



MV Gikumi Tour Group in August

Board of Directors Report

*Terri Van Steinburg,
KPURA Board Chair*

KPURA has had a busy late summer and fall. A group completed a voyage with the MV Gikumi in August. We held our annual picnic at Cresnet Beach on September 10th, as well as several online events.

There are a number of events planned for the rest of this year and we hope to see you at one or more of them.

See the descriptions starting on page 2.

KPURA endorsed Health Care Needs Home Care campaign that seeks to eliminate home support fees. For more information go to:

healthcateneedshomecare.ca

KPURA also participated in the KPU Open House on the Surrey Campus. It was a great day to connect with the KPU community and beyond.

We continue to work with KPU HR and look for ways to support KPU employees as they move into retirement.

Your KPURA Board continues to meet monthly to support these and other initiatives through our participation in other Canadian and abroad retirees organizations.

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 2
November 2026

Keeping Connected

Events

Upcoming Events



You are What You Eat, Oct 29
Seed Packaging, Langley, Nov 5
Wine Tasting, Nov 12,
Armchair Travel, Nov 26
Seasonal Social Lunch, Dec 3

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Event Reports



Voyage of the Gikumi on the Fraser,
KPURA Annual Picnic at Crescent Park,
Armchair Travel New Zealand

Page 6-7



KPU Open House

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And Much More!

Country Vines Winery Visit – November 12, 12 noon - 2 pm

JOIN US FOR A WINERY VISIT and chance to socialize!!



Hello all and welcome to our next in-person event planned for Thursday 12 November 2026. We will gather at 12 noon for a wine-tasting followed by social time at [Country Vines Winery](#) in Richmond.

This charming winery is located on Steveston Highway, and some of you may remember our previous visit there in March of 2025. This time, the wine-tasting (cost per person a very reasonable \$5) will occur at one of their tables in the lounge area.

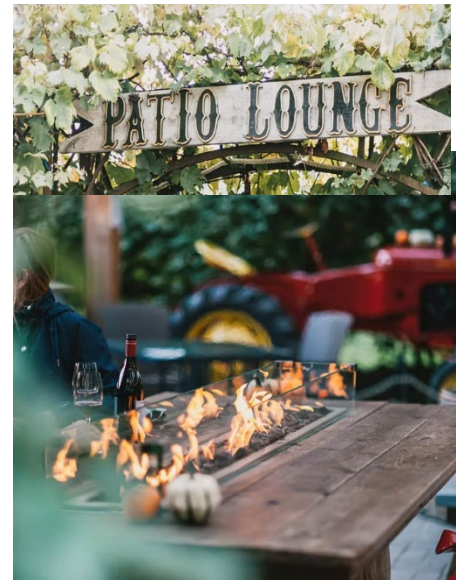
We will then move to the picnic area and fire-table to enjoy some snacks (provided by KPURA), or you can bring your own lunch/snacks if you would prefer or have allergies/sensitivities (let us know).

You are welcome to attend for the socializing even if you are not a wine drinker. They are also right next to their sibling farm market so you might be looking for seasonal fruits and vegetables as well.

We look forward to gathering and spending some social time with our members and hearing what you've been up to and what you'd like to see your retirement organization plan for future events (in person, or virtual).

Please let us know if you plan to attend with an email to KPURA@kpu.ca

Thanks!



Armchair Travel: Sustainable Fashion tour of Japan – November 19, 10 am – 12 pm

Astrid Opsetmoen presents on Zoom



Astrid will share her photos of her recent tour of Japan.

The cities explored will be Tokyo, Kyoto and Osaka. We will be exploring Japanese shrines and cultural ceremonies along with their wonderful textiles.

Register with an email to KPURA@kpu.ca

Seasonal Social Lunch – December 3, 2026

This year we will be lunching at the **RIVER'S REACH PUB**, in New Westminster! This is our 10th annual Seasonally Festive Social event and a great one to celebrate.

In the spirit of moving our location around the lower mainland, we have chosen this friendly local pub in New Westminster located at the corner of 6th Street and Blackford Street, a bit up from hill from the Fraser River.

We have a private room booked for this year's festive gathering and have reserved a room for Thursday 3 December at noon, for us to gather and enjoy each other's company.

If you were able to join us last December at Romer's in the River District of Vancouver, you will recall we had a lively group of around 40 attend and enjoy the food and conversation. We can attest to the fact that the food is equally as good, if not better, at this year's location. (Richie and I do so enjoy doing the research for each year's location for our seasonal social! 😊)



There is two hour free parking on the streets around this pub, and Columbia Skytrain station is a few blocks (downhill) from the pub which is located at 6th Street and Blackford.



If you'd like more information, please visit Riversreach.com. Their extensive [menu](#) is available for viewing, and a bit of their history and current news can be found on the site as well including a hint of their "modern day account of New Westminster history".

We hope you will put this on your calendars and plan to join us!!! Please let us know at KPURA@kpu.ca

Thanks and see you soon!!

Sooz Klinkhamer, KPURA Event Coordinator

KPURA Event Reports

Voyage of the MV Gikumi 2026



Our Voyage of the Gikumi was the highlight of our KPURA summer in-person events. It was held on Sunday 09 August, with a very happy group having fish & chips at Garry Point, and then a lovely 2 1/2 hour Fraser River cruise.

The cruise assistant Juliana narrated a fascinating history of the area we surveyed from the Gikumi, and the scenery, stories being told and, various activities on the river (gill-netters, students catching sturgeon to ensure they are all 'tagged', various boaters and water-workers, and good views of Finn Slough, Westham Island, George C. Reifel Migratory Bird Sanctuary, and more). And the bowl of local fresh blueberries and whipped cream was a lovely mid-afternoon treat!

This just may become an annual event for our retirees.



KPURA Annual Picnic – September 10, 2026



Thanks to everyone that came and enjoyed a warm sunny picnic on Thursday 10 September at Crescent Park in south Surrey. We had 13 KPURA members join in and we thoroughly enjoyed the opportunity for chatting, reminiscing, and catching up with old friends and colleagues. Wonderful to hear of each other's summer travels and adventures and discuss what might be coming up this Fall.

Everyone brought their own lunches and KPURA provided four kinds of cookies to enjoy for dessert, as well as Astrid providing her homemade plum cake (see recipe below!). Thanks to Yale for taking a photograph to record this year's gathering!

We look forward to seeing you all at future KPURA events, whether they be virtual (as in 'armchair travel', advice from Dr. Bob on 'you are what you eat') or in person as several are planned for this Fall season.

Opsetmoen Obst Kuchen – aka German Fruit Streusel Cake

Cake

125 g butter
 125 g sugar
 2 eggs
 200 g flour
 1 tbsp baking powder
 0.5 tsp vanilla extract
 1 kg fruit: blueberries, apple, plums, etc.
 Preheat oven to 350° F.

Streusel

1 tsp ground cinnamon
 0.5 cup butter
 0.5 cup sugar
 1 cup flour

Cake: Cream butter, add sugar and then mix in eggs and vanilla extract. Slowly add mixture of flour and baking powder to wet ingredients. Spread evenly on a greased cake pan and lay fruit on top.

Streusel: Mix butter and sugar together. Add cinnamon and slowly add flour until it is clumpy. Sprinkle on top of the fruit and bake for 60 minutes or crust is golden and toothpick comes out clean.

KPU Activities

KPU Open House 2026

By Sooz Klinkhamer

KPU's Annual Open House, held at Surrey Campus, Saturday October 3 a lively success!

In addition to a Welcome and Territorial Acknowledgement from Dr. Diane Purvey, President and Vice-Chancellor (pro tem), and a traditional welcome and heartbeat song by Lekeyten, KPU Elder-in-residence, the main stage had a roster of presentations and workshops, and prize draws for the entire 3 hours of the Open House.

KPURA was in attendance and hosted a table to encourage current KPU staff, administrators, and faculty to consider giving us their personal email to become 'friends' of KPURA so they would receive our newsletters and announcements of events that they may want to join in order to see what 'retirement' activities are offered by KPURA.



Pictured here:

*(Back row) Terri Van Steinburg (Chair of KPURA), Dr. Diane Purvey, President and Vice-Chancellor pro tem of KPU.
(Front row) Carol Barnett (Vice-Chair KPURA), Sooz Klinkhamer (Events Coordinator), Richard Hartfiel (KPURA associate life member), and Lekeyten, KPU Elder-in-Residence.*

Thanks from the organizing committee

Thank you for your incredible work and energy at KPU Open House on October 3rd! Your efforts helped create an engaging and memorable experience for prospective students, and we saw so many fantastic activations and meaningful conversations throughout the event.

KPU Farm News

A \$251,000 funding grant from TD is creating spaces for community engagement and cultural learning at a Kwantlen Polytechnic University farm.

This three-year funding will support a number of new initiatives at the KPU Farm, including the development of an Indigenous Medicine Garden guided by the Musqueam First Nation, as well as a Traditional Chinese Medicine Garden developed alongside KPU's Traditional Chinese Medicine program.

"These 'living classrooms' are meant to reflect the cultural diversity of Richmond, where the KPU Farm is located, and put reconciliation into practice," says Dr. Rebecca Harbut, Chair of KPU's Sustainable Agriculture and Food Systems program.



Dr. Rebecca Harbut leads a class at the KPU Farm.

The KPU Farm, located on the Garden City Lands near KPU Richmond, is a living laboratory for students learning about regenerative organic agriculture. The eight-hectare farm is operated by KPU's Department of Sustainable Agriculture, highlighting diversified, sustainable, regenerative and organic production practices. Students study and practice at the farm while working toward their Bachelor of Applied Science in Sustainable Agriculture.

More details and a video here:

<https://www.kpu.ca/news/2026/08/19/kpu-farm-expands-cultural-learning-spaces-funding-support-td-bank-group>

Kwantlen History & Future

Age-Friendly University @ Kwantlen

Compiled by Sooz Klinkhamer

Background:

The Age-Friendly University network is a global body of higher education institutions committed to being more accessible to older adults. The AFU network was developed in 2012 by Dublin City University (DCU) in Ireland as a way to address the challenges and opportunities associated with the world's aging population. It builds on the World Health Organization's Age-Friendly Communities Initiative, which encourages all communities to shape their physical and social environments to support people of all ages.

The AFU principles identify the distinctive contributions institutions of higher education can make in responding to the interests and needs of an aging population.

The 10 guiding principles of an age-friendly university are as follows:

1. To encourage the participation of older adults in all the core activities of the University, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.
3. To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or Ph.D. qualifications).
4. To promote intergenerational learning in order to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university's range of health and wellness programs and its arts and cultural activities.
9. To engage actively with the university's own retired community.
10. To ensure regular dialogue with organizations representing the interests of the aging population. (<https://www.afugn.org/principles>)

The 2022 KPURA AGM featured a zoom presentation by Christine O'Kelly, Dublin City University. Christine's bio includes an extensive background in working with a range of agencies and networks engaged in enhancing the well-being of older adults. She was the former CEO of Ireland's Older Women's Network, a global network with focus on gender and ageing. Currently interacting closely with Ireland's National Positive Ageing Strategy Group and Age-Friendly Ireland, Christine is a respected member of the AGE Platform and the Covenant on Demographic Change in Europe and is a passionate advocate for older people promoting age inclusivity and challenging ageism. She is passionate about changing the narrative on ageing and embedding age inclusivity in higher education.

(Sidenote: it was an AROHE connection that had me (Sooz) attend a zoom seminar (January 2022) that Christine O'Kelly presented with Peter Slavic (of University of Maribor, Slovenia). The focus of this presentation was 'Engaging Aging Conference'.

Before the KPURA AGM session, attendees were directed to read about the Vancouver Protocol: https://extranet.who.int/agefriendlyworld/wp-content/uploads/2014/07/AFC_Vancouver-protocol.pdf

This research protocol was used by collaborating cities in conducting the focus group research in 33 cities in all world regions that led to the WHO Global Age-Friendly Cities Guide in 2007. It is called the Vancouver Protocol in recognition of the generous support of the Government of British Columbia in hosting the meeting of project partners to prepare the protocol.

Following the AGM a KPURA meeting was held (by zoom) on May 9, 2022 with the newly formed sub-committee to explore KPU becoming an AFU; with Carol Barnett, Geoff Dean, Sandra Carpenter, and Sooz Klinkhamer. These goals were discussed:

- What is an AFU (10 principles)
- How shall we proceed to work with KPU to achieve AFU
- Identify ways this approach can -
 - create bridges/connections between KPURA and KPU;
 - reduce ageism;
 - create intergenerational programs/interests;
 - provide pathways to a healthy and productive relationship between KPURA and KPU.

It didn't actually take that long to realize the goal of being designated as an Age-Friendly University (in name, at least). Now the real work begins.

KPU is a designated Age-Friendly University – October, 2023

Kwantlen Polytechnic University (KPU) has joined a network of higher education institutions committed to age inclusivity with membership in the Age-Friendly University (AFU) Global Network.

Post-secondary institutions that belong to the network aim to promote positive and healthy aging and enhance the lives of older adults through education, research, curriculum development, health and wellness activities, arts and culture programs, and civic engagement opportunities.

“Never in the history of our society has it been so vital to invest in, understand and respond to the issues of healthy aging, while at the same time exploring and promoting the educational, cultural and economic benefits that flow from ensuring that the older members of the global community remain fully engaged as active and participatory members of society,” says Dr. Alan Davis, President and Vice-Chancellor at KPU.

Since its formation in 2012, the AFU network has grown to include more than 100 institutions of higher learning around the world. KPU is the third university in B.C. to join.

“As a public university committed to providing access to lifelong, meaningful education for all, KPU is proud to be a member of the AFU Global Network,” says Davis. “We look forward to working alongside our colleagues at member institutions and with community members to advance our own work as we embrace the principles of an age-friendly university.”

KPU has a long commitment to learners over the age of 50, demonstrated in its support of initiatives such as Third Age Learning at Kwantlen (TALK), which allows older adults to explore a diverse offering of programs and stay connected with others who are lifelong learners.

Many of the age-friendly principles of the AFU network are already in action at KPU, including supporting those who wish to pursue second careers. KPU recently hired a Recognition for Prior Learning Specialist, a new role that will accelerate the process of applying recognition of achievement by adult learners with career experience.

KPU is also recognizing the range of educational needs of older adults. One such example is work to expand graduate level programming at KPU, particularly programs that target adult learners. Widening access to online educational opportunities for older adults is also underway at KPU, ensuring a diversity of routes to participation. The university is also actively engaging with its retired community, made possible through partnership with the KPU Retirees Association (KPURA).

"The KPURA is a wonderful partner of the university, and we are appreciative of its support in KPU's drive to become an Age-Friendly University," says Randall Heidt, Vice-President of External Affairs at KPU. "Through collaboration with the KPURA, we can realize new educational opportunities for older adults. It's more important than ever that we do so."

Carol Barnett, chair of the KPURA board, agrees.

"The KPU Retirees Association is very pleased that KPU has joined the AFU network," says Barnett. "The board of directors looks forward to supporting KPU in its commitment to older adults and their educational needs."

Dr. Aaron Guest, who is chair of the Age-Friendly Global Network Secretariat at Arizona State University, the host institution of the network, says this is an exciting time for age-inclusivity in higher education.

"Adopting the Age-Friendly University Principles, which are part of the broader age-friendly ecosystem, really indicates an institution's commitment to serving learners across all ages, with specific focuses on identifying new ways to engage lifelong learners. It focuses on ensuring that institutions of higher education know about, recognize, and are preparing for our globally aging world," says Guest.

"Through endorsing these principles, KPU joins an elite group of institutions who are committed to shaping a more age-inclusive global future."

KPURA continues to work with KPU on this initiative

Reports and current initiatives here: <https://www.kpu.ca/oeic/age-friendly-university>

KPU Retirees Reminisce

First Car

My first car, a Model A. It had a 'Heater' for the passenger. You just open the little round disk under the dash and the 'heat' from the engine manifold would blow into the car as you drove along. Genius in the days gone by.

Since then I have owned 26 cars over time, more stories to follow... Enjoy!

Lee Woodson



Science Highlight

The Wonderful World of Fungi

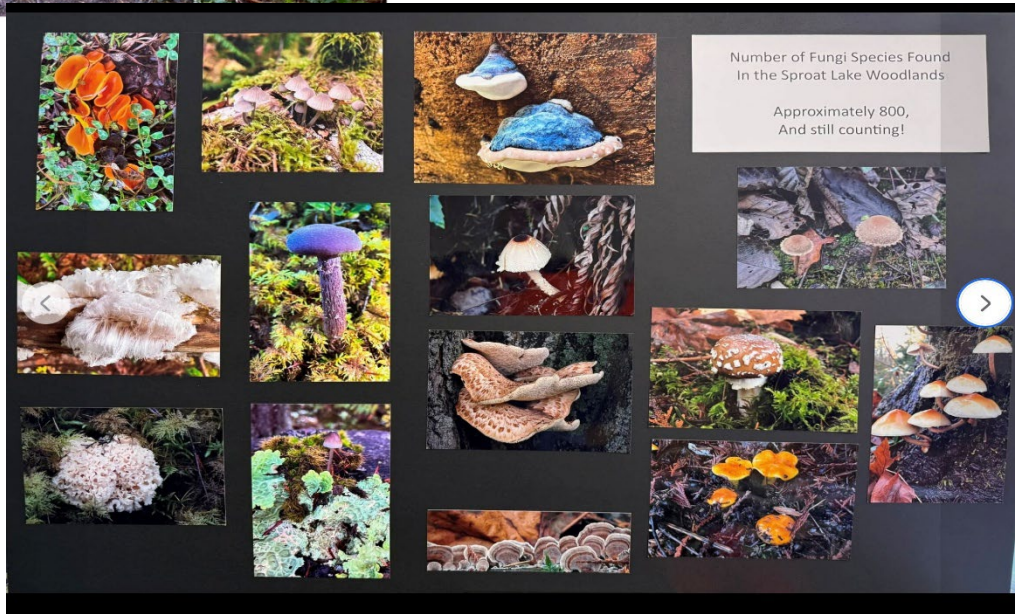
Dr Bob Perkins

In previous KPURA articles I have described some of the activities that I have been involved in with the Sproat Lake Woodland Society here in Port Alberni. These activities have included trail maintenance, bridge building, installing signs, removing trees that have fallen across trails, and leading guided hikes for people wanting to experience the outdoors without worrying about getting lost. The picture below shows the before and after removing a fallen tree across one of the trails.



My wife Clarice and I, along with one of our neighbours Juliana, started last year to document the large variety of mushrooms on a number of the trails. It was quickly apparent that many of the specimens were unique to our area. One of the mandates of the Woodland Society was to maintain dialogue with Mosaic to let us know in advance of their next planned cut block in our area. We have been successful in some cases to get them to agree to modify their plans where it would impact some of the hiking trails and preserve some of the areas for nesting birds in older trees, as well as some of the unique mushroom species. Clarice and Juliana prepared a poster display of some of the more unique species that they had found and the three of us presented their findings at an open house at our community centre on Sproat Lake. (see below)

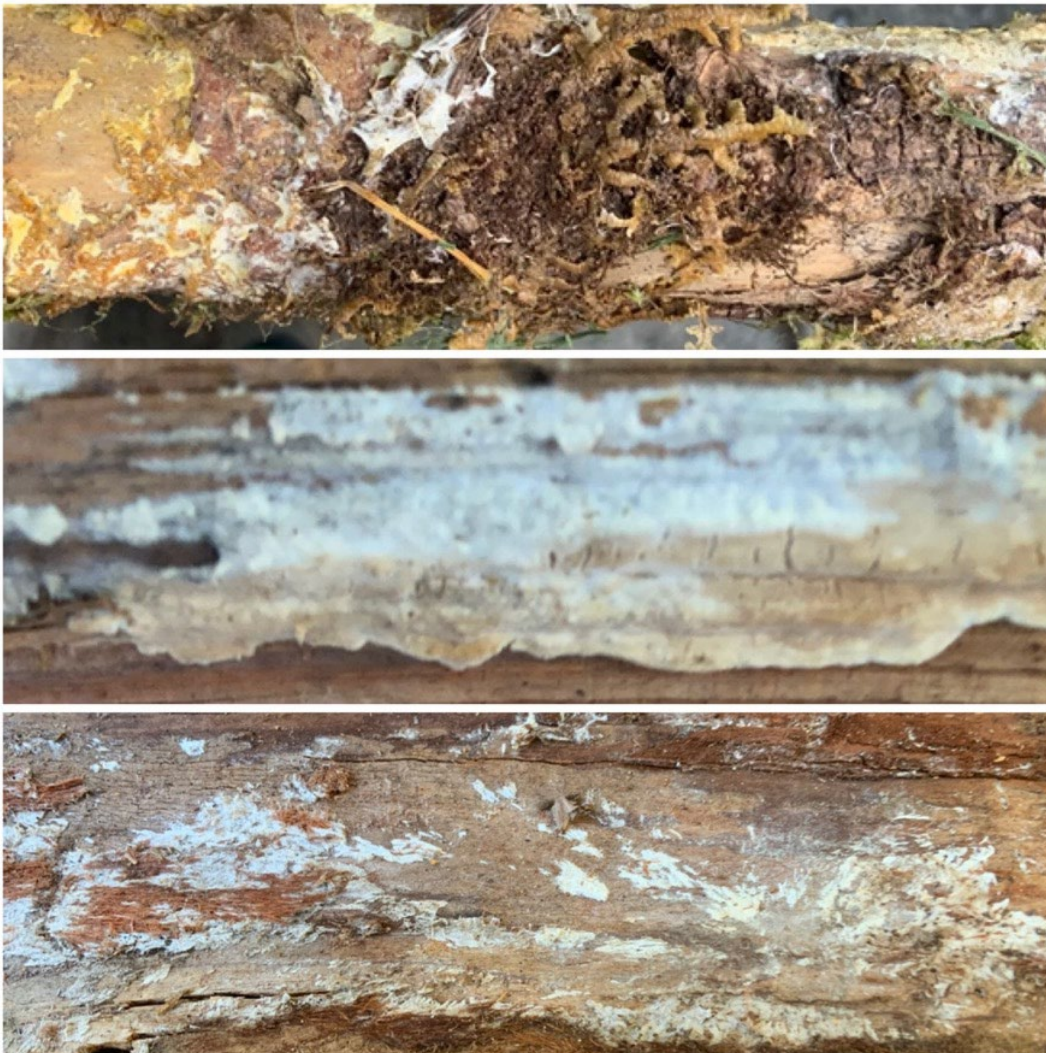
There was a great interest in the display and we were very gratified with the by the large number of questions and discussion by members of the community. The most common question was “how many of these mushrooms are edible”. When asked, my response was “all mushrooms are edible ONCE”. Unless you are 100% certain, you should not attempt to consume mushrooms that you find in the forests.



It was at about the same time that Clarice and Juliana became aware of a citizen science project that was established to identify all mushroom species in the Pacific Northwest by DNA analysis. The funding for the project was provided by a retired executive from Microsoft. The project started in 2025 and by the end of 2025 over 11,000 samples had been submitted for analysis. Clarice and Juliana had submitted nearly 1,000 samples, which were collected, dried, and then sent to the University of Victoria. The samples were catalogued, partially analyzed and then sent to a research lab in the US for the final complete DNA analysis.

At the beginning of 2026 it was announced that the project would be continued with funding for another year. Clarice had become aware of another class of microbial growth that had not received a lot of attention – crust fungi. Unlike most mushrooms that grow vertically from the ground or rotting logs, crust fungi grow horizontally on the surface of fallen logs, usually on the underside of the logs in contact with moist soil. Their main activity is to help breakdown the fallen logs by utilizing the mycelium to bring water from the soil to the underside of the logs, even during drought conditions. She contacted the project coordinator at the University of Victoria, who was very excited with the possibility of identifying the crust fungi by DNA analysis.

The reason that this particular class of fungi had not been studied in detail is that they are very difficult to identify by simple observation. The following picture shows 3 crust fungi on the surface of 3 logs that have been rolled over using a **pickaroon**.



When Clarice and I are out on the trails, my job is to roll the logs over. She then gets down on her hands and knees, takes pictures, and then a sample. I then roll the log back over and we move on to the next rotting log. It is important to roll the log back over to ensure that the crust fungi can continue to develop.

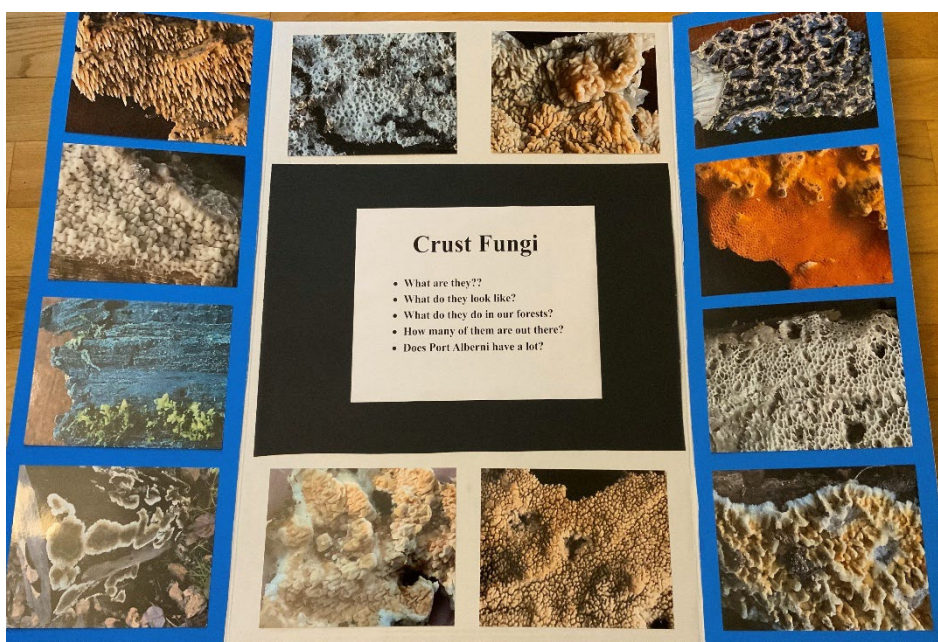
You may think, well those fungi are not very impressive to look at. You would be correct, as the majority of them are simply white or coloured smears. It is not until we get home and Clarice uses a macro lens on her iPad to take magnified pictures. The samples are then dried/packaged and then sent off for analysis.

The following pictures will give you an idea of the fine structure of the crust fungi once the magnified pictures are taken. It is truly amazing how different one sample can be from another, even on the same log.



Clarice has received some DNA results back from the first samples she sent in early in 2026 and has been very happy to have “discovered” several species that are unique to Canada. This is not surprising as mentioned above, crust fungi have been understudied for decades. The mycologists are very excited with these results, and it should encourage other citizen scientists to get involved collecting samples of crust fungi in their own area.

We continue to go out on the trails every day, and Clarice aims to submit 2,000 samples by the end of the year.



Clarice and Juliana had a table at the Alberni Valley Fall Fair at the beginning of September, and they presented the results of their sampling/pictures of mushrooms and crust fungi from the trails around Sproat Lake. I divided my time between their display and the Mt. Klitsa Garden Club display. Lots of activity at both displays and many questions from the attendees. Here's one of the posters from the display. We have had a few people become members of the Woodland Society and the garden club as a result of the displays.

I also had another successful fall fair with my 44 entries, taking home many ribbons and \$160 in prize money.

In case folks are not sure what a **pickaroon** is, I have also included a picture of one. They come in various sizes. I salvaged mine from the bottom of the lake across our property where a mill used to operate. It had a blacksmith shop on site and the head still has the evidence of the hammer strikes on the metal. The handle had rotted away years ago but I put a new handle on and it has had heavy use since then.



Further

There is also a great CBC science article on fungi and current research efforts

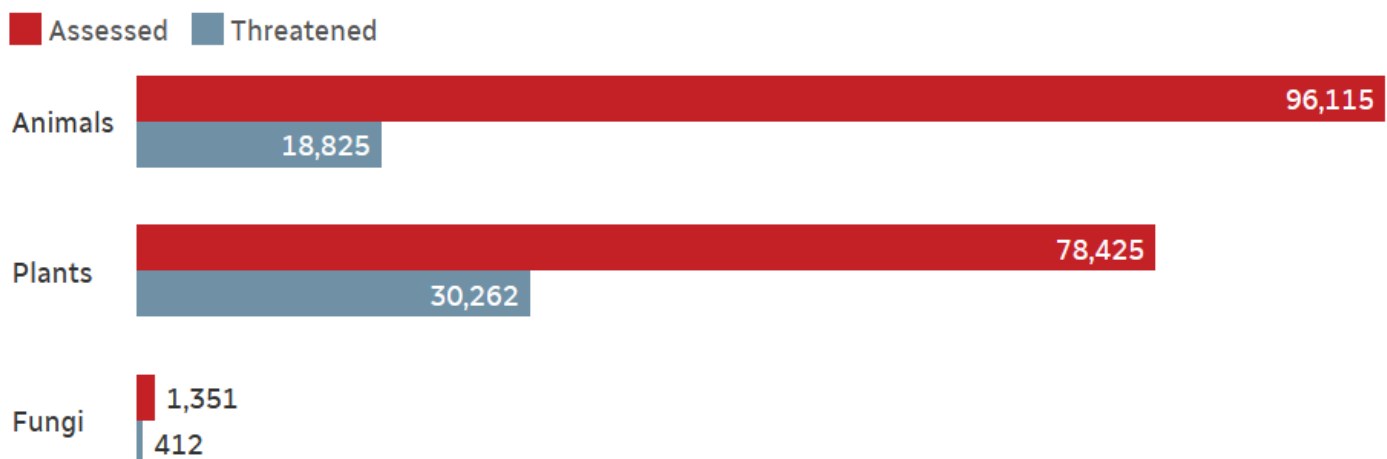
"The fungi on Earth weigh six times more than the world's animals combined, and there are an estimated 5 million species, ranging from edible mushrooms to microscopic organisms that play essential roles in ecosystems.

"Without fungi, the world as we know [it] wouldn't exist," says Chilean mycologist Giuliana Furci."

Some statistics from the article

Species on International Union for Conservation of Nature red list by kingdom

This is how many animal, plant and globally threatened species have been assessed and listed as threatened by the International Union for Conservation of Nature.



Source: International Union for Conservation of Nature (CBC)

Find the complete article here:

<https://www.cbc.ca/news/science/cop17-fungi-9.7388560>

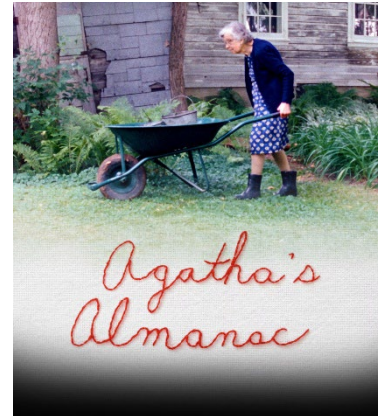
Reviews

Knowledge Network: Agatha's Almanac

90-year-old Agatha Bock dispenses pearls of wisdom gleaned from a lifetime of tending her small Manitoba farm by hand. Directed by her niece Amalie Atkins, this charming film is an ode to a truly original woman and a way of life at risk of fading away.

Agatha's Almanac, which screened at the Gimli International Film Festival last summer, won best Canadian feature documentary at Hot Docs 2025, and was the only documentary in the Toronto International Film Festival Top 10 list for Canadian feature films.

Available now at: <https://www.knowledge.ca/program/agathas-almanac>
See also: <https://www.cbc.ca/news/canada/manitoba/agathas-almanac-documentary-9.7156163>



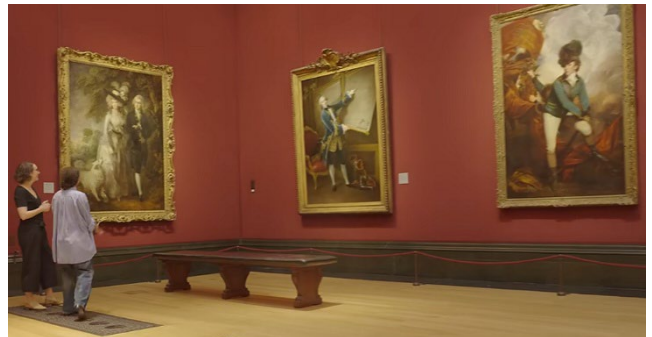
Portrait of a Rich Boy

Roger Elmes

The New York Times article "Portrait of a Rich Boy" examines an 18th-century painting of Joseph Hyacinthe François de Paule de Rigaud, whose family fortune derived from enslaved labor on Saint-Domingue sugar plantations. The article draws parallels between the subject's self-assured presentation and the modern documentary work of Lauren Greenfield, exploring the underlying foundations of inherited privilege. If you have a NY Times subscription you can find the whole article here: <https://www.nytimes.com/2026/09/18/briefing/portrait-of-a-rich-boy.html>

You can watch this excellent film (17 minutes) about a descendant of the family, the links to slavery and how the wealth produced affected art, its creation and acquisition. You'll find historic links to Haiti, Jamaica, Louisiana, London and pre-revolution France. This short film can be found on YouTube.

<https://www.youtube.com/watch?v=XEjL4NwV6Uw>



Summary

Imagine discovering your family history in two famous galleries. How did we trace this portrait in London to a poet in New Orleans? We tell the story of the people behind two paintings in neighbouring galleries, as Madeleine Le Cesne traces the hidden history of her family.

In this film, Madeleine speaks with curator Francesca Whitlum-Cooper about François-Hubert Drouais' 'The Comte de Vaudreuil' from the National Gallery's collection and 'The Anti-Slavery Society Convention, 1840' by Benjamin Robert Haydon from the National Portrait Gallery.

Please note that the film contains references to true stories of enslaved people, which some may find distressing.

Linked Lives is a collaborative project between Queen Mary University, New York University and the National Gallery. Links between these paintings have been drawn by Dr Hannah Williams (Senior Lecturer in the History of Art, Queen Mary University, London) and Dr Meredith Martin (Associate Professor of Art History, New York University), who have recently launched a five-year research project titled Colonial Networks: Re-Mapping the 'Parisian' Art World (ca. 1750–1830).

Brave Neuf World

Two Bumps. on a Log

Lesley Neufeld

"You're like a bump on a log!" my mother would say to me.

It wasn't a compliment. It meant one of the following:

"Go outside and play, and get some roses in those cheeks!"

"Quit watching that TV and go do something useful!"

"I don't want to hear that you're bored! There's no such thing as being bored!"

Or, her best shot: "If you don't have anything to do, I'll give you something!" (usually housework)

The implication was aligned with "idle hands are the devil's workshop."

Having been warned of this Bump on a Log Syndrome at a young age, I grew up believing it was a sin to "just sit." I spent decades keeping busy. On the go. Feeling guilty if I had time on my hands. Nervous about inertia.

Then came retirement. At first, I was anxious about how I would spend days upon days with nothing to do. The Mr was likewise worried.

We looked into activities that "us seniors" apparently get up to after they quit work. Googling, "What do retirees do to keep busy?" got us: hobbies, book clubs, golf, coffee dates, gardening, volunteer work, crossword puzzles, ballroom dance lessons, continuing ed courses, hiking, bird watching, learning a language, taking up a sport, yoga.

After running through a sampler of these pursuits, we concluded that we suck at pickleball, neither of us was ever bitten by the travel bug, Elder College courses on "end of life planning" are really depressing, and we are such introverts that joining groups makes us want to curl up in the fetal position and grab a blanket.

Once we had these eureka moments, my inner "lump on a log" re-awakened!

Any time I'm lounging in the backyard, hearing my mother's voice in my head, chiding me, "You ought to get up and get busy, Missy!", I go, "Nope! Retired!"

I am quite content with a To Do List as empty as last night's wine glass.

"Anything on today?" the Mr might ask.

"Well, today I have to file my nails. And I really should fold those towels that are in the drier."

"Whoa! Pace yourself! Save something for tomorrow!"

It took some time but I eventually got around to relaxing. It comes as a revelation to be idle for once.

Our favourite thing is going for walks on the beach. The best spots are sparsely populated, with lovely long views out across the Strait from Vancouver Island to the mountains. Our beaches are littered with logs of all sizes. Perfect for sitting; ideal perches for contemplating the universe.

The Mr might say, "We have folding chairs in the car. Would you like me to go get them?"

"No, thanks," I'll say, "Let's just be two bumps on a log."

Bliss.





Fall 2026

***Stimulating lifelong learning for adults over 50
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

October 26, 2026 TALK Annual General Meeting

► THE FUTURE OF POST-SECONDARY EDUCATION

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

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



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

DATE: Monday, October 26

TIME: 10:30 am—12:30 pm

LOCATION: Richmond Campus, Room 2550 (Melville Centre for Dialogue)

FEE: FREE to TALK members

GUEST PRESENTER: Dr. Diane Purvey

See all the other TALK fall offerings here: <https://www.kpu.ca/talk/courses>



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



Global Campaign to Combat Ageism

Canadian Alliance for Intergenerational Living Canadian Longitudinal Study on Aging (CLSA)



The **World Health Organization** (WHO) leads the global movement to challenge how we think, feel, and act toward age and ageing. Through its Global Campaign to Combat Ageism, the WHO provides evidence-based toolkits, educational resources, and policy frameworks designed to eliminate age bias in healthcare, employment, and local communities. International Longevity Centre Canada aligns its national advocacy with WHO strategies, using global research to drive meaningful policy changes across Canada.

The WHO Global Campaign equips communities and decision-makers with proven tools to recognize and dismantle ageism.

Take action against age bias. Support the WHO Global Campaign to Combat Ageism!

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

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 other Groups that KPURA is connected to:



[National Pensioners Federation](#)



[BC College Pension Plan Retirees](#)



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



[BC Federation of Retired Union Members](#)



Canadian Coalition Against Ageism
Coalition Canadienne Anti-Âgisme

[Canadian Coalition Against Ageism](#)



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](#)



[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.

Newsletter Information

Thank you for reading **Newsletter #29** 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



In Memoriam

Phyllis Caline Alexander

11-Aug-1937 - 03-Jul-2026

Phyllis Caline Alexander, born August. 11, 1937 in Winnipeg. Phyllis grew up on a farm in Chilliwack, BC and always thought of that community as home, even though she lived most of her life in Richmond, BC.

She was a positive and supportive member of Kwantlen staff for many years both as John Levin's admin assistant and later doing the same for Barbara Duggan. She was a friendly smile, welcoming demeanour, and very helpful to many of us as 'new' faculty in the Dean's office on Richmond Campus.

Phyllis traveled all over the world, living a long and good life. Her family thanks the care givers at Pinegrove Place for looking after Phyllis in the last two years of her life. She passed away peacefully on July 3,



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