



Roger Elmes, Bruce Choy, Carol Barnett, Sooz Klinkhamer

# KPURA News

Volume 9  
Issue 3  
March 2026

*Keeping Connected*

**Events**

## December Seasonal Social

## Board of Directors Report

KPURA is transitioning from the former Office of External Affairs to KPU Human Resources. President Choy met with the Board in early January to explain this reassignment. With the assistance of Human Resources, KPURA will strive to augment their connection with KPU employees during their journey toward retirement and thereafter, life in the wider community.

Alice Macpherson, Astrid Opsetmoen, and Yale Shap formed a Bursary Committee to initiate steps for the “Age Friendly KPURA Bursary” administered by the KPU Foundation. The Bursary account is now in place and already well funded. More information elsewhere in this Newsletter.

The Board has plans for our 9th Annual General Meeting for March 12, 10 am – 12 pm at the Richmond Campus. Our keynote address will be made

by Trish McAuliffe of the National Pensioners Federation. Please join us for an in-person AGM at Richmond or virtually via Zoom (Cross fingers for sound this year! We’ve had good results at the Richmond campus in the past.)

- Board of Directors  
2025-2026**
- Carol Barnett, Chair*  
*Terri Van Steinburg,  
Vice Chair*  
*Roger Elmes, Treasurer*  
*Alice Macpherson,  
Secretary*
- Committee Coordinators**
- Astrid Opsetmoen,  
Membership*  
*Sooz Klinkhamer, Events*  
*Geoff Dean, Advocacy*
- Reps to affiliate groups:**
- Sandra Carpenter,  
Yale Shap,  
Bob Perkins*

### KPURA Upcoming AGM



KPURA AGM March 12, 10 – 12, Richmond Campus!

Pages 2-3

### Other Upcoming Events

Online and in person!

Page 4

### Event Reports



Seasonal Social Lunch, Seed Library, Cognition Lab, Armchair Travel

Page 5-7

### And Much More!



Pages 8 through 31

## KPU Retirees Association 2026 AGM



2025 KPURA Seasonal Social, Vancouver

**Thursday, March 12, 10:00 am to 12:00 pm**

*Room 4900 Wilson School of Design, Richmond Campus 8771 Lansdowne Road,  
Richmond, B.C. V6X 3V8*

**Main Speaker 10:00 am: Trish McAuliffe, President of the  
National Pensioners Federation (NPF)**

*Promoting a life of dignity, independence and financial security for seniors across  
Canada*

**AGM begins at 11:00 am.**

*Join us in person or by Zoom by registering at: [KPURA@kpu.ca](mailto:KPURA@kpu.ca)*

**Refreshments at 10:00 am, a boxed lunch at 12:00 pm, and free parking if you  
register in advance.**

**Please let us know about dietary restrictions.**

***Free parking and refreshments/lunch courtesy of KPU Human Resources.***

## Special Speaker KPURA AGM – Trish McAuliffe, President of the National Pensioners Federation (NPF)

*Promoting a life of dignity,  
independence and financial security  
for seniors across Canada*

National Pensioners  
Federation



Fédération Nationale  
des Retraités

The National Pensioners Federation is a national, not for profit, non partisan, non sectarian organization, comprised of national & provincial seniors' organizations, local community seniors clubs, labour union retiree organizations/chapters and individual supporters across Canada with a collective reach of nearly 1 million. Membership advocacy for seniors and retirees is devoted entirely to the welfare and social interests of Older Adults.

Our mission is to stimulate public interest in the welfare of ageing Canadians. Our goal is to advocate for seniors and retirees in securing a life of dignity, independence and financial security. We accomplish this through networking and educating the general public on issues such as: Pensions, Housing, Health Care, Democracy, Social Programs, Elder Abuse, Affordable Access to Technology and Transportation.

As well as presenting independent policy position briefs to Parliamentary Leaders derived from debated resolutions presented to our Biennial National Conventions, we provide Federal lobby support for improvements to all things concerning Ageing Canadians.



National Pensioners Federation President, **Trish McAuliffe**, retired from General Motors in 2013, concluding a distinguished career that included 14 years as a classroom facilitator for Unifor's Education Programs, with a specialization in Human Rights. Following retirement, Trish ran twice as a federal candidate in the Whitby–Oshawa riding and served as president of the riding association from 2011 to 2016. A dedicated labour activist, she joined her local union's retiree group, contributing to committee work and serving three terms on the executive board of Unifor Local 222 Retirees.

Trish is an active member of the Ontario Health Coalition and formerly served as co-chair of the Durham Chapter of the Ontario Health Coalition. She also served as President of Parkview Place, a non-profit senior housing residence in Oshawa. A founding member of the Durham Region Chapter of

the Congress of Union Retirees of Canada (CURC), Trish held the role of Recording Secretary from 2013 to 2017. In that role, she facilitated pre-retirement courses and "How to Lobby Government" workshops for the area council.

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

# Events Coming Up

## Seed Packaging February 19

Please come out and help package seeds for the KPU Seed Library on February 19th from 2-5 pm in the Library of the KPU Langley campus. There will be cookies and hot beverages to help motivate you! Bring your own mug to help minimize the need for paper cups.

Let us know if you can come with an email to [KPURA@kpu.ca](mailto:KPURA@kpu.ca)

## Upcoming Virtual Events

KPURA has access to a number of virtual events through our membership in AROHE. <https://www.arohe.org> Here are some of the options for spring 2026.



The Association of Retirement Organizations in Higher Education Presents:

### Charting the Journey to a Fulfilling Retirement

*Aligning Your Financial Plan with Purpose, Identity, and Emotional Well-Being*

### 2026 Webinar Series



**Feb 25** Moving from Strength to Strength  
Arthur Brooks, Harvard University, NYT Best Selling Author

**Apr 8** Discovering Your Purpose  
Jordan Grumet, MD, Northwestern University

**Mar 11** Building a Financial Foundation  
Jeremy Young and Sangeeta Moorjani, Fidelity Investments

**Apr 22** Time Well Spent  
Cassie Mogilner Holmes, UCLA

**Mar 18** Creating a Personal Action Plan  
Teresa Amabile, Professor Emerita, Harvard University, and Joe Casey, Managing Partner, Top Ranked "Retirement Wisdom" Podcast

**May 6** Cultivating Social Connections & Support  
Marc Schulz, Bryn Mawr College, NYT Best Selling Author

Register for each one that you want to attend here: <https://www.arohe.org/page-1827074>

## CURAC Conference in New Westminster – May 20-22, 2026

This is wonderful opportunity for all of us in the Lower Mainland. We hope to see you!

More information as it becomes available.



### Save the Date!

The SFU Retirees Association (SFURA) is pleased to host the 2026 annual conference for the College and University Retiree Associations of Canada (CURAC) from May 20–22, 2026. We will meet at the Inn at the Quay in New Westminster. *All university and college retirees are invited to the conference.*



## KPURA Social Event Reports

### 2025 Seasonal Social December 4

#### Our Most Popular Event of the Year!

A wonderful lively group of nearly 40 KPURA members and friends gathered at Romer’s Burger Bar at the River District for our annual seasonal social on December 4, 2025. The room was filled with conversation and the crackling of live fires on several large screens on the walls...a cozy site indeed.

And KPU’s new president, Dr. Bruce Choy, joined us and shortly afterward posted this statement on LinkedIn

*“Tis the season for holiday socials and today I was invited to enjoy festive cheer with the Kwantlen Polytechnic University Retirees Association (KPURA). A big thank you to KPURA Chair, Dr. Carol Barnett, and fellow Board members, Dean Emeritus Roger Elmes (L) and Sooz Klinkhamer (R) for my warm KPU welcome. It was inspiring to hear stories from the thirty-odd attendees of what made KPU so special for each of them. Universally, colleagues and students were mentioned. Authentically, I also heard about the challenges back then of building a fulfilling career, particularly the challenges of women to get a seat at the table to progress into leadership positions. In some ways society has improved on that front, but let’s also recognize that we still have a long way to go. I look forward to collaborating with you all in 2026!”*



Roger, Bruce, Carol, Sooz

The annual event ‘moves’ around the large KPU territories, and is a great opportunity for our members to gather and socialize prior to the end of the year. We all wish to thank Roger Elmes (KPURA Treasurer and board member), and Astrid Opsetmoen (Membership chair and board member) for organizing name tags, and handing out membership cards; and our Board Chairperson Carol Barnett for welcoming KPU’s new president Dr. Bruce Choy.



Connections and conversations were in abundance.



As the food and drink were consumed, and the afternoon progressed, Sooz Klinkhamer (Events Coordinator and board member) and her husband Richard Hartfiel (both lifetime members) conducted the now-annual door prize draw and distributed 16 treats/prizes, including three small homemade loaves by member Tally Wade.

Everyone left with smiles on their faces, and eager to wish warm holiday greetings to their fellow colleagues! We look forward to seeing you all again as our in-person events resume in Spring!



## Reports of Other Educational and Social Events

### *Astrid Opsetmoen*

#### ***KPU Lifespan Cognition Tour – November 5***

Six KPURA members (Roger Elmes, Richard Hartfiel, Sooz Klinkhamer, John Sprung, Astrid Opsetmoen and Lee Woodson) attended an in person visit to the Lifespan Cognition Lab on the KPU Surrey Campus on Wednesday Nov. 5. Joban Chohal, a Research Assistant /Recruitment Lead of the Lifespan Cognition Lab helped to coordinate the visit which started with a Meet & Greet along with Refreshments. Once most attendees had arrived, Research Assistants Riya Gill and Ishdeep Dosanjh gave a brief overview of the Lifespan Cognition Lab and what it does followed by an explanation of the Lifespan Cognition and Memory Online study (LCMO). Dr. Daniel Bernstein, the Principal Investigator, also spoke about the role of students in the lab. He explained how working in the Lifespan Cognition Lab helps them firstly focus on their studies and subsequently succeed in future endeavours as a result of participating in active research during their undergraduate years.

A tour of the lab spaces followed, which brought back memories for Lee Woodson, as his former office had been converted into part of the Lab complex. Once we finished the tour, we went for lunch at the Grassroots Café run by the KSA, where further conversations ensued. If anyone is interested in exploring what the Lifespan Cognition does or possibly participating in a study, please check out the attached link. <https://www.lifespanspancognition.com>

#### ***Armchair Travel – November 27***

Astrid Opsetmoen and Jacinta Sterling presented mini travelogues via Zoom on their recent trips away from the Lower Mainland. Some members and friends of the KPURA gathered in front of their screens to see what these travelers had been up to. There are two extended reports from these adventures a bit further on in the newsletter under Travel.

#### ***KPU Seed Library – Online Thursday Jan. 29***

KPU Librarians, Celia Brinkerhoff and Melissa Cuthill, were kind enough to explain the genesis of the KPU Seed Library, established in 2013 as a joint project between the School of Horticulture and the Library. They also shared basic information on how to save seeds in our Zoom virtual gathering of KPURA members on Jan. 29th. Eleven KPURA members and friends took part in the online interactive workshop.

The KPU Seed Library is stored on the Langley Campus, but it does go out on adventures to the other campuses or other places depending on the request. Borrowers have free access to the collection of seeds. After harvest, borrowers return a donation of seed back to the collection. The goal of the KPU Seed Library is to build a collection of seeds that are locally adapted and shared by our community.

#### ***Follow Up Seed Packaging February 19***

Please come out and help package seeds for the KPU Seed Library on February 19th from 2-5 pm in the Library of the KPU Langley campus. There will be cookies and hot beverages to help motivate you! Bring your own mug to help minimize the need for paper cups.

Let us know if you can come with an email to [KPURA@kpu.ca](mailto:KPURA@kpu.ca)



## KPU and KPURA Updates

### This is our Second Year!



KPU joined the Age-Friendly University (AFU) Global Network in the fall of 2023. This network promotes positive and healthy aging which includes lifelong education.

<https://www.afugn.org/north-american-members>

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

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

As North American Regional Lead, the University of Manitoba will work closely with AFU member institutions to foster collaboration, share promising practices, and advance the AFU principles across campuses and communities. This includes convening regional conversations, supporting new and emerging AFU members, and helping to elevate innovative work that centers learners and community partners across the life course.

Reflecting on this announcement, Dr. Aaron Guest, Chair of the Global Secretariat, shared, "The University of Manitoba's appointment as the North American Regional Lead marks an important step forward for the AFU Global Network. Their deep experience in community-engaged aging work and commitment to learning make them a natural partner in helping institutions reimagine what it means to be designated an Age-Friendly University. I am excited to see how this leadership role will help connect campuses, amplify innovation, and create new opportunities for learners of all ages across North America."

The University of Manitoba is taking the helm for the North American Region, replacing Arizona State University, which had been serving in this role temporarily in addition to its responsibilities as the AFU Global Secretariat. Arizona State University will continue to be a close collaborator and key partner within the North American Region, reflecting the region's importance to the AFU Global Network and to the broader age-friendly movement.

The University of Manitoba will be represented on the Executive Council of the Age-Friendly University Global Network by Michelle Porter, PhD, and Angie Conrad, MPA.

Porter shared, "For years, UM has provided a great range of opportunities for people of all ages through employment, research participation, lifelong learning, recreational and wellness programs, cultural or sporting events, and intergenerational engagement, our commitment to age-friendly principles is helping to break down barriers and welcome a growing community of older learners – and that is very encouraging to see."

More information here:

<https://umtoday.ca/stories/um-appointed-north-american-regional-lead-age-friendly-universities>

and here: <https://www.afugn.org/>

## KPUR Retirees Association Moves to Human Resources

### *Carol Barnett, Chair, KPURA*

Since the KPUR Retirees Association was registered as a society in 2018, we have been connected to the Office of External Affairs. This alliance was very friendly and productive. Our constitution and bylaws were written with support from that Office and over the last nine years we were provided with funds for marketing, catering, and other expenditures, as well as helpful advice.

Because of the recent sharp decline in foreign student enrolments, KPUR, along with most post secondary institutions in Canada, has had to reduce its payroll. The External Affairs Office was disbanded in November 2025 and its various parts reassigned to other administrative sections. Our Association has now joined Human Resources, more specifically, People Services. Laurie Clancy, VP, Human Resources and Heba Elsonbaty, Interim Associate Vice President, People Services, have met with me as Chair and will meet with the Board at our February meeting.

There are many practical items that will be worked out over the next few months to assist with our on-campus activities. But we will also be planning an augmented role to support KPUR employees that are planning for retirement right up to their exit from KPUR and beyond.

The Board is very excited to improve delivery of information and useful advice to employees contemplating one of the most major changes in their lifetime. Further, KPUR and KPURA wish to, in the words of President Choy, “keep our valued former employees meaningfully connected to KPUR” through activities and events organized for KPUR retirees.

## KPURA Membership Card Survey

We would like your opinion to determine whether members would prefer an electronic copy over a physical copy for annual members.

Cards are necessary to access CURAC and other benefits.

Please choose an option listed below

I prefer to receive a physical copy	
I prefer to receive an electronic copy	
I have no preference, but I voted	

Send your response to [kpura@kpu.ca](mailto:kpura@kpu.ca)

with the subject line: **KPURA Membership Card Survey**

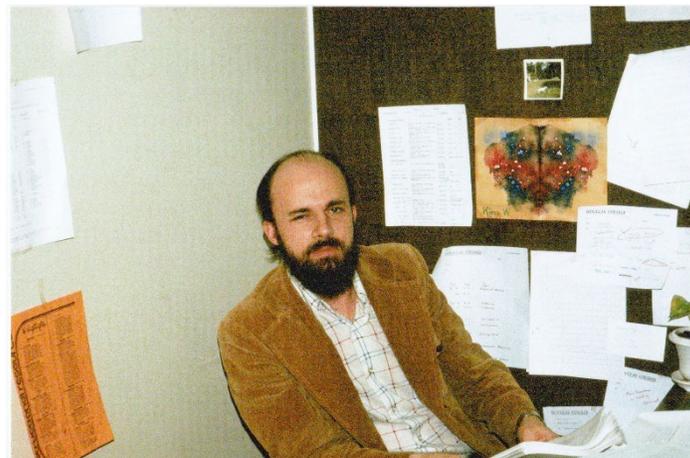
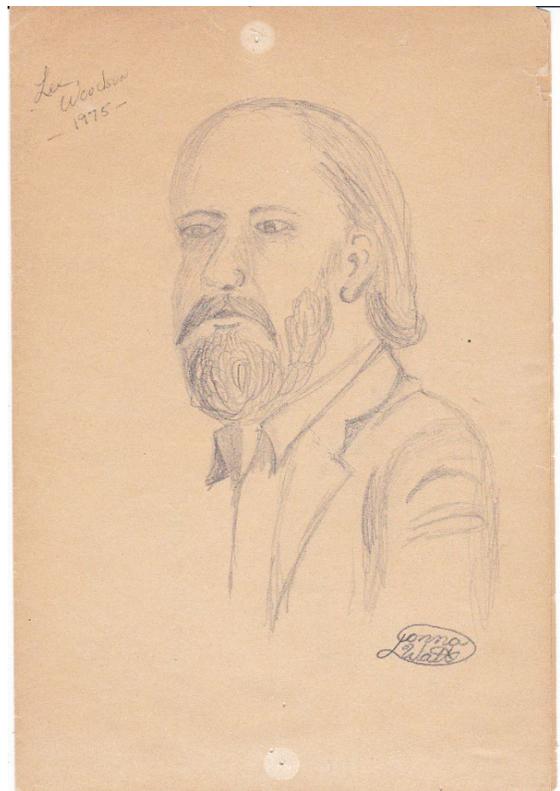
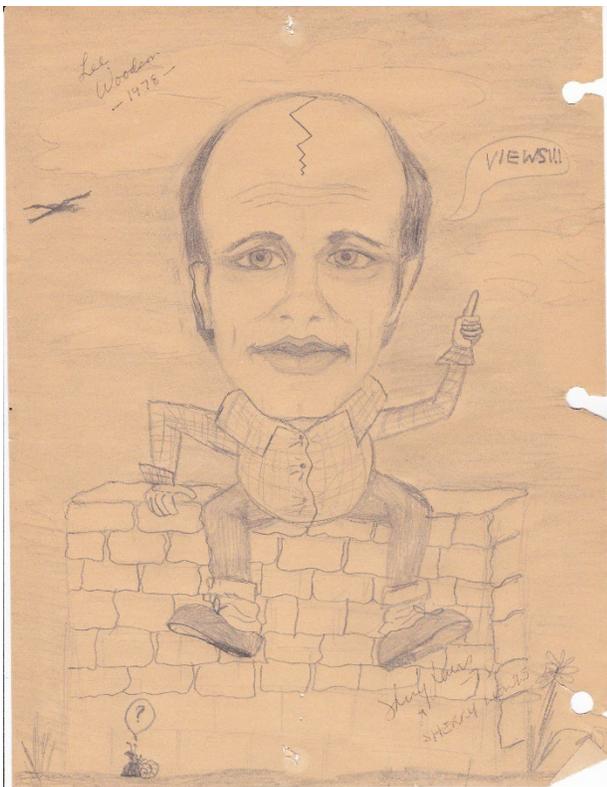
## Kwantlen History Sketches

### **Lee Woodson**

There are days when I am awake at 3 in the morning and spend my time wandering around old photos and memories of course. Here are some ancient photos that might make our retired folks think back on an earlier time. They show sketches students made of me during class (instead of taking notes) But, I have kept them as tiny treasures all of these years.

There are also photos of me in my office at the New Westminster campus of Douglas college in 1972. I moved to the Surrey campus in, 1973, which then became part of Kwantlen College in 1981 as I recall. Interesting and fun days from long ago.

*Lee retired in 2007 and moved to Switzerland to live for the next year. More stories another time.*



## Healthy Aging

### Transitions in Later Life – Navigating grandparenthood!

#### *Roger Elmes*

Having navigated the grandparenthood of a grandson and granddaughter living 5 minutes away and still navigating the grandparenting of a 12 year old grandson living 3,000 km away in the USA, I found the information in the linked article was insightful and helpful. It also applies, with some minor changes to great-grandparenting two great granddaughters and a great grandson living 5 minutes away.

#### ***The Bottom Line: Defined by the Article***

- Grandparenthood can bring renewed purpose, identity, and connection, but can also require adaptation to new roles and expectations.
- While active involvement with grandchildren and adult children parents supports wellbeing, over extending yourself can increase stress and strain relationships.
- Strong social connections and maintaining independence outside of the family can help grandparents stay healthy, happy and resilient during this important transition.
- Open communication, setting boundaries, and prioritizing self-care and ‘me time’ are key to fostering positive relationships across generations and maintaining personal wellbeing.

The article raises one theme which it could have explored more fully – “Complex family structures, like blended or reconstituted families, can create dynamics requiring adjustments.” These structures have the potential to be even more complicated if only one partner has grandchildren. All relationships are a series of compromises, and grandparenting will result in many compromises within and between each generation. Embrace the compromises, as well as your partner, the children, and grandchildren (and great grandchildren if life brings you this added bonus).



You can see the article [here](#).

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2026/01/28/transitions-in-later-life---part-1--navigating-grandparenthood>

**McMaster**  
OPTIMAL AGING PORTAL

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

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

## Lifelines in Retirement

### *Anon KPU Retiree*

#### **December 2025**

I often wondered why retirement elicited delighted calls of "Yay! Congratulations! See you on the other side! No detecting ChatGPT! Lucky You!" As the day of leaving loomed large for me at the end of 2024, retirement looked like The End! Finito! The official term "Offboarding" for ending institutional contact sounded to me like an ejection from an aircraft, while my colleagues who were still on board blew well-meaning warm wishes as their off-boarded colleague floated away.

Now one year after 33 ½ years of teaching, I retreat at times into questioning my identity. Who am I? Really? I'm in the process of finding out, as the social and public persona has all but disappeared and I'm treading unfamiliar terrain. Gone is the sense of control over time through a well-paced hour. Gone are my work clothes and the need to look younger every year, with students sizing you up by appearance, at least in the honeymoon period of the first few weeks of term. Gone is my identity which I wore, inside and out. This is now uncharted territory.

Many adventurous colleagues relish travel, often finding newfound freedom exhilarating, despite the 'joys' of crowded airports, cancelled flights, and irate passengers at Customer Service kiosks. It is a worthwhile distraction. But first-generation immigrants, such as me, for whom the job was more than a means to earn a living, miss KPU's like-minded community with whom we shared personal and professional history and who interacted with easy familiarity.

Lest I sound dull and dreary, let me add a cheerful note here, that an unstructured day of a retiree does offer its own rewards: the chance to clean distant corners of cupboards, to read the day's news online with my morning coffee with the same focus and intensity as when I sat down to read a new trove of students' submissions in my asynchronous courses, and turn to the tv screen to scroll obsessively thru the listings for more coverage of the day's horrors. Have you noticed that retirement has compressed time and yet expanded it? How little details seem more important now than before? I visit the distant past by going through boxes stacked high in my storage unit of stored memorabilia, documents, and books galore. What treasures!

And I am drawn to interviews that align with my inner weather, such as the recent CBC Atwood interview ("The Current" Nov. 6, 2025) and Anthony Hopkins on a late-night talk show (October 30, 2025). I rewind and listen to the ending of Hopkins's fine-tuned intonation and touching cadence of "J. Alfred Prufrock". And then, I break out into laughter hearing Leonard Cohen at a 2016 concert recalling his 102-year-old friend saying, "Excuse me for not dying." So, you see, the offboarding hasn't been 'a picnic' as yet, and would love to hear how you manage/d the transition.



Please let us know if you have thoughts about this that you would like to share. [KPURAnews@gmail.com](mailto:KPURAnews@gmail.com)

## KPU Retirees Out and About

### Who still celebrates family reunions these days?

**John Marasigan**

We may have read about family reunions that turned out to be sour events of reckoning with relatives who have nurtured grudges over the years thereby turning the supposed happy gathering to a never-again project. Sad, because family is the foundation of our happiness and welfare through our life.

On July 11-13, 2025, my family of origin, or should I say clan, celebrated its five-year family reunion in the San Francisco Bay Area. We started it back in the early 80's to celebrate our maternal grandmother's birthday. Every five years since then we all gathered around the time of her birthday even after she had passed away to keep the tradition and the family together, with one exception during the pandemic in 2020.



Our grandparents had 10 children, one of whom died early. As we all know, families then were large for all the reasons one could imagine. So, each of these 9 siblings procreated their own tribe – my parents competing with our grandparents by also having 10 children, one of whom died at 3 months leaving 8 male and 1 female siblings. Based on this example, you could then count the number of offspring that our grandparents' 9 children generated. Funny, but during my youth it seemed like each branch was competing to become the largest.

No wonder, at our 2025 reunion there were 135 family members in attendance and that did not include everyone, particularly some from Texas and Alaska! Attendees came from as far as Bermuda, the Philippines, and several states including Virginia, Maryland, New York, Florida, Alabama, mostly California, etc. and my family from Canada. How were all these folks gathered?

For every reunion a representative from each of our grandparents' 9 children form an organizing committee that met regularly via Zoom. The committee planned all the activities, venues, financing, and the details like exhibits, awards, entertainment. How could a village of 135 people be entertained, kept happy, and encouraged to be civil over a span of three days without tiring of being together and getting into each other's hide?

On day 1 we had a golf tournament in Burlingame for all the golfers (mostly males) in the family including a nephew who graduated from Stanford on a golf scholarship and now plays as a professional in the PGA and a niece who is currently enjoying also a golf scholarship in Cal Poly State University in San Luis Obispo and already won in pre-PGA tournaments. While they were golfing, the women held a Mah-Jong party with food of course in the afternoon in a La Quinta Inn in San Mateo. In the evening was the first reception in a restaurant in San Bruno. Food was overflowing so that many had to take them home. Awards and prizes were distributed to the golf tournament winners.

On day 2 there was a bowling tournament in Daly City, followed by a luncheon in Pacifica, then the grand dinner dance in the evening at the Crowne Plaza Hotel at the Airport Blvd close to SFO airport. More awards and prizes were handed out during the dance and musical performances by different talented relatives. It was an evening to remember.



On day 3 was the picnic at the Coyote Point Recreation Park close to SFO airport. Each of the 9 branches of the family wore their specific color T-shirt for identification during the 10 fun-filled outdoor games ranging from caterpillar to dodgeball held after a very sumptuous catered lunch spread. Again, prizes including gift cards and cash to game winners were awarded.

This was one happy and peaceful reunion with lots of fun and sentimental memories that will carry everyone over to the next one in 2030 that was relinquished by the second generation organizing committee to the younger third generation to organize. The second generation challenged the third generation to come up with a better theme that they branded the 2025 reunion:

***Family ... one seed, strong branches, new leaves.***

## A Sustainable Fashion Tour of Montreal & Toronto

**Astrid**



This is a journey through the tour that I took around Sustainable Fashion and a pictorial summary of my trip to Montreal and Toronto last fall, facilitated by **Catherine Hays** of **Catherine Sews** YouTube fame and **Open Doors Travel**.

This was an arranged jam-packed itinerary for the 16 people who took part in the tour. Interestingly, there were only two Canadians on the tour and the rest were Americans.

The tour started on Oct. 22 with the group gathering in the Delta hotel lobby to head out to dinner at Wienstein and Gavino's.

Thursday, we went to the **McCord Stewart Museum** for a guided tour of the **Africa Fashion** exhibit that was curated by the **Victoria and Albert Museum**. The only Canadian stop of this exhibition is in Montreal. The afternoon was spent touring Old Montreal and thrifting before we were driven up to the top of Mont Royal for a view of the city where Astrid tried to pick up Leonard Cohen. This was followed by a delicious dinner.



The next day we participated in a **Ribbon Tote**

**Workshop** lead by **Kanien'kehá:ka Diablo** (She holds the Sky), an Indigenous Designer from the **Kahnawake Mohawk Territory**. This picture shows Rose, a fellow participant of the tour.

Then we had dinner at **Café Cherrier** followed by the **AURA** experience in the **Notre Dame Basilica** which was an amazing light and sound show.

Saturday was spent travelling on the train from Montreal to Toronto. After settling in to the Chelsea Hotel, part of the group went to **MJ the Musical** and several other tour members went on a hunt for fabric stores along Queen Street between Spadina and Bathurst, all during the Blue Jays frenzy of the World Series. Sunday morning, we combined a walk and transit to get to the ROM for a

guided tour. Following a leisurely lunch at Cibo's we went to the Bata Shoe Museum and then searched out various fabric and thrift stores in the downtown area.



Monday started off with an early bus ride to the Niagara Falls region for **Dyeing with Nature** workshop presented by the **Shaw Festival Educational Outreach**.

After a delicious lunch in the Shaw Festival Green Room, we headed to the warehouse that stores the props and costumes for the Shaw Festival to get a behind the scenes tour of how things are cared for and stored for future use.



A quick bus ride through **Niagara on the Lake** brought us to **Niagara Falls**.

We then took a **Hornblower Cruise** at the base of **Niagara Falls** and got very wet indeed!

Then it was off to a guided tour and **Wine Tasting at Chateau des Charmes in Niagara on the Lake**.



A long bus ride back to the hotel before falling into bed.



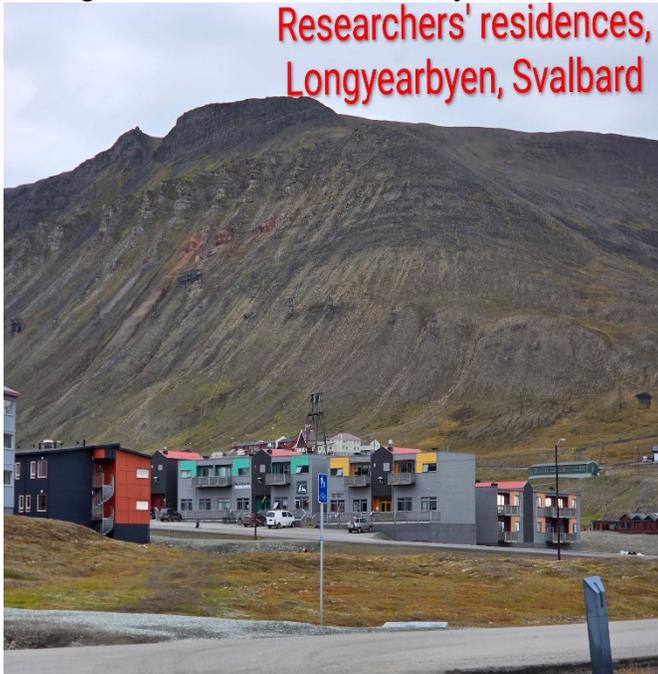
The final day of the tour started with a **Colour Workshop** with style consultant **Paula Engasser** followed by thrifting excursion and lunch in the **Kensington Market** area. Then it was off to the **Toronto Sewing School** where we worked on various projects before a final farewell dinner at the revolving restaurant: **360 The Restaurant at the CN Tower**.

Here is a video link to **Catherine Sews Sustainable Fashion Tour Summary**  
<https://youtu.be/jKJSfCyBS-c?si=OuBbolMtMWIUKHJ4>

## Discovering the Nordic Countries

**Jacinta Sterling** took us on a virtual tour to see the delights of taking part in an Arctic Expedition which started in **Norway**. The tour took place from late August to early September.

It started in **Oslo** where she spent a few days before she and her husband Bob flew to **Longyearbyen, Svalbard** to board the ship, the MS Fram. Located at almost 79°N, it was a coal mining town in the 1900's. Today it's a research centre for the University of Oslo.



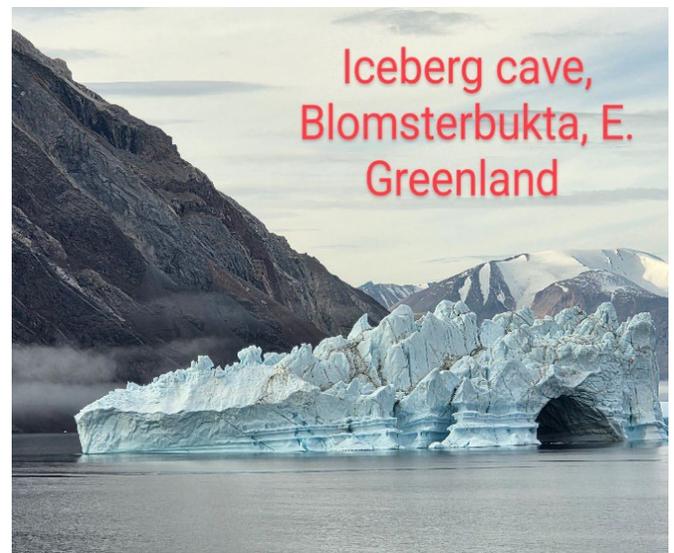
Life there is unique in many ways; this road sign is an indication of how.



Crossing over to the eastern part of Greenland provided opportunities to hike in the dramatic landscapes of the Greenland National Park and spy on arctic wildlife (from afar).

Animal photos courtesy of Yuri Choufour from Duncan, BC.





The hamlet we visited was Ittoqqortoormitt (population 345) where visitors played a friendly game of soccer with local youth on a field donated by FIFA.



## Brave Neuf World

### Going Nowhere Fast, Slowly

**Lesley Neufeld**

You've heard of slow dancing. Slow lanes. Slow cookers. Slow pokes. But have you heard of the Slow Movement? "Slow" has come to be applied to all kinds of activities: Slow Food. Slow Cinema. Slow Gardening. Even Slow Sex (and who's going to say no to that one?)

I read about this fad in a trendy magazine at the hair salon – you know – where you get ALL the best information. As the name implies, the Slow Movement prescribes an unhurried pace rather than constant rushing around. Being "Slow" is to experience life in a thoughtful way. To be "mindful." To drink in its pleasures. To delight and appreciate. You get the idea.

So, here's the thing! Retirement is the very definition of Slow! Ever since we rounded the corner into our golden years, the Mr. and I have been totally crushing the Slow Movement. (And slow movement doesn't mean you need to boost your daily dose of Metamucil. Although, at our age, what could it hurt?)

Heck, our whole day is slow! We linger over breakfast. Do the crossword. Watch the morning news. Step outdoors holding a coffee mug. Just stand there. Ask ourselves, "Well. What ARE we going to do today?" Bliss.

Now that we are experts on the subject, I am happy to share some tips on Slow Retirement for those of you who are new to the non-workforce. Use these bits of wisdom as a checklist to get you on track. You, too, can achieve the ultimate Slow experience.

#### **Top Five Slow Retirement Tips:**

- 5.** Pace yourself. One major activity per day is enough. We find that taking a shower AND cleaning our glasses is really too much for one day. Save something for tomorrow. It gives you hope.
- 4.** Schedule naps. You know you want to. So go ahead and lie down, for heaven's sake! And don't wimp out with a toss cushion and a light blanket on the couch! Crawl into bed! Fluff up your pillows! Pull up the covers! Sleep! Perchance to dream! Pick your own favourite time, but we like the 4:00/4:30 time slot. That way, when we wake up, it's already Wine O'clock! A nap is the new Happy Hour.
- 3.** Keep moving. But don't overstrain yourself. There is a reason that Tai Chi is so popular with oldsters. It is positively glacial! But if that isn't your cup of Chai, then peruse your local Rec Center catalogue for 60+ programs. Yoga. Zumba. Lawn Bowling—which, let's face it, has been the Gold Star Standard of seniors' activities for generations. Personally, I enjoy an old folks' Sculpt and Tone class—go-at-your-own-pace, low-impact. Be warned, though: these sessions are usually set to Oldie's playlists. It's fun to relive the 50s, 60s, and 70s, but I'd argue that Queen's "Another One Bites the Dust," isn't the best selection for a bunch of old ladies doing squats.
- 2.** Find folks in your own age group to chat with. It doesn't take long to spot retirees. Snoozing at the symphony. Lined up for eye-tests at ICBC. Checking out the hearing aid display at the Wellness Fair. Fingering through a wallet full of loose coins at the grocery check out to "give the right change." Ordering discount appetizers for dinner at any Happy Hour anywhere. Actually, buying a real book at Chapters. The Mr enjoys striking up conversations with other old guys at Home Depot. They can be found wandering the aisles checking out drill bits and barbecue brushes. If you see someone in a Tilley hat at Canadian Tire, you know you've found a pensioner. The question isn't, "ARE you retired?" It's "WHEN did you retire?" The hat renders the first question moot.
- 1.** Learn everything you can about your various health problems. This is really Advanced Slow Retirement. Performed in a loud voice at your local coffee bar, you will narrate your personal health care drama in juicy, jaw-dropping detail to an astonished audience of new pals (see #2 above.) Hours will go by as they do likewise. At the end, the winner is the story-teller who evokes the most disgust, as in, "I had no idea that could even happen to a person!"

See? You are going to have such fun taking it slow.



## Science Highlight

### What's That Smell?

#### *Dr Bob Perkins*

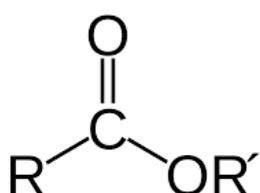
I hope you have been enjoying the previous articles from me in the KPURA newsletters, as well as the ZOOM presentations that I have done for KPURA. In this article I will consider one very important aspect associated with our enjoyment of food. I am certain that you have all found that trying to enjoy a meal when you have a cold is just not the same as when you are completely healthy. The food is the same in both cases, but your reaction to it is not. That is because that your reaction to the food is a delicate combination of information sent to the brain derived from your taste buds as well from your nasal passage. If you are stuffed up, then you are missing the information derived from the aroma of the food.

Your first question should be, "do all foods have an aroma"? The simple answer is NO. The food must have one or more components that have a significant vapour pressure so that sufficient numbers of molecules in the gas phase can make it to your nasal passage. The following info from Wikipedia may help.

"While smell can refer to pleasant and unpleasant odours, the terms scent, aroma, and fragrance are usually reserved for pleasant-smelling odours and are frequently used in the food and cosmetic industry to describe floral scents or to refer to perfumes."

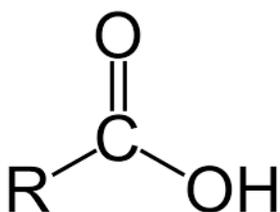
So let us begin with smells that are pleasant, the compounds responsible are known as **ESTERS**. The basic structure is shown below, along with specific examples. The two R labels refer to a variable number of carbon atoms, changing these will change the aroma that we detect.

It is amazing that such a small change in the structure of the ester can have such large in the aroma that we detect. If the size of the two R groups gets too large, then the compound will not have an aroma, and is commonly referred to as a **WAX**.



<b>R</b>	<b>R'</b>	<b>Aroma</b>
H	4 C	<i>raspberry</i>
1 C	4 C	<i>apple</i>
1 C	8 C	<i>orange</i>
3 C	2 C	<i>pineapple</i>

Another class of compounds that have an aroma are **CARBOXYLIC ACIDS**. The basic structure is shown. These compounds have much stronger aromas as evidenced by the 3 examples.



R = 1 C	acetic acid (vinegar)
R = 3C	butyric acid (rancid butter)
R = 5 C	caproic acid (feta cheese)

One very interesting aspect of aroma is that not everyone "smells" the same things in the same way. A specific example is the case of asparagus. Here's another short note from Wikipedia.

“**Asparagus urine smell** is a harmless, pungent odour caused by the breakdown of asparagusic acid in asparagus into sulfur-containing compounds, which are excreted in urine, creating a smell often compared to cabbage or rotten eggs. Not everyone produces the smell, and not everyone can smell it, due to genetic variations in both the production of these compounds and olfactory receptors, making it a normal biological phenomenon.”

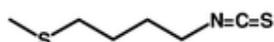
Sulfur-containing compounds generally have rather harsher aromas, as evidenced by the following compounds.



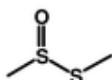
**Methional**  
(boiled potato)



**3-Methylthiopropyl isothiocyanate**  
(cauliflower)



**4-Methylthiobutyl isothiocyanate**  
(broccoli)



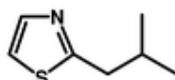
**S-Methyl methanethiosulfinate**  
(sauerkraut, cabbage)



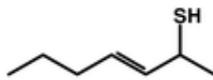
**Bis(methylthio)methane**  
(white truffle)



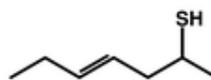
**1,2,4-Trithiolane**  
(white truffle)



**2-iso-Butylthiazole**  
(fresh tomato)



**(E)-3-Heptene-2-thiol**  
(cooked red bell pepper)



**(E)-4-Heptene-2-thiol**  
(cooked red bell pepper)

Another class of compounds that have distinct aromas are the **TERPENES**. These compounds are found in a wide variety of plants. Some specific examples are shown below.

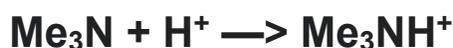
 <p><b>LINALOOL</b> lavender, rosewood</p>	 <p><b>LIMONENE</b> citrus, peppermint</p>	 <p><b>PINENE</b> pine, rosemary</p>
 <p><b>MYRCENE</b> mango, hops</p>	 <p><b>TERPINOLENE</b> sage, nutmeg</p>	 <p><b>CARYOPHYLLENE</b> cloves, pepper</p>

Our final class of “smelly compounds” will be the **AMINES**. These aromas of these nitrogen-containing compounds are not as pleasant as esters, but not as unpleasant as sulfur-containing compounds. I will briefly describe two specific examples.

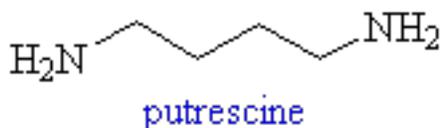
Thinking back to when you were growing up and heading home from school, you could tell that you would have fish for supper. The reason for that was the volatile amines released during the cooking process. The three simplest compounds (all gases) responsible for the aroma would be **methylamine**, **dimethylamine** and **trimethylamine**.



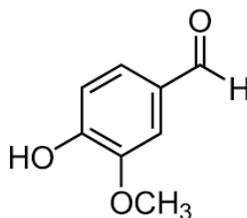
Now suppose that you wanted to avoid having the entire house smelling like fish? One simple change would be to add a bit of lemon juice during the cooking process. The citric acid in the juice would react with the amines, converting them to the corresponding non-volatile ammonium salts. The fishy aroma will be greatly reduced.



In the second example, have you ever wondered why search and rescue dogs are so successful at finding the bodies of homicide victims? Firstly, their ability to detect aromas is much better than humans. Secondly, the bacterial breakdown of human and animal tissue releases two very specific foul-smelling compounds. These compounds are **putrescine** and **cadaverine**.



One final note, you may be wondering what compound is thought able to be detected by humans in the lowest concentration. That compound is believed to be **VANILLIN**, one of the several hundred compounds present in vanilla beans. The structure of vanillin is shown below.



I hope you have enjoyed our little stroll through the wonderful world of aromas. Feel free to do further exploring on the internet using the words I have highlighted in **BOLD**.

## Reviews

### ***Quickening, Creation and Community at the Ends of the Earth* by Elizabeth Rush**

***Sandra Carpenter***

This is a must-read for those interested in climate change. One reviewer calls it a “symphony of voices” because the author shows you the experiences of not one observer but of the whole crew. The statistics are shocking.

“Satellite imagery suggests that this year alone, it will lose 50 billion tons of ice or the equivalent of the Great Pyramid of Khufu 8000 times over.”

The captain reminds us that “What we often think of as a solitary pursuit — the production of scientific knowledge — is more like an extended relay race, in which the baton gets handed off again and again and again.” Previous explorers of Antarctica gave their lives for our knowledge.

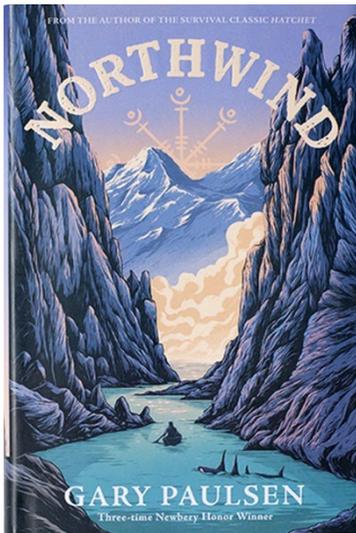
As harsh as the environment there is now,

“Over 56 million years ago, forests flourished at these southern latitudes.

At that time, the Earth was on average 7 or 8° warmer than it is today. CO2 levels were 1000 parts per million, a concentration...we might reach before the end of the century.” This is not a welcome prospect; governments drag their feet ignoring warnings.

I expected this book to be entirely about Antarctica. As the title may suggest, it was also about motherhood, bearing and raising children at this time on the planet. Sobering to me was this author’s insight: “I finally understand that mothers are makers of life, to be sure, but that in doing so, they are also makers of death. Not the possibility of death, but its guarantee.”

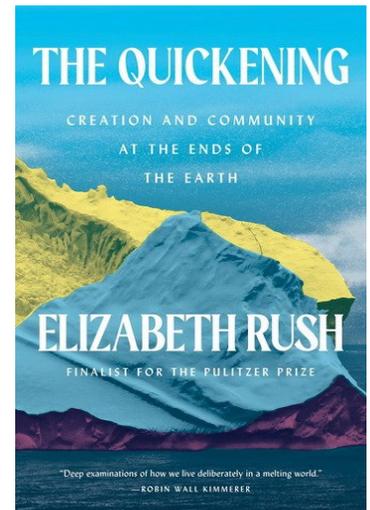
### ***Northwind* by Gary Paulsen**



If reading *Quickening* was like chewing jerky, then *Northwind* by Gary Paulsen is like ice cream. I was sorry when it ended. It was informative in a way the more scientific *Quickening* was not. I learned about wildlife, shore lines, the sense of smell of human and other animals, human cruelty, resilience, and how self sufficient a young human can be.

The author's rendition of the thought processes of an awakening young person, and his ethical responses to his interactions with his environment give me hope for younger generations. Nature is a teacher, sometimes harsh but rewarding to those students who learn her lessons. It's a bit of a Huck Finn of the north, but without humans to sabotage him at every turn. Nature challenges are understandable. Human interspecies cruelty is not. Could it be that a human growing up in wilderness pitted against all the hazards Nature presents learns how to survive against forces more important to the human race?

A human raised in society, on the other hand, interprets the struggle between classes and groups as the most pressing. If we spent less time competing with each other and gave more attention to working with Nature to achieve our comfortable survival, what a more successful place the world would be. I will think of Leif often as a model for how to face my difficult circumstances with thoughtful creativity and love for life.



**Review of “In the Cards” a Naked Stage Readers Theatre production**

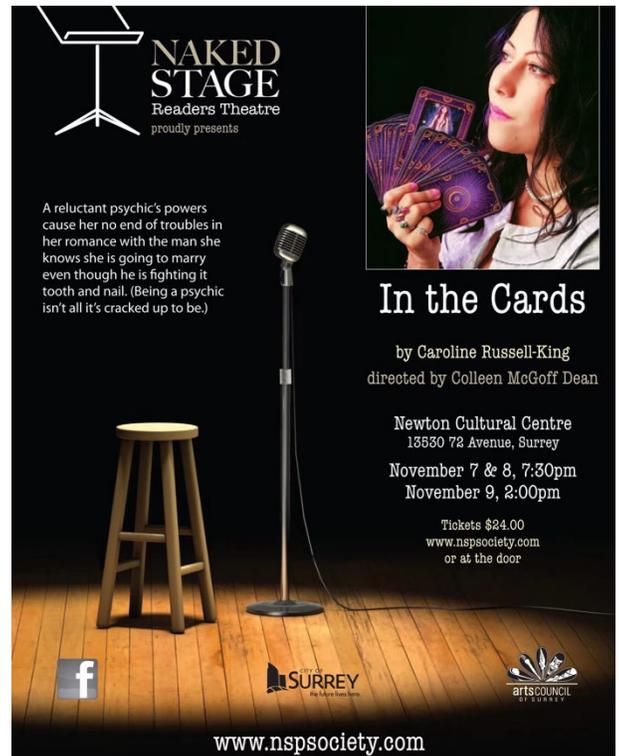
**Astrid Opsetmoen**

I attended the Friday evening show of “In the Cards” on Nov. 7<sup>th</sup> presented by Naked Stage Readers Theatre. I was lucky enough to win my tickets after entering a contest the previous year. So, if you get an email saying you’ve won tickets for a play produced by the Naked Stage don’t delete it out of hand!! I had forgotten that I had entered the draw and was almost about to do so, but curiosity had me replying to the email. I was cautious enough to check out the Naked Stage website before doing so though!!

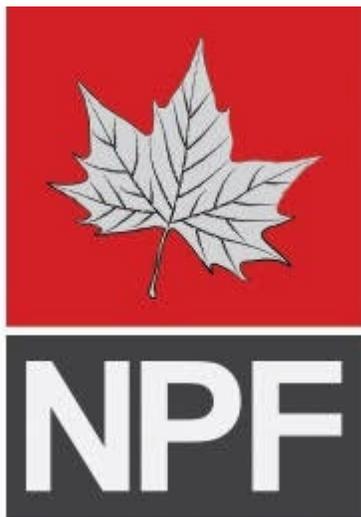
The evening was a delight! I went with my roommate’s wife and it was a much needed break from the stress of waiting for his gall bladder operation to take place! I can only encourage theatre goers to check out their upcoming productions, as the acting was wonderful. The lack of costumes or backdrop on the stage was not noticed after a few minutes of listening to the actors as they breathed life their stage characters. We laughed as the various antics of the characters was relayed.

An upcoming comedy production is “The Savannah Disputation” that will run from Feb. 27-Mar. 1<sup>st</sup> at the Newton Cultural Centre. I would encourage anyone to check it out by clicking on the link below and make sure to fill out any entry forms they offer to you!!

<https://www.nspociety.com/upcoming-shows>



**Some of the other Groups that KPURA is connected to:**



Canadian Coalition Against Ageism  
Coalition Canadienne Anti-Âgisme

# TALK

Third Age Learning  
at Kwantlen

[kpu.ca/talk](http://kpu.ca/talk)

## FREQUENTLY ASKED QUESTIONS

### What makes TALK different?

TALK is a participatory learning experience with no quizzes, grades or prerequisites. The learning process is lively, full of discussion, controversy, humour, insight and wisdom. In addition to participating in courses, you can become a course facilitator, plan curriculum, identify speakers, prepare newsletters, recruit new members, help organize special events or promote TALK. You can even offer to present a course!

For further information on being a TALK volunteer, contact Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or 604.277.1130. We particularly need help on our Marketing Committee. Contact Marketing Chair Sonya Furst at [sonyafurst@outlook.com](mailto:sonyafurst@outlook.com) or 778.833.3762.

### Do I have to be a TALK member to attend courses?

You must be a TALK member (Sept – Aug) in order to register for any of our paid TALK courses. You do not have to pay membership fees to participate in our public events such as Philosophers' Corners and Compelling Conversations. Our AGM is free to members.

### May I register after the course “register by” date?

The “register by” date on Amilia and in the brochure is set to just before the reminder notice or Zoom link is sent out by the office. If you try to register online after that date, you will get a message saying registration has closed. To register after that date, you will have to contact the office at 604 599-3077 or [talk@kpu.ca](mailto:talk@kpu.ca). However, it is preferable to have members register earlier so that we know if we have enough people to run the course. Some courses fill up quickly so it is a good idea to register as early as you can.

### Will I get a receipt and confirmation of all of the courses I signed up for?

Yes. You will receive a confirmation of registration and payment email. You can also see a calendar of the courses you have registered for by going to your online Amilia calendar. You can also access your invoice and payment information on your Amilia account.

TALK is cheap! As a KPURA member, your first year of membership in TALK is free! Annual dues are only \$10 per year.

## Reports of Interest

### CPPR AGM – November 5, 2025

**Terri Van Steinburg**

The



*Attending the CPPR AGM are, from right to left, KPU Retirees: Barbara Thomas Bruzesse, Mary Griffin, Gordon Lee, Douglas Torrance and Terri Van Steinburg.*

College Pension Plan Retirees (CPPR) held their Annual General Meeting on November 5, 2025 at the Holiday Inn Vancouver Centre. CPPR has been in consultations with the Board of Trustees on allocation of excess interest surpluses in the Inflation Adjustment Account and on benefit levels.

Keynote speaker Martina Franci, Senior Director at Wilson Towers Watts talked about the survey on benefits that was done, showing support for increasing vision, hearing and paramedical coverage, reducing the deductible and using savings to keep premiums relatively stable. The result will be improvements to the plan overall.

Guest speaker, Leslie Gaudette, President of the Council of Senior Citizens' Organizations of BC (COSOC BC) gave an overview of the organization and the advocacy work they undertake on behalf of older persons.

The four public sector retiree associations, College Pension Plan Retirees, Municipal Pension Retirees Association, BC Retired Teachers Association and the BC Government Retired Employees Association, now known as the Public Sector Retiree Group, continue to work together and released a video that interviews recent retirees about what PenCorp doesn't tell you before retiring.

Candace Fertile has been appointed to the Board of Trustees as the retiree representative by the BC Government Employees Union & the Federation of Post-Secondary Educators, replacing Paul Ramsey served for 9 years as retiree trustee. Paul also served on CPPR's Board, promoting and enhancing the voice of CPP retirees in the jointly-trusted plan that he, as then Minister of Finance, set up in 2000. He will be missed.

## College Pension Plan News



# COLA 2026

“... a cost-of-living adjustment (COLA) of 2.0 per cent effective January 1, 2026. The COLA is equal to the percentage change between the average Canadian consumer price index (CPI) from November 2024 to October 2025 and the average CPI from November 2023 to October 2024. . . .

While not guaranteed, COLAs help maintain the purchasing power of your pension by keeping pace with inflation.

Once COLAs are granted, they become part of your basic pension. If you retired partway through 2025, your COLA will be pro-rated based on the number of months in 2025 you received a pension.” *(Pension Life and Plan Website)*

“Retired members from other BC public sector pension plans may receive different COLAs because each plan calculates COLAs in slightly different ways.” *(Pension Life and Plan website)*

*from  
CPPR Treasurer John Wilson*

For more detailed information on the calculation of COLAs, visit <https://college.pensionsbc.ca/adjusting-for-inflation>

*mig*

The College and Public Service pension plans use the same approach as the Canada Pension Plan. The Canada Pension Plan uses an averaging approach, which has a smoothing aspect, so sudden ups and downs are not reflected with greater impact. The Teachers and Municipal pensions use a point in time approach, which is more volatile.

*(John Wilson)*

## You Benefit by being a Current Member of KPURA

### *The KPU Retirees Association*

Invites you to join us for the purposes of:

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

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

### **KPURA members get benefits!**

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

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

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

### **Why is a Lifetime Membership in KPURA a Good Option?**

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

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

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

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

***Astrid Opsetmoen***  
***KPURA Membership Coordinator***

## KPURA Member Benefits and Discounts

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

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

### **CURAC (College and University Retiree Associations of Canada) Benefits**

for KPURA members [www.curac.ca](http://www.curac.ca) :

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

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

### **COSCO (Council of Senior Citizens’ Organizations in BC)**

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

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

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

## Newsletter Information

Thank you for reading **Newsletter #27** from the **KPU Retirees Association**.

The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees. Thanks to all the contributors for this and past issues.

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

### ***We welcome you to Join Us!***

We really want to know what you would like to see in the KPURA Newsletter. We also look forward to your memories and your contributions. Please share!

The newsletter is always looking for pictures and stories. They can be about your adventures at Kwantlen and beyond into community activities or travels near and far.

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

How about your travels or adventures before or after retirement?

Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies?

### ***We are interested in it all!***

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.

*Please send information and articles to [kpuranews@gmail.com](mailto:kpuranews@gmail.com)*

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

***Alice Macpherson***

***Editor, KPURA News***

## In Memoriam

### ***Dr Moira de Silva***

It is with sadness that we share the news of the passing of Dr. Moira de Silva on Monday, January 19. Moira taught in the English Language Studies Department from 1994 to 2019. Throughout her many years at KPU, she was consistently kind, professional, and respectful, and she made meaningful contributions to both the department and the university community. She cared deeply about her students and was known for her strong commitment to student learning and success.

Moira was a founding member of the KPU Retirees Association. In addition to her teaching, Moira served as chair of the ELS Department and then Associate Dean of the Faculty of Academic and Career Advancement. She earned a Doctor of Education in TESOL, reflecting her long-standing commitment to the field of English language education.

Moira will be remembered with gratitude and respect by all who had the privilege of working with her.

### ***Linda Trueman***

Linda Trueman was a Biology Lab Technician on the Richmond Campus. After a varied and exciting career, she came to work in the biology lab at Kwantlen University College in 1995 until her retirement. She sadly succumbed to cancer on November 9, 2025.



## In Memoriam

### **Judith Marie McGillivray**

Judith Marie Turchanak McGillivray died suddenly in her home in Nanoose Bay on January 3. Of Ukrainian and Métis heritage, Judith grew up in Edmonton, where she received her diploma in nursing in 1971 at the Misericordia Hospital. A significant part of her nursing career was in Prince George. At the College of New Caledonia from 1980, she was a leader in the nursing and related health sciences programs.

Shortly after completing her Master's Degree in Nursing at the University of Alberta, in 1993, Judith relocated to the lower mainland and joined Kwantlen Community College as their Dean of Community and Health Studies. During her time at Kwantlen, Judith completed her PhD in Higher Education and Policy Development at the University of British Columbia and in 2000, accepted the role of Vice President Academic and Provost. In these roles she had great impact on the academic community and was instrumental in helping Kwantlen move from a college to a polytechnical university. This distinguished career continued into her 2010 retirement.

### **PJ Burns**

Patrick John (PJ) Burns was a highly respected instructor in Landscape Horticulture at Kwantlen Polytechnic University (KPU), where he was closely associated with the School of Horticulture at the Langley campus. Deeply committed to horticulture education in British Columbia, PJ played a meaningful role in shaping the learning experiences of countless students and emerging professionals in the field.

As an exceptional teacher and mentor, PJ was honoured as Educator of the Year by the British Columbia Landscape & Nursery Association (BCLNA)—a distinction that reflected both his professional excellence and the deep respect he earned within the horticulture community. Known for his engaging teaching style, approachability, and genuine passion for plants and people, PJ brought energy and enthusiasm to the classroom and campus alike. Students fondly recall not only his depth of knowledge, but also his ability to connect—whether through hands-on learning, thoughtful guidance, or his memorable presence navigating the KPU Langley grounds.

PJ was widely recognized within British Columbia's horticultural education community, and his work at KPU placed him centrally within the broader landscape of Horticulture Education BC (Hort Ed BC) initiatives. His contributions extended beyond formal instruction, reflecting a lifelong dedication to cultivating both landscapes and learners.

Patrick John Burns passed away on December 15, 2025. He leaves behind a lasting legacy in horticulture education—one rooted in mentorship, curiosity, and community. He will be remembered with deep respect and gratitude by colleagues, students, and the many individuals whose lives he influenced through his teaching and commitment to the profession.

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