



Festive Lunch 2021

Society AGM 2022, April 12 - 14, Online

We are inviting you to become more involved in our still very new organization. We are looking for the best ways to serve its members and are always looking for new people to work with the Board on various projects.

You might have enjoyed some of the events Sooz Klinkhamer has planned for us. You might also enjoy assisting her as a member on the Events Committee to imagine ways we can connect and bring them to fruition. Or maybe you enjoy contacting old colleagues and could help Geoff Dean with membership recruitment and dues.

If you don't mind writing short pieces for the newsletter, Alice Macpherson puts together our KPURA News three times a year.

You can participate without taking on the responsibilities of a full board member. Kind of like getting your feet wet. We would all be very appreciative if you could share a bit of time to contribute to keeping us all connected.

Come and lend your ideas to us as we break new ground in the months ahead. Talk to any of the board members about how you might be of use.

We welcome you in taking on the opportunity to share our interest in connecting and staying connected with Kwantlen's retirees.

Please consider putting your name forward. The work is fun, roles are well-defined, and procedures well-organized.

The KPURA board has seven elected members and lots of room for interested volunteers.

Your 2021-22 Board of Directors:

Chair – Yale Shap,
Vice-Chair – Bob Perkins,
Secretary– Alice Macpherson,
Treasurer – Roger Elmes,
Members at Large –
Sandra Carpenter (Liaison),
Sooz Klinkhamer (Events),
Geoff Dean (Membership).

KPURA News

Volume 5
Issue 3
April
2022

Keeping Connected

AGM 2022

AGM
Business
Meeting
and Special
Speakers -
Age Friendly
University!



Page 2, 3

Upcoming Events and Reports



Jim Adams "Eternal Witness"
Brewery Tour – May 17th.
Reports from Festive Lunch and
Seasonal Greetings, Armchair Italy

Pages 4, 5, 6, 7

KPURA AGM 2022 – Virtual by email

Business Meeting Agenda

Begins Tuesday 12 April by Initial email with attachments

Please Email comments using “Reply” by end of April 12.

All comments will be compiled and circulated.

Member voting by Doodle Poll begins Wednesday 13 April and ends Friday 15 April

1. **Approval of the Agenda** (attachments will be re-sent Monday 11 April)
 - Approval moved by Roger Elmes Seconded by Sandra Carpenter
 - Email comments by end of Tuesday 12 April
2. **Approval of 2021 AGM Minutes** (attachment will be sent Monday 11 April)
 - Approval moved by Alice Macpherson Seconded by Geoff Dean
 - Email comments by end of Tuesday 12 April
3. **Approval of 2021 Reports** (attachments will be sent Monday 11 April):
 - i. **Treasurer’s Report** (Roger Elmes)
 - Approval moved by Roger Elmes Seconded by Bob Perkins
 - Email comments by end of Tuesday 12 April
 - ii. **Secretary’s Report** (Alice Macpherson)
 - Approval moved by Alice Macpherson Seconded by Geoff Dean
 - Email comments by end of Tuesday 12 April
 - iii. **Grouped Reports:**
 - Approval moved by Bob Perkins Seconded by Roger Elmes
 - Email comments by end of Tuesday 12 April
 - i. Chair’s Report (Yale Shap)
 - ii. Website Report (Alice Macpherson)
 - iii. Newsletter Report (Alice Macpherson)
 - iv. Events Report (Sooz Klinkhamer)
 - v. Memorandum of Agreement with KPU – Report (Roger Elmes and Geoff Dean)
 - iv. **New Business**
 - Special Resolution amendment to Bylaw 7.3 (document circulated)
 - Moved Yale, seconded Bob Perkins
 - Email comments by end of Tuesday 12 April
 - v. **Other New Business** discussion:
 - Strategic thoughts 2022-2023 (document circulated)

KPURA Governance Nominations Open

Nominations for two vacant Board positions will be accepted until Thursday 14 April at 8:00 pm.

You can find nomination forms at:

https://kpu.ca/sites/default/files/retirees/KPURA_BoD_Nomination_FillableForm.pdf

If required ballots will be sent to Members on Friday 15 April

Voting ends on Sunday 17 April

KPURA Governance, Board of Directors

Directors are appointed for two-year terms.

There are four officer positions: Chair, Vice Chair, Secretary, and Treasurer. There are three Directors at Large. Officer Positions will be assigned at the May Board Meeting.

Continuing:

- | | | |
|---------------|--------------------|--------------------|
| ✓ Bob Perkins | ✓ Sandra Carpenter | ✓ Roger Elmes |
| ✓ Yale Shap | ✓ Geoff Dean | ✓ Alice Macpherson |

Nominated:

- ✓ Sooz Klinkhamer

AGM Adjournment

Sunday 17 April, at 8:00 pm concludes the KPURA Annual General Meeting.

- Approval moved by Yale Shap Seconded by Geoff Dean

AGM 2022 Special Presentations:

These presentations are open and free. If you would like to attend, please send an email with the subject line "Age Friendly University" to kpura@kpu.ca We will send the link several days before the session.

10:00 am – Welcome and Introduction by KPU President Dr Alan Davis

10:15 am – KPU and KPURA

By Randall Heidt, KPU Vice President, External Affairs

Bio: Randall Heidt is CEO of the KPU Foundation and KPU's Vice President External Affairs. Randall has more than 20 years of fundraising experience in the private and public sector, including 13 years in post-secondary education. Randall is a member of the Association of Fundraising Professionals and a Certified Fund Raising Executive (CFRE).

Randall Heidt will speak at the KPURA 2022 AGM on 14 April at 10 AM for around twenty minutes on Community Engagement and the role that the KPURA might have in this area. There will be a short Q and A to follow.

10:45 am – How to Develop an Age Friendly University

By Christine O'Kelly

Christine O'Kelly is the Coordinator of the Age-Friendly University Global Network led by Dublin City University. Under her leadership, the network has expanded from 3 to 88 members globally. Christine has 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 a focus on gender and ageing.

She works closely with Ireland's National Positive Ageing Strategy Group and Age-Friendly Ireland. Christine is a member of the AGE Platform and the Covenant on Demographic Change in Europe and is a passionate advocate for older people and challenging ageism.

Christine was educated at the National College of Ireland, Trinity College and DCU and is in the final stage of completing a Doctorate in Education with a focus on Leadership.

She lives in Dublin with her husband Bob, has five grown children ranging in age from 40 to 23, two grandchildren and two cats.



The Age Friendly University: KPURA has included, in their strategic goals for 2022/23, 'to explore with KPU the potential of the university becoming an Age Friendly University (AFU) by adopting the AFU principles and becoming a member of the AFU Global Network'. AFU is also part of the larger World Health Organization (WHO) initiative on Age Friendly Communities.

Currently there are 8 Canadian University members: 1 in Quebec, 1 in Manitoba, 5 in Ontario, and 1 in Alberta. There are none in British Columbia at present.

In 2017, McMaster was the 2nd Canadian university to become a member of the Age Friendly University international network started by Dublin City University. The networks ten main principles are in the Executive Summary of the McMaster University report at:

https://www.mcmaster.ca/ua/alumni/alumnivoices/AFU_Report_FINAL.pdf

You may wish to visit this link prior to our keynote speaker, Christine O'Kelly delivering her presentation. Before the session you may also want 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. After this talk there will be time for questions and commentary.

These presentations will be recorded and available for viewing for those that cannot attend the zoom meeting. The video links will be found at <https://www.kpu.ca/retirees/events> approximately 24 hours after the events and will remain posted for 90 days. You will be able to locate the links by scrolling down within the 2022 Annual General Meeting Agenda.

KPURA Upcoming Events

Jim Adams' Eternal Witness Online Gallery – date TBA

James Adams' paintings deal with history in "live time". His subjects make a statement as they face the viewer to tell their point of view. They are composed with a layered story explained through complex and intriguing details. Jim will present slides of his paintings, and explain the inspiration for each one. This will increase our understanding of the artist's details of each work.

Jim is an eloquent speaker and a great storyteller with a deep background knowledge of history, mythology and the human situation, which he incorporates into his works. If you have never considered yourself as having an understanding of art and how the artist thinks, you can expect to be pleasantly surprised at what you will learn. Expect to look at art with new understanding after attending this event.

Jim Adams has a Masters of Fine Arts from Pennsylvania University. He taught and studied art in many places in the US prior to making White Rock his home 30 years ago. He taught Fine Arts at Kwantlen for many years until his retirement.

In fall 2021, Jim had a successful exhibition at the Vancouver Art Gallery called "Dislocations & Echoes". His work has also been exhibited at the Reach Gallery in Abbotsford and the Surrey Art Gallery.

Stay tuned for a date!



KPURA Upcoming Events

Brewery Tour – May 17, 2022

Ready to join us for an in-person social event and outing?

Location – Barnside Brewing Co., <https://barnsidebrewing.ca/>

6655 60th Ave, Delta BC on May 17 (Tuesday) at 1:00pm

Lots of on-site parking.

This is a great local brewery set out in nature on a working farm.

KPURA members and guests will receive a hop yard tour & brewery tour. We will walk you through the ingredients, style and unique aspects of each beer – highlighting our farm-grown story along the way and answering any questions you might have. Value \$20 each – no charge for KPURA on May 17th

We have reserved an outdoor space beside the main brewery, their 'back yard' as it were. (In the event of inclement weather we will have half of the tables on the patio which is tented area.)

You can order drinks (many types of beer and cider) as posted on their website.

They offer a limited but tasty food menu of Grilled Sandwiches, Soups, Charcuterie, and other snacks. Besides beer, they also offer kombucha and pop as non-alcoholic options. You can even get a discount if you are a fellow farmer.

This is an opportunity for you to come and see, talk to, and catch up with your fellow KPU retirees.

We plan to arrive on May 17 (Tuesday) at 1:00pm for a couple of hours.

Dress for the weather, be casual, be social.

We will have the opportunity to chat, reminisce, and catch up after all this time apart.

Remember, you are welcome to wear a mask if you feel more comfortable, although the both the mask and vax passport mandates have been lifted.



Everyone is invited!

Activities Before or After

For those who want to make it a day's outing:

Visit downtown Ladner and check out local shops. Westcoast Seeds has a store at 4930 Elliott Street.

Enjoy the morning at the George C. Reifel Migratory Bird Sanctuary at 5191 Robertson Rd, Delta, BC. Many, many types of birds.

Walk in the North 40 Park Reserve just north of the Boundary Bay Airport and south of the rail tracks on 72nd Street in Delta. Many songbirds, squirrels, small planes, possibly a train or even a movie crew, and lots of dogs.

Please let us know if you plan to come by sending an email with the subject 'Brewery Tour' to:

kpura@kpu.ca

Seasonal Event Reports

KPURA Festive Social, December 5, 2021

On December 5, 2021, our members gathered on a tented patio at Barnside Brewery in Delta, dressed in warm winter gear, to enjoy each other's company and sample drinks (beer, cider, or non-alcoholic options), kombucha, and food. The charcuterie boards were delicious, as were the limited but very tasty offered menu items...think farmer's grilled cheese sandwiches, soups, and the like. We had one half of the heated/covered patio to ourselves, and the noise level was suitably high.

This is a great local brewery set out in nature on a working farm. We were impressed with the friendly and attentive service, and the lovely little grassed 'back yard'.



And because of this, please check the Upcoming Events on page 5 and watch your email for a notice of our next visit and return to Barnside Brewing, planned for May 17th, when we can enjoy a full tour of the brewery, their outdoor 'back yard', some great food, and again come together to catch up with our members in a face-to-face setting.

Virtual Seasonal Social Report, December 8

For those members who were unable to attend our in-person seasonal social at Barnside Brewing on December 5, we convened a zoom-social and had a virtual party on December 8 which was a lovely success. The Zoom room chat and greetings exchange held a lot of festive cheer from 3 pm to 5 pm. No pictures from this one but lots of warm memories.

It was particularly delightful to see and hear voices our members and news of their personal lives and plans for the festive season. In addition to current and past KPURA board members we had a lovely appearance by Lindagene Coyle and Skip Triplett, amongst others. It was certainly no match to the previous KPURA seasonal lunches held at Seasons in the Park, but in these strange times, it was certainly better than no social time at all.

With progress on the vaccinations and booster front, and hopeful decline of pandemic and move forwards to endemic, we look forward to reinvigorating our more formal seasonal social lunches – hopefully later in 2022.

Sooz Klinkhamer
KPURA Events Coordinator

Armchair Travel to Italy – Virtual Event Report

Presented by Monika Tusnady

KPURA held a virtual event, on February 24, featuring our friend Monika Tusnady who, last year, presented an armchair travel to Menton, France for our members and friends. This time, we travelled virtually to Italy, visiting Rome, Verona and Venice, Torino and Cinque Terre, Matera and Alberobello, Bologna and Lucca.

In Monika's words: "Italy's beauty is arresting, its cultural and architectural diversity staggering, its foods and wines tantalizing, its people welcoming."

Her beautiful slides and visuals transported us to these amazing places, together with her captivating dialogue describing architecture, art, environment, food, weather, and each detail - small or grand. Monika has an amazing capacity to describe each place – a palace or a cave – and each image – from a truffle to a toilet – making us feel we are right there with her on this journey. Her enthusiasm, positivity, and questioning wonder is contagious.

Woven in to her presentation was a serious suggestion that one ought to consider learning the language of the places visited. The enrichment to travel experiences and culture deepens because of knowing the language. Her recommendation is Mango Languages, an on-line platform (that, if shared with fellow travellers, is very reasonably priced).



We travelled to Verona, taking in Juliet's statue and a lobster dinner. Venice offered the beautifully decorated gondolas and gondoliers, and stunning facades of buildings along the canals. Rome, the eternal city, with its magnificent ruins and Sistine Chapel; and then to Matera, where the latest James Bond movie "No Time to Die" was partially filmed, visiting the famous hillside caves. And onward to Alberobello with its multitudes of stacked stone roofs, and then Torino - the grand city of princes, and ceiling murals. It was here that we discovered, as did Monika and her partner, that fresh truffles on pasta can be a pricey lunch!! And where we were able to see a gilded toilet for royalty, constant reminder of a throne for the wealthy.

Onwards we went to Cinque Terre, where fishing is dead, but trekking is 'on' - including narrow stone paths and stairways. And then to Parma, viewing the original bike lanes developed thousands of years ago in the 'most livable city of 2021'. Off to Bologna, a city of ancient towers and 62 kilometres of porticos, the

home of Saint Petronius, and the two hour lunch break (even for Covid vaccination tents). And location of the garbage cans that one needs to scan a card to access, proving it works because the streets are spotless.

Then to Lucca, a laid back, small, safe, walled city with that top of wall becoming a park to walk or cycle. And Siena, an hour further on, famous for horse races and charming celebrations - including flag waving and tossing, and of parades by the basilica.

We had been "transported" for an hour and a half - the time flew by.



← Matera, Italy

Monika is a retired French teacher who also plays classical piano, in addition to capturing her travels with excellent photographs. Monika is also a juggler, and has convinced numerous people to give it a try. So KPURA has, as assets, three sets of juggling balls which will appear at our next in-person picnic event. We hope you will attend and give them a try!!

KPU History – Photo ID Project

Why not volunteer to help the KPU Archives identify the “who, what, where, when” of historic photos of KC and KUC. In phase 1, beginning in January 2022, KPU retirees will have the opportunity to help with photos from 1981 – 1989.

Denise Dale, KPU Archivist, (pictured right) is waiting for you! You can contact her at Denise.Dale@kpu.ca (Subject line: **Photo ID Project**). In phase 1, she'll just take names at this point, and is now contacting people in 2022 to set up appointments (suggesting 60-90 minute blocks). A second phase will focus on 1990-1999; start time TBA.

Images are in various formats: negatives via print contact sheets, print photographs, and slides. The ability to view the images may vary from person to person. Magnifying glasses of various strengths, a light table for the slides, and a full page viewer will be available.

Currently, masks are mandatory. All visitors are expected to follow KPU's communicable disease prevention plan <https://www.kpu.ca/hui/communicable-disease-prevention>.

You can learn more about the Archives and their new space on the Surrey (72 Ave.) Campus in a [recent article](https://libguides.kpu.ca/ld.php?content_id=36087512). https://libguides.kpu.ca/ld.php?content_id=36087512



Memorandum of Agreement Update

by Geoff Dean

As noted in the article on our MoA with KPU in the previous newsletter, it's wonderful that KPU is committed, through the MoA, to supporting us and helping us stay connected with it and with our colleagues and friends there. However, as also noted there, KPU hasn't allowed its retirees to keep their KPU email addresses. In order to try to change that, I wrote to Randall Heidt, KPU's new VP of External Affairs, about this, and here was his response:

Hi Geoff:

Thank you for reaching out on behalf of the KPURA board in regards to having access to a KPU email address.

Upon review and consultation with our IT and HR teams -- as well as a review of the Faculty collective agreement -- we have come to the conclusion that due to security, privacy and licensing restraints we are not able to provide KPU retirees with a KPU email address upon retirement. There are several factors that were outlined by our teams that brought us to the conclusion that it is just not feasible. ...

Randall

In response to this, I asked him if he could give any details about those "several factors"; this was his reply:

In terms of costs, we pay for our Microsoft licensing based on the number of students and employees.

In terms of the collective agreement, the KFA negotiated language related to retiree email in the last round, which stated "A retiring faculty member who remains on the qualified faculty list shall retain their KPU email." In other words, we maintain emails for those faculty who choose to continue to teach at KPU as sessional faculty but otherwise their email is discontinued.

So KPU isn't allowing us retirees to keep our KPU email addresses, unless we're still working there while semi-retired, even though our MoA with KPU says they'll help us stay connected. We've also learned that very few other post-secondaries allow their retirees to keep their institutional email addresses, so it seems unlikely that we'll be able to convince KPU to do so. Do you think the KPURA should set up its own email system for members? Let us know what you think.

K9s of KPURA

Bring out your Dogs! Past and Present

Just because our pets can be so cute, we are making a space for you to share pictures.



Otis, 2002 - 2014 (almost 13 years)

Best look was his attempt to eat Kraft Dinner, got none. It was all stuck to his ears (sorry we didn't get a photo of that!) – Sooz & Richard



Pearl at 6 years old (2022).

She was a rescue at 2 years and has been a Very Good Girl. – Alice and Doug



This 130lb non shedding Bouvier des Flandres aka a Bouv name Finn (or The Mighty Finn) was 5 when we adopted him from southern Washington state off the Bouvier Rescue Society website. He was a wonderful addition to our family and lived to 1 week after his 13th birthday. – Yale



Hi there. I'm Misty but my registered name is Miss T. That's my friend Bobby Elmes who climbed into my bed in his house

in the country near Carlisle, Ontario. He's all grown up now and at age 55 lives in Detroit and the Azores. But I did get to spend the first 16 years of his life with him. We also lived in the outskirts of Ottawa, beside a ravine in South Surrey and on the subway line in Toronto. I travelled across Canada 4 times with him. We even went to Prince Edward Island and the Magdalen Islands. I really liked playing fetch for hours. Bobby loved to fall asleep with me in his bed every night, after I helped his little sister Kyra fall asleep in her bed. She's a grandmother now. All that sleeping wore me out. But it was a good life. – Roger

Send pictures of your pets to KPURA@kpu.ca with Subject: **K9s of KPURA**

Out and About – What are Retirees Doing?

Fruits of My Labours (Wine Making)

Bob Perkins

Many of you likely enjoy a glass of wine in the evening, along with crackers/cheese/smoked salmon. I have been making wine at home for over 30 years, largely from fruit that I personally pick. The purpose of this article is to give you all a “taste” of the process involved. Last fall marked 25 years since we purchased our property outside of Port Alberni on beautiful Sproat Lake. In addition to the berries growing in the forest surrounding our property, I have been able to harvest a great deal of fruit from the canes and shrubs that I planted.



Here is a listing of my pickings from the summer of 2021 (weight in lbs.): Himalayan Blackberry – *Rubus armeniacus* (85), Native BC Blackberry *Rubus ursinus* (20), Cutleaf Blackberry *Rubus laciniatus* (22), Cascade Berry (25), Raspberry (25), Jostaberry (15), Fig (12), Plum (18). This does not include the 35 lbs. of various fruits that were used to make 45 jars of jam. Not all the fruit is used to make wine, many bags are used throughout the year for pies.

The berries are washed and then frozen in large zip lock bags – roughly 5 lbs. per bag. Once it is time to start fermenting – after the picking season is finished – a suitable number of bags are thawed (each batch required between 15 to 18 lbs. of fruit) and emptied into a 10 gal primary fermentation container. The advantage of using frozen fruit is that the berries fall apart on thawing, thus increasing the surface area and allowing the yeast to work more efficiently. Once the fruit has thawed, the following materials are added and stirred into the fruit pulp:



- 1 Tsp of Potassium Metabisulfite – this kills any rogue yeast that may be on the fruit
- 3 Tsp of Acid Blend – unlike grapes, most fruits do not have sufficient acid content
- 1 tsp of Grape Tannin - unlike grapes, most fruits do not have sufficient tannin content
- 2 Tsp of yeast nutrient and 2 Tsp of yeast energizer – necessary for proper yeast function
- 2 Tsp of Pectic Enzyme – this helps to reduce the “haziness” of the final wine



Now comes the “art” portion of the process. Warm water is added along with sugar to arrive at a final volume of ~5 gal with a Specific Gravity of ~1.090 for the solution (this will lead to a dry wine containing ~12% alcohol). The tricky part is that not all the sugar in the fruit pulp is released immediately, so that the amount of sugar required will vary from batch to batch. Normally 14 to 16 lbs. of sugar will be required. Wine yeast is now sprinkled on the top of the fruit pulp (which will be floating on the top of the solution). Once the fermentation has begun the contents are stirred a couple of times a day (oxygen is required for the initial fermentation). After 4 or 5 days the liquid is siphoned into the glass secondary container and topped with an airlock (you need to avoid exposure to the atmosphere at this point). Vigorous bubbling will continue as carbon dioxide is expelled from the solution.

Once the bubbling has finished (times will vary depending upon the sugar content of the original fruit, and the temperature of the room) the contents will be siphoned into another glass carboy. To aid the settling of any suspended fine particles, bentonite and gelatine are now added and the airlock returned. Once the particles have settled (one to two months) the wine is siphoned into sterilized bottles and corked.



My fermentation this fall has included one batch of Himalayan Blackberry, one batch of Himalayan Blackberry/Raspberry, one batch of Himalayan Blackberry/Fig and one batch of Himalayan/Cascade Berry.

The Port Alberni Agricultural Fair takes place in early September and every year I enter my wine and beer, along with vegetables and flowers from the garden, jam and baking. I use Sleeman beer bottles for the wine entries as it allows for an appreciation of the range in colours. The entry fee is \$1 per item, and I normally come away with \$100 to \$150 in prize money. I have won the overall award for beer and wine points five times from 2005 to 2012.



Because of these successes, ElderCollege group here at NIC asked if I would consider offering a course to show others how to make their own wine at home. Having now taught the course three times, there are many more people entering their own products in



the Agricultural Fair, which is very satisfying. My son-in-law here in Port Alberni used to go to a U-Brew place for his wine making; he now makes his own wine at home. I usually give him enough fruit for 3 or 4 batches and he returns the favour with fresh and smoked salmon.

I hope you enjoy reading through the details, and if anyone has questions, feel free to email me.

Bob Perkins bperkins5@gmail.com

Exclusive BC Wines of Chateau Perkins Bob's Bodacious Wines Review

Sooz Klinkhamer

As many of you are now aware, Bob Perkins makes fruit wines. Lots of fruit wines.

Himalayan Blackberry, Wild Blackberry and Cascade Berry, Jostaberry and Himalayan Blackberry, Raspberry and Himalayan Blackberry, Cabernet Sauvignon and Wild Blackberry and Apple, Raspberry and Wild Blackberry and Cabernet Sauvignon. And some of Bob's wines are award winning wines!!

Usually, when we are having our KPURA board meetings we see Bob's head and shoulders on the ZOOM meeting screen with an row of large carboys/demijohns behind him. Recently they disappeared. And, no surprise to us, a note from Bob indicated that he had been busy bottling wine. A lot of wine. He had mentioned he picked 150 pounds of fruit. That is a lot of fruit, and makes a lot of wine.

Coincidentally, this past late summer, as Bob was mentioning this, I happened to mention that our daughter and son-in-law were about to depart Tofino and return home to Vancouver. Perhaps they could stop by and bring a sample of this labour of love home to me. And that is exactly what happened. So I can confirm to you all firsthand that Bob indeed makes award winning wine. I have so far sampled the three Himalayan blackberry wines, and look forward to completing the 'tasting experience' with the other three - and a plate of cheese and crackers, very soon.

Thank you Bob, and to everyone 'Cheers!'

Lesley Neufeld – Brave Neuf World Blog

Lesley Neufeld, formerly a Kwantlen faculty member who is now a freelance writer living in Nanaimo, BC. We will see her writing in future columns to the KPURA newsletter from time to time. Sooz Klinkhamer interviewed Lesley for this issue.

SK: Lesley, tell our readers what your connection is to KPU.

LN: In 1987, I taught a continuing education studio in design fundamentals for students preparing portfolios to apply for the Interior Design program. After that I gradually got more involved, instructing a handful of courses in that department and eventually became a faculty member, as well as coordinator of the Interdisciplinary design program for a brief stint.

SK: You left KPU to move to the USA. How did that come about?

LN: My husband and I decided to take one giant leap for our kind in 1999 when he pursued a career move that took us to Buffalo, New York, and after ten years there, on to Dayton, Ohio. When we retired in 2018, we made our way home to the west coast — and we are so happy to be back in BC.

SK: You've written a humour blog for several years. How did you get started?

LN: Dayton, Ohio is the hometown of Erma Bombeck, the groundbreaking columnist and author whose wit and skewed view of domestic life won the hearts of 30 million readers during the 1960s and 70s. Her alma mater, the University of Dayton, holds an annual humor writers' competition and biennial conference in her honour. That was my cue to give writing a blog a go. I have a loyal following of about 30 readers — not quite 30 million. But I remain hopeful.

SK: Is it hard to write humour these days?

LN: Sometimes. Often I feel like I ought to make a more serious contribution. Then I remember what my grandmother used to say, "If I weren't laughing, I'd be crying." So I carry on. Not everything lends itself to funny, but, Mark Twain, or maybe someone else — there is some debate about it — said, "Comedy is tragedy, plus time." Given enough distance I like to think it's possible to see humour in almost everything.

For more of Lesley Neufeld's writing, check out her blog "**Brave Neuf World: Field Notes from Life's Little Moments**" at <http://braveneufworld.blogspot.com/>



Sketch by Bernie Lyon (another retired part-time interior design faculty member).

KPU Retirees Travel – Home and Abroad

The Arbutus Greenway in Vancouver and More E-bikes

By Sooz and Trevor Klinkhamer

Looking around over these last many months of 'isolation' and 'pandemic living', if you have been out and about at all, you will likely have noticed the increasing number of electric bikes on our streets. My husband and I live relatively close to the Arbutus Greenway, and it is impossible not to see the ever increasing use of this route - especially on a sunny day, by folks on e-bikes. It appears many use it for a commuter route, some for regular exercise, and others just to wander along and perhaps pick a few blackberries in season.

Here's a little history of the Arbutus corridor, 'now' Greenway thanks to the Vancouver Heritage Foundation's website:

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

"The Arbutus corridor was carved out by the CPR at the turn of the 20th century to connect Vancouver to the northern arm of the Fraser River and beyond to Steveston's thriving fishing and canning industry. At the time, Steveston was one of the larger communities in the region – home to 29 canneries and a population of up to 10,000 during fishing season. The Lulu Island Railway (a CPR subsidiary) – soon dubbed the "Sockeye Limited" or Sockeye Special – began service in June 1902 with two trains per day. In 1905, the BC Electric Company (BCER) leased the line from the CPR, electrified it, and began running a regular interurban service. The interurban departed from the north end of the Granville Bridge, crossed the Kitsilano Trestle and stopped at Millside (4th Avenue), 9th Avenue (Broadway), Kerrisdale (41st), Magee, and Eburne. Stations were added later at the Quilchena Golf Course at 29th Ave, Shannon (57th Ave) and Townsend (70th Ave). Stations along the Lulu Island branch were named after landowners who donated land to have the BCER install a stop nearby. Return fare from Vancouver to Eburne was 40 cents and to Steveston for 85 cents.

The line spurred settlement on the west side of the city, and led to the establishment of Kerrisdale as a village centre (the trip from Vancouver to Kerrisdale took just 16 minutes and trains ran every half hour). Freight trains also ran on the track. Richmond farmers shipped milk in ten-gallon cans to Vancouver in the morning and had them return in the evening filled with spring water. "Fresh drinking water was a precious commodity to the Islanders" prior to the installation of water mains, writes Ron Hyde, author of a book on the Sockeye Special line. During World War II, the trains carried workers to Marpole, where buses would take them to a Boeing construction factory on Sea Island.

The city's rail system saw its demise in the 1950s, due to the explosion of car culture, diminishing funds

and BC Electric's "Rails to Rubber" program which converted most of the streetcar lines to trolley bus lines. The Lower Mainland interurban trains ceased operation in 1952, but short freight trains continued to use the tracks until 2001. Before the service came to an end in 2001, the Molson Brewery was CP's only customer along the Arbutus Corridor rail line.

After the last train stopped running, the Arbutus corridor was gradually taken over by community gardens, pedestrians and cyclists. Meanwhile, a legal battle ensued between the City of Vancouver and the CPR that went all the way to the Supreme Court. The city wanted to use the corridor for public transit or as a greenway, while the CPR wanted to develop the land for residential and commercial purposes. In 2006, the Supreme Court agreed that the City had the right to prohibit development for uses other than a railway, but the fate of the corridor was still unclear.



In

2016, the conflict was resolved when the City of Vancouver acquired the Arbutus corridor from Canadian Pacific Railway for \$55 million. The City's plans include transforming the corridor into a greenway for walking, cycling and other non-motorized modes of transportation, and to connect communities from False Creek to the Fraser River. A streetcar route is also part of the long-term vision for the greenway."

And now, back to that mention of increasing numbers of e-bikes on the Greenway. There are many reasons why people choose to purchase an e-bike. I asked my brother, who has had his e-bike for about three years, here are his remarks.

"Our ebikes are fun. Kinda like being a kid again. And they get us out more often than we would if we didn't have an e-bike. And, I suppose that means we are healthier than we would be otherwise. They preserve and strengthen so many parts of our activities/life that are critical.

But mostly they are fun and they make you feel younger and they make you notice more things that are happening around you that are part of daily life.

I imagine they are so popular because virtually everyone has ridden a bicycle and knows how to ride, or can re-vitalize that skill fairly readily.

From a safety point of view, of course, you have to be reminded to look where you want to go, pay attention, and not worry too much about the parts that can hurt you. For some of us, it takes a bit for the motor skills to come back.

But, the sheer fun of zipping along, with little effort, (and more help available at your fingertips if you start to tire) is a pretty wonderful feeling. This helps you to feel safe that you can always make it back home without getting over-tired.

Best part – You feel like a kid again! A lot. And that is usually priceless!!"

Trevor Klinkhamer

Maintenance Superintendent at the Rocking K Ranch

A Few eBike Safety Tips

During the day, you're used to people noticing your bike. In our experience, they're probably also stopping you to ask a whole bunch of questions. But when you're riding at night, you can't rely on your bike being noticed based on its radness alone. You have to go out of your way to be seen.

For starters, this means going with reflective clothing to catch drivers' eyes. This can be a fluorescent jacket or a bright helmet, but a recent study from the University of Clemson shows that if you're really hoping to be seen, you should go with reflective pants or leggings as well. That's because drivers are hardwired to notice motion on the road and when you're pedaling, your legs are moving. With that in mind, if your lower body is covered in reflective material, you have a significantly better chance of standing out. Make sure your bike is also prepared for maximum visibility. Keep your headlight on, go with a taillight, and consider wrapping the frame and fenders with a few reflective safety stickers.

Defensive riding is particularly important when you're in a city. According to the latest data from the National Highway Traffic Safety Administration, 75 percent of cycling fatalities that involve motor vehicles take place in urban areas and 27 percent occurred at traffic intersections. No matter how big and mean your lights are, or how shiny your cool new all-reflective jacket is, you still need to ride like other road users don't see you. (Actually, that's true during the day, too!)

This boils down to using common sense. Take more time at intersections to stop and look both ways. If you're on a narrow street and notice a light behind you, consider pulling over and letting that car pass. And if you usually listen to music, try leaving the Bluetooth speaker at home so you can pay full attention to the road.

Planning the right route is also a great defensive measure. Go where cars are expecting you: bike lanes, bike paths, and other frequently cycled areas. The last thing you want is for a car to whip around the corner and be surprised that you're there.

Just remember that you don't see as well at night either, so slow down, watch for potholes, and keep your guard up. And make sure to stick with your comfort zone, especially when you're first starting out. Being cautious doesn't mean you're afraid of the dark.

From RAD rider: <https://radpowerbikes.ca/pages/rad-academy>

Are you riding an E-Bike? Tell us about your experiences with an email to KPURA@kpu.ca

Books!

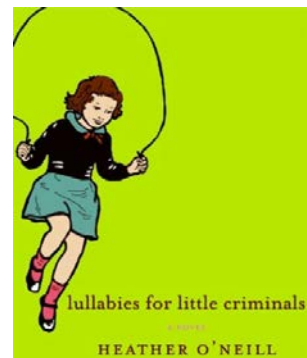
Sandra Carpenter

Are you looking for books that might interest you? I'd like to mention a few for your consideration.

Author Clyde is practically a neighbour living in Bellingham. His book *Think Black* reveals how complicit IBM was in supporting the Nazi killing machine. I had thought that corporations' involvement in world political atrocities was recent, but I was wrong.

Lullabies for Little Criminals by Heather O'Neill is told from the point of view of a 12 year old girl raised by a junkie father in a depressing Montreal neighbourhood. It paints a poignant picture of how a child feels raised in circumstances in which the parent is deficient. Because our health care system fails to treat mental illness and addiction, children suffer and are probably doomed through no fault of their own.

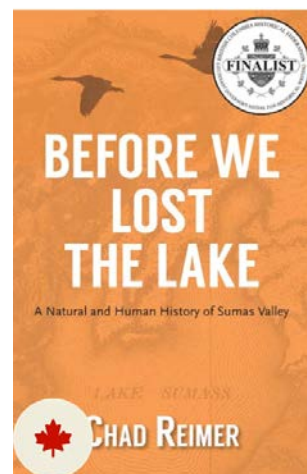
Also related to childhood trauma is *The Burgess Boys* by Elizabeth Strout. Family relationships are treacherous but unavoidable. In addition, this book poignantly describes new immigrants' bewilderment. Somalis are lost in a culture they don't comprehend and which disrespects everything about them.



Judith Grisel

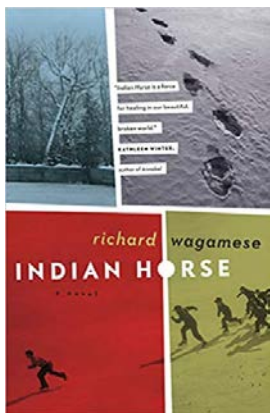
Judith Grisel, a neurologist and ex-addict, wrote *Never Enough* to reveal the role of the brain and biochemistry in addiction. With the crisis involving the deaths of addicts in our province, it is required reading. So much could be achieved by medical prescribing of drugs which would combat the criminal distribution of fentanyl.

If you were as shocked as I was by the flooding in 2021 of the Sumas Prairie, you will want to read Chad Reimer's book, *Before We Lost the Lake: A Natural and Human History of Sumas Valley*. Makes me feel humans are pretty dumb to believe they can just drain a lake, build up neighbourhood, and that the lake is gone forever. Wow! And the rebuilding will not address the original problem.



Chad Reimer has previously published four books of BC history, including *The Trials of Albert Stroebe: Love, Murder and Justice at the End of the Frontier*, which received an honourable mention in the BC Historical Federation's Historical Writing Awards. He holds a BA in Honours History from UBC and now lives in Williams Lake, BC.

Cider House Rules by John Irving is a must read if you're at all interested in the difficulties women have faced forever with abortion. Although it was written in 1985, sadly, many women still face life and death choices with pregnancy. I wish the world had progressed further in my lifetime.



You can see the movie or read *Indian Horse* by Richard Wagamese. With increased interest in the difficulties faced by indigenous peoples, this book will wring your heart.

I was surprised by the information in *1491: New Revelations of the Americas Before Columbus* by Charles Mann. Civilizations in the "Americas" were so much more advanced and prolific than I was ever taught.

I'd love it if you would share books that you have enjoyed with the rest of us.

Join In!

If you are interested in being part of our **book club**, send an email to: 'Sandra Carpenter' SurreySandra@gmail.com

Links of Interest

Your Mental Health

Awe Walking: How Cultivating Awe on Your Daily Stroll Can Boost Your Mental Health

Excerpt from the article at the link:

“For years, I’ve walked with an eye out for marvels. My smartphone makes it easy to record them; my dog ensures I never miss a day. I pause for the spider web that glistens like a necklace, for the bee exploring a coreopsis, for the bouquet of peonies abandoned on the sidewalk. In the long months of going nowhere, this habit became my superpower. Jews ask at the Passover table, “How is this night different from all other nights?” I asked on my morning rounds, “How is this walk different from all other walks?” On familiar city blocks, I made discoveries every day.”

<https://www.everythingzoomer.com/health/2021/12/13/awe-walking-how-cultivating-awe-on-daily-stroll-boost-mental-health/>

CanAge

CanAge is Canada's National Seniors' Advocacy Organization, working to improve the lives of older adults through advocacy, policy, and community engagement. We are a nonpartisan, non-profit organization and backed by a broad pan-Canadian membership base.

New report by leading seniors' organization scores BC a 'D' on vaccinating seniors

TORONTO ON, Jan 31—CanAge, Canada's National Seniors' Advocacy Organization has released its second 'cross-country report card on adult vaccination in Canada'. The ground breaking report, updated annually, assigns each province and territory a letter grade on how effective they are in vaccinating seniors against preventable diseases, using a data-driven scoring rubric. The Government of BC scored an overall grade of D, with findings showing the province trailing far behind other parts of Canada in critical vaccine funding and access despite strong performance in other aspects of health care.

“The Government of BC is shockingly behind the curve in vaccinating older adults,” notes Laura Tamblyn Watts, CEO of CanAge. “The province only funded the standard dose flu shot recommended for ages 18-64 this year—the second last jurisdiction in Canada to do so. The only seniors who got the seniors-specific flu shot are those in long-term care, as part of a program which federally funds this coverage since COVID-19, which is not guaranteed to be ongoing.”

She notes that, for a province that prides itself on excellent health care, and where 40% of people are over the age of 50, “it’s a baffling misfire.” Older adults are forced to pay out-of-pocket for both the recommended shingles and flu vaccines, which cost roughly \$300 and \$75 respectively, making the shots unaffordable for those on a fixed income. The report also shows that BC is one of only two provinces to restrict Tdap adult booster shots, which protect against pertussis (whooping cough) – a contagious disease that’s been making a comeback in that part of Canada.

The 2022 edition of ‘Adult Vaccination in Canada: Cross-Country Report Card’ is available for download now.

Regional media releases summarizing the findings for each province and territory are available on the CanAge website. <https://www.canage.ca/advocacy/vaccine-report-2022/>

Dying with Dignity

Engage with the issues and empower yourself by watching our thought-provoking webinars on death, dying and preparing for end of life.

Webinars and information: https://www.dyingwithdignity.ca/watch_a_webinar

Other Organizations

TALK

Third Age Learning at Kwantlen

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

Life-long Learning - TALK provides those over 50 with creative and stimulating educational courses.

Third Age Learning at Kwantlen is a kind of continuing education program for seniors in our community.

Be sure to check out TALK's brochure to see the variety of topics we range over. TALK is keen to have YOU step forward to present your favourite topic to its members. For spring, 2022, TALK will offer a combination of online and in-person classes. So whether you like face to face or prefer Zoom, TALK will be happy to arrange a course with you.

Special Event! Free Course!

Memorializing The Overdose Crisis

Tuesday, April 12 2022.

from 10:30 AM to 12:00 PM

Online Zoom Webinar

In this presentation, Dr. Aaron Goodman and his student research assistants will discuss their Chancellor's Chair research project. The purpose of the study is to assist individuals from three communities that have been significantly affected by the overdose crisis to create multimedia narratives and digital/interactive memorials about loved ones who have died. The participants are young LGBTQ2S+ people in BC, South Asian people in Metro Vancouver, and residents of small towns and communities across Canada. The goal of the project is to create greater awareness about the impacts of the overdose crisis, which has claimed over 20,000 lives since 2016, and to serve as a call to stop further suffering and death.

Dr. Aaron Goodman is a faculty member in Journalism and Communication Studies at KPU. His interdisciplinary research involves collaboratively producing multimedia testimonies and digital/interactive memorials with members of under-represented and stigmatized communities that have been affected by the opioid overdose crisis, as well as conflict, genocide, and rights abuses.

Register at: <https://www.amilia.com/store/en/kpu/shop/activities/3643176>



Future Options!

TALK loves Kwantlen faculty as presenters. That includes YOU. Come share a topic you love with students eager to be there! Contact Sandra Carpenter, for more information at: SurreySandra@gmail.com

Fighting for Defined Benefit Pensioners



FÉDÉRATION
CANADIENNE
DES RETRAITÉS
POUR LES RETRAITÉS



Pension protection is sadly lacking and much needed in Canada. Since 1982, more than 250,000 Canadian vulnerable seniors have suffered the loss of pension income for the rest of their lives due to corporate insolvency. There are still over 4 million Canadians counting on their defined benefit pensions.

There has been progress. In the last Parliament, thanks in part to the efforts of people like you, the Bloc's pension protection bill made it through committee before the election was called and it died on the order paper. This is much further than any similar bill in the past, one step away from being passed into law by the House of Commons.

During the last election you may have been one of the people who participated in our email campaign to tell candidates that pensioners should receive 100% of the pension their employer committed to. That 20 day campaign resulted in 40,000 emails going to candidates in over 92% of ridings across Canada.

Somebody is listening, this Parliament both the NDP and CPC have submitted very similar bills.

All four opposition parties (the GPC has supported these bills) now support pension protection. The government is the hold out. It is time to put pressure on the government.

This is where we ask for your help.

The Canadian Federation of Pensioners has developed a strategy to pressure the government to act. The first action is an e-petition. We ask you to click this [link](#) and "sign" the e-petition. It is a House of Commons e-petition, secure and safe. The petition is open until June 5, 2022.

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-3893>

This petition challenges the government to develop a solution to ensure pensioners receive 100% of their pension their employer committed to. It is sponsored by MP Ryan Turnbull: Liberal Whitby.

The second step will come later; we will be back in touch with you. The CPC bill (MP Marylin Gladu's C-228) is scheduled for second reading April 1. It will likely come up for a vote before summer. At that time, we will reach out to you to join our email campaign to demonstrate to MPs and Senators that there is support to protect vulnerable Canadian seniors.

Participation by people like you helped get the bill last year further than any similar bill in the past. Please help get pension protection across the finish line this time.

Michael Powell, President
Canadian Federation of Pensioners
pensioners.ca

Trish McAuliffe (she/her), President,
National Pensioners Federation,
trish.mcauliffe@npfmail.ca

Membership Update

Geoff Dean – Membership Coordinator

Currently, it is difficult to know when a KPU employee is retiring. We are trying to get in touch with those who have and to reach out to those who are about to.

We have connected with Human Resources and they will give us a couple of lines in their letter to those who are retiring.

We ask everyone that if you know a Kwantlen retiree that you pass on our email and ask them to get in touch.
KPURA@kpu.ca

Membership is worth it and if they are not sure we have a Friends list that receive our newsletter to try us out.

Benefits of 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.

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

Newsletter Information

Thank you for reading Newsletter #15 of the KPU Retirees Association.

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

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!

Alice Macpherson, Editor, KPURA News, alicemac@telus.net

We welcome you to Join Us!

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?

Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies? We are interested in it all!

Please feel free to join in with an article of up to 500 words with several pictures to illustrate.

Your Newsletter Committee would welcome more input, members, articles and photos – kpura@kpu.ca or by mail to: **KPURA**, 12666 – 72nd Avenue, Surrey, BC, V3W 2M8

In Memoriam

Anthony (Tony) Wilkinson – January 9, 2022

In 1981, he was appointed the first president of Kwantlen College.

Phil Warren – February 1, 2022

Phil spent the majority of his professional life teaching Psychology at Kwantlen College and University College where he retired in 1998 and then received Professor Emeritus status in 2000. He touched countless lives in his 25 years of at Kwantlen.

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