

TALK

*Third Age Learning
at Kwantlen*

*Creative and stimulating
educational activities for
adults over 50*

FALL 2020

**Courses start
September 22**

**➤ NEW: Online
courses for
your safety**



KWANTLEN
POLYTECHNIC
UNIVERSITY



WHAT'S NEW AT TALK

COVID sends TALK activities online!

Due to social distancing rules and concerns about contracting the virus, TALK courses will not be held on KPU campuses this fall. Instead, we will offer online **Zoom webinars**.



Secure online registration and payment for TALK activities!

TALK offers online registration through *Amilia*. It is a secure system so you can feel confident entering your credit card information to pay for courses. More details on page 32.



TALK's AGM will also be online!

Join us Monday October 26 at 10 am for another presentation by Linda Fawcus of Gluu Technology Society on **10 Breakthrough Technologies Changing the World ...** and a bit of year-end business. More details on page 7.



Philosophers' Corners will look a little different, too!

The pandemic has also disrupted our Philosophers' Corners, which will be held as **Zoom meetings**. More details on page 8.



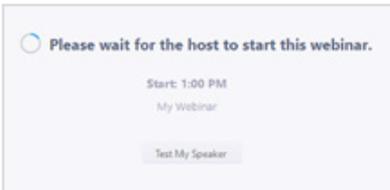
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HOW TO PARTICIPATE IN A TALK WEBINAR

It's as easy as 1, 2, 3 ... 4!

1. Go to our website kpu.ca/talk/courses. Sign up and pay for a webinar course on *Amilia*.
2. A few days before your course, you will receive a reminder email from *Amilia* with a link to the webinar and a password. **Save this email** somewhere you can find it...or add the link to your calendar.
3. About 10 minutes before the start time of the webinar, go to the reminder email and sign in by clicking on the link and entering the password. (You can join using your web browser and do not need to download the Zoom app.)



You will typically see this screen until the Host of the webinar starts it.

4. Make sure you join the webinar with your First Name and Last Name as attendance will be taken during the presentation. There may be removal of attendance if you are not on the class list for the TALK course.

Using a regular phone or iPhone to attend the webinar

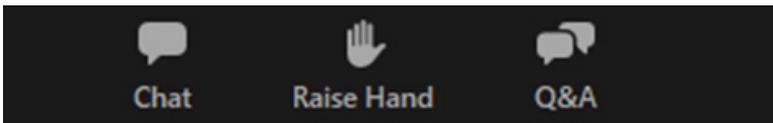
If you don't have a computer and want to phone in and listen to the presentation, numbers will be listed in the email (use the 778 area code number). You will be able to hear the presentation, but you won't be able to see any slides. For iPhone users, use the one-tap link for your iPhone (use the 778 area code number). Some of the slides might be hard to see on the small screen.

WHAT TO EXPECT DURING THE WEBINAR

1. Courses are about 90 minutes, without a break. Unlike Zoom meetings, you won't be seen or heard by others during the webinar so you can get up and stretch.
2. To ask a question, hover your cursor over the bottom of the screen until you see the options bar. Click on Q&A, type your question and tap Send. Your question will be answered at a specified time during the presentation.
3. Depending on the preferences of the presenter, there may be a time when we can unmute the audience for questions or a discussion.

Navigating your Zoom Webinar

You will have the option of clicking on three buttons at the bottom of your screen:



1. Use **Chat** to speak to the Co-host of the meeting about technical issues or questions the presenter doesn't need to answer.
1. Use **Raise Hand** if the presenter wants to take a quick poll or when you are asked if anyone has any questions or we decide to unmute attendees for a general discussion.
1. Use **Q&A** to type a question for the presenter, which will be answered at an appropriate time. Clicking on this option will show you questions that have already been asked by attendees.
2. If the presenter wants to do a more formal poll, a separate box will pop up on your screen. Click on your answer(s), being sure to scroll to the bottom of the box using the scroll bar to the right of the questions or your down arrow, and then click Submit.

NOTE: There will be two free practice sessions September 15 and 16 so you can experiment with these buttons. See next page.

SPECIAL FREE SESSIONS FOR TALK MEMBERS

Webinar Practice Sessions

Tuesday, September 15 at 1 pm OR
Wednesday, September 16 at 10 am.

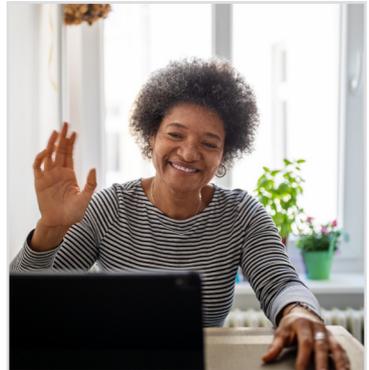
Register for either of these free sessions to see what a webinar will look like on your computer, practice using the control buttons to alter your screen view, ask questions, etc. You must register to receive an invitation with the link to the session.



TALK CHAT

Missing your TALK friends? We know that one of the benefits of being a TALK member is interacting with other members at courses. Since this won't be possible in the webinar format (as you will only see the presenter, not the other class members) we have scheduled free Zoom meetings on **Monday, October 5 at 10 am** and **Thursday, November 26 at 10 am**.

This will be a chance to chat with other TALK members. We will have focus questions ready to start the discussion, but you can talk about anything you like! There will be no formal agenda. If lots of people show up, we'll divide into breakout sessions to make the discussion groups an appropriate size. Register for either or both to receive an invitation with the link to the meeting. To register, see page 33.



TALK'S VIRTUAL AGM

Monday October 26, 2020 at 10 am

10 Breakthrough Technologies Changing the World

Linda Fawcus, founder of Gluu Technology Society, uses plain English to explain the 10 technology breakthroughs creating headlines and capturing our attention. She will include the technologies being used to help flatten the COVID-19 curve. A Q&A follows this live presentation.



Back by popular demand! Linda Fawcus has over 28 years of experience in the software and technology development fields. As a co-founder of Vertigo Technology Inc., a pioneer developer of 3D computer graphics and special effects software, she acted as Chief Marketing and Product Officer, working with Fortune 500 companies including CNN, Disney, PIXAR, BBC, and CBC. In 2015, Linda Fawcus founded Gluu Technology Society, a non-profit on a mission to help older adults learn to use today's technology. She previously gave the very popular TALK course "7 Pieces of Technology Seniors Should Embrace" and presented "The Top 15 Apps Perfect for Seniors" at our AGM last year.

The final part of this session will be the TALK AGM. The annual reports will be presented and we will have a few items of business to take care of.

If you might be interested in joining the TALK Board, please contact Chair Robin Heath at robiheath@gmail.com. She would be very pleased to give you more info.

SESSIONS:	1
DATE:	Mon, Oct 26
TIME:	10:00 am – 11:45 pm
LOCATION:	ONLINE
FEE:	Free to TALK members! Registration required.
GUEST PRESENTER:	Linda Fawcus
FACILITATOR:	Robin Heath, robiheath@gmail.com
REGISTER BY:	Mon, Oct 19
TO REGISTER:	See page 32

TALK'S PHILOSOPHERS' CORNERS, FALL 2020

Because of social distancing requirements due to the pandemic, Philosophers' Corners will not be held in person at any of our usual three locations this fall.

Instead, they will be held online as Zoom meetings. Please register for the free sessions as you would for a TALK course on page 32. An invitation and link to the meeting will be sent to those who register.

You do not have to be a TALK member to "attend" and there will be no charge.

Zoom Philosophers' Corners will be held the first Thursday at 11 am and will last a maximum of 90 minutes. Here are the topics:

- Oct 1** Are mass political protests effective activism?
- Nov 5** Has political correctness gone too far?
- Dec 3** Is nuclear proliferation a risk to international peace and stability?



COURSE CALENDAR

➤ TALK REGISTRATION OPEN NOW

September 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 <i>Labour Day</i>	8	9	10	11	12
13	14	15 TALK Webinar Practice Session 1 pm	16 TALK Webinar Practice Session 10 am	17	18	19
20	21	22 Skies Fall, Earth Moves, Oceans Rise 10 am	23	24	25 The Dark Web 11 am	26
27 Tax Considerations for Seniors 12 pm	28	29 Skies Fall, Earth Moves, Oceans Rise 10 am	30			

COURSE CALENDAR

October 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Philosophers' Corner 11 am	2 Making Medicine from Herbs 10 am	3
4 TALK CHAT Discussion for members 10 am	5	6 Perception 11 am	7 Arches of Chinatown 10 am	8	9	10
11 <i>Thanksgiving Day</i>	12	13	14	15	16 Science and Alternative Facts 1 pm	17
18	19	20	21 Rembrandt's Rise and Fall 2 pm	22 From Script to Stage 10 am	23 Sustainable Food Systems 10 am	24
25 TALK AGM / 10 Breakthrough Technologies 10 am	26	27	28 Simon Fraser 2 pm	29	30	31

COURSE CALENDAR

November 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 The Satisfactions of Detective Fiction 10 am	4	5 Philosophers' Corner 11 am	6	7
8 Heartfulness Meditation 7 pm	9	10 The Satisfactions of Detective Fiction 10 am	11 <i>Remembrance Day</i>	12	13	14
15 Heartfulness Meditation 7 pm	16	17	18 Why Do We Get Sick? 1 pm	19	20 Freedom of the Press 10 am	21
22 Heartfulness Meditation 7 pm	23	24 Making Sense of Climate Change 1 pm	25 Richmond's Flood Protection 10 am	26 TALK CHAT Discussion for members 10 am	27	28
29	30	DEC 1 Vincent Van Gogh 10 am	2	3 Philosophers' Corner 11 am	4	5

SKIES FALL / EARTH MOVES / OCEANS RISE

This course is an exploration of the many ways that major and minor events in Earth's history have affected the history of man. Both Science and Traditional Indigenous Knowledge will be the keys for our understanding and many sites along Canada's West Coast will be described and explained. Topics include:

- What we see when we are looking up and wondering about the moon
- Where we are moving on Earth one way or another, all the time
- How volcanic eruptions, both near and far away, have affected the history of people
- How people, houses, oceans and land move during an earthquake
- What we have inherited from the Ice Age



Dr. Jim Morin followed a geology path starting in 1965 through Universities of Manitoba and Saskatchewan, as a government geologist in Yukon and a mineral exploration geologist throughout western North America. He switched to teaching at the college level in 1999, mainly with BCIT and Langara College. He retired in 2017. His research interests include the geosciences, climate change and Indigenous Peoples. He has presented on all these topics at Elder College Delta over the past two decades.

SESSIONS:	2
DATE:	Tue, Sep 22 and 29
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$20
GUEST PRESENTER:	Jim Morin
FACILITATOR:	Jean Garnett 604-277-1130, jeangarnett@shaw.ca
REGISTER BY:	Tue, Sep 15
TO REGISTER:	See page 32

THE DARK WEB

The unique features of the Dark Web are a distinctly different type of cyberspace. The nativity scene that marks the birth of any technology can be characterized by both hopes and fears. Dark Web technology must be understood on largely dystopian terms: as both the realization of much that was feared at the outset of the Internet – and the negation of much that was hoped for.

Our presenter will describe the origins and explore the significance of the Dark Web. He will re-trace some of the formative stages in the growth of the Internet and describe how cyberspace was thought about at each of these stages. Finally, he will describe some of the means and mechanisms that are being explored to address this darkness.

Dr. Wade Deisman is a social scientist, scholar, educator, media pundit and provocateur, and all-around public advocate. He is the past Chairperson of the Criminology Department at KPU and currently serves as Associate Dean of Students in the Faculty of Arts.



SESSIONS:	1
DATE:	Fri, Sep 25
TIME:	11:00 am – 12:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Wade Deisman
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Fri, Sep 18
TO REGISTER:	See page 32

TAX CONSIDERATIONS FOR SENIORS

Do you wonder if you are taking advantage of the tax benefits available to you as a BC senior to maximize your income in retirement? Join Tracey Lundell for a multi-faceted discussion regarding a number of tax related financial topics, including:



- An economic update
- Strategic taxation of Non-Registered Investments
- Registered Investment Accounts - Tax Deferred and Tax Free Accounts, including recent budget updates re deferring some of your RRIF income
- Taking advantage of various government grants and tax credits available to most BC seniors to minimize income tax payable and increase retirement cash flow
- Making your philanthropic giving plan more tax-effective
- Planning for the future in terms of transferring wealth between generations – estate planning considerations and financial tools available (like family holding companies, trusts...)

Tracey Lundell is an Investment Advisor with Harbourfront Wealth Management and has been providing a full suite of wealth management services to her clients including tax, investment and wealth planning for over 30 years. She is an investment and fixed income specialist holding a number of industry certifications including the Professional Financial Planning and Chartered Investment Manager designations.

SESSIONS:	1
DATE:	Mon, Sep 28
TIME:	12:00 – 1:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Tracey Lundell
FACILITATOR:	Jean Garnett 604-277-1130, jeangarnett@shaw.ca
REGISTER BY:	Mon, Sep 21
TO REGISTER:	See page 32

MAKING MEDICINE FROM HERBS

This course will introduce you to how to make simple herbal medicines at home, including herbal teas, decoctions and tinctures. A few simple recipes will be provided. General safety and cautions in using herbal medicines will also be covered.

Dr. Sherry Wilson is a licensed doctor of Naturopathic Medicine and has a PhD in biology. She is a member of the College of Naturopathic Physicians of BC, the BC Naturopathic Association and the Canadian Association of Naturopathic Doctors.

Lifestyle and nutrition are the base on which additional therapies can act, including acupuncture, physical medicine (hydrotherapy, massage, laser therapy), homeopathy and nutritional supplementation. Dr. Wilson teaches courses in biology and health sciences at KPU. She also develops continuing education programs for pharmacists, providing them with information on suitable supplements for specific conditions.



SESSIONS:	1
DATE:	Fri, Oct 2
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Sherry Wilson
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Fri, Sep 25
TO REGISTER:	See page 32

PERCEPTION

Join us to explore how the mind makes sense of the world via perception, using the five senses, and to experience several fun illusions.

We will tackle thorny questions, such as: Is perception top down, where our thoughts influence what we perceive? Or is perception bottom up, where the sensory information we receive determines what we perceive? We will discover evidence supporting both views, paying special attention to Gestalt Laws of perception.

The presentation will conclude with discussions of artificial intelligence and human-robot interaction that involves perception. Come prepared to challenge your senses and mind.

Daniel Bernstein teaches Psychology at Kwantlen Polytechnic University.



SESSIONS:	1
DATE:	Tue, Oct 6
TIME:	11:00 am – 12:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Daniel Bernstein
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Tue, Sep 29
TO REGISTER:	See page 32

ARCHES OF CHINATOWN

Traditional Chinese arches are a feature of most Chinatowns across the world. Vancouver's first permanent arch was the "China Gate" at Expo 86, re-erected in front of the Chinese Cultural Centre after the fair closed. But for nearly a century, the Chinese community had marked its presence in a largely hostile Vancouver by erecting temporary arches to mark important civic festive occasions, including the city's fiftieth anniversary in 1936. This talk will look at how these structures and celebrations enabled the Chinese community to overcome some of the prejudice against them in Vancouver's first century.



Now retired, Frank Abbott taught Canadian, Chinese, and European history in KPU's Department of History from 1988 until 2015. He is still engaged in historical research and a more detailed version of this talk will be published later this year. He has given many TALK presentations in the past.

SESSIONS:	1
DATE:	Wed, Oct 7
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Frank Abbott
FACILITATOR:	Jean Garnett 604-277-1130, jeangarnett@shaw.ca
REGISTER BY:	Wed, Sep 30
TO REGISTER:	See page 32

SCIENCE AND ALTERNATIVE FACTS

Science, Skepticism and Evidence in the Age of Alternative Facts

Imperfect, imprecise, and often notoriously biased, it is perhaps unsurprising that science has earned a mixed reputation. But, science is not a dogma or a set of beliefs. It is simply a method—the best method we currently have—for discovering truths about our objective reality. We are living in an era where pundits and institutions have heinous reasons to obscure truth, to constantly undermine the idea of objectivity with questions like, “How can we ever really know anything?”



In this talk, Jay will separate skepticism from cynicism, reaffirm the importance of evidence-based knowledge, and show that the scientific method is an antidote to questionable authority figures and our flawed intuitions.

Jay Hosking earned his Honours BSc in Neuroscience at the University of Toronto, his PhD in Neuroscience at UBC, and his postdoctoral fellowship at Harvard. His research has focused on our individual differences in decision making, and the brain circuitry and chemistry that underlies those differences. He currently teaches psychology and neuroscience at KPU and UBC. Jay is also an MFA in Creative Writing, and his first novel was published in 2016 by Penguin Random House.

SESSIONS:	1
DATE:	Fri, Oct 16
TIME:	1:00 – 2:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Jay Hosking
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Fri, Oct 9
TO REGISTER:	See page 32

REMBRANDT'S RISE AND FALL

17th century Holland was celebrating its independence from Spain and the riches of the Dutch East India Company. The new wealthy middle class demanded art for their homes. Many artists did well in this free market. Rembrandt was one of them and he lived like a rock star. When art styles changed, he fell out of favor and into trouble. Today he is again seen as one of the West's greatest artists.



This discussion will look at the highs and lows of his career and at his personal life which played a major role in his work.

From 1998 to 2008, Linda Quigley taught Art History and studio art classes at Saint Francis Xavier University in Antigonish, Nova Scotia. After moving to Regina, she taught Art History for Saint Francis Xavier by distance and in White Rock from 2015 to 2017. She began Art Appreciation talks for the University of Regina's Continuing Education Department and, since moving to BC, she has continued to give talks to groups in White Rock and Surrey. She has given several TALK courses in the past few years.

SESSIONS:	1
DATE:	Wed, Oct 21
TIME:	2:00 – 3:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Linda Quigley
FACILITATOR:	Janis Foster 604-788-5896, janisfoster@telus.net
REGISTER BY:	Wed, Oct 14
TO REGISTER:	See page 32

FROM SCRIPT TO STAGE

Exploring the Process of Live Theatre

Many of us enjoy attending live theatre performances at our local community theatre or a professional production staged in Vancouver, or, if we are fortunate, even on Broadway. Whether the show is local or in New York City, the basic process of getting a show ready to perform is very much the same.

In this workshop, you will learn how the director takes a script and gets it ready for opening night. We will look at the auditioning process, rehearsals, backstage staffing needs, staging and costume decisions, and much more. When you leave this session, you will have a new appreciation for how all of the pieces come together to give you the performance you see on stage.

Colleen McGoff Dean is a KPU retiree and an active member of local community theatre. She has acted, directed, stage managed, and helped with other aspects of local community theatre productions. She has also had the great pleasure of seeing live theatre in London, Vancouver and San Francisco. Colleen is currently the president and artistic director for Surrey's Naked Stage Readers Theatre Company.



SESSIONS:	1
DATE:	Thu, Oct 22
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Colleen McGoff Dean
FACILITATOR:	Sandra Carpenter 778-688-4181, surreysandra@gmail.com
REGISTER BY:	Thu, Oct 15
TO REGISTER:	See page 32

SUSTAINABLE FOOD SYSTEMS

In this session we will examine the attributes and outcomes of the global-industrial food systems from the perspective of sustainability. This is the food system developed over the past five decades which feeds most of us in North America and elsewhere.

Kent will start by explaining what a food system is. The presentation will focus on the economics of farming and food, food security at the household and national level, and food system environmental impacts.

Food system contributions to global climate change and the likely impacts of climate change on food systems will also be discussed. Finally, Kent will present a vision for a sustainable food system for the 21st Century.

Kent Mullinix is the Director of the Institute for Sustainable Food Systems at Kwantlen Polytechnic University. He oversees all of the Institute's research and extension projects.



SESSIONS:	1
DATE:	Fri, Oct 23
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Kent Mullinix
FACILITATOR:	Derek Applegarth 604-241-0340, derek.jenny@shaw.ca
REGISTER BY:	Fri, Oct 16
TO REGISTER:	See page 32

The Unrecognized Founder of British Columbia

The Fraser River, Fraser Valley, Fraser Delta, SFU, Fraser Valley Health Authority, Fraser Highway...

They are all named after Simon Fraser, perhaps the most overlooked of Canada's early explorers. He risked his life for the North West Company, navigating an unknown river to reach the Pacific Ocean. He had about 90 minutes to look at "English Bay" before he and his 20 voyageurs were chased back upstream by, apparently, the Musqueam people. Despite founding British Columbia, he died in abject poverty and has never been well recognized. Join Dr. Allan Quigley to hear the fascinating story of Simon Fraser.



After teaching adult basic education (ABE) in the 1970s in northern Saskatchewan and Alberta, helping found the Saskatchewan college system, and overseeing ABE and ESL programming in Saskatchewan in the 1980s, Allan earned his doctorate in Adult and Continuing Education in 1987 and joined the faculty of Adult Education at Penn State University. He later joined St. Francis Xavier University in Nova Scotia. In 2015, he and his wife Linda, a professor of art history, retired to White Rock. He continues researching and publishing in the area of adult literacy and is president of the region's READ Surrey-White Rock literacy tutoring society.

SESSIONS:	1
DATE:	Wed, Oct 28
TIME:	2:00 – 3:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Allan Quigley
FACILITATOR:	Janis Foster 604-788-5896, janisfoster@telus.net
REGISTER BY:	Wed, Oct 21
TO REGISTER:	See page 32

THE SATISFACTIONS OF DETECTIVE FICTION

Millions of readers around the world have sought solace and escape in detective fiction since the beginning of the genre in the 19th century. Detective or mystery fiction is second only to romance as the most popular reading across all ages and segments of society.

This two-part course will offer an exploration of ethics, action and justice in mystery fiction. Through the medium of her own bestselling historical mystery books and other samples of the genre, Iona Wishaw will discuss the form with a view to understanding why many find it so satisfying and how it can serve as a model for action in our own lives.

Iona will discuss the arc of the mystery narrative from the disturbance in the social order engendered by an act of murder, through lies and cover up, the sometime disparity between law and justice, the importance of characters who have ethical beliefs and a drive to action, to the return of social order. She will describe the structure of her own books and the importance of character driven narrative, and she will take a swing through the world of fictional women detectives.

Iona Wishaw is the author of seven novels in the Lane Winslow mystery series.



SESSIONS:	2
DATE:	Tue, Nov 3 and 10
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$20
GUEST PRESENTER:	Iona Wishaw
FACILITATOR:	Fran Mitchell 604.274.0201, franmail04@shaw.ca
REGISTER BY:	Tue, Oct 27
TO REGISTER:	See page 32

HEARTFULNESS MEDITATION

Reach for your highest potential through a modern and practical meditation. In accessible language, you will learn the science behind known benefits of meditation and experience techniques of meditation, relaxation, and rejuvenation which help us balance our habitual patterns. All sessions end with a Q & A. The support of a trainer is available free of charge after the sessions if you want to deepen your experience of meditation.



Week 1: Effects of Meditation: The benefits and the science behind meditation and the mind body connection. Includes a practical session of guided relaxation.

Week 2: Letting Go of the Past: A look at the conscious and subconscious mind, how they interact and who holds the reins. You will be introduced to the technique of rejuvenation and its benefits. Includes a guided session in rejuvenation and meditation.

Week 3: The Happiness Equation: Studies of happiness, what causes it, what makes us unhappy. You might be surprised at the findings. Includes meditation and one of the other techniques practiced during sessions 1 and 2.

Dr. Aravind Ravindran is a Consultant Interventional and Diagnostic Radiologist at Fraser Health.

SESSIONS:	3
DATE:	Mon, Nov 9, 16 and 23
TIME:	7:00 – 8:30 pm
LOCATION:	ONLINE
FEE:	\$25
GUEST PRESENTER:	Aravind Ravindran
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Mon, Nov 2
TO REGISTER:	See page 32

WHY DO WE GET SICK?

Everyone has experience with an illness of some kind whether it something mild, such as the common cold, or something more life-threatening, such as cancer. Modern human populations have lived millennia in the presence of such challenges to our health, however new challenges arise regularly, such as the novel coronavirus that is responsible for the COVID-19 pandemic. With the rise of western medicine, we have gained a tremendous understanding of how we get sick. But why do we get sick?



Tying together cutting-edge research in genetics, human health, evolutionary biology and human demography, we will explore this paradox.

Mika Mokkonen is an instructor at Kwantlen Polytechnic University and Simon Fraser University. He has published peer-reviewed research in some of the top scientific research journals, including *Science*, *Proceedings of the National Academy of Sciences USA*, and *Biological Reviews of the Cambridge Philosophical Society*, and has been invited to talk at international conferences and seminars around the world. His teaching encompasses broad areas of biology, including introductory biology, ecology, genetics, evolution, anatomy and evolutionary medicine.

SESSIONS:	1
DATE:	Wed, Nov 18
TIME:	1:00 – 2:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Mika Mokkonen
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Wed, Nov 11
TO REGISTER:	See page 32

FREEDOM OF THE PRESS

It's been said that "a free press is the lifeblood of democracy," but just what constitutes a free press? In a liberal democracy, it's taken to mean the media is free from direct government control. However, there are many other ways in which press freedoms can be curtailed: concentration of ownership, drive for profit and self-censorship are just a few.

Since 2002, Reporters Without Borders has published the World Press Freedom Index in which it measures the level of freedom available to journalists in 180 countries.

This lecture will look at the origins of a free press, what indicators determine press freedom and what challenges media outlets face in upholding their responsibility to be the "lifeblood of democracy."

Eve Edmonds has worked in journalism for 30 years, covering everything from municipal politics, to court and crime, to arts and entertainment. She has a Master's degree in journalism from Carleton University. Along with editing the Richmond News, Edmonds writes a weekly column exploring local issues as well as the role of community news.



SESSIONS:	1
DATE:	Fri, Nov 20
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Eve Edmonds
FACILITATOR:	Jean Garnett 604-277-1130, jeangarnett@shaw.ca
REGISTER BY:	Fri, Nov 13
TO REGISTER:	See page 32

MAKING SENSE OF CLIMATE CHANGE

Climate Change has become a commonplace term. While the scientific community is in agreement that humans play a significant role in the changes that have been observed in the past 50 years, the general public still seems uncertain about the term and what the human component really is.

There are many reasons for this, including: the complexity of the issue, which unfortunately can easily be exploited to sow doubt; and the overall failure of science and scientists to reach out enough to the general public to make this complex issue more accessible and easier to understand.

Joe Koch will explain how we know which changes in climate fall within natural variability and what drives these natural changes. He will describe the role that humans have played and are playing. The talk will conclude with an outlook of what is likely in store for the 21st century and the most important consequences for us – around the world, in Canada, and in BC. You will leave with a better understanding of the science of climate change, and a deeper appreciation and a sense of urgency regarding the impacts of climate change.

Joe Koch is an instructor in the Department of Geography and the Environment at KPU.



SESSIONS:	1
DATE:	Tue, Nov 24
TIME:	1:00 – 2:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Joe Koch
FACILITATOR:	Sonya Furst 778-833-3762, sonyafurst@outlook.com
REGISTER BY:	Tue, Nov 17
TO REGISTER:	See page 32

RICHMOND'S FLOOD PROTECTION

We are seeing record-breaking changes in global climate and potential acceleration in sea level rise. What does climate change mean to us here at home?

The City of Richmond is taking proactive steps to ensure that its residents, businesses and infrastructure are protected for long-term sustainability. Join us as we discuss climate change impacts, mitigation and adaptation strategies, and Richmond's Flood Protection Program. Learn more facts about sea level rise effects on our region, governing structures, and world-class flood protection projects happening around Richmond. Bring your questions!



Corrine Haer is a project manager with the Engineering Planning department at the City of Richmond. Her work at the city focuses on long-term infrastructure planning for dikes and the storm drainage system. Projects she is currently working on include Dike Master Plan Phase 4 and continuing to implement the work plan associated with the Steveston Island dike alignment. Further documents related to flood protection are available online at richmond.ca.

SESSIONS:	1
DATE:	Wed, Nov 25
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Corrine Haer
FACILITATOR:	Derek Applegarth 604-241-0340, derek.jenny@shaw.ca
REGISTER BY:	Wed, Nov 18
TO REGISTER:	See page 32

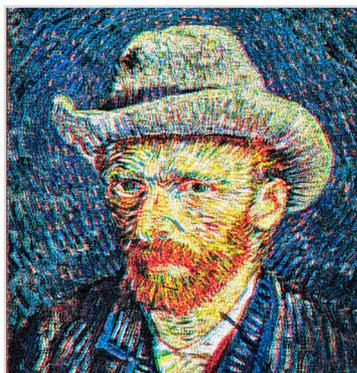
VINCENT VAN GOGH

"I put my heart and my soul into my work, and have lost my mind in the process."

Vincent Van Gogh [1853 – 1890].

19th Century Dutch artist Vincent Van Gogh painted for only 10 years. During that time he was scorned or, at best, ignored: only one of his more than 900 paintings sold before his death.

Although plagued by self-doubt, Vincent viewed the world through the eyes of an artist. Colour was everything. His paintings give us a direct sense of how he viewed each scene, interpreted through his eyes, mind, and heart. As he wrote his brother: "Real painters do not paint things as they are... they paint them as they feel them to be."



His work is a powerful testament to his ultimate triumph but it came at great personal cost. This talk will follow his struggles, discuss the myths that surround him, and study his vibrant paintings.

From 1998 to 2008, Linda Quigley taught Art History and studio art classes at Saint Francis Xavier University in Nova Scotia. After moving to Regina, she taught Art History for Saint Francis Xavier by distance and in White Rock from 2015 to 2017. She began Art Appreciation talks for the University of Regina's Continuing Education Department and, since moving to BC, she has continued to give talks to groups in White Rock and Surrey.

SESSIONS:	1
DATE:	Tue, Dec 1
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Linda Quigley
FACILITATOR:	Janis Foster 604-788-5896, janisfoster@telus.net
REGISTER BY:	Tue, Nov 24
TO REGISTER:	See page 32

FREQUENTLY ASKED QUESTIONS

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

A Yes, TALK is an organization run by the members. The \$10 yearly membership dues pay for a small honorarium and parking passes for the presenters. Course registration fees pay for the cost of registration, mailings, etc. There is an exception for some single events where non-members may attend for a slightly higher fee.

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

A Yes, you may register after that date. 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.

Q What if I find I will not be able to attend a course I have registered for?

A Members are entitled to a refund of course fees if withdrawal occurs before the “Register By” date. Please contact the office to arrange for a refund. 604.599.3077 or talk@kpu.ca. TALK membership fees will not be refunded.

Q How can I get more information on the course content?

A Call the Program Chair Jean Garnett at 604.277.1130 or email jeangarnett@shaw.ca

Q Do I have to be a TALK member to attend a Philosophers’ Corner?

A Philosophers’ Corners are open to the public. You do not have to be a TALK member to attend. Preregistration is not necessary.

FREQUENTLY ASKED QUESTIONS

Q Are you on Facebook?

A TALK has two pages: A Facebook page and a Group page.

To visit our Facebook page, go to: [facebook.com/kpu.ca.TALK](https://www.facebook.com/kpu.ca.TALK)
Here you can see what's happening at TALK and "like" us.

If you want a more interactive experience, join our Group page:
Visit [facebook.com/groups/697127260390288](https://www.facebook.com/groups/697127260390288) or search "TALK Third Age Learning at Kwantlen" and click on the "Public Group" entry. You can view this page without joining it, but if you want to post or comment, you must click "join" and wait for the administrator to accept you. Please post only items that are relevant to TALK.

Q Should I worry about the security of my personal information using Zoom?

A No need to worry! KPU has a special Zoom license. The meeting or webinar link generated through KPU's license will lock the data storage in a secure location. All your personal information stays within Canada. The routing to the "meeting location" is encrypted, your personal information is not disclosed, and there is no impact on your privacy, whether you attend the webinar by any of the following means:

- Through your web browser using your computer, tablet, or phone
- By downloading the app for your Mac or Windows desktop
- By downloading the app for your iOS or Android device

HOW TO REGISTER FOR TALK COURSES

New Registration and Payment System

TALK's registration and payment system is online to make your registration experience as fast and easy as possible. The system is called *Amilia*, and it is a secure Canadian-based organization.

It's as easy as 1 -2 -3!

1. To access the *Amilia* registration site, visit the TALK website kpu.ca/talk, click on the Courses & Registration tab, and click on the 'Register for Courses' button
~ or ~
Go directly to 'Register for Courses' at kpu.ca/talk/courses
2. Once there, register for courses and create your *Amilia* account
3. Lastly, pay online by credit card or e-check (a direct payment from your bank)

That's it!

For help with this new process, please check out the "Online Registration Guide" that is on the TALK Courses & Registration webpage:

kpu.ca/talk/courses

If you need assistance or have questions about the online registration and payment system, please contact the TALK administration at 604-599-3077 or email talk@kpu.ca.

TALK Courses I'm Taking

TALK Courses I'm Taking		

MEMBERSHIP APPLICATION & REGISTRATION

NAME

ADDRESS

CITY

POSTAL CODE

PHONE

E-MAIL

DATE OF BIRTH

STUDENT # (If known)

I wish to renew/apply for membership in TALK

<input type="checkbox"/> Annual Membership Fee: Sep 1, 2020 – Aug 31, 2021	\$10
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I wish to enroll in the following online webinars:

	COURSE	DATE(S)	TIME	FEE
<input type="checkbox"/>	Skies Fall/Earth Moves/Oceans Rise	Sep 22 & 29	10 am	\$20
<input type="checkbox"/>	The Dark Web	Sep 25	11 am	\$15
<input type="checkbox"/>	Tax Considerations for Seniors	Sep 28	12 pm	\$15
<input type="checkbox"/>	Making Medicine from Herbs	Oct 2	10 am	\$15
<input type="checkbox"/>	Perception	Oct 6	11 am	\$15
<input type="checkbox"/>	Arches of Chinatown	Oct 7	10 am	\$15
<input type="checkbox"/>	Science & Alternative Facts	Oct 16	1 pm	\$15
<input type="checkbox"/>	Rembrandt's Rise and Fall	Oct 21	2 pm	\$15
<input type="checkbox"/>	From Script to Stage	Oct 22	10 am	\$15
<input type="checkbox"/>	Food Security/ Sustainable Agriculture	Oct 23	10 am	\$15
<input type="checkbox"/>	Simon Fraser	Oct 28	2 pm	\$15
<input type="checkbox"/>	Satisfactions of Detective Fiction	Nov 3 & 10	10 am	\$20
<input type="checkbox"/>	Heartfulness Meditation	Nov 9, 16 & 23	7 pm	\$25
<input type="checkbox"/>	Why Do We Get Sick?	Nov 18	1 pm	\$15
<input type="checkbox"/>	Freedom of the Press	Nov 20	10 am	\$15
<input type="checkbox"/>	Making Sense of Climate Change	Nov 24	1 pm	\$15
<input type="checkbox"/>	Richmond's Flood Protection	Nov 25	10 am	\$15
<input type="checkbox"/>	Vincent Van Gogh	Dec 1	10 am	\$15

I wish to enroll in the following FREE sessions:

	COURSE	DATE	TIME	FEE
<input type="checkbox"/>	TALK AGM/10 Breakthrough Techs	Oct 26	10 am	FREE
<input type="checkbox"/>	Webinar Practice	Sep 15	1 pm	FREE
<input type="checkbox"/>	Webinar Practice	Sep 16	10 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Oct 1	11 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Nov 5	11 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Dec 3	11 am	FREE
<input type="checkbox"/>	TALK CHAT	Oct 5	10 am	FREE
<input type="checkbox"/>	TALK CHAT	Nov 26	10 am	FREE

TOTAL PAYMENT

(HST Included)

CHEQUE (Payable to Kwantlen Polytechnic University) VISA MasterCard

CARD NUMBER

EXPIRY

CARDHOLDER NAME

SIGNATURE

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 Chair Robin Heath at robiheath@gmail.com or Program Chair Jean Garnett at 604.277.1130 or jeangarnett@shaw.ca.

TALK Membership Fees

The membership fee for 2020-2021 is \$10. Membership is valid from September 1, 2020 to August 31, 2021.

Benefits of Membership

- Participation in TALK courses which are offered at low fees that just cover administration costs
- Lower cost for TALK members at all open events
- Opportunity for companionship, mental stimulation and fun!

Visit our TALK website kpu.ca/talk to find:

- Courses and Online Registration
- Philosophers' Corners
- How to become a volunteer with TALK
- Frequently asked questions
- TALK's Bylaws and Policies & Procedures
- Our Facebook page [facebook.com/kpu.ca.talk](https://www.facebook.com/kpu.ca.talk)
- Related websites

KPU General Privacy Principles

- Full details are available on KPU's website: kpu.ca/foipop

Security using Zoom. KPU has a special Zoom license. The meeting or webinar link generated through KPU's license will lock the data storage in a secure location. All your personal information stays within Canada. The routing to the "meeting location" is encrypted, your personal information is not disclosed, and there is no impact on your privacy, whether you attend the webinar by any of the following means:

- Through your web browser using your computer, tablet, or phone
- By downloading the app for your Mac or Windows desktop
- By downloading the app for your iOS or Android device

TALK GREATLY APPRECIATES

- Our member volunteers, who create and facilitate programs, contact presenters, distribute brochures, organize special events, create the newsletter and help promote TALK.
- The assistance in course registration, room bookings, brochure and newsletter production, marketing and other activities provided by KPU's Faculty of Academic and Career Advancement.
- Our presenters who volunteer their time and expertise to provide us with lifelong learning.
- The TALK interest group of CFUW Richmond, which plans and facilitates the Richmond Philosophers' Corners and many of the courses at the Richmond campus.

Special thanks to TALK members for embracing lifelong learning by enthusiastically registering for this new method of taking TALK courses during this unusual time!



TALK

*Third Age Learning
at Kwantlen*

**kpu.ca/talk
talk@kpu.ca
604.599.3077**

Kwantlen Polytechnic University
12666 72 Ave
Surrey, BC V3W 2M8



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