



KPURA News

Volume 3
Issue 2
January
2020

Keeping Connected Over the Years

Event Highlights

KPURA Society – Updates

Welcome to 2020!

KPU Retirees Association was officially registered as a society under the BC Societies Act in 2018 after many organizational meetings and support from the President's and VP External's Offices. In 2019 KPURA completed its Founding Year, with 63 full members and 10 associate members. These members are now designated as Founding Members.

Names and department affiliations are on the next page and at: <https://www.kpu.ca/retirees/membership>

KPURA is also connecting with the members of the Douglas College Retirees Association. Their members are invited to events hosted by KPURA. The Board thanks each of the founding members for making the first year of the Association extremely successful.

We are not a large organization, but with your creativity and energy, we can grow to be a force within KPU, our community, and the province in matters relating to post-secondary education.

We are always interested to hear your thoughts. Share them by emailing them to KPURA@kpu.ca

Your Board of Directors:

Chair – Yale Shap,
Vice-Chair – Carol Barnett,
Secretary– Alice Macpherson,
Treasurer – Roger Elmes,
Members at Large –
Geoff Dean, Sandra Carpenter.

Upcoming Events



Wine Tasting @ Country Vines -
February 29
KPURA Annual General Meeting -
KPU Surrey, April 16

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Event Notes



York Boat at Fort Langley

Notes from our Oct / Dec events.

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KPURA FOUNDING MEMBERS

The following Kwantlen retirees are designated as Full KPURA Founding Members. Founding Associate Members follow.

Balazs, Gloria (Admin Staff)
 Balasubramanian (Bala), Sundari (ELST)
 Barnett, Carol (HORT)
 Baur, Manfred (Trades - Dean)
 Belfry, Joan (NURS)
 Benton, Elaine (OADM)
 Boni, Mary (FASH)
 Bordeaux, Elizabeth (ACP)
 Carpenter, Sandra (COUNS /COMM)
 Christon-Quao, Percy (ECON)
 Coyle, Lindagene (VP Ventures)
 Crinklaw, Fraser (APPD)
 Currie, Don (CARP)
 Dean, Geoff (ACP)
 De Silva, Moira (EALT – Dean)
 Duggan, Barbara (Design - Dean)
 Elmes, Roger (Arts - Dean)
 Farnsworth, Verian (PSYC)
 Farrell, Juhli (EA to Librarian)
 Fisher, Gordon (ACCT)
 Flaterud, Ron (COUNS)
 Floyd, Richard Heath (SOCL)
 Franz, Margaret (EAAL)
 Gillis, Jim (Continuing Ed - Director)
 Gom, Leona (CRWR)
 Hearn, Karen (Facilities - Exec Dir)
 Holubowicz, Anna
 Howell, Bob (SOCL)
 Innes, Val (ACP)
 Klinkhammer, Sooz (IDSN)
 Laughy, Bette (COMM/PRLN)
 Lee Gordon (MRKT; VP Finance)

Founding Associate Members

Bird, Doug – Spouse – Alice Macpherson
 Bishop, Rick – Spouse – Maureen Moore
 Fisher, Dorothy – Spouse – Gordon Fisher
 Hartfiel, Richard – Spouse – Sooz Klinkhammer
 Lavack, Anne – TRU Retiree

MacDonald, Cathy (Chief Librarian)
 Macpherson, Alice (TLC)
 Marasigan, John (PSYC)
 McGoff-Dean, Colleen (ACP)
 McGillivray, Judith (VP Academic)
 McKinlay, Liz (HR - Director)
 McMath, Tom (PHYS)
 Nanson, Derek (ACP - Dean)
 Moore, Maureen (Admissions)
 Nettleton, Cherry (RES CARE)
 O'Malley, Bev
 Patterson, John (BIOL; Registrar)
 Perkins, Bob (CHEM)
 Pybus, Marg (OADM)
 Ramirez, Patricio (MODL)
 Robbins, Peter (ABED)
 Rogers, Linda (Librarian)
 Shap, Yale (APPD)
 Sombke, Geraldine (COMM)
 Sprung, John (CAAD)
 Stuart-Chiu, Naomi (Manager Student Awards and Financial Assistance)
 Thesiger, Peter (CISY)
 Thomas-Bruzzese, Barbara (APPD)
 Triplett, Leslie (Skip) (MRKT; President)
 Wade, Natalie (Tally) (PSCM)
 Whitlow, Simon (CISY)
 Wiens, David (COMM; Associate Dean)
 Wong, Alice (INTL)
 Wong Hen, John (PHYS)
 Wood, Robert (BUSI)
 Woodson, Lee (PSYC)

Rey, Fernando – Spouse – Carol Barnett
 Rucquoy, Marie-Claire – Spouse – Roger Elmes
 Shap, Valerie – Spouse – Yale Shap
 Short, Tim – Spouse - Margaret Franz
 Wade, John – Spouse – Tally Wade

BECOME A MEMBER

KPURA is a great way to keep in touch with colleagues. We organize a number of fun events each year – for instance, this summer we had a 'Vancouver Downtown History Walk' and 'A Day at Krause Berry Farm'. We had a behind the scenes tour of Fort Langley Historic Site in October and our Annual Seasonal Lunch at Morgan Creek on December 1 (See <https://www.kpu.ca/retirees/events> for details of these and past and future events.)

Members gain access to other retirees' associations such as the College and University Retiree Associations of Canada (CURAC), and thus to other benefits.

Membership costs \$25 per year; your spouse can also join as an Associate Member for the same price.

[Application for Full Membership](#) / [Application for Associate Membership](#)

UPCOMING!

Winery Visit – Country Vines Redux

Saturday February 29, 2020 at 1:00 pm

Our last visit was so successful that we have decided to do it again and catch up on the latest vintages.

KPURA invites you to an afternoon of wine tasting and discussion at Country Vines Winery, 13060 Steveston Highway, Richmond, BC on Saturday Feb 29 at 1:30 pm.

This operation is owned and run by a many generation Richmond farm family who have branched out into grapes and wine. The wine store and winery is located within Richmond Country Farms (south side of Steveston Hwy), just east of the Market building in the original family home. Their white wine grapes are grown on their Richmond farm. They have a second vineyard in the Okanagan that supplies the reds.

We will meet in the wine store. There Eric Urquhart will introduce us to their many handcrafted wines. He can answer any question about their wines as this is his passion and he has the technical background to ensure accuracy.



We will enjoy tasting a selected group while nibbling on cheese and crackers.

There is a covered area in the garden with fire pits and pleasant seating. Attendees can also wander through the garden and old tractor displays which are adjacent to the Wine Store. More information at: <https://www.countryvines.ca/>

Please pre-register for this social event (max 15 due to space limitations in the tasting room) with an email to KPURA.Events@gmail.com with the subject **Country Vines Winery, 2020.**

You will pay \$10 per member (\$12 for non-members) when you arrive.

KPURA AGM at KPU Surrey Campus

Thursday April 16, 2020 at 10:00 am, KPU Surrey Conference Centre

Our second official Annual General Meeting will be held at the KPU Surrey Campus on Thursday, April 16, starting with coffee around 10 am and activities with some very interesting speakers starting at 10:30 am.

We are working to have several speakers on topic of interest for KPU Retirees.

Agenda

- 10:00 am Coffee, tea, and cookies (sponsored by the Kwantlen Faculty Association)
- 10:30 am – Opening remarks and welcome
- Alan Davis will speak on KPU present and future
- Guest Speaker (TBA)
- Questions
- Business meeting, including Financial Report and election of officers.

Association business will wrap up the event around 12:30 and everyone is invited to stay for an informal potluck / bring your own lunch time to socialize and catch up.

Let us know if you can make it. (kpura@kpu.ca) We hope to see many of you there!



EVENT REPORTS

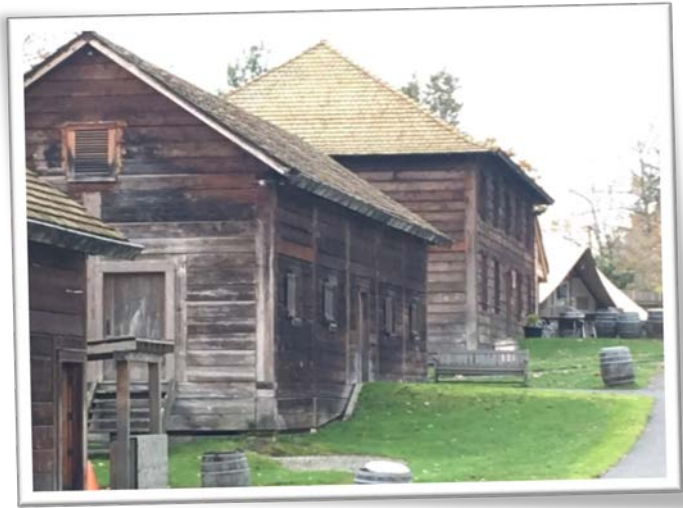
A Visit Back in BC History at Historical Fort Langley

October 24, 2019

by Carol Barnett

Established in 1827 to secure land north of the 49 parallel for the British, Fort Langley was built at what is now Darby Reach on the south side of the Fraser River in Langley. Initially, the Fort traded furs for European goods with the First Nations peoples of that area, but quickly changed to salted salmon and cedar lumber. In 1839 the Fort location moved to the present historical site where trading thrived during the gold rush years (1858 to 1865). After this, the trading business diminished and the fort and surrounding lands transitioned to farming. Only the storehouse remained standing and was maintained as a museum by the Native Sons and Daughters of British Columbia. In 1955 Parks Canada took possession of the site and started a re-building program that created the present National Historic Site.

A group of KPURA members arrived to tour the 'Fort' on October 24. We began with a short video (very family friendly) which described life at the Fort when it was an active trading post. As most of us had visited the Fort in the past with family and visitors and were aware of the Fort's charms, we were ready for an alternative experience. Shannon Bettles, the Fort's Collections Officer, describe the Fort as a museum with its own historically significant collection.



The group gathered in the upper floor of the 'Big House'. We donned white cotton gloves and Shannon displayed a few items of the many from the collection. There were Chinese coins dating back 600 years and a very old family Bible that belonged to one of the area families. She detailed how these items were identified and their providence traced.



We then were divided into pairs and were each given an artifact to identify. A form was provided that lead us through a series of questions. Several of us have grown up with examples of these 'antiques' and were familiar with items used over the last century. But the success rate was much less than perfect when the true identities and uses were revealed making this a very fun, interactive, and challenging activity.

The group dispersed to visit the other buildings on the site. We reconvened at the Trading Post Eatery for a very tasty lunch and spirited conversation.

photos by Alice Macpherson & Sooz Klinkhammer



The collection is a mix of items that were found with the site was excavated to recreate the Fort buildings. Items have also been donated by the families that farmed the surrounding area. A few of these artifacts are on display in the many buildings that are clustered within the palisade. However, most are carefully stored but some were revealed for our 'White Glove' experience.

3rd Annual Festive Lunch - Morgan Creek Golf Course

Sunday, December 1, 2019

Our KPURA Seasonal Holiday Event held at the Morgan Creek Golf Course Banquet Centre was an amazing success! 37 of our members (including spouses/spice/partners/etc.) attended and enjoyed a lovely buffet lunch, drinks, desserts, and mingling with friends and colleagues, amid a lovely day of decent weather overlooking the golf course. The food, friendship, fellowship, and life sharing was done in a warm, comfortable, and fully accessible environment with excellent service, and appropriately decorated private banquet room. Looking forward to our next KPURA event.



Retirees and Spouses gathered for a very festive lunch



Socializing first and foremost.

Then great food.



Everyone had a good time!

Kwantlen Oral History Project Interviews Update

Roger Elmes

We are now in the process of having transcriptions made of the 22 interviews that have been done to date.

This exciting process has been started and is being paid for by the KPU President's Office. The timelines for completion is March 31, 2020.

As the transcriptions are completed we will be sending them out to the interviewees for validation before they are used for any other purpose.

Further interviews with new participants are being planned. Please let us know if you are interested in being interviewed for this process.

KPURA OPPORTUNITY TO GET INVOLVED

KPU President Alan Davis has indicated he would be interested in discussing with us how we might continue to be involved in Kwantlen. Among our membership are those with degrees in probably every subject taught.

Some possibilities might be conversation opportunities for those in language classes. Or we might mention students as we may have time to meet with students, to come to a class, or otherwise contribute to personalizing the subject matter.

All of our members have written essays and could help students by reading their essays and making suggestions. This might be in conjunction with The Learning Centres.

If you have suggestions or wish to volunteer to participate in particular activities, please email your ideas to surreysandra@gmail.com



The poster features a photograph of a young woman and a young boy looking at a screen together. The background is a dark red with white and light red geometric shapes. The KPU logo is in the top left, and the text 'Where thought meets action' is next to it. The main title 'Lifespan Cognition Lab' is in large white font, with 'Seeking research participants' below it. The contact information is in a dark grey box at the bottom left. A small logo for 'Lifespan Cognition' is in the bottom right corner.

KPU Where thought meets action

KWANTLEN POLYTECHNIC UNIVERSITY

Lifespan Cognition Lab

Seeking research participants

Seeking research participants ages 3-17 and 55+*.
Research includes fun, hands-on games.
Participants and parents receive \$25.
Travel expenses reimbursed up to \$5.

Contact Information:
604.599.2162
lifespancognition@kpu.ca
12666 72 Avenue, Surrey

*Adults age 55+ will need to complete a brief screening questionnaire to determine eligibility.

Lifespan Cognition

KPU Retirees Travel

England - well ordered, endlessly varied, and amazing

Story and photos by Carol Barnett

This fall season (2019) my husband and I traveled to England for the first time, fortunately with good quality walking shoes and raincoats. We had organized our own 14-day itinerary after consulting many blogs, you tube videos and the ubiquitous 'Rick Steves' travel recommendations. The cities/villages that we visited are listed below:

Bath

How can anyone not enjoy this scenic, comfortable small city that blends the very old with the new within its downtown core? Every attraction that we saw (Roman Baths, Bath Abby, The Cirrus) was lovely. Every meal but one was good to excellent. I even enjoyed an English Tea with a slice of gf, lactose-free cake at a small café across from our B&B.



Roman Baths in Bath

Stow on the Wold

We just had to experience the Cotswolds and the iconic rolling hills and quaint villages. Driving in this area is challenging as the roads are narrow, heavily travelled, and forever winding into another village. Even with an excellent car Nav system, we found that Google's time to destination was very optimistic.

Stow is a fairly large village. Within the tourist area, pubs are plentiful with good food and friendly staff. There are lots of shops to browse, but sightseeing options are limited.

York

York is a northern city with an excellent tourist experience. We have visited many cathedrals in Spain and Italy. York Minster Cathedral is just as amazing with its stunning medieval stained glass windows and soaring columns.

Museums in York are numerous with each having extensive and well-presented exhibits. Our meals were good, but did not quite meet the 'Bath' standard.



York Roman Wall at Micklegate Bar

Walking the old roman walls was fun.

However, in comparison to the Gothic Quarter of Barcelona, the Shambles (a very narrow street with lots of tourist shops) was disappointing.

London

This very large and busy city could be overwhelming but instead is quite pedestrian friendly and well ordered. Five full days of sightseeing barely dented our long list of possible attractions.

We had ditched our rental vehicle in York to take the high speed train to Kings Cross (book ahead for best rates). With Oyster cards at the ready (received ahead of our departure from Vancouver), we were able to board a Tube train immediately and reached our air B&B accommodation quickly. Tube travel is easy and efficient, but almost always crowded and not for the mobility challenged. We pre-ordered London Passes which can be used in lieu of tickets at any of the listed attractions. We had our daily itineraries organized and made sure we arrived just as the first attraction was opening. After three days using our Passes, we had enjoyed nine attractions. Because we ordered the Passes in advance we saved 24% off of the ticketed prices. However, we were exhausted. In hind sight we should have bought two-day passes, leaving more days to flex with our energy levels and interests (museums are free with donation).



Of all the attractions we enjoyed, I think that the Tower of London was my favourite. The 'tour' hosted by a Yeoman of the Guard (Beefeater) was very entertaining and viewing the crown jewels up close was a once in a lifetime experience.

Other Affiliated Groups

TALK

Third Age Learning at Kwantlen

KPURA members!

Retired? But still want to share the knowledge and expertise you've built up over your career?

You could volunteer to give a course for TALK! Third Age Learning at Kwantlen (TALK) is an organization of people over 50 who still want to learn and keep their minds and bodies active.

TALK members enjoy practical subjects they can relate to – academic but not too esoteric, including courses on history, science (especially recent advances and current issues such as ecology), health issues, technology, and many other areas.

CARP Information

[While in theory we are protected from default through company insolvency, by falling under the Pension Corp of BC and our independent funding through investments, it is good policy to keep abreast of developments. – Roger Elmes]

CARP is collaborating with the National Pensioners Federation and Canadian Federation of Pensioners, calling for MP's to create a solution to safeguard defined benefit pensions for retirees. Current laws don't protect pensioners, leaving many seniors destitute should their former employers declare bankruptcy.

The new Minister of Seniors, Deb Schulte, has received her Mandate Letter from the Prime Minister. CARP is happy to see that the letter encourages a highly collaborative approach, critical in a minority government, in making Canada a better place to age for all.

Courses are generally one to four sessions of two hours. Members like a fairly fast pace with good visuals, a one or two-page handout of the salient points, and an opportunity to ask questions and discuss issues. And there are no exams or essays for you to mark!

Many KPU faculty members, both retired and currently teaching, have given multiple TALK courses over the years -- people such as Frank Abbott, Greg Chan, Farhad Dastur, Jack Hayes, Ross Pink, Peter Robbins, Sherry Wilson and others.

Why do they keep coming back? Because the TALK audience is informed, engaged and actively involved in their learning...and not distracted by their cell phones!

An illustrative remark from Jan Thompson, 10 minutes into her TALK presentation: "I can't get used to this. You're all looking at me!" Or another from Jake Newton (another repeat presenter): "I love TALK audiences! They've lived through the history and they get my jokes."

You can see examples of current TALK courses at www.kpu.ca/talk. For more info or to volunteer your time and expertise, contact Program Chair Jean Garnett at jeangarnett@shaw.ca



KPURA is a member of the Association of Retirement Organizations in Higher Education. AROHE is a non-profit association that champions transformative practices to support all stages of faculty and staff retirement, their mutually beneficial engagement, and continuing contributions to their academic institutions. By sharing research, innovative ideas, and successful practices, AROHE emphasizes the development and enhancement of campus-based retiree organizations and programs which support this continuing engagement in higher education.

You can read their latest newsletter, **AROHE Matters**, here:

<https://www.arohe.org/resources/Documents/AROHE%20Matters/Newsletter2019/112019.pdf>



One of the benefits of being a KPURA member includes access to travel insurance <https://www.curac.ca/>

Extended Health Benefit Insurance

CURAC has identified the **Retired Teachers of Ontario/ Les enseignantes et enseignants retraités de l'Ontario (RTO/ERO)** Plan as one which might be of interest to members who are seeking to purchase new Extended Health Benefit insurance, transfer to a new plan, or add to their existing insurance. CURAC members who are currently in a group health benefits plan will be accepted as members of the RTO Plan with no medical questionnaire. Those with no current extended health benefits plan will need to complete the questionnaire to be assessed for acceptance.

RTO's Plan administrator (Johnson) is ready to accept calls for information and/or for enrolment. As a first step, we urge interested individuals to carefully review the RTO extended health care plan and rates available at <https://www.rto-ero.org/group-insurance-plans/rtoeros-group-insurance-plans/extended-health-care-plan>.

Please note, in particular:

- **Out-of-Province/Out-of-Canada Travel** for an unlimited number of trips, of up to 93 days duration each, for \$2,000,000 per person per trip. This benefit also includes Trip Cancellation and Trip Interruption/Delay for \$6,000 per person per trip.

- **Prescription Drugs** to a maximum of \$3,400 per calendar year per person.
- **Paramedical Practitioners** for 17 eligible practitioners. Physician authorization is not required.
- **Limited Vision Care** for prescription eyewear, laser eye surgery and corneal incision and eye examinations.
- Rates vary relative only to single, double, or family. They are not age-banded.

To apply for enrolment in this extended health care Plan, please call the Plan administrator (Johnson) at the RTO/ERO toll-free telephone number **1-877-406-9007**. Identify yourself as a member of the **CURAC group** and your local retiree association - **KPURA**.

CURAC offers other benefits as well, including:

- **Travel Planning**
 - [Guided by Collette](#)
 - [Trip Merchant](#)
- **Home and Auto Insurance**
 - [Economical](#)
- **Pet Care Insurance**
 - [Economical PetSecure](#)
- **Trip Cancellation/Interruption Insurance**
 - [Johnson Inc.](#)
- **Health Care Insurance**
 - [through membership in Retired Teachers Ontario \(RTO\)](#) (as noted above)
- **Volunteer Opportunities**
 - [through Academics Without Borders](#)

For More Information

Thank you for reading Newsletter #8 of the KPU Retiree's Association.

We are interested in what you would like to see in the KPURA Newsletter. We look forward to your memories and your contributions. Let us know!

Alice Macpherson, alicemac@telus.net

Your Newsletter Committee,
who would welcome more input, members, articles and photos – kpura@kpu.ca

KPURA News

12666 – 72nd Avenue
Surrey, BC, V3W 2M8

How About You?

Do you have a photo or story to share of your early days at Kwantlen? How about your travels or current adventures before or after retirement? 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. Please feel free to join in with an article of up to 500 words with pictures to illustrate.

BENEFITS OF KPURA MEMBERSHIP

1. Newsletter 3 times a year– *KPURA News* – keeping us connected with news of retirees':
 - a. travels,
 - b. community-based activities,
 - c. research and scholarly activities,
 - d. social activities.
2. Reduced fees for KPURA-sponsored activities such as wine tastings, local boat, streetcar, and walking tours, lunches.
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 of the College and University Retirees Association of Canada (CURAC)
 - 42 member associations (including KPURA) embracing some 16,000 retirees
 - Benefits www.curac.ca :
 - a. Discounted travel
 - b. Discounted home and car insurance
 - c. Discounted pet insurance
 - d. Extended health insurance – in some aspects better than our group pension health insurance – rates are not age-banded
 - e. Two different travel/trip cancellation plans – one is not age-banded
 - f. Quarterly Newsletter
 - g. Annual National Conference

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.