



KPURA News

Volume 4
Issue 1
September
2020

Keeping Connected Over the Years

Board of Directors Update

The KPURA Board members have been very active. Many administrative organization details are being streamlined including simplifying membership applications, renewals and fee payments. The Board is liaising with other, larger retiree organizations (e.g. ABC CPPR), who are also endeavouring to upgrade their membership systems to online, while still ensuring data security.

Events coordinator, Sooz Klinkhamer, has summarized the responses from a recent member survey to assess interest in online event presentation formats. A slate of virtual events has been organized for the fall that will be of interest to our members and friends. See event announcements elsewhere in this newsletter.

Work on KPURA's two main project initiatives, the Oral History Project, and KPU Funding Advocacy continues. The Board will begin a review of extended medical and travel insurance options available to KPURA retirees. The UBC Emeritus School and the SFU Retiree Association have conducted detailed cost and benefit comparisons for their

retiree members. Using these recently published documents (2019 and 2020 respectively), the KPURA Board will prepare a summary document for KPURA retirees.

The Board works efficiently and effectively via monthly meetings which are organized by a comprehensive agenda format. Actions with goals and reasonable timelines are divided among all of the Board members. Interaction during Board meetings is friendly. Issues and concerns are discussed thoroughly. We have room for more members on the Board. Please consider joining us at the next AGM (Apr 2021).

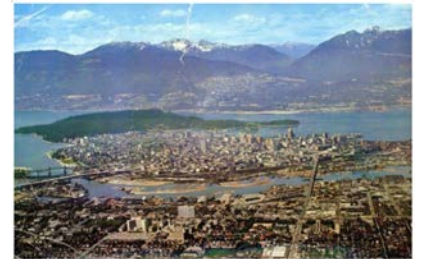
Your Board of Directors:

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

Event Highlights

Fall colour Trout Lake (Vancouver)

Upcoming Events



**Virtual Walking Tour in
Vancouver, September 24.**

See Pages 2

Event Notes



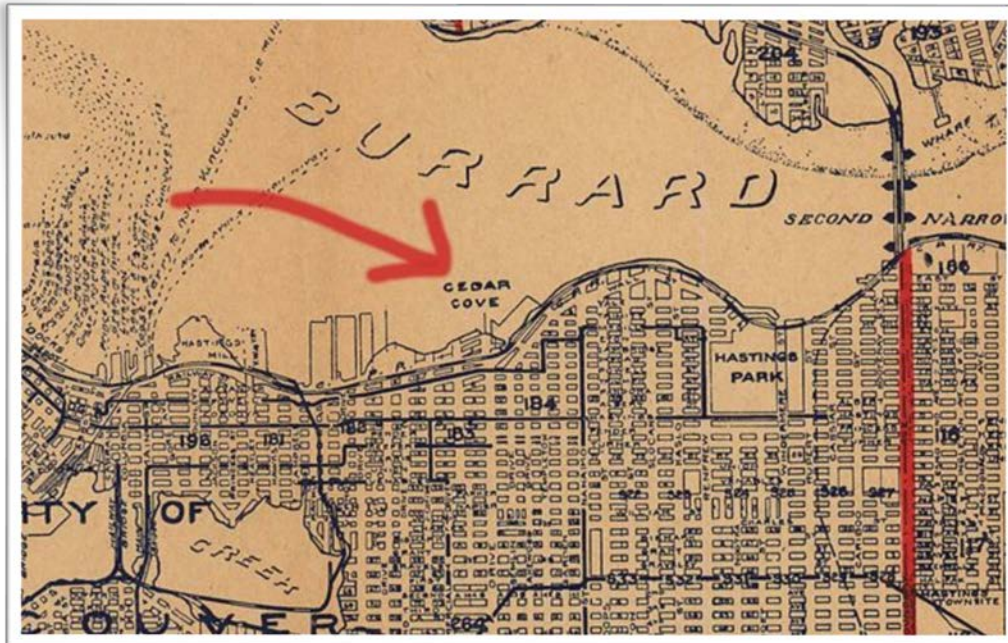
**Notes and pictures from our
first virtual tour.**

See Page 3

Upcoming Events

VHF Special Virtual Walking Tour – September 24, 2020

By Sooz Klinkhamer – Events Coordinator



A Virtual Stroll around Cedar Cove (North Grandview area of Vancouver)

The area of Cedar Cove was characterized by very large cedar trees and was long known and used by the Tsleil-Waututh. Non-native settlement began with the extraction of the trees that gave the area its name. Soon, a post office, a brewery and two huge sawmills occupied the cove. Japanese, Chinese, Sikh and other settlers called the area home.

On this tour, we will explore this diverse neighbourhood and find remnants of the earlier community. John Atkin, a local historian and author, and seasoned walking tour guide will present this virtual tour. He is a civic historian, author and heritage consultant who organizes and conduct tours for groups and individuals. John has explored Vancouver like few others and offers an interesting and offbeat insight to the city's architecture, history and neighbourhoods.

Please save Thursday September 24, from 2 to 3pm (PDT), to join your colleagues on this virtual walking tour to explore local history and heritage hosted by the Vancouver Heritage Foundation – <https://www.vancouverheritagefoundation.org/>

As a registered attendee you will be able to ask questions and join the discussion with us as we 'virtually walk'. Please note that details of how to join this webinar will be provided only to registered participants.

The cost per member is \$15. Non-members \$20.

To secure your spot, please book now by sending the relevant amount per person by one of the following methods:

Electronic Transfer

Recipient is **KPURA**

The amount - \$15/person for Members or \$20/person for Non-members

Email: kpura@kpu.ca

Security Question – **Walking Tour**

Security Response or Password – **KPURA2020**

We hope to see you there!

The traditional way

Send a cheque payable to **KPURA**

The amount - \$15/person for Members or \$20/person for Non-members

Send to: Roger Elmes

204-1319 Martin Street

White Rock BC V4B 3W6

Event Reports

Virtual Tour of the Magdalen Islands (les Iles de la Madeleine) – A Delightful Presentation

By Carol Barnet and Sandra Carpenter

Our gracious and generous hosts, Roger Elmes and Marie-Claire Rucquoy, took KPURA retirees on a virtual tour of the Magdalen Islands on Thursday, August 20th.

The Magdalen Islands are as Far East as you can go and still be in Canada. The islands are an amazing kind of fluke of nature having drifted north when Pangea broke up. Underneath them are eons worth of salt deposits. These islands, located in the mouth of the Saint Lawrence River, are assessable by air and ferry.



*Cap-aux-Meulles (Grindstone)
is the port of entry and commercial and tourism centre*

Shaped like a fish hook, they encompass several peaceful lagoons which offer calm waters for boating activities. They are a grouping in the shape of a fish hook and are mostly connected by bridges and sand dunes. The winds swirl constantly. And when your prayers are answered for a calm day, the mosquitoes enjoy feasting on you. The fairly flat terrain is excellent for bicycling and hiking. Three large bays are made for water sports – sailing, wind sailing, and kayaking. Roger has visited the islands, first in the late sixties and seventies and again recently with Marie-Claire.

Using a series of slides, they described many changes that have occurred over the last five decades: receding coastlines (wind and water erosion, and now ocean rise), increases in tourism (more camp sites and other accommodations, many artisans), and the decrease in the mostly francophone population. When coupled with the Knowledge Network 'Island Diaries' episode, this was a

most informative presentation. I'm sure that many of the online participants are thinking about a future visit.



Salt mines on the islands

Slides from the event are available here:

https://www.kpu.ca/sites/default/files/retirees/Magdalen_Islands_RA_tour.pdf



Marie-Claire standing well back from the eroded cliff edge.

While unlikely to get there physically in the near future, it is very good to know that you can travel virtually! Nice to see the highlights and never have to leave the comfort of your armchair. If you haven't been on a virtual tour yet, you will find it pleasant and informative.

There will be more opportunities through KPURA!

Membership Update

2020 Membership Drive Results to Date

By Geoff Dean – Membership Coordinator

Hurray! KPURA currently has 72 paid-up members for our 2020/21 year, 18 of which are Lifetime members. (10 are Associate members - spouses of KPU retirees or not-recent employees of KPU - and two of these are Lifetime members.) Last year we had about the same number, so, given the Covid crisis, this seems pretty good, however there are quite a few of our retiree colleagues who haven't joined – about 125 – and 10 who were members last year but who haven't renewed their membership for this year (along with ten who weren't members then but who are now). I've sent several emails to all who could join or renew their membership, the last in mid-June, but I thought I'd give it a break over the summer and contact people again in September.

To join us and become a member, fill out the form on page located here:

https://kpu.ca/sites/default/files/retirees/2020_KPURA_Full_Member_Application.pdf

Send it with a cheque for your membership fee to KPURA, c/o The President's Office, KPU, 12666 72nd Ave, Surrey, BC V3W 2M8 (Or pay the fee via step 2(b) below...)

To renew your membership, do the following two steps:

- (1) Send an email to geoffdean@telus.net to confirm that you want to continue your membership. (If your contact information - your email address, your street address, or your phone number - has changed, please include that new information in your email) and
- (2) Send us this year's membership dues. (You could also sign up to be a Lifetime Member. Fees for that vary with your age; more information here: <https://www.kpu.ca/retirees/membership>)

You can pay the membership fee (\$15 or the Lifetime fee) in one of two ways:

- a) by sending a paper cheque to our mailing address (KPURA, c/o The President's Office, Kwantlen Polytechnic University, 12666 72nd Ave., Surrey, BC V3W 2M8), or
- b) by an e-transfer; here's the instructions on how to do that:

Through your bank's or credit union's website, you must have KPURA as one of the recipients you wish to transfer money to.

>> If this is the first time you've sent KPURA money in this way, add KPURA to the list of recipients that are authorized by you to get e-transfers:

In the website's "Interac e-transfers" menu, click on "Manage Recipients" or its equivalent, and add the contact name 'KPURA' and the contact email 'KPURA@kpu.ca' to your list.

When you have KPURA on your list of authorized recipients, click on "Send an e-transfer".

- i) Enter the amount you're transferring to KPURA, and
- ii) In the message box that will also have come up, state your name and the fee type that you are paying (i.e. John Doe, Membership).
- iii) Then choose or make up any security question that suits you, but ensure that the security answer you give it is KPURA2020.

KPURA Advocacy

By Geoff Dean

Regarding our advocacy for more funding for KPU, to allow it to serve the people in its region more equitably, the advice I've gotten recently suggests that a good way to proceed with this would be to get groups in our school districts to push the issue forward - school board members, school superintendents, and secondary schools principals, students and their associations, and parent groups. But, given the difficulties these groups are all facing due to the Covid crisis, I haven't done anything along these lines yet. I'm hoping that it'll be possible to push this forward with these groups later in the fall - we'll see. If you have any suggestions or advice for me on this, please let me know.

KPU Retirees About Town

John Marasigan Publishes His First YA Novel



I just published my first young adult novel in January 2020 through Friesen Press in Victoria. The title, *Juanita, Freedom Seeker*, is in two volumes, under my pseudonym Juan Cenon Marasigan. It is print on demand through Friesen Press, Amazon, Barnes & Noble, Ingram, and available as eBook through Amazon, Kindle, Chapters-Indigo, Kobo, Google Play, and Apple iTunes. I am sharing the following information to entice you to read it.

About the book

Juanita, an empathic 16-year-old lives in the old Latin-American city of San Carlos. The oldest of seven children, her dream is to free her family from their poverty and take them away from their seedy neighborhood. Mature, intelligent, and very responsible for her age, she also seeks freedom for herself – the freedom to live the life of other young girls. Just to have another dress to add to the three that she owned would be nice. She struggles as she searches this freedom. When her mother's cleaning company's rich clients tragically lose their only daughter to illness, they offer to raise Juanita in their mansion and treat her as their own. They buy the cleaning company that her mother

would run and would move her family from the tenement apartment to one of their rental homes in a better neighborhood.

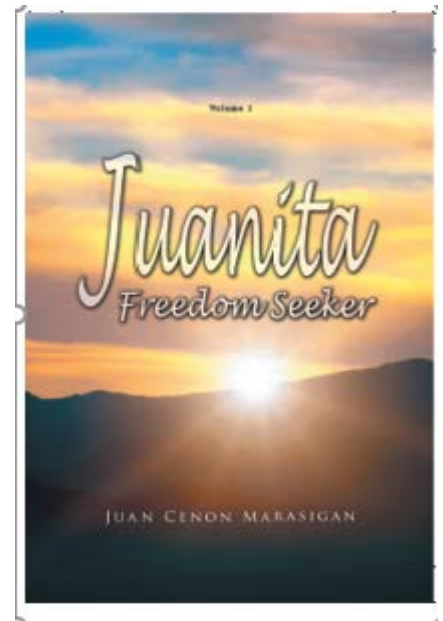
Though the choice seems simple, Juanita is torn. What is freedom really if you are separated from those you love? Does living the life of a wealthy socialite mean turning her back on her family? Does she have the courage to face up to the rich girls who bully her in her new private girls school? Does she have the freedom to love the boy, introduced to her by her best friend, in a forbidden relationship?

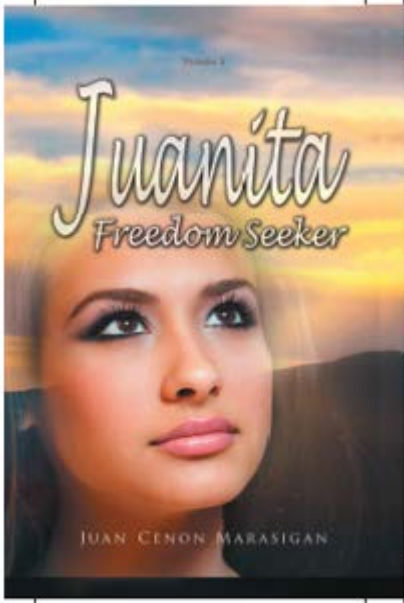
Juanita, Freedom Seeker is a story of love, despair, and liberation. It depicts Juanita's spunk as well as her serious side as she straddles the class barrier on her way to adulthood in San Carlos. She shares many valuable lessons to all, regardless of age, seeking freedom to transcend limits.

This novel is entertaining, uplifting, and motivating.

Q: How did this book come about?

After completing, through distance learning, the requisite course and receiving the Diploma on Writing for Children and Teenagers on December 4, 2006 at the Institute of Children's Literature in Connecticut, the institute kept prodding me to continue into the graduate course of study on Writing and Selling Children's Books. At that time, I was teaching full-time at Kwantlen Polytechnic University (a university college then) and part-time (but teaching six courses!) at Open Learning. Did I have any spare time? The institute continued to encourage me during the next two years until I finally acquiesced. Since I was a young boy, I was always fascinated at how authors could write novels, whereas the most I could compose after a lot of effort were essays in my English classes. I wondered then if I could someday develop the skill to also write books? Realizing that the opportunity to learn the skill was being offered, I decided to take the course. I convinced myself that unless one had the resolve, goals will never be achieved. I had some non-teaching days and the weekends that I could devote to the course. That was my plan, only to realize after two years that it was not doable with my teaching load. I took a leave of absence from it until I retired from KPU in 2016. I opted for the program to write for young adults. The first assignment included a description in 250 words of two book ideas. Whereas the time span of the first idea was several years, my instructor recommended the second idea where the story occurred over a shorter period. This, he stressed, would be more attractive to my target audience, young adults.



Q: Why did you choose this subject?

My first teaching job was offered to me right on graduation day from my first bachelor's degree by my former high school principal at the private boys high school that I attended.

During the second term into my first master's degree at Loyola University of Los Angeles, I was offered as its first male teacher to also teach Biology at a private girls high school in West LA. Both experiences, each a contrast to the other in terms of students, had an indelible imprint on the rest of my career as an educator and a big influence on the subject of this novel. One day, years later while writing my dissertation for my Ph.D. in Psychology at the Catholic University of Leuven in Belgium, I received a cablegram from my younger brother, a physician in the Philippines, stating that our nanny, Juanita, suddenly died. I was grief-stricken because I had never thanked her up to before I left with my wife and our infant son for Belgium for taking care of us – all nine siblings either from childhood or infancy to our adulthood. She was still caring for my two adult brothers left behind by my widowed mother and the rest of my siblings when they immigrated to California. Thus, I named the protagonist of my first novel after our nanny as gratitude for her life-long service to my family. I chose a fictitious old Latin-American city as setting because of my experience of studying in

Guadalajara, Mexico and my Hispanic heritage from my grandparents. The story draws a semblance to my growing up years in a large family with my father as the only bread-winner, valuable lessons from teaching in an all boys and an all girls private high schools, and countless learning moments from interacting with various personalities throughout my studies and work, especially teaching, in many countries. No, this is not an autobiography. It is a fictitious novel about a young girl seeking freedom for her family and for herself to become what she dreamed of while sharing enduring values to transcend limits.

Q: What values will the reader draw from this book?

The story covers ever present life issues many people have been facing in our rather fragile and challenging world throughout its history, not only presently. These issues concern people of all ages, particularly the youth while building their future. The issues in this book include poverty, the lack of opportunities to achieve aspirations, problems imposed by the environment of where people live, crime, women's rights, economic inequality, bullying, and drugs. The story involves family and social interactions, parent-child affinity, friendship, and love relationship. The events depict how one's personality evolves through motivating experiences and despair on other times. Interwoven through the plots and twists are valuable, uplifting lessons that the reader could draw to solve issues similar to or beyond those treated in this book. These are values of love, values learned from despair, and values of liberation. These values help transcend limits.

Q: What do reviewers say about this book?

Among several reviewers, I chose to present the following that would surely interest you.

This is a fascinating first novel, a compelling read that held my interest throughout the main plot and all the twists and turns of the subplots. Written from the perspective of a mature and intelligent 16-year-old girl, it deals with struggles that few people face - moving from poverty to riches. Dr. Marasigan in his work of fiction blends insights from his professional studies in examining the struggles his Juanita overcomes.
 Roger Elmes, Dean Emeritus

So, now you see that you too could still be creative and productive during your retirement years. I do intend to carry on writing until my dying day to ward off Alzheimer's.

KPU Retirees Travel

Safari in Samburu, Kenya

By Sooz Klinkhamer

Our start to 2020 was the complete opposite of our current day to day, stay at home lives. In early January Richard and I embarked on a bucket list trip. We hopped on a plane and flew through Frankfurt enroute to Nairobi. With the help of our (Vancouver) Safari Partners (Chris and Jen), we were greeted by Winnie, our ground guide in Nairobi and taken across town to the Tamarind Tree Hotel near the regional airport.

After a delightful evening, night, and the most comprehensive breakfast buffet I have ever seen (and apparently the last one for some time to come – thanks COVID), we boarded a de Havilland Canada DHC-6 Twin Otter for our one hour flight north to Samburu National Reserve.



Landing on the Buffalo air-strip, our first interaction with locals was a greeting to their Duty Free store, 'Karibu' = welcome, said a wooden sign on a wooden stand, with rustic shelves and myriad local handicrafts and beaded goods for sale, stored in cardboard boxes between flights. We were collected by our Safari guide and driver Anthony in a Toyota Land-Cruiser, and bounced along a picturesque dirt and rainstorm moulded road for the 45 minute drive (including sightings of a leopard and thousands of birds) to our accommodation for the first of two Kenyan safaris.



We stayed in the lovely Elephant Bedroom Camp which rests on the banks of the Ewaso Ng'iro River and neighbouring Buffalo Springs National Park. Samburu is over 165 square kilometres and home to abundant wildlife such as the reticulated giraffe, long necked gerenuk, Somali Ostrich, Grevy's zebra and Beisa Oryx. There are approximately 900 elephants in the reserve, and often many of them are seen across the river from our tent camp, rolling in the red mud or wading into the river, often with giraffes in the background.

The scenery is spectacular, dry plains bisected by the meandering river shaded by doum palms and other trees comprising the green belt of riverine forest, and a backdrop of Africa's dramatic mountains, including Mt. Kenya. Monkeys, baboons, impalas, and elephants are regular visitors within the camp, not to mention horn-billed birds, and ground squirrels as regular dining visitors.



We did morning and late afternoon game drives each of the three days we spent here and saw many more animals than we had imagined; it is not uncommon to spot over one hundred bird species in a single day.

The accommodations were 13 luxury tents atop wooden structures, each furnished in rustic African style while offering all the comforts (hot and cold running water in your private bathroom, electricity, sitting area, and a private plunge pool on your outdoor deck). The main lounge and dining area are a short walk, and offered the perfect place to relax, visit, compare notes with fellow travellers, and enjoy a cocktail and meals together.

The days flew by, with new sightings at astonishing speed. Anthony, a Samburu, lives in a nearby village (which we visited) with his wife and family, and has developed his tracking skills and local knowledge of the flora and fauna

to a phenomenal degree. With just a quick glance at the dirt tracks, the weather, the direction of wind, and he knew where we needed to go to find the elephants, lions, zebra, giraffe, various ostrich nests, or specific birds, and my favourite – the leopard.

Our 'sundowner' afternoon sunset in the wild with Anthony was but one of the incredible moments, as the giraffes grazed, the vultures perched, the weavers dove and spiralled, and the orange and pink hews of sunset gathered.



We had to say: 'we'll be back!!'

The most disturbing incident occurred on our journey back to the Buffalo airstrip for our flight over to Maasai Mara. We came upon a 'cloud' in the foreground which turned out to be an infestation of locusts apparently heading to the eastern cape. This has now been broadcast on world news, and means devastation of food crops for many thousands of residents in that area.

And next month we will have a few words on our Safari #2 in Maasai Mara, Kenya.

KPU Oral History Project

Oral History Interview Updates and Archives

By Roger Elmes

Fifty years ago today, faculty were getting to know each other and writing new course outlines for a new college. Administrators were holding endless planning meetings. Support staff were busy setting up offices, processes and creating forms run off on [Gestetners](#) along with course materials. The Registrar's office was busy creating a timetable for classes and classrooms that did not yet exist. And a registration process when none existed. The start-date for classes was still uncertain because the province had pulled some promised money for buildings. Students were applying while all this work was underway. There was excitement in the air as faculty met for the first time as hybrid departments, then as groups and ultimately as an entire body. It was the best of times; it was the most challenging of times. And yes it was half a century ago.

Post-secondary education was coming to the "South of the Fraser" for the first time. The Langley, Delta and Richmond school districts, under Surrey's lead had come together since October 1964 to take advantage of the 1963 amendments to the Public School Act (s. 251) which allowed school boards to establish colleges following successful referenda in various parts of the province. Accordingly, the South of the Fraser group petitioned the province for a new college under the working name of Kwantlen College. The province said we are not going to approve two colleges so get together with New West, Burnaby and other districts "North of the Fraser". With that direction, permission to use the Kwantlen name was not pursued. The shotgun wedding was on, and Douglas College was created. Before the end of the 1970's the pressure for a South of the Fraser college became undeniable and in 1981 the Kwantlen First Nation gave permission for the use of their name and Kwantlen College was created by transferring the south of the Fraser buildings and other assets to KC which eventually morphed in 1995 into Kwantlen University College and in 2008 into Kwantlen Polytechnic University.

The KPU Oral History Project is conducting interviews with students, staff, faculty, administrators and board members to capture the institutional memory. To date the following interviews transcripts have been posted and are available at <https://archives.kpu.ca/oral-history-project>:

Students

John Baker – founding student in Arts
Frank Bucholtz – founding student in Arts
Preet Heer – Fashion Design and later Arts

Faculty

Jim Adams FINA – Founder
Carol Barnett HORT
Don Currie CARP
Alice Macpherson TRAC, OPET, CAG, TLC
Al Valleau ENGL
Lee Woodson PSYC – Founder

Administrator

Manfred Baur AUTO – Dean (Pres KFA)
Bill Day – Dean; President – Douglas – Founder
Geoff Dean ABED – Dean (Pres KFA)
Roger Elmes – HIST, POLI – Dean (Pres DCFA) – Founder
Judith McGillivray – Dean; VP/Provost
Skip Triplett MRKT – VP; President

Board

Arvinder Bubber – Member; Chair; first Chancellor

Four more faculty (ENGL; NURS; PHYS; CAD) and two more administrators (both former faculty who became VP's) have been interviewed and are still reviewing their transcripts. Among this group are two more KFA presidents; one former president of the BCGEU local, and a Senate chair.

These transcripts make interesting reading for those wanting more information on Kwantlen's history beginning with Bill Day's interview which covers the work of founding the college and its formative years moving through the creation of KC; KUC; KPU and the transition to the Senate as part of the governance structure. Advocacy on behalf of post-secondary education South of the Fraser is an ongoing theme in many of the interviews including those of Arvinder Bubber and Skip Triplett, whose interview also provides insights into Kwantlen's current name. <https://archives.kpu.ca/oral-history-project>

First Person – Then

Stand in the door!

By Lee Woodson

The plane seemed to rattle as if it was about to lose some part or other. The roaring whistling sound of wind came thru the now open doors on either side of the plane near the rear where the jumpmasters stood. We had been aloft for a short while, after sitting on the tarmac of the airstrip for over an hour waiting to load onto the aircraft. But, now we were sitting snug up against one another on either side of the plane aft to for. Our headgear was on tight with our reserve chutes on in our front and the main in the rear. They were heavy and bulky and that made it hard to sit.

“Stand up, Hook Up and shuffle to the door.” I looked at the jumpmaster as I shuffled to the door as I would jump first ahead of a long line of young would be paratroopers. I held on tight to my static line. There was a red light just above my head by the door. The jumpmaster screamed “Check equipment!” and I felt a hand behind me run over my chute, static line and harness. The light turned yellow and the jumpmaster raised his flat hand towards my face and shouted, “Stand by!” and then “Stand in the door!” I stepped forward and pushed my static line towards him which he grabbed as I pivoted and stood in the open door

placing my hands flat on the outside of the plane. The sound of the wind whistling in the plane had my attention. It was a roar and I had little time to think about anything, except for this sound of the air rushing past. I looked straight ahead, out over the landscape into the sky as far as I could see and in that moment the light turned green and the jumpmaster screamed “GO!” and hit me on my ass as I stepped out into the unknown.

A huge blast of air hit me as I was immediately blown sideways and downward, chin down, legs together, holding on to my reserve chute and I counted “one, two, damn,” as I was pummeled by the rushing air, then, “three, four!”, but my parachute had already sprung open somewhere between three and four. In that moment I was suddenly swaying and swinging back and forth and it was surprisingly quiet. A beautiful kind of quiet

*Draw deep, quiet sounds
Listen to your breathing now
What’s that, oh my heart*

In my life the first five times I ever flew in an airplane, I jumped out. The second time I actually landed in an airplane, it was in Vietnam in 1967. It was a long time ago.



First Person – Now

Pandemic Gardening

By Alice Macpherson

Physical distancing from humans is now the norm. At least I don't have to distance from my garden.

This season has brought me a new appreciation for the growing of plants and the changes over the seasons. The initial lockdown happened just as I was starting seeds indoors. First the tomatoes – Black Krim, Tigerella, Old German, Abe Lincoln, and beefsteak, then lettuce leaf basil, cucumbers and squash.



With so much in flux, I started thinking about what might be important to grow this season. So Many choices!



My overwintering plants – kale, artichokes, and chard – were healthy and went on to give bumper crops.

Gardening for me is mostly about clearing out the impediment to growth for the plants that I want to grow. When the soil is fertile and has enough water, the plants just take off. Healthy plants ward off the bugs and disease easily and go on to produce the edible delights that I am looking for.

As the ground warmed I put “another season's promise in the ground”. This year I paid much more attention to the rhythm of the seasons. Early spring leading into the higher

temperatures. With this comes the opportunity to take my starter plants outside so they can start to stretch as the sun grows stronger. Some seeds go directly into the ground and seem to thrive in the cooler environment.



I spent time every day watching the flowers bloom, the fruit set, the swelling to ripeness and then harvest.



And in the end we get garlic, tomatoes, and so much more.



Learning Opportunities



Third Age Learning at Kwantlen (TALK) is a volunteer-run organization which offers courses for those over 55 in Kwantlen communities. A number of present and retired faculty members have done short courses for TALK and have enjoyed the magnificent audience seniors make.

Due to the shutdowns, TALK courses for spring, 2020, had to be cancelled. However, TALK will offer courses during fall, 2020.

If you have a subject you would be willing to offer for TALK, please contact Sandra Carpenter who is on the TALK program committee. surreysandra@gmail.com

Seniors Step Up to the Challenge

Third Age Learning at Kwantlen (TALK) is providing general interest online courses for the 50+ age group in fall 2020. TALK has been successfully offering courses in partnership with KPU for more than 20 years.

TALK was the brainchild of Joanne Cunningham, a KPU faculty member who was readying for retirement in 1997. Cunningham was quick to recognize a new global trend in education — lifelong learning. She thought this was an ideal activity for retirees. Her dean and the KPU executive supported her proposal for creation of an elder college.

TALK has been able to keep its fees low by inviting KPU professors and community professionals to volunteer their time. Since its inception TALK's membership has ranged from 100–400 plus. Unfortunately, due to the impact of COVID-19, the March, April, and May courses were cancelled. Concerned with disappointing its membership with another cancelled semester, TALK surveyed its members for interest in taking virtual classes. The response was positive, so a plan was launched to offer Zoom webinar courses in fall 2020. Says TALK chair Robin Heath, "TALK is all about lifelong learning. We are delighted that almost all of our fall presenters and over 75 per cent of our members were willing to try this new way of taking courses.

"There are many seniors facing shut-in realities and having an opportunity to stay connected with their community and to continue participating in relevant online courses will have a positive impact on their lives."

TALK's course brochure, available at <https://www.kpu.ca/talk> includes easy-to-follow instructions for registering and attending the on-line courses. Two free Zoom webinar practice sessions are scheduled for Sept.15 and 16. Registration is open in early September with the first class on Sept. 22. Course offerings range from The Dark Web to Freedom of the Press and The Arches of Chinatown. Philosophers' Corners, open to the public, are also resuming as Zoom meetings. TALK's AGM will also be a virtual meeting, including a feature presentation: 10 Breakthrough Technologies Changing the World.

TALK's resilience is a message to all of us. Change is a part of life, we can adapt, we can be progressive, we can strive and thrive. For more info: Jean Garnett, TALK Program Chair, jeangarnett@shaw.ca, 604 277 1130.

List of fall courses	Presenter
Skies Fall / Earth Moves / Oceans Rise	Jim Morin
The Dark Web	Wade Deisman
Tax Considerations for Seniors	Tracey Lundell
Making Medicine from Herbs	Sherry Wilson
Perception	Daniel Bernstein
Arches of Chinatown	Frank Abbott
Science and Alternative Facts	Jay Hosking
Rembrandt's Rise and Fall	Linda Quigley
From Script to Stage	Colleen McGoff Dean

List of fall courses	Presenter
Sustainable Food Systems	Kent Mullinix
Simon Fraser	Allan Quigley
The Satisfactions of Detective Fiction	Iona Wishaw
Heartfulness Meditation	Aravind Ravindran
Why Do We Get Sick?	Mika Mokonon
Freedom of the Press	Eve Edmonds
Making Sense of Climate Change	Joe Koch
Richmond's Flood Protection	Corrine Haer
Vincent Van Gogh	Linda Quigley

Items of Interest for Retirees

KPURA Attends BC University Retirees Associations Meeting

A virtual meeting took place on April 29. The three main participants were SFU Retiree Association, UVIC Retiree Association, and our host, UBC Emeritus College. Representatives from Langara and KPURA were invited to the meeting. Roger Elmes and I presented our successful email AGM format to the group. Other participants discussed options for virtual presentations. Everyone mentioned challenges inherent for all non-profit organizations such as Board member succession and member outreach. A significant amount of the meeting was devoted to best methods of optimizing (i.e. lower costs) extended health and travel insurance packages available to university, college, and K-12 teacher retirees.

The KPURA Board would like to study extended health and travel insurance package options that are available to KPU retirees. However, we lack expertise in this area. Please contact us at kpura@kpu.ca if you can assist us with this initiative.

CARP collaborates with key players on pension protection advocacy

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. [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]

Burnt out caregivers need support to work well

New research out of Alberta found a clear link between emotional burnout of care workers and job dissatisfaction. This is consistent with earlier that found that poor job satisfaction in long-term care is associated with lower quality of life for residents, because it contributes to staff turnover, poorer staff health, and other adverse health effects. [Maybe, with luck, we'll never have to be in long-term (complex) care. But it's still a good idea to be informed. – Roger Elmes]

Minister of Seniors receives mandate letter

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.

ABC CPPR meeting

I (Carol Barnett) attended the recent ABC CPPR meeting via Zoom on Monday morning along with Roy from Langara (Associate standing). This was my introduction to CPPR and I found that their mandate is somewhat different than our mandate is currently. The CPPR is very much a collector of information that affects our Pension fund and extended health benefits. The association also advocates on behalf of the College Pension Plan recipients to ensure we receive the best deal possible. The following is a list items that might be interesting to the KPURA Board and members.

1. FPSE have changed their table officers (reasons for doing this were not clear)
2. CPPR membership totals 775 (includes affiliate members) which is about 10% of pensionnaires
3. CCPR will start to send hard copies of their newsletters to MLAs (Paul Ramsey suggested hard copies are better than email copies - can't disappear as easily)
4. MEDOC travel insurance has been extended for 2 months as no one was allowed travel from Mid March to Mid May
5. Green Shield will be reducing its premiums for three months as there were few claims during the "lockdown" period

The AGM will be scheduled for late October or early November. Carol offered our email AGM agenda as an example of a "distanced" meeting. They were also interested in Dennis' presentation (link to our website sent). and also passed along the suggestions discussed in the AROHE "Physical Distancing" Zoom meeting.

Lastly, there was a good deal of discussion about setting up an online method of application and payment for CPPR (sound familiar?). Apparently, this is difficult to do safely to prevent hacking. The RTO have been trying to do this for a while without success to date (so how have the Navy folks managed this?). At least we have a bigger and better funded organization that we now can follow. – Carol Barnett

Other Affiliated Groups

KPURA Is Networking for You

KPURA maintains membership in a number of associations that support retired post-secondary employees.



ABC CPPR (Association of BC College Pension Plan Retirees)

<https://bccollegepensionplanretirees.ca/>

KPURA is an associate member of ABC CPPR which advocates on behalf of college pension plan retiree members. CPPR board members liaise with a number senior's groups that provide services and important information for retirees. This includes FPSE (*Federation of Post-Secondary Educators*) and the College Pension Plan. CPPR's newsletter, *Prime Time*, is published biannually. Additionally, CPPR members have access to group travel and home insurance programs. Their online AGM will be scheduled for later this fall. The membership application form is available from their website.



CURAC (College and University Retiree Associations of Canada)

<https://www.curac.ca/about-us/>

KPURA is a member of CURAC which is an umbrella federation representing 40 retiree organizations across Canada. KPURA Board Member, Sandra Carpenter, will attend their online AGM scheduled at the end of September.



AROHE (Association of Retirement Organizations in Higher Education)

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

KPURA Board members are able to attend AROHE sessions through their membership in CURAC. AROHE represents higher education institutions across North America and provides communication, connection and resources that impact higher education retirees. Collective and accessible online sessions have enabled many organizations to organize new and effective methods of communication with their members during the COVID pandemic restrictions.

AROHE has two free events coming up that you are welcome to participate in.

AROHE Idea Exchange: Taking the Pulse of AROHE Members

Wednesday, September 16, 9 – 10:15 a.m. Pacific Time

During this time of uncertainty, AROHE member organizations have been quickly pivoting to meet the changing needs of their constituents, with many reported successes but also some challenges. During this informal Idea Exchange, AROHE will "take the pulse" of participants. Don't miss this chance to connect and learn from one another. [Click here to register.](#)

AROHE Idea Exchange Webinar: Wellness and Social Connections

Wednesday, October 21, 9 – 10 a.m. Pacific Time

Join a conversation related to the importance of social supports to one's individual and collective wellbeing and explore the opportunities and roles institutions and retirement organizations may provide to enhance the wellbeing of their members, communities, and institutions. [Click here to register.](#)

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.
CURAC 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.

Newsletter Information

Thank you for reading Newsletter #10 of the KPU Retirees Association. The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.

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

Alice Macpherson, KPURA News Editor

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KPURA
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Please Join Us

Do you have a photo or story to share of your days at Kwantlen?

How about your travels or 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.

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