 gift shop within the building and had a chance to wander and look at the delightful array of items. Even here there were artifacts like a Traditional Chinese Medicine tea brewing cauldron on display.

Lunch

Following the tour, most of us walked one block east to the Jade Dynasty Restaurant for lunch. We were joined (and hosted) by Gordon Lee, who graciously assisted us with ordering a wonderful array of items of dim sum. Great food and conversations that wrapped up a very satisfying event.



Tour group at the Jade Dynasty Restaurant for dim sum lunch

The Chinese Canadian Museum is a fascinating place to visit and to show to visitors from out of town. Over the past three years, the museum has expanded the spaces and stories they share – opening additional galleries, enhancing exhibitions, and introducing new public areas including their education centre, improved lobby, and more accessible facilities. Today, substantially more of the museum is open and available to visitors. See: <https://www.chinesecanadianmuseum.ca/>

Accessibility is central to the museum’s mission. The [BMO Campus Culture Pass](#) continues to offer \$5 annual passes for post-secondary students, and the museum participates in a wide range of access programs that offer free or reduced admission to many communities, including newcomers, [seniors](#), [students](#), [veterans](#), and more.

Rates for single tickets and annual passes:

- General (19+) — \$18 | \$40
- Youth (6–18) — \$12 | \$30
- Student — \$14 | \$5
- Senior (65+) — \$14 | \$30
- Children (5 & under) — Free
- Family (2 adults + 3 youth) — \$48



[Annual passes](#) remain exceptional value – just two visits each year, plus a complimentary ticket, cover the cost of a pass.

Kwantlen History

Reflections on CDEA from Ranjini Mendis

By Troy Neilson

In the third issue of the Employee Newsletter, part of the Blast From the Past section focused on the KPU’s Committee of Diversity and Ethnic Awareness (CDEA) when it received the third annual Cultural Diversity Award from the Surrey Delta Immigrant Services Society in 1998.

Shortly after publication, Ranjini Mendis, who retired from being an English instructor at KPU at the end of 2024, reached out with some more details on the impact the committee has had over the years. Ranjini played an integral part in getting CDEA off the ground and continued her work with the committee long after launch.

*CDEA committee members
(from front left): Bal Lidhar,
Ranjini Mendis, Sue Doucette,
Darlene Willier. (Back, left):
Tammy Hartmann, Jamshid
Shahidi, Ellen Woods, Linda Coyle,
Roger Elmes, Ching-Po Shih, Renu
Seru, Moira DeSilva and Priscilla
Bollo.*

*Not pictured here are members
Leigh Berglund, Angie Di Fonzo,
Lisa Domae, Len Egely, Ron
Johnson, Hardev Sodhi, Halina
Struser and Donna Suttie.*



From the Inside newsletter, Feb. 29, 1996 available in the KPU Archive (CA KPU C2-8-10-3).

“I was a member of CDEA from its very beginning, and served for 10 years,” says Ranjini. “At my job interview in June 1991, Dean Roger Elmes mentioned that he was planning to create a multicultural committee and would contact me about joining it. Being a Sri Lankan by birth, and having developed and taught a multicultural literature course at Mt. Royal University in Calgary, he knew where my interests lay.”

The committee, originally called the Multicultural Committee, met on a monthly basis to plan various activities at the university, including an annual diversity month in March.

“A particular project I contributed, which came out of Roger’s initiative, was creating a course workload handbook for students taking entry-level courses,” Ranjini explains. “Many students were coming to our programs from diverse backgrounds, with scant knowledge of college program requirements, and this handbook was intended to provide a good orientation for such students. It involved collecting information from directors, convenors and coordinators of each department about their course offerings. Then categorizing and proofreading the document for accuracy, and distributing it to each department.

● Course Workload Handbook published for Kwantlen students

You want to take a variety of courses. How do you know if you've given yourself an unworkable course load? Or one that is not challenging enough?

"There's a real need for information about how much work is involved in different programs and courses," says Ranjini Mendis, an English instructor who is on the Cultural Diversity and Ethnic Awareness Committee (CDEA).

"This information comes from the instructors as to how they structure programs and what they expect of the students," adds Ranjini.

"It isn't the kind of information that you find in the Calendar. It's an inside look into a program."

CDEA has published a 96-page book entitled: "Course Workload Handbook." It's a book whose time has come. It provides all kinds of information for students taking entry-level courses.

Included in this handbook is a listing of employees who are able to respond to inquiries in languages other than English.

It was a year-long project for the CDEA committee which compiled information through two questionnaires to Kwantlen's departments.

The handbook lists course information under various headings: lab work / computer labs; library research; text reading; multiple choice tests; written tests; extensive note taking; problem sets / assignments; clinical work; shop work (trades & related studies); individual work; group work; writing requirements such as papers and major projects; jargon; oral presentations; participation; videos and computer use.

For information or inquiries about the handbook, contact Roger Elmes, chair of CDEA, at 599-2052, or Priscil Bollo at 599-2672.

Daycare & more

Kwantlen University College has 8 new openings in our daycare program for 3 to 5 year olds at the Langley campus. On the Richmond campus the daycare has 1 opening for 3 to 5 year olds and 1 opening for the toddler age group.

Our emphasis is on quality and we offer a safe and nurturing environment that encourages your child to learn while having fun in a state-of-the-art facility staffed by qualified early childhood educators. Additional spaces are available for 5 to 6 year olds.

For more information on availability and cost, contact Barb Bender at 599-3201 or Pam Penney at 599-2601.

Kwantlen offers top notch care givers in a great facility

KWANTLEN
University College

WE CREATE QUALITY, LIFE-LONG LEARNING OPPORTUNITIES FOR PEOPLE TO ACHIEVE PERSONAL, SOCIAL AND CAREER SUCCESS

"Countless students enjoyed the diversity month events in the courtyard, and the efforts to respond to the changing demographics of the region was a proactive way to inculcate a sense of belonging and offer a welcome to students of varied backgrounds," recalls Ranjini. "CDEA also maintained a list of translators on the Kwantlen website as a resource for international students."

Looking all the way back to the first committee meeting, Ranjini believes the long-term impact of CDEA has been both institutional and personal.

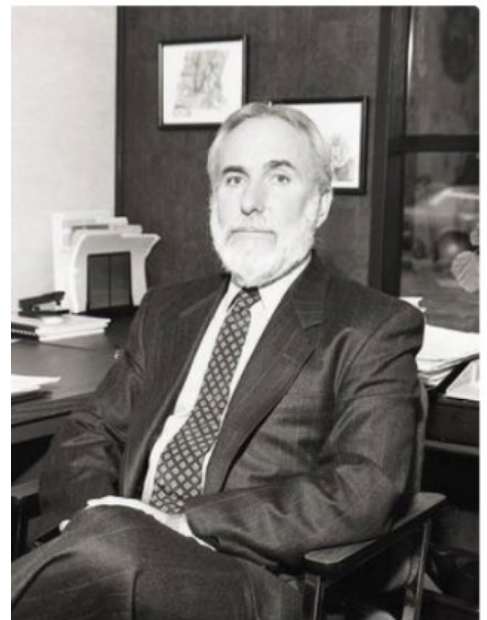
Article from the Inside newsletter, Dec 12, 1995, via the KPU Archive (CA KPU C2-8-9-17).

"The multiculturalism committee worked on anti-racism projects before that term was even widely used," says Ranjini. "Kwantlen received recognition as a leader in cultural diversity and equity due to this committee that started three decades ago."

Working on the committee also gave Ranjini a formal outlet for the work she was already passionately pursuing in her teaching and writing.

"In various elected positions, I organized conferences and fundraising, book launches, and colloquiums, published newsletters, and worked with local, national and international organizations," says Ranjini.

Ranjini would like to acknowledge all of the contributions made by all the members of CDEA over the years, and specifically the role played by Roger Elmes during his time with KPU. Roger taught for over 30 years at KPU and served as Dean of Social Sciences and later as Dean of the Office of Research Services. Roger is currently serving as Treasurer for the KPU Retirees Board of Directors and is the Principal Researcher of the [KPU Oral History Project](#) – which has been an invaluable resource for articles like this.



Roger Elmes, 1988

KPU Retirees Out and About

What is the best job you've ever had?

John Isaak

I guess I found the best job I ever had after I retired. I'd been a college English teacher for the previous 25 years, and I thoroughly enjoyed my work. As the academic year ended in the spring of 1995, I was informed by the college that at 60 years of age, and upon my completion of 25 years of service to the college, I now qualified for early retirement, and that would include one year's salary plus a healthy pension. I'll admit that offer came as a bit of a shock; I was thoroughly enjoying my job, and the thought of early retirement had never even occurred to me; however, I also knew that jobs like mine were extremely hard to come by, and there were many highly qualified people looking for jobs. After some reflection and discussion with my wife, I decided to accept the offer, much to the surprise of all my colleagues.

But then, of course, the obvious question came up: what now? I hadn't really thought that through, and as someone who was used to always keeping busy, it came as a bit of a shock to be faced with an empty schedule, and momentarily the thought even came to me: was that really a wise decision?

But those thoughts were almost immediately interrupted by another job offer, and this certainly turned out to be the best job I've ever had. For the previous eight years, beginning in the summer of 1987, I had been spending my summers in China helping their high school English teachers improve their English. Recently China had been gripped by what had become known as "English Fever," an extreme desire to learn English in the belief that this would bring instant wealth and success. English Language Institute/China was an organization established in 1985 for the purpose of recruiting, training and then sending out North American teachers to help Chinese middle school teachers improve their English and also their teaching skills, and for the past seven years I had spent my summers serving with them. No sooner had I received news of my retirement, then they invited me to become the full-time director of that program. And without question that was the best job I ever had.

It was my responsibility to find Chinese schools that were suitable for what we offered. I worked with the China Education Commission, who were familiar with the schools across China and had a general idea of what schools might be most suitable for our purposes. My job then was to visit each school, meet with the school officials, explain our program to them, and then ascertain together whether their site was suitable.

Since they knew there was a high demand for our program, they would make every effort to impress. They treated me to a dinner at their finest restaurant, put me up in a premium hotel, introduced me to their top local tourist sites, and generally treated me like a celebrity. In our peak years, we had up to 30 Camp China programs and 20 STP programs, and I had the delightful job of visiting China's top colleges and middle schools and being entertained in the finest restaurants and hotels in most of the provinces of China. With my love for travel, my interest in China and my love for Chinese food, this really did rank as a dream job for me.

John Isaak was a charter member of Douglas College when it was launched in New Westminster in 1970.



Chinese students preparing food at their school

Giving Back to My Community

Tally Wade

Volunteering has always been a part of my life. It just seems right to spend time in my community working with various groups. I enjoyed a very busy volunteer life when I retired working with the local community police station and fire department. Then COVID hit. Volunteer programs were shut down and working in the community dried up for me, so I started looking around at what was available. Our local community kitchen ran a food bank to serve those faced with food insecurity. They were still open, running and looking for volunteers, so I joined up. I was hooked! Those early days consisted of loading up grocery carts behind tables, giving food to those who walked through with shopping bags and baskets. Opening times were often unruly with people parking bags and boxes near the entrance of the food bank vying for a "first in line" spot when it opened. After all, they were of the impression that all the food would be gone if they were at the end of the line.

There were lots of carts to stock, heavy boxes to lift, tables to be set up and food to be moved out ahead of opening. Once finished, everything had to be cleaned, torn down and put away to allow for the community church to conduct their daily events and activities. That was back in 2021. Things have changed quite a bit in the past five years. Clients are registered, checked in on their specific day and week, entering the food bank with a shopping cart and going through the various stations to pick up food generously donated by local grocers and warehouses. Numbers are issued in a random order prior to the opening, so arriving early doesn't mean that someone is first in line. There is plenty of food to go around. Volunteers like me staff the various stations to hand out food. Clients can visit once every two weeks and generally leave with a shopping basket full of food items including fresh fruits and vegetables, dairy goods, frozen meats, deli salads and sandwiches, bread, desserts, canned goods and a host of staples for their diets.



Tally Wade at the Foodbank



Another one of my roles at the food bank is food mesh gleaning. Our trucks regularly visit local grocery stores to collect donated food. This includes deli items, sushi, meats, fruits, vegetables and grocery items that are cleared from shelves by staff. Our job is to sort, and salvage produce and other food items to stock the food bank and save nearly expired food from the landfill.

Much of the produce is dumped into boxes as they clear the shelves, so it is our job to sort through everything and quickly get it out to our clients. Gloves are a must and you dig through the boxes to salvage food. If only they wouldn't throw potatoes and bananas on top of fresh tomatoes or strawberries! Our work involves saving, sorting and stocking the shelves. The rewarding part is that we manage to salvage a lot of food for our clients. Food banks in the Greater Vancouver area are part of a large network aiding families in need. The bounty is shared amongst the various agencies to maintain a balance between them. Any overstock of produce in one area is traded for much needed grocery items from another, hence the balance.

I volunteer 2-3 mornings a week, working the food distribution line, gleaning in the warehouse or registering clients. The crew I work with is great: like-minded people looking to help and give back to those in need. At the end of the day, the food has been distributed and there are many happy people who can feed their families. It is satisfying to be a part of that process. Their smiles are my reward!

If you would like to learn more, please visit [Storehouse Society – Home of the Cloverdale Community Kitchen | Community Support in Cloverdale](#) for more information.

An Old Soldier Rides Again

Skip Triplett

As some of you know, my first career was in the military. I started as a Trooper in a tank regiment and ended as a Captain in an infantry regiment. It was pleasantly nostalgic to be asked to volunteer as a driver (picture at right) for Ashton Armoury Museum in the Greater Victoria Area. The Friends of the Museum, as we are known, keep several venerable vehicles in running order and we show them off in parades and static displays. It's my first volunteer gig that is pure fun!

Skip Triplett was a faculty member at Kwantlen and the President when we changed from KUC to KPU



Science Highlight

Food Producers & the NOVA System

Dr Bob Perkins

I have just finished another cycle of my 6-part “You Are What You Eat” course for members of the Sunshine Club here in Port Alberni. I already have folks interested in signing up for the course when we start up again in September.

The final class of the course is devoted to what the food companies are doing to entice consumers to buy their products. It is helpful for consumers to realize that there are four basic food groups when heading to the grocery store. This is referred to as the **NOVA classification system** of food.

Group 1 Foods

Foods in this category can be considered to be completely unprocessed. Examples would be fruits, vegetables, nuts, fresh meat, fish, milk and eggs. In other words, one would be able to grow them in your garden and collect the eggs from chickens/ducks. One could also include partially processed foods that have only been cleaned, frozen, or pasteurized without added salt, sugar, or oils.



Group 2 Foods

Foods in this category are partially processed. Examples would be oils, the various sources of “sugar” such as honey and maple syrup, as well as salt. More work would be required to isolate these foods compared to group 1 foods.

Group 3 Foods

Foods in this category have been made using foods from group 1 and 2. Typical examples would be bread, cakes, muffins, cheese and yogurt. These could all be prepared at home. They are made or preserved through baking, boiling, canning, bottling, and non-alcoholic fermentation. They will have a limited shelf life as they will be prepared without the addition of substantial amounts of preservatives.

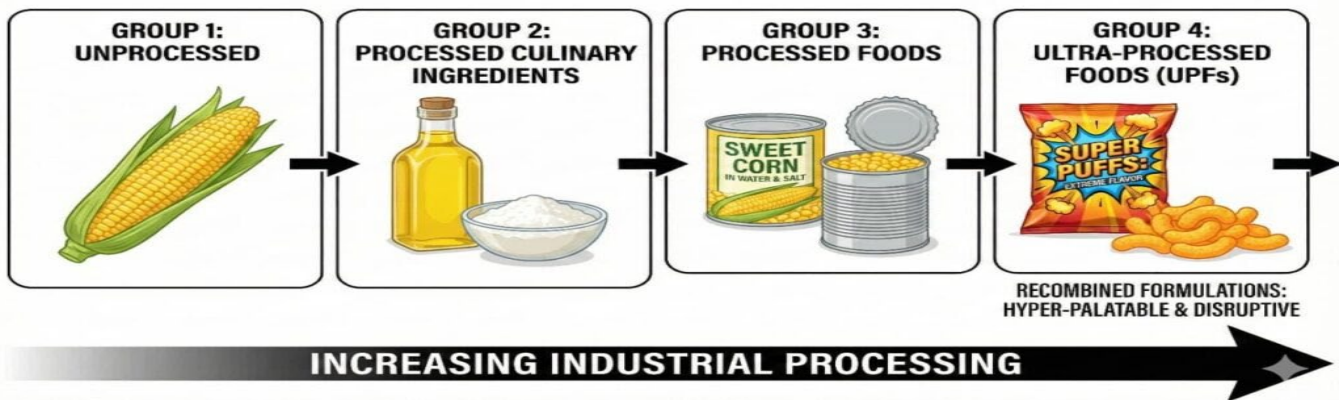


Group 4 Foods

Foods in this category are industrial products with many additives, like sugary drinks, snacks, and ready to eat meals - what most people associate with “junk or fast foods”. These foods are labelled as UPFs (ultra processed foods) and contain many ingredients that would not be found in a typical kitchen.



NOVA SYSTEM: THE INDUSTRIAL TRANSFORMATIONS OF CORN



Food labels suggesting “low fat” or “low salt” or “no added sugar” are very misleading as the manufacturers adjust the relative amounts of these three ingredients to satisfy the “bliss point” and “mouth feel” to keep the consumer coming back for more.

Key Characteristics of Ultra-Processed Foods

- **Long ingredient lists:** Typically, five or more ingredients, including substances not commonly used in home cooking
- **Industrial ingredients:** Contains additives like high-fructose corn syrup, hydrogenated oils, modified starches, and artificial sweeteners
- **Flavour enhancers:** Includes MSG, artificial flavouring agents, and colour additives
- **Preservatives:** Contains chemicals to extend shelf life far beyond natural foods
- **High levels of added sugar, salt, and unhealthy fats:** Often exceeding daily recommended amounts in a single serving
- **Low nutritional value:** Minimal vitamins, minerals, and fibre despite high calorie content

For consumers that are diabetic or pre-diabetic, the most important portion of a food label to pay attention to is the amount of carbohydrate in the product. Many UPF “foods” are very high in carbohydrates, but low in fibre. If one subtracts the number of grams of fibre from the number of grams of carbohydrate, the result will be the number of grams of glucose that will be released upon digestion. Dividing that number by 4 will give you the number of teaspoons of sugar released upon digestion.

I hope that this brief survey of the NOVA system will give you some “food for thought” the next time you head to a grocery store.

Book Reviews

Roger Elmes

Passionate Mothers, Powerful Sons:

The Lives of Jennie Jerome Churchill and Sara Delano Roosevelt by Charlotte Gray

Simon and Schuster Canada (Advance Reader's Edition)

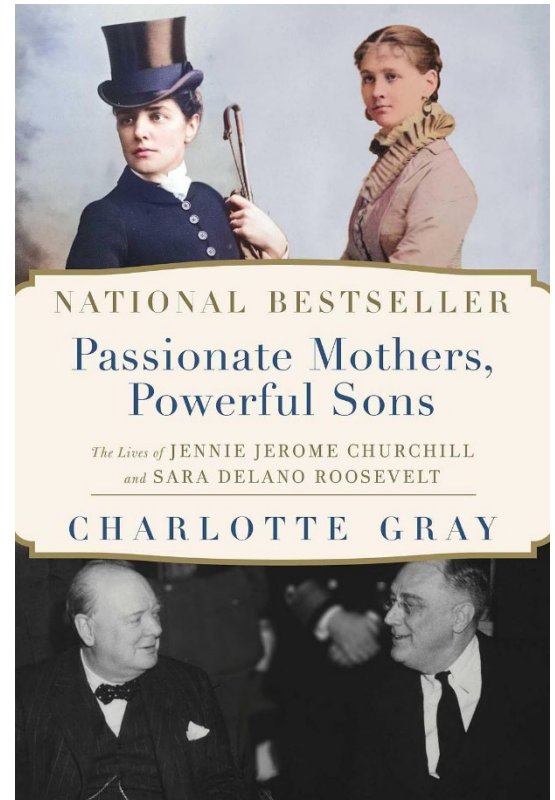
To misquote that classic song by Julie Andrews – Let's start at the very ending instead of the very beginning. In recounting the lives of these two passionate mothers and their impact on their powerful sons, Charlotte Gray reassesses many of the conclusions drawn by previous authors, mainly male

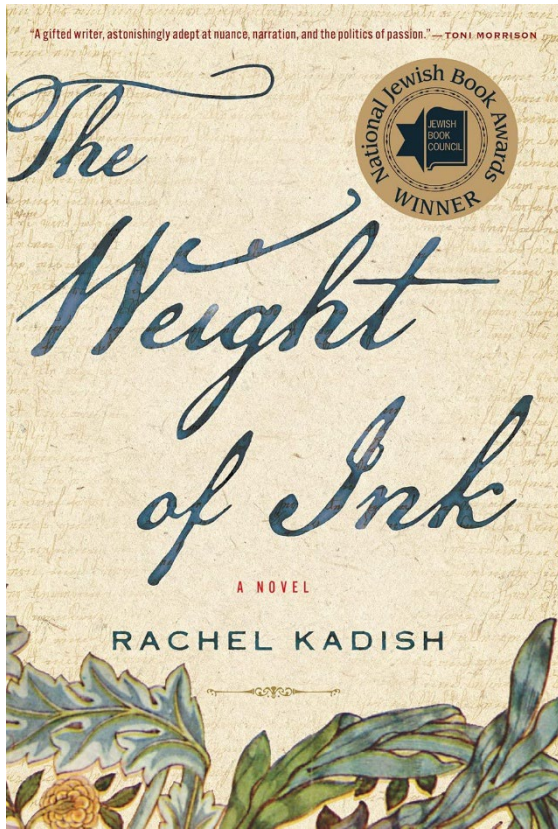
Maybe Sara was imperious. Perhaps Jennie was flirtatious. But is that the only way to remember two women who, despite the suffocating constraints of the time, took charge of their own lives and worked hard to help their sons? I don't think so. They were far more complicated and interesting than that. Imperious or promiscuous men would not be judged so harshly. I wrote this book because I wanted to reevaluate two remarkable characters on their own terms. (p.356)

The author has accomplished her goals with close analysis of well documented sources, the events in their lives, their reactions to them and the reactions of contemporaneous and later observers, family, friends, and the less friendly. Both women came from comfortable backgrounds Jennie Jerome from new and fleeting New York money; Sara Delano from old and lasting New York money. Both were experienced travellers spending long periods in France and England before and after their marriages. Jennie married into old UK money that had been largely lost and her life would be one of financial challenges. Sara married into more old money and neither she nor her son ever wanted for money.

Both were widowed at a relatively young age and had to reinvent themselves to varying degrees. Those reinventions are the focus of the latter half of the book. There were substantial contrasts in how they had to deal with the politics of their era and how they shaped their sons' roles in that world. Jennie did not live to see her son's greatest success, while Sara continued to play a role as "America's Matriarch" in FDR's political life

If you are interested in the political, economic and social dynamics of the 1850s to the 1940s and the roles of women and men this is a good read. Throughout the book I periodically bemoaned the lack of photos worth a thousand words. There are no photos in the Advanced Reader's Edition. But I note the substantial three page of a wide variety of photo credits (pp. 388-390). I'll have to buy the published edition.





The Weight of Ink by Rachael Kadish

Brilliantly written novel intertwining two narratives; one set in the mid 1600s, the other in 2000. London is the setting; the two backdrops are the Inquisition and the Holocaust, both almost supporting characters. A woman historian is called to a large old house in 2000 to review some historic papers when a wall is opened to upgrade the electrical system.

The papers become the source of one of the narratives and the research of them the source of the other. Hence the title.

The writer of many of the papers is a woman who replaces her brother as scribe to a Rabbi, an almost unheard of and unsanctioned role for a Jewish woman in the 1600s. The Rabbi has been tortured and blinded by the Inquisition in Portugal and come to London via Amsterdam.

The woman historian is nearing retirement and somewhat mired in the politics of her university department and eventually in competition with a younger male historian. As a young non-Jewish woman she had volunteered in Israel where she and a male Holocaust survivor fall in love. An entire career later she is assisted in her research on these unique papers by a Jewish-American graduate student working on his PhD.

If you enjoy good writing with excellent character and plot development crossing centuries of time, thought, philosophy, and circumstance...crossed with some history, *The Weight of Ink* is a rewarding read.

And there is more!

Ranjini Mendis

Some other book suggestions for your summer reading:

- *Dream Count*: Chimamanda Ngozi Adichie
- *A Memoir of a Marriage*: Belle Burden
- *The Postcard*: Anne Berest
- *Rosarita*: Anita Desai
- *The Loneliness of Sonia and Sunny*: Kiran Desai
- *The Paris Express*: Emma Donoghue
- *The Midnight Train*: Matt Haig
- *London Falling*: Patrick Radden Keefe
- *The Names*: Florence Knapp
- *The Mountains Sing*: Nguyễn Phan Quế Mai
- *This Must Be the Place*: Maggie O'Farrell
- *A History of Burning*: [Janika Oza](#)
- *Pick a Colour*: Souvankham Thammavongsa

Brave Neuf World

Close Encounters of The Drug Store Kind

Lesley Neufeld

One of the things I love about our community is its small town feel. Friends and acquaintances shout a cheery, "Hello! How are you?" when they see you out and about. Neighbours linger at the fence to talk about the weather. Everybody knows your dog's name. Even strangers nod and say, "Morning," as they pass you on the street. A trip to our grocery store almost guarantees that you will run into someone you know and you'll stop to chat for a few minutes. Maybe you'll wander along in the aisles, grocery carts side by side, as you inspect the tomatoes. If you see a pal at the checkout, you'll hang on until they're done so you can stroll out to the parking lot together. Yep, our neighbourhood is about as sociable as they come.



Except at the drugstore.

The pharmacy is Ground Zero for Social Avoidance. At the drugstore, you'd just as soon be a total stranger, even to your best friends, than run into somebody you know. It's like, uh, oh! There's so-and-so. Glance the other way. Avoid eye contact. Duck behind the travel size toiletries if you have to. Basically, steer clear of everybody. Why? Because you don't want anyone to know what unspeakable health issues you harbour.

Oh, it's not so bad over by the greeting cards or the toothpaste or the shaving cream. If you bump into somebody in these Neutral Zones, you can say, "Hey, how's it goin'?" And it isn't even all that awkward to venture into slightly deeper territory, "What are you up to these days?" But that's IT! You extricate from the exchange as fast as you can.

Worse is if you should spy somebody you know in the adult incontinence product aisle! If you're lucky, they won't see you, and commando-like, you can scoot into the tissues and TP department before you're detected – you know, lest they think, well, you know. Whatever you came in to buy will just have to wait until the next trip because there is NO way you're going up to the cash desk with a package of Poise under your arm.

Your excursion today is taking you to the health care aisle – you know, where the icky preparations lurk – where "personal" turns to "intimate." And just when you turn toward Deep Drug Store, you stop in your tracks. "Oh, no, my Neighbour!! Horrors upon horrors!", you say to yourself, "She's turning in the same direction! Where is she going? Please don't let it be THAT section! Ooooh, nooo!"

But it is! She's right behind you! Now what are you going to do? You've missed your chance to dodge out of there. It's too late for guerrilla tactics – you're stuck between Kaopectate and KY.

You and she side step each other – edgy, agitated. Words between you become brittle and skittish. You try not to notice the products in her cart. But you can't look away!

"Oh, heh, heh, I'm shopping for my elderly uncle," she says, "Some toenail fungus apparently."

"Oh, heh, heh, that's nice of you. I'm just getting something for heartburn," lying, as you grab your Metamucil when she isn't looking and bolt to the check out. You frantically swipe your credit card across the reader and spurt, "I don't need a bag, thanks!" You grab your receipt and glance over your shoulder. You make a dash for the parking lot. You scream out of there, screeching your tires, making the turn out of the parking lot on two wheels, like a gangster in a get-away car.

Whew, made it out alive! Do you think she saw? Nah. You congratulate yourself on a successful mission. You clever, nimble Ninja, you!

When you get home, you knock back a stiff cocktail of orange-flavored fiber, and seriously contemplate online shopping from now on. Or wearing dark glasses.

Lifelines in Retirement

Ranjini Mendis

Recent and not-so-recent retirees might notice that their "winter of [disconnect]" resulting from the offboarding experience morphs into something quite other than the doom and gloom scenario. (Apologies to Shakespeare's "winter of discontent")

First, in response to my invitation for suggestions on transitioning into retirement (**Lifelines in Retirement** KPURA News 9.3), Lori Goldman helpfully offered the following:

To the writer of this article and to all retirees:

Climate action needs you! Involvement is a way to stay relevant and effective after retirement. Seniors for Climate BC is part of a national movement of elders and others acting to get bolder policies to protect the planet and safeguard the future for our descendants. Seniors for Climate has local groups all over BC. Seniors for Climate BC meets once a month to discuss issues of urgent concern and actions we can take, locally, provincially and federally.

The provincial and federal organizations support and coordinate with local groups. There are so many issues right here in our own backyard, and at this unprecedented time, when climate change has been put on the back burner by our politicians, our voices are needed more than ever. Our grandchildren and future generations are counting on us. Not speaking up for them is simply not an option.

Please see: <https://seniorsforclimate.org/> and contact them here: <https://seniorsforclimate.org/contact-us/> to find out how you can be involved. – Lori Goldman, Penticton, BC

"We are on earth to take care of life. We are on earth to take care of each other."

Xiye Bastida Patrick, Mexican climate justice activist, member of the Indigenous Otomi community

My rather bleak account of entering retirement elicited more great suggestions (see in KPURA News 9.3), one of which was from Elizabeth, a former colleague, who initiated a book club. She, Wendy (also a former colleague), and I have met-up a few times, ostensibly to discuss new books but more as friends to revisit and relive good (and not-so-good) times at Kwantlen.

We have enjoyed *Peacocks on Instagram*, *How to Survive a Bear Attack*, and *A Book of Lives, A Memoir of Sorts*. Atwood's wit and humorous accounts in her memoir had me laughing so hard that I couldn't breathe. Our next selection is *This is the Place* by Maggie O'Farrell (the author of *Hamnet*). It's such a change to read for pleasure instead of reading for a living jotting down copious notes through an analytical lens.

Check the Review column for many summer reading suggestions that can be enjoyed in the cool shade of a tree or at the beach. If you have come across any interesting books, we would absolutely love to hear from you. (Email Reviews to: KPURANews@gmail.com)

Third Age Learning at Kwantlen

Another energizing suggestion came from long-time officemate and friend Betsy Spaulding who suggested that I volunteer to serve on Third Age Learning at Kwantlen (TALK). After dithering about re-entering a formal work sphere, I plunged in, and was readily welcomed by Program Chair Jean Garnett. It felt like traveling back through time, sitting in a classroom at Kwantlen with familiar faces such as former colleague and TALK Board chair Paul Tyndall.

The last meeting in mid-May began with a lunch hosted by Jean in her home: a delectable spread of salads, finger-foods, veggies and fruits, a chocolate zucchini cake (truly amazing!), almond cookies, and a variety of non-alcoholic beverages. What a pleasure it was to meet Sandra Carpenter from

KPURA who serves on TALK's Program Committee, exuding the same sunny disposition and warmth I remember from aeons ago.

This cheery, convivial gathering of "old" and new contacts was followed by a two-hour board meeting and the inevitable topic of who or which department would take over TALK, as there seems to be the likelihood of KPU's ACP Department being discontinued.

"No good deed ever goes unpunished," the saying goes. Paul, who kindly offered a couple of us a ride back to our homes, had to crawl at a snail's pace in heavy rush-hour traffic. That said, the upside of that unfortunate outcome was an unexpected two hours to recall lives and times of Kwantlen.

As a new board member, I am amazed at the level of lively interaction, deep commitment, and wide-ranging efforts of this KPU-affiliated group. I recall the excitement as far back as the early 2000's about TALK and how various colleagues offered sessions through the years. Familiar names crop up at these meetings such as the late Lindagene Coyle who served on the Board and former Board member Allan Quigly, with input from current Board member Geoff Dean, who has drawn up an impressive strategic plan for the upcoming year. As a volunteer organization, this group seems to do a lot of heavy lifting on a shoe-string budget, with some support from KPU. Their beautifully produced booklet lists courses of each semester and their leaflets are distributed at various venues keeping KPU alive in the Age-Friendly category and visible in the public domain. It's a great service to retirees and the general public.

See you at TALK, I hope!

N.B. In this *Lifelines* column, I've decided to write as myself instead of hiding under the pseudonym "Anon."

KPU Day 2026

KPURA members reminding our colleagues that we are still around and there is life after KPU.



Yale Shap, Rich Hartfiel, Astrid Opsetmoen, Carol Barnett, Alice Macpherson, Sooz Klinkhamer at KPU Day 2026, Surrey Campus

TALK

Third Age Learning
at Kwantlen

Fall 2026 Preview

Stimulating lifelong learning for adults over 50

Non-Credit Classes

To Create is Human	Sep 25
Richmond Garden in the Bog	Sep 29
Fraser River	Oct 5
Keep Talking: Conversation	Oct 6
Fraser Valley Rose Farm Tour	Oct 7
First Aid at Home	Oct 9
State of the World's Birds	Oct 13
Financialization Strangled Economy	Oct 14
Ancient Communities	Oct 16
Curious History of Colour in Art	Oct 19
How to Help People with Dementia	Oct 20
How to Access Medical Records	Oct 21
Sleeping Peacefully	Oct 23
AI Risks and Ethics	Oct 27
Our Musical Autobiography	Oct 29
International Trade	Nov 2
CyberSafe Seniors	Nov 4
Science Fiction on TV	Nov 10/17
Transit Oriented Communities	Nov 13
Medicines Affect Cognitive Health	Nov 18
Submarines	Nov 23
Armchair Travel: Bordeaux area	Nov 24
Craft Coffee Canada Tour	Nov 27
Grief, Love and Letting Go	Dec 1
Hands-on Technology Support	Dec 2/3
BC's Marvelous Mushrooms	Dec 7
Housing Decisions for Seniors	Dec 8
Xi Jinping and China	Dec 11

Philosophers' Corners

1st Thursday in Richmond at Wisteria Place
 2nd Thursday in Surrey at Crescent Gardens
 3rd Thursday at Langley City Library
Open to the public, no registration necessary

Fall 2026 topics:

- Should humour be politically correct?
- How do we use the principles of ethics in our lives?
- The Notwithstanding Clause: What is it and what's your opinion?
- Should teachers be allowed to keep children's "secrets" from their parents?
- The problem with one point of view.
- To Infinity and Beyond. Really?
- Environmental Report Card.
- Are you optimistic that many of the world's problems can be solved by science?
- How do you define success?

Annual General Meeting

**Featuring Acting KPU
President Diane Purvey**

on the Future of Post-Secondary Education

Oct 26 10:30 am - 12:30 pm

KPU Richmond campus

FREE to TALK members

Refreshments



TALK is cheap!

As a KPURA member, your first year of membership in TALK is free!

Annual dues are only \$10 per year. See more at: kpu.ca/talk



AROHE Recorded Virtual Events that you can Access

Sooz Klinkhamer (KPURA liaison to AROHE)

KPURA is connected with the Association of Retirement Organizations of Higher Education (AROHE) and through them has access to a variety of very good virtual programs and seminars. <https://www.arohe.org>

Here is a sample of past event recordings that you can access:

Past Events

Topic

- [VRC Virtual Meet-up](#)
- [Solo Travel: Tips and Trips](#)
- [Cultivating Social Connections and Support Systems in Retirement](#)
- [Aging Alone Together: Considerations to Support Solo Agers](#)
- [AROHE Travel Forum](#)
- [Time Well Spent: Shaping Your Days with Intention](#)
- [Discovering Your Purpose in Retirement](#)
- [AROHE Liaisons Meeting](#)
- [Retiring Well - Creating a Personal Action Plan](#)
- [Building a Financial Foundation for Your Ideal Retirement](#)
- [Moving from Strength to Strength in Work, Life & Happiness](#)
- [Virtual Retirement Chapter Meeting](#)
- [How AROHE Can Support Your Retirement Organization](#)
- [AROHE Liaisons' Meeting](#)
- [Community Building Through Shared Writing Groups.](#)
- [Part III: Long-Term Care and Tax Planning](#)
- [Part II: Trusts: The Swiss Army Knife of Estate Planning](#)
- [Trip Preview: Cuba Today: Havana, Cienfuegos, Trinidad](#)
- [Trip Preview: New York City at a Slower Pace](#)
- [Part I: Introduction to Estate Planning: Five Essential Documents](#)
- [Bundle Coordinator Forum: Aligning Goals & Growing Impact](#)
- [The Best of Ireland: A Week on the Emerald Isle](#)
- [Welcome to Next Chapter: Build a Virtual Retirement Community](#)
- [Best of St. Simons, Sapelo, Jekyll: An Island-Hopping Adventure](#)
- [Costa Rica at a Slower Pace: Natural Wonders by Water and Land](#)
- [AROHE Travel Institute 2026 Trip Preview](#)
- [Cyber Fraud and Personal Security Insights Virtual Workshop](#)
- [Reimagining Retirement: Holistic Cognitive Health](#)
- [Preview Session: Reimagining Retirement Series](#)
- [Preview Session: Reimagining Retirement Series](#)
- [Best of Spain at a Slower Pace Information Session](#)

Original date

- Thursday, June 04, 2026
- Wednesday, May 13, 2026
- Wednesday, May 06, 2026
- Monday, April 27, 2026
- Thursday, April 23, 2026
- Wednesday, April 22, 2026
- Wednesday, April 08, 2026
- Tuesday, April 07, 2026
- Wednesday, March 18, 2026
- Wednesday, March 11, 2026
- Wednesday, February 25, 2026
- Wednesday, January 14, 2026
- Tuesday, December 02, 2025
- Wednesday, November 19, 2025
- Thursday, November 13, 2025
- Tuesday, October 28, 2025
- Tuesday, October 14, 2025
- Monday, October 06, 2025
- Wednesday, October 01, 2025
- Tuesday, September 30, 2025
- Wednesday, September 24, 2025
- Thursday, July 31, 2025
- Thursday, July 24, 2025
- Friday, July 18, 2025
- Monday, May 19, 2025
- Tuesday, April 29, 2025
- Tuesday, April 08, 2025
- Tuesday, February 25, 2025
- Wednesday, February 05, 2025
- Wednesday, January 29, 2025
- Tuesday, January 21, 2025

Healthy Aging Research

Research pathways to living long and living well



Canadian Longitudinal Study on Aging
Étude longitudinale canadienne sur le vieillissement

The Canadian Longitudinal Study on Aging (CLSA) is a large, national research platform on health and aging allowing researchers to answer critical questions on the biological, medical, psychological, social, lifestyle and economic aspects of aging, disability and disease. The

CLSA follows 51,338 men and women who were aged 45 to 85 at recruitment, for 20 years.

CLSA defines its aim as “to find ways to help us live long and live well, and understand why some people age in a healthy fashion while others do not. What is learned from the CLSA will help improve the health and well-being of people in Canada and around the world”. It indicates that its “research platform has been envisioned as infrastructure to enable cutting-edge, interdisciplinary approaches to population-based research and empower evidence-based decision-making”.

It has just created an updated improved website <https://www.clsa-elcv.ca/> that provides easy access to its Data Preview Portal; 600+ approved research projects around the world using CLSA data; [1,500+ CLSA news stories which report on and simplify the findings](#) in over 400 published peer reviewed studies; and has created over 250 training opportunities for young researchers by providing alphanumeric data to qualified graduate students and postdoctoral and clinical fellows at no cost.

The McMaster Optimal Aging Portal is a good source for healthy aging information that you can trust.

Some of the topics on the site:

Supportive homes and communities 17 topics

Mobility and transportation 7 topics

Health care and health service delivery 48 topics

Healthy lifestyles and wellness 19 topics

Autonomy and independence 12 topics

Staying connected 7 topics

Cognitive health and dementia 5 topics

Financial wellness and employment 7 topics

<https://www.mcmasteroptimalaging.org/>



Office of the Seniors Advocate

This is always a good time to reflect and plan for the future. For seniors, this can mean focusing on health, independence, security and staying connected with family, friends, and community. <https://www.seniorsadvocatebc.ca/>

Learn about programs and resources available to support older adults across B.C. in the BC Seniors' Guide: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

Available in many languages and this link will have any updates as they happen.

Some of the Groups that KPURA is connected to:



[National Pensioners Federation](#)



[BC Federation of Retired Union Members](#)



Canadian Coalition Against Ageism
Coalition Canadienne Anti-Âgisme

[Canadian Coalition Against Ageism](#)



[BC College Pension Plan Retirees](#)



International Longevity Centre Canada

Human Rights do not have a best before date
Support a U.N. Convention on the Rights of Older Persons

[International Longevity Centre Canada](#)



[Council of Senior Citizen Organizations of BC](#)



[Canadian Federation of Pensioners](#)

You Benefit by being a Current Member of KPURA

The KPU Retirees Association

Invites you to join us for the purposes of:

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

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

KPURA members get benefits!

Membership in KPURA is only \$15 per year and there are a number of benefits that you can access as an annual member. Membership runs through the calendar year so now is a good time to join or renew for 2026.

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

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

Why is a Lifetime Membership in KPURA a Good Option?

Lifetime memberships benefit KPURA too. It provides stability through a core membership group and is helpful for our financial planning. If you are interested in a Lifetime membership, it can be activated at any time.

AGE	65 or younger	66-69	70-75	76-79	80+
FEE	\$250	\$240	\$200	\$170	\$140

In recognition of the efforts of our Founding Members, \$25 will be deducted from each of the above fees if they choose to switch to Lifetime Membership at any time. Any other current annual dues paying members who decides to switch from Annual to Lifetime Membership will similarly receive a deduction of \$25. All other dues paying members who decide to switch from Annual to Lifetime Membership and whose dues are current for the year in which they apply to switch to Lifetime Membership will similarly receive a deduction of \$15.

Faculty members who are retiring can get their first year of annual membership paid for by the Kwantlen Faculty Association.

Astrid Opsetmoen
KPURA Membership Coordinator

KPURA Member Benefits and Discounts

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

The KPU Retirees Association maintains membership in several affiliate organizations that support retirees and older adults in BC and across Canada. Two of those organizations have negotiated with private companies for member benefits. These benefits are available to KPURA members. Note that a member’s name and contact information is not shared with our affiliate organizations nor private companies. To qualify for discounts and other services, you may need to use your KPURA membership card. These cards are electronic for annual members and permanent for life members.

CURAC (College and University Retiree Associations of Canada) Benefits

for KPURA members www.curac.ca :

CURAC lists several affinity partners with discounts available to members of all the Retiree Associations belonging to this national organization. Discounts or reduced fees are available to members under the following categories:

- Travel Planning
- Insurance
- Health Products, vision and hearing
- Retirement Living
- Annual National Conference (2026 will be in New Westminster)

COSCO (Council of Senior Citizens’ Organizations in BC)

COSCO lists several providers that offer special services to retirees and older adults under the following categories:

- Travel Insurance
- Home Insurance
- Personal Planning
- Provincial Services

KPURA continues to explore other affiliations that will offer more benefits to our members.

In Memoriam

Manfred Baur

Manfred Baur passed away peacefully from heart complications on April 19th at Sechelt Hospital.

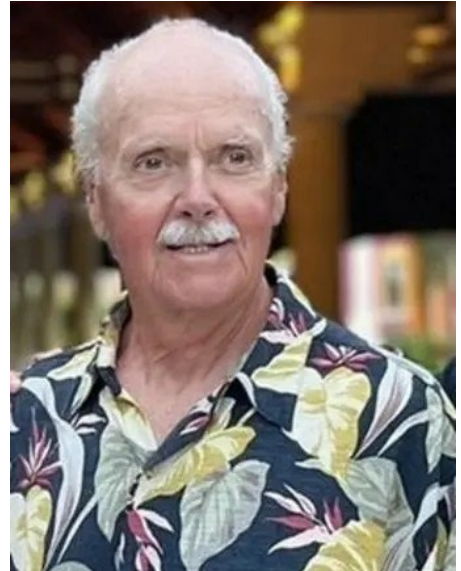
He was born in Germany but at the age of 15 he immigrated with his family to Canada. He began building his career with determination and resilience working at VW Canada during the day while attending English classes at night. He spent a number of years with the VW organization and he became a Technical Advisor for them. He moved his family to BC to pursue a position with Mazda Canada.

After several years he found a new calling in education, joining Kwantlen College in its beginning year where he was an instructor in the Automotive Trades Program. He went on to get an undergrad degree from Western Washington University and then a Master's Degree from SFU.

He was the President of the Faculty Association and sat on several Provincial Committees. While at Kwantlen he was appointed as the Dean of Trades Technical and he also served as the Dean of the Newton campus.

Upon retirement he moved to Gibsons with his wife Margot where he enjoyed a peaceful life, spending time on the water swimming, kayaking and boating.

He will be greatly missed by his wife, his two daughters, his four grandchildren and his two great grandchildren all of whom loved him dearly.



Douglas Brian Boyer

September 24, 2025.

Doug was born in Toronto, and moved to BC at the age of 5 when his father took a position at the Minnekhada Ranch. He went through elementary and high school in Port Coquitlam, eventually obtaining his teaching certificate at UBC.

Doug taught at Burnaby North for 5 years, followed by 15 years as an automotive instructor at Kwantlen University College. After his retirement from Kwantlen, Doug took a position with Chrysler Canada, becoming a well-respected trainer of Chrysler technicians across Canada.

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

Newsletter Information

Thank you for reading **Newsletter #28** from the **KPU Retirees Association**.

The KPURA Board of Directors endeavours to keep us all up to date with matters of interest to KPU Retirees.

Thanks to all the contributors for this and past issues.

If you have received this you might be a KPURA Member or a Friend (we have your email) or it may have been forwarded to you such as if you are a Douglas College or other post-secondary retiree.

We welcome you to Join Us!

We really want to know what you would like to see in the KPURA Newsletter.

We also look forward to your memories and your contributions. Please share!

The newsletter is always looking for pictures and stories. They can be about your adventures at Kwantlen and beyond into community activities or travels near and far. Do you have a photo or short story to share of your days at Kwantlen? How about your travels or adventures before or after retirement? Advocacy? Community groups? Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies? – **We are interested in it all!**

Feel free to join in with an article of 100 and up to 500 words with several pictures to illustrate. Your Newsletter Committee would welcome more input, members, articles, and photos.

Please send information and articles to kpuranews@gmail.com

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

Alice Macpherson

Editor, KPURA News



1981 New Kwantlen College banner on display