

# TALK

***Third Age Learning  
at Kwantlen***

*Creative and stimulating  
educational activities for  
adults over 50*

**WINTER  
/SPRING  
2021**

**Courses start  
February 3**

**➤ Online courses for  
your safety**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

# WHAT'S NEW AT TALK

## **COVID keeps TALK activities online.**

Due to continuing social distancing rules and concerns about contracting the virus, TALK courses will not be held on KPU campuses this spring. Instead, we will offer online Zoom webinars as we did in the fall. While we miss getting together in person, the bonus is that people can participate from anywhere, even outside the Lower Mainland.



## **Compelling Conversations**

Join us on Zoom Tuesday, March 9 at 7 pm for a special presentation and conversation with Rudy Buttignol, President and CEO of BC's Knowledge Network. His topic: Television: The Future Isn't What It Used To Be. This is free and open to the public, but you must register. More details on page 7.



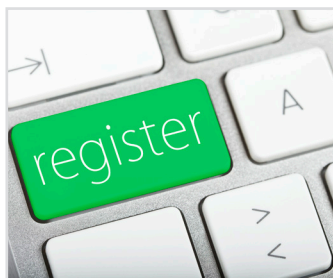
## **Philosophers' Corners will still look a little different, too.**

The pandemic also continues to transform our Philosophers' Corners, which will be held as Zoom meetings. More details on page 6.



## **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 36



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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.  
If you haven't received the link by the day before the session, please contact us at [talk@kpu.ca](mailto:talk@kpu.ca) or 604 599 3077
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.)
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.

## Free Webinar Practice Sessions

Tuesday January 26 at 1 pm OR Wednesday January 27 at 10 am

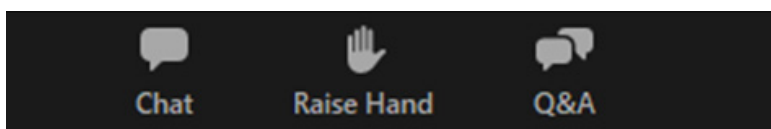
Register for either of these free sessions to see what a webinar will look like on your computer, practise using the control buttons to alter your screen view, ask questions, etc. You must register to receive an invitation with the link to the session.

# WHAT TO EXPECT DURING THE WEBINAR

1. Courses are about 90 minutes, with a 5 minute break midway. 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.
2. 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.
3. 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.
4. 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.

# TALK'S PHILOSOPHERS' CORNERS

## Winter/spring 2021

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 winter/spring.

Instead, they will be held online as Zoom meetings. Please register for the free sessions as you would for a TALK course on page 37. 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:**

- Feb 4** Immigration and refugees: what are the costs and benefits?
- Mar 4** We may live healthily to over 100: what are the issues?
- Apr 1** Social media: a blessing or a curse?
- May 6** Should we lower (or raise) the voting age and/or restrict older people from voting?





# TALK'S COMPELLING CONVERSATIONS

Tuesday March 9, 2021 at 7:00 pm

## Television: The Future Isn't What It Used To Be

In the Video Streaming Era, the more things change, the more they remain the same. The economic divide gets wider, public space gets smaller, and democracy is threatened.

Rudy Buttignol is the President and CEO of British Columbia's Knowledge Network. Since his appointment in 2007, he has transformed the public broadcaster into a popular commercial-free service available through television and streaming on websites and apps. He is a graduate of the Faculty of Fine Arts at Toronto's York University, and has completed executive programs at Stanford Graduate School of Business and the Harvard Business School. He is the winner of nine Canadian Academy Awards, an honorary Doctor of Letters from Thompson Rivers University, and a Member of the Order of Canada.



### ON ZOOM. OPEN TO THE PUBLIC. FREE.

Registration required so that you receive the link to the Zoom session.

*TALK's Compelling Conversations is an annual lecture made possible by a generous endowment from former TALK member Winnifred Searle.*

<b>SESSIONS:</b>	1
<b>DATE:</b>	Tue, Mar 9
<b>TIME:</b>	7:00 – 8:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	Free and open to the public. Registration required.
<b>GUEST PRESENTER:</b>	Rudy Buttignol
<b>FACILITATOR:</b>	Jean Garnett, jeangarnett@shaw.ca, 604 277 1130
<b>REGISTER BY:</b>	Tue Mar 2
<b>TO REGISTER:</b>	See page 36

# TALK EVENTS CALENDAR

➤ TALK REGISTRATION OPENS JAN 4, 2021

JANUARY/FEBRUARY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
JAN 24	JAN 25	JAN 26 TALK Webinar Practice Session 1 pm	JAN 27 TALK Webinar Practice Session 10 am	JAN 28	JAN 29	JAN 30
JAN 31	FEB 1	2	3 Empowering Patients 10 am	4 Philosophers' Corner 11 am	5 Literary Designs 10 am	6
7	8	9	10	11	12 Literary Designs 10 am	13
14	15 <i>Family Day</i>	16 Not Your Sidekick Anymore 10 am	17	18	19 Literary Designs 10 am	20
21	22	23	24 Women Artists 1 pm	25 Einstein's Amazing Theory 11 am	26 Literary Designs 10 am	27
28						



# TALK EVENTS CALENDAR

MARCH 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 White Fragility 11 am	3	4 Philosophers' Corner 11 am	5	6
7	8	9 Compelling Conversations 7 pm	10	11	12 Creating a Healthy Garden 10 am	13
14	15	16 From Silk to Dragons 10 am	17	18	19	20
21	22 Paganism 10 am	23	24	25	26 How Do We Construct a Crisis 9:30 am	27
28 Protest and Power 10 am	29	30	31 Arthritic Pain Management 1 pm			

# TALK EVENTS CALENDAR

APRIL/MAY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Philosophers' Corner 11 am	2 <i>Good Friday</i>	3
4 <i>Easter Monday</i>	5	6	7 Non-drug Pain Management 1 pm	8	9	10
11 <i>Thanksgiving Day</i>	12	13	14 Nurse Practitioners 10 am	15	16 Germs and Novel Viruses 10 am	17
18 Law Reform 2 pm	19 Electric Vehicles 10 am	20	21	22	23 Germs and Novel Viruses 10 am	24
25	26	27	28 Memory 11 am	29 Reel Science 2:30 pm	30	MAY 1
MAY 2	MAY 3	MAY 4 A History of Whiskey 11 am	MAY 5 Safety & Injury Prevention 10 am	MAY 6 Philosophers' Corner 11 am	MAY 7	MAY 8

# EMPOWERING PATIENTS

Join Patient Pathways for an engaging and comprehensive presentation on how to successfully navigate the overwhelming healthcare system. You will learn how to have vital conversations, what a representation agreement is, and why it is so powerful. We will discuss the importance of end of life planning including MAID (medical assistance in dying), No CPR and MOST (medical orders for scope of treatment).

This course was presented at Langley campus in Feb 2020. It is repeated in case you missed it.



Joti Gill, MRT: Surrey and Fraser Valley Senior Healthcare Navigator and Patient Advocate. Joti is a Medical Radiation Technologist and has 20 years of healthcare experience. She is currently working with BC Center for Palliative Care to adapt new Advance Care Planning. Every day she sees patients who are not being fully informed of healthcare choices, which impacts their care and follow-up.

<b>DATE:</b>	Wed, Feb 3
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Joti Gill
<b>FACILITATOR:</b>	Patricia Warshawski, 604 542 7171, pwarshawski@shaw.ca
<b>REGISTER BY:</b>	Wed, Jan 27
<b>TO REGISTER:</b>	See page 36

## Four Fridays, four fascinating authors. Bring your curiosity and your questions



### **Feb 5: From History to Fiction – *Simon Johnston***

Novelist, playwright and theatre director Simon Johnston will describe his research in India, Hong Kong, China and London that resulted in his novel, *The House of Wives*. The novel was inspired by his great grandfather, a renowned 19th century opium trader who sold his wares in China, and his two wives, a Jewish woman from Calcutta and a Chinese woman from Hong Kong. Simon will also read from *Wildcat* his stage play about E. Pauline Johnson, Mohawk poet and performer who lived in Vancouver at the turn of the 20th century and is buried in Stanley Park. Visit [www.simonjohnston.ca](http://www.simonjohnston.ca).

### **Feb 12: The Line between Fact and Fiction – *Genni Gunn***

Journalists report the facts; fiction writers incorporate facts into the fiction, and creative non-fiction writers use the elements of fiction to illustrate truths. In recent times, there have been non-fiction novels and autofiction – works in which the lines between fact and imagination are often blurred. Author, musician and translator Genni Gunn will discuss how real-life events can be incorporated into fiction (using as an example her short story collection *Permanent Tourists*), and how essays can be approached from a fictional-form perspective (e.g. her memoir collection of travel essays *Tracks: Journeys in Time and Place*), so that they read like short stories.

Visit [www.gennigunn.com](http://www.gennigunn.com).

## Feb 19: Write Your Mother's Story – Marilyn Norry

Do you know your mother's story? Where she was born? How she met your father? Do you remember stories about her life? Actor, writer, editor and producer Marilyn Norry started My Mother's Story in 2004 to gather samples of women's history before they were lost. Using a simple writing recipe and concepts of storytelling used in films and plays, Marilyn will show how any life can be organized into an effective and entertaining story. Writing facts you know of your mother's life develops great writing skills, and results in a document of family history that can be shared with friends and family. This session will provide the necessary first steps to getting out of the way of a good story and allowing your mother's story to unfold.

Visit [www.mymothersstory.org](http://www.mymothersstory.org).

## Feb 26: Finding the Extraordinary in the Ordinary

– Sylvia Taylor

Everyone has a LifeStory worth telling: gems and nuggets from a treasure-house of experiences. Whether it's a whole-life autobiography, slice-of-life memoir, or short story for family and friends or the publishing world, our lives take on greater meaning as we contribute to a legacy of history, heritage, and understanding. Writer, editor, educator, and writing and publishing coach Sylvia Taylor will explain how to do this, providing examples from her marine-themed memoir *The Fisher Queen* and biographical book *Beckoned by the Sea*. Visit [www.sylviataylor.ca](http://www.sylviataylor.ca).

<b>SESSIONS:</b>	4
<b>DATE:</b>	Fridays, Feb 5, 12, 19 and 26
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$30
<b>GUEST PRESENTER:</b>	Simon Johnston, Genni Gunn, Marilyn Norry and Sylvia Taylor
<b>FACILITATOR:</b>	Sonya Furst 778-833-3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Fri, Jan 29
<b>TO REGISTER:</b>	See page 36

# NOT YOUR SIDEKICK ANYMORE

Asian representation matters in Hollywood films. There's the exotic girlfriend, the tech-savvy nerd, the silent assassin, and the trusty sidekick, but what about Asians playing the leads? We will investigate the portrayal of Asian characters in films spanning the silent era to 2018's "Crazy Rich Asians" and why their representation matters.

Analyzing racial stereotypes that have gone unchecked, you will discover how all-Asian casts, Asian leads, and pushback against Orientalism and whitewashing are paving the way to more authentic representation on screen.

Greg Chan teaches academic writing, literature, and film studies courses in KPU's English department. He has given TALK many excellent courses in the past. No one who took these courses will ever look at films in the same way again!



<b>DATE:</b>	Tue, Feb 16
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Greg Chan
<b>FACILITATOR:</b>	Helen Christiansen 604.536.8134, <a href="mailto:helenjeanchr@gmail.com">helenjeanchr@gmail.com</a>
<b>REGISTER BY:</b>	Tue, Feb 9
<b>TO REGISTER:</b>	See page 36

# WOMEN ARTISTS

Who were the women artists in history... and why don't we know about them?

For centuries women were expected to devote all their energy and creativity to being wives and mothers. They were barred from art schools and training. Even in the 19th C, nice women could not be professional artists – it was as risqué as being an actress or dancer.

In spite of the obstacles and social cost, there were women artists working through the centuries. Some were sought after and famous in their day, then lost to history. A few were financially successful and independent. Some were re-discovered only recently and a few are even mentioned in current Art History texts. All of them were brave and determined to succeed.

This talk will follow 12 women artists through the ages, the times they lived in, the challenges, and the significance of their work: Anguissola, Gentileschi, Merian, Ruysch, Vigee-Lebrun, Bonheur, Morisot, Cassatt, Valadon, Kollwitz, Kahlo, and Carr.

Linda Quigley taught Art History and studio art classes at Saint Francis Xavier University. She has given many TALK courses for us in the past, including Rembrandt and Van Gogh last fall.



<b>DATE:</b>	Wed, Feb 24
<b>TIME:</b>	1:00 – 2:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Linda Quigley
<b>FACILITATOR:</b>	Janis Foster 604.788.5896, <a href="mailto:janisfoster@telus.net">janisfoster@telus.net</a>
<b>REGISTER BY:</b>	Wed, Feb 17
<b>TO REGISTER:</b>	See page 36

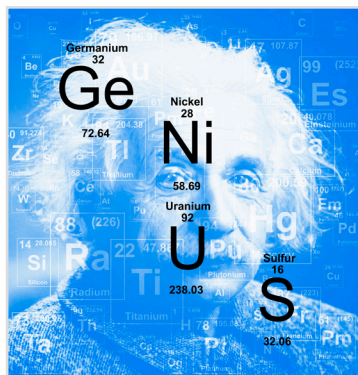


# EINSTEIN'S AMAZING THEORY *OF SPECIAL RELATIVITY*

The detection of gravitational waves from colliding black holes and the first pictures of the massive centre of our galaxy, both consequences of Einstein's General Theory of Relativity, have dominated science news for the last few years. However, Einstein's earlier Theory of Special Relativity shook our understanding of the universe as profoundly as the discovery that the earth travels around the sun and not vice versa.

In this session, we will see how a finite speed of light changes our conception of time and space.

Michael Coombes earned his BSc (Hon) in Physics and Mathematics from Memorial University of Newfoundland. He earned an MSc and PhD in Theoretical Condensed Matter Physics from McMaster University in Hamilton, Ontario. He has been a professor at Kwantlen since 1992 and has taught a second-year course in Special Relativity for many years. He is currently president of the British Columbia chapter of the American Association of Physics Teachers which is an organization dedicated to physics education outreach (BCAPT.ca). He delivered a previous TALK on "Seeing the Unseeable".



<b>DATE:</b>	Thu, Feb 25
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Michael Coombes
<b>FACILITATOR:</b>	Sonya Furst 778-833-3762, sonyafurst@outlook.com
<b>REGISTER BY:</b>	Thu, Feb 18
<b>TO REGISTER:</b>	See page 36

# WHITE FRAGILITY

The concept of White Fragility was studied by Robin DiAngelo in her book *White Fragility: Why It's So Hard for White People to Talk about Racism*, which asks Whites to examine their reluctance to consider the treatment of non-Whites in North American societies.

Samaya Oakley will help us understand our difficulties seeing how we deal with minorities. You need not read the book to benefit from this discussion of how our thinking has been programmed. In order to break free of our habitual thinking patterns, she will explore how we need to reconsider our preconceptions.

White fragility affects not only our personal dealings with people but also how our governments handle issues, negotiations, and promises. You need to understand these issues if you wish to influence your elected officials. Together, we'll explore paths to come to terms with our own and others' fragile, defensive, and coded responses when a conversation turns to race. Participants are invited into the work of learning skills to change.

The Rev. Samaya Oakley serves as the Minister for the South Fraser Unitarian Congregation.



<b>DATE:</b>	Tue, Mar 2
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Samaya Oakley
<b>FACILITATOR:</b>	Sandra Carpenter 778.688.4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Tue, Feb 23
<b>TO REGISTER:</b>	See page 36

# CREATING A HEALTHY GARDEN

Gardening gives us a sense of well-being. In an era when we are living in such restricted times, more people than ever are getting their hands into dirt. There is an increased demand for getting back to growing our own food, nurturing pollinator gardens and digging our noses into gardening books and magazines.

We have also been “awakened” to the harm we have done to Mother Earth. The awakening includes a realization that increasing our pollinators, removing all chemicals from our landscape, and creating more biodiversity within the confines of our yard gives us a huge feeling of control over a world gone mad.

This course will teach you best practices for growing a successful garden no matter what size yard (or balcony) or level of ability you have. Lynda hopes to help take away your fear and get you immersed in the natural world right in your own yard! She will cover organic food gardening and gardening with containers.

Lynda Pasacreta is President of the Richmond Garden Club and lead volunteer at a six acre park in the city of Richmond.



<b>DATE:</b>	Fri, Mar 12
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lynda Pasacreta
<b>FACILITATOR:</b>	Fran Mitchell 604.274.0201, franmail04@shaw.ca
<b>REGISTER BY:</b>	Fri Mar 5
<b>TO REGISTER:</b>	See page 36

# FROM SILK TO DRAGONS

## 3500 Years of Chinese Dynasties, Fairytales, and Folktales

In the time of the legendary Yellow Emperor, the secret of silk was allegedly discovered by a Chinese princess. In the Shang Dynasty, porcelain was invented and the story of the Blue Willow pattern is set in that period. The greatest poet of China (their Shakespeare) lived in the Warring States period and a folktale tells his story and how dragon boat racing came to be. The folktale of Mulan is probably a true story embellished over time from the Six Dynasties period. And Cinderella can be traced to foot binding in the Five Dynasties period.



Through its 3500 years of history, China has expanded and contracted in size. Over 16 dynasties China repeatedly unified under an emperor and then divided into warring kingdoms. During this time more than 30 significant inventions arose, the domestication of the 5 cereals, as well as well as grand construction projects such as the Terra Cotta Warriors, the Grand Canal and the Great Wall. Through a presentation telling China's story, see and listen to many fairytales and folktales actually set in their dynasties. It's a "magical big picture" of China before the modern era.

Diana Cruchley is a former teacher and administrator, as well as a popular presenter at teachers' conventions in BC, Alberta, and the USA. She is also the presenter of The Indispensable Binder (for putting your documents together), and Too Much Stuff: Downsizing Made Practical both offered at seniors' centres and through continuing education across the Lower Mainland.

<b>DATE:</b>	Tue, Mar 16
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Diana Cruchley
<b>FACILITATOR:</b>	Jean Garnett 604.277.1130, <a href="mailto:jeangarnett@shaw.ca">jeangarnett@shaw.ca</a>
<b>REGISTER BY:</b>	Tue, Mar 9
<b>TO REGISTER:</b>	See page 36

# PAGANISM

Today's Pagans reverence the Earth and all its creatures, see all life as interconnected, and strive to attune themselves to the cycles of nature. Their practices are rooted in a belief in immanence – the concept of divinity residing within.

Louise Bunn will introduce the practices, beliefs, and history of modern Pagan spirituality, a nature-based worldview. She will discuss how pagans celebrate the Sacred Circle of Life and live in harmony with the rhythms of nature, including:

- What Paganism is and isn't
- What is sacred (everything?) and why... symbols to access spiritual energy
- Ritual as a psychological tool
- Creating sacred space
- Personifying the Divine ... the feminine and the masculine
- The solstices and equinoxes
- Political Paganism



Louise Bunn is a sculptor in her day job and she's been a practising Pagan for over 20 years. She also does extensive courses on Paganism.

<b>DATE:</b>	Mon, Mar 22
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Louise Bunn
<b>FACILITATOR:</b>	Sandra Carpenter 778-688-4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Mon Mar 15
<b>TO REGISTER:</b>	See page 36

# HOW DO WE CONSTRUCT A CRISIS?

There are simultaneous crises happening all around the world, both before and after COVID-19. How is a crisis recognized as such? This is not a theoretical question.

How a crisis is constructed—when and by whom—represents political struggle over what will be recognized and what will be dismissed, or misrecognized, or made invisible. If we label a particular event or series of events as a crisis, what is the cost of disregarding other crises?



In this thought-provoking session, Neil Bassan will examine how the flavor of the news and media we interact with makes up the discourses around crisis. How do we use the crisis metaphor? What is the implication of “fake news”? He will use as one example the crisis in education, which in one sense is “the information crisis”.

Neil Bassan is an instructional assistant (adult education, humanities) at the Vancouver School Board. His areas of interest include the intersections of film, communication-studies, literature and the philosophy of education. He is a graduate academic assistant in the department of educational studies at UBC, and assistant to the managing editor at Historical Studies in Education.

DATE:	Fri, Mar 26
TIME:	9:30– 11:00 am (note unusual start time)
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Neil Bassan
FACILITATOR:	Jean Garnett 604.277.1130, jeangarnett@shaw.ca
REGISTER BY:	Fri, Mar 19
TO REGISTER:	See page 36

# PROTEST AND POWER

Images of protest and talk of power permeate our contemporary social world. But what does it mean to encounter these ideas from an anarchist perspective? Often dismissed as either a utopian fantasy or vilified as the end of civilization as we know it, is there something we can perhaps learn from anarchist ideas about protest and power? How might this affect how we understand current protest movements?



Moving from collective kitchens hosted in squats to protests in the streets, in this talk Sarah Fessenden will take you through her ethnographic research with an anarchist-inspired protest organization, Food Not Bombs. She will describe what anarchism sometimes looks like on the ground and consider both how it has inspired contemporary protest organization and tactics and how it can be used to understand power more generally.

Sarah Fessenden is a KPU Anthropology instructor. She is a sociocultural anthropologist whose current research looks at the social and cultural construction of hunger in Canada and whose theoretical research has focused primarily on radical social movement organizing. Sarah has written and published on counterculture, radical organizing and activism, and food-waste.

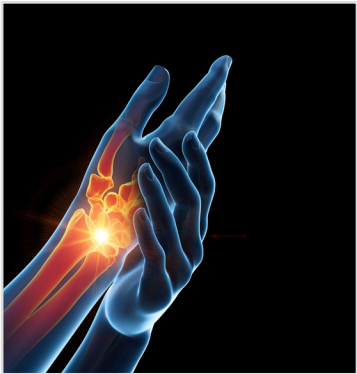
<b>DATE:</b>	Mon, Mar 29
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Sarah Fessenden
<b>FACILITATOR:</b>	Helen Christiansen 604.536.8134, helenjeanchr@gmail.com
<b>REGISTER BY:</b>	Mon, Mar 22
<b>TO REGISTER:</b>	See page 36



# ARTHRITIC PAIN MANAGEMENT

This course describes what osteoarthritis is, the different types of pain and why they are treated differently. Susan Johnston will offer suggestions on how to treat osteoarthritis pain without medication and then review the different herbs and medications that are offered for pain management in this condition. Bring your questions.

Susan Johnston is the Nurse Educator for OASIS, a Vancouver Coastal Health Regional program specializing in Osteoarthritis and teaching self-management. She has 34 years of nursing experience including extended care, rural nursing, women’s health and 25 years in Leukemia/Bone Marrow Transplant where she was a bedside nurse as well as the Clinical Nurse Educator for the Provincial Program for 6 years.



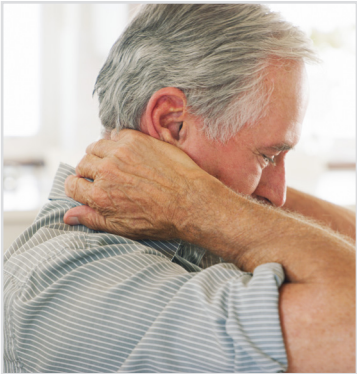
<b>DATE:</b>	Wed, Mar 31
<b>TIME:</b>	1:00 – 2:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Susan Johnston
<b>FACILITATOR:</b>	Patricia Warshawski, 604 542 7171, pwarshawski@shaw.ca
<b>REGISTER BY:</b>	Wed, Mar 24
<b>TO REGISTER:</b>	See page 36

# NON-DRUG PAIN MANAGEMENT

Are you troubled by chronic neck or back pain and don't want to take medication? This course discusses the nervous system adaptation and sensitization to chronic neck and back pain and self-management techniques that can help regulate it.

Exercises to help with neck and back pain will be shown, along with a discussion of two physiotherapy modalities that can help with chronic neck and back pain.

Pam Summers is a physiotherapist and the Clinic Manager - Physical Therapist at CBI Health in Vancouver



<b>DATE:</b>	Wed, Apr 7
<b>TIME:</b>	1:00 – 2:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Pam Summers
<b>FACILITATOR:</b>	Patricia Warshawski, 604 542 7171, <a href="mailto:pwarshawski@shaw.ca">pwarshawski@shaw.ca</a>
<b>REGISTER BY:</b>	Wed, Mar 31
<b>TO REGISTER:</b>	See page 36

# NURSE PRACTITIONERS

Nurse Practitioners (NPs) have been part of our medical system for some time, but recently our province has realized that opening nurse practitioner clinics will be beneficial to us all. Lexi Grisdale will cover how the legislation changed to support the opening of these new offices and what future plans we may see.

She will tell us what NPs do, where they are trained, and how they differ from nurses and doctors.

As seniors, a new medical opportunity is welcome. You will have many questions, which she can answer.

Lexi Grisdale (MN, FNP) is a Family Nurse Practitioner and Clinical Director of Axis Primary Care Clinic in Surrey which has recently opened.

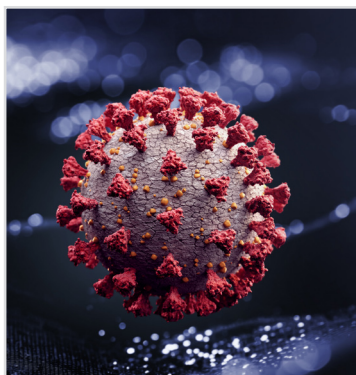


<b>DATE:</b>	Wed, Apr 14
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Lexi Grisdale
<b>FACILITATOR:</b>	Sandra Carpenter 778.688.4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Wed, Apr 7
<b>TO REGISTER:</b>	See page 36

# GERMS AND NOVEL VIRUSES

The revolution in our understanding of microbes and diseases was a slow one; in fact it is still in progress, with discoveries (and unpleasant surprises) continuing today.

In session one, we'll survey the development of Germ Theory: the four Humours, the microscope; miasma, contagion and sanitation; spontaneous generation, Edward Jenner and vaccination, John Snow and Ignaz Semmelweis, Louis Pasteur and Robert Koch; skeptics, contrarians and deniers; fungi, protists, bacteria, viruses and prions.



In session two, we'll start with an overview of disease-causing organisms, and how their genes operate: DNA, RNA and proteins, horizontal gene transfer and antibiotic resistance, antigenic drift or mutation; antigenic shift or "mix-and-match"; influenza, HIV-AIDS, Ebola, West Nile and Zika, the Corona viruses; SARS, MERS, and COVID-19, pandemics past, present and future. We'll finish by taking a look at the threats posed by new forms of viruses.

Peter Robbins has a B.Sc. in geology and an M.Ed. in curriculum and instruction. He retired in 2016 after teaching biology, mathematics and physics at Kwantlen for 24 years. He has given many courses for TALK, including his popular "Day the Universe Changed" series and "When Science Goes Wrong". Along with the sciences, his interests include stage acting, photography, military history and wine-making.

<b>SESSIONS:</b>	2
<b>DATE:</b>	Fri, Apr 16 & 23
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Peter Robbins
<b>FACILITATOR:</b>	Gerry Boretta 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Fri, Apr 9
<b>TO REGISTER:</b>	See page 36

## Keeping our laws up to date: a non-partisan approach

Many processes influence how BC’s laws are introduced and updated. Governments use the law to implement political commitments and changes advocated by special interest groups. But who works on modernizing the laws that are not at the top of the political agenda?

This session will shed light on law reform work that often goes on behind the scenes. We will look at recent reports addressing legal issues affecting all British Columbians. Proposed reforms for electronic wills, health care consent laws, gaps in family law and legal issues arising from online crowdfunding will be discussed.

Kathleen Cunningham holds a LLB and B.Comm. (UBC), a Masters in Policy Studies (University of New South Wales) and a Diploma in Social Innovation (University of Waterloo). She has contributed to law reform provincially and federally for over 25 years. She is a past Director of Policy and Risk Management at Royal Trust and has worked on adult guardianship legislation and amendments to the Power of Attorney Act. Most recently, from 2015 to 2020 she served as Executive Director of BC’s only non-partisan law reform agency, the BC Law Institute and the Canadian Centre for Elder Law.



DATE:	Mon, Apr 19
TIME:	2:00 – 3:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Kathleen Cunningham
FACILITATOR:	Helen Christiansen 604.536.8134, helenjeanchr@gmail.com
REGISTER BY:	Mon Apr 12
TO REGISTER:	See page 36

# ELECTRIC VEHICLES

Plenty has happened to the electric car, or EV, since that excellent documentary in 2006 which chronicled the rise and fall of General Motors’ EV1 in the mid-1990s. Let’s take a look at the history, technology, and future prospects of the Electric Vehicle.

We will look at electric 18 wheelers, pickups and some new exotic entries. We will examine new battery technology and more sophisticated EV chargers. We will explore what’s happening in the world and closer to home to replace the combustion engine.



Companies which made cars with internal combustion engines have shut down. Some companies have announced they will be switching to manufacturing only electric cars. UPS is soon using only electric delivery trucks. California has committed to selling only electric cars from 2035.

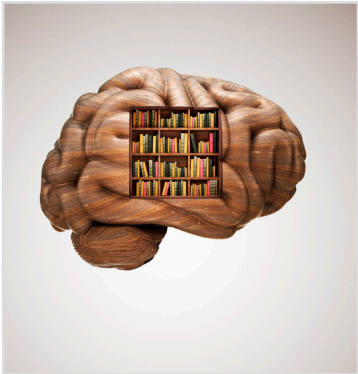
Joyce Cooper has a BS Mechanical Engineering and MS Electrical Engineering. She has spent 35 years in the IT industry. She previously presented to TALK on Wind and Solar Energy, Electric Vehicles and Job Ecology: The future of work.

<b>DATE:</b>	Tue, Apr 20
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Joyce Cooper
<b>FACILITATOR:</b>	Sandra Carpenter 778.688.4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Tue, Apr 13
<b>TO REGISTER:</b>	See page 36

# MEMORY

Memory is a reconstructive process. We should be happy if we get the gist of our experiences right and only some of the details wrong. Memory renders the past and present, while preparing us for the future. In this session, we'll discuss the reconstructive nature of memory, the power of suggestion on memory, how we remember, and why we forget.

Daniel Bernstein teaches Psychology at Kwantlen Polytechnic University. His research interests include Memory, False Memory, Belief and Memory, Theory of Mind, Hindsight Bias, and Lifespan Cognition. He has given many courses for TALK previously.



<b>DATE:</b>	Wed, Apr 28
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Daniel Bernstein
<b>FACILITATOR:</b>	Sonya Furst 778.833.3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Wed, Apr 21
<b>TO REGISTER:</b>	See page 36



# “REEL” SCIENCE

## Was that real Science?

You’re watching a sci-fi film and something is said or done, and you wonder, “Wait a minute; is that actually what would happen?!?” This is your chance to find out! There are art and imagination in film, but getting the science right can be difficult, especially if the science for a particular scene may not exist yet.

We’ll explore films classic and new, from 2001: A Space Odyssey to Interstellar and even touch on quirky ones such as the Marvel Universe’s Guardians of the Galaxy. Come and be informed as well as entertained.

Laura Flinn teaches in the Physics Department of Kwantlen Polytechnic University. She is involved in public outreach at KPU with the Physics Department Flame Show at Open Houses and Science Rendezvous and was the organizer of the Solar Eclipse Viewing Party in August 2017 at the Brighthouse Public Library in Richmond.



<b>DATE:</b>	Thu, Apr 29
<b>TIME:</b>	2:30 – 4:00 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Laura Flinn
<b>FACILITATOR:</b>	Sonya Furst 778.833.3762, sonyafurst@outlook.com
<b>REGISTER BY:</b>	Thu, Apr 22
<b>TO REGISTER:</b>	See page 36

# A HISTORY OF WHISKEY

This session will introduce the history and nature of single malt whiskey, from its adaptation from agriculture and spirits to the advent of single malt globalization. Through the lens of single malt whiskey, we can get a sense of political, social, technological and economic change over the past 500 years, not just in the British Isles, but eventually in a global context of marketing and millionaires.

Each single malt whiskey is a kind of technology--a catalyst for advancing culture, economic systems, and the interplay of different peoples. We will use six single malts (Scottish, Irish, Indian, & Japanese) to focus on the development of tastes, textures, and the global phenomenon that is the Scot's "wee dram".

Jack Hayes is Department Head of the History faculty at KPU and a member of the Center for Chinese Research at UBC's Institute of Asian Research. He has published articles on Chinese environmental history, most recently on fire ecosystems and social & ecological resilience, WWI and the East Asian environmental footprint, and ancient Chinese literature and farming. Jack has given many TALK courses previously.



<b>DATE:</b>	Tue, May 4
<b>TIME:</b>	11:00 am – 12:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Jack Hayes
<b>FACILITATOR:</b>	Sonya Furst, 778.833.3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
<b>REGISTER BY:</b>	Tue, Apr 27
<b>TO REGISTER:</b>	See page 36

# SAFETY AND INJURY PREVENTION

Keep yourself and loved ones from injuries with a little knowledge. This presentation will include:

- Mission and mandate of the Consumer Product Safety Program
- Senior falls in Canada: Statistics and data, causes, risk factors, prevention measures
- Burn hazards: examples, prevention measures
- Risks with chemical products: examples, prevention measures
- How to protect children during visits
- Product recalls on Health Canada website
- Reporting an incident



Andress Lee, Regional Product Safety Officer at Health Canada, has worked in various positions at different departments within the federal government for over 10 years, including the meat hygiene program of the Canadian Food Inspection Agency, the fish import program with the CFIA, and the shellfish program with the CFIA. In 2016, she joined the consumer product safety program at Health Canada as an officer researching, assessing and collaborating in the management of the health risks and safety hazards associated with many consumer products that Canadians use daily.

<b>DATE:</b>	Wed, May 5
<b>TIME:</b>	10:00 – 11:30 am
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Andress Lee
<b>FACILITATOR:</b>	Sandra Carpenter 778.688.4181, surreysandra@gmail.com
<b>REGISTER BY:</b>	Wed, Apr 28
<b>TO REGISTER:</b>	See page 36

# TALK'S COMPELLING CONVERSATIONS

Tuesday March 9, 2021 at 7:00 pm

## Television: The Future Isn't What It Used To Be

In the Video Streaming Era, the more things change, the more they remain the same. The economic divide gets wider, public space gets smaller, and democracy is threatened.

Rudy Buttignol is the President and CEO of British Columbia's Knowledge Network. Since his appointment in 2007, he has transformed the public broadcaster into a popular commercial-free service available through television and streaming on websites and apps. He is a graduate of the Faculty of Fine Arts at Toronto's York University, and has completed executive programs at Stanford Graduate School of Business and the Harvard Business School. He is the winner of nine Canadian Academy Awards, an honorary Doctor of Letters from Thompson Rivers University, and a Member of the Order of Canada.



### ON ZOOM. OPEN TO THE PUBLIC. FREE.

Registration required so that you receive the link to the Zoom session.

*TALK's Compelling Conversations is an annual lecture made possible by a generous endowment from former TALK member Winnifred Searle.*

<b>SESSIONS:</b>	1
<b>DATE:</b>	Tue, Mar 9
<b>TIME:</b>	7:00 – 8:30 pm
<b>LOCATION:</b>	ONLINE
<b>FEE:</b>	Free and open to the public. Registration required.
<b>GUEST PRESENTER:</b>	Rudy Buttignol
<b>FACILITATOR:</b>	Jean Garnett, jeangarnett@shaw.ca, 604 277 1130
<b>REGISTER BY:</b>	Tue Mar 2
<b>TO REGISTER:</b>	See page 36

# 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 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.

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

**Q** Yes, you may register after that date. However, it is preferable  
**A** 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.

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

**Q** Members are entitled to a refund of course fees if withdrawal  
**A** 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.

## **How can I get more information on the course content?**

**Q** Call the Program Chair Jean Garnett at 604.277.1130 or email  
**A** 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**  
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** 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

## Online Registration and Payment System

TALK has decided to take their registration and payments 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 new online registration and payment system, please contact the TALK administration at 604-599-3077 or email [talk@kpu.ca](mailto:talk@kpu.ca)

TALK Courses I’m Taking		



# MEMBERSHIP APPLICATION & REGISTRATION

NAME	
ADDRESS	
CITY	POSTAL CODE
PHONE	E-MAIL
DATE OF BIRTH MM/DD/YY	STUDENT # (If known)

**I wish to renew/apply for membership in TALK** (if you did not renew in fall 2020)

<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"/>	Empowering Patients	Feb 3	10 am	\$15
<input type="checkbox"/>	Literary Designs	Feb 5, 12, 19, 26	10 am	\$30
<input type="checkbox"/>	Not Your Sidekick Anymore	Feb 16	10 am	\$15
<input type="checkbox"/>	Women Artists	Feb 24	1 pm	\$15
<input type="checkbox"/>	Einstein's Amazing Theory	Feb 25	11 am	\$15
<input type="checkbox"/>	White Fragility	Mar 2	11 am	\$15
<input type="checkbox"/>	Creating a Healthy Garden	Mar 12	10 am	\$15
<input type="checkbox"/>	From Silk to Dragons	Mar 16	10 am	\$15
<input type="checkbox"/>	Paganism	Mar 22	10 am	\$15
<input type="checkbox"/>	How Do We Construct a Crisis?	Mar 26	9:30 am	\$15
<input type="checkbox"/>	Protest and Power	Mar 29	10 am	\$15
<input type="checkbox"/>	Arthritic Pain Management	Mar 31	1 pm	\$15
<input type="checkbox"/>	Non-Drug Pain Management	Apr 7	1 pm	\$15
<input type="checkbox"/>	Nurse Practitioners	Apr 14	10 am	\$15
<input type="checkbox"/>	Germs and Novel Viruses	Apr 16, 23	10 am	\$20
<input type="checkbox"/>	Law Reform	Apr 19	2 pm	\$15
<input type="checkbox"/>	Electric Vehicles	Apr 20	10 am	\$15
<input type="checkbox"/>	Memory	Apr 28	11 am	\$15
<input type="checkbox"/>	Reel Science	Apr 29	2:30 pm	\$15
<input type="checkbox"/>	A History of Whiskey	May 4	11 am	\$15
<input type="checkbox"/>	Safety and Injury Prevention	May 5	10 am	\$15

**I wish to enroll in the following FREE sessions:**

	EVENT	DATE	TIME	FEE
<input type="checkbox"/>	Webinar Practice	Jan 26	1 pm	FREE
<input type="checkbox"/>	Webinar Practice	Jan 27	10 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Feb 4	11 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Mar 4	11 am	FREE
<input type="checkbox"/>	Philosophers' Corner	Apr 1	11 am	FREE
<input type="checkbox"/>	Philosophers' Corner	May 6	11 am	FREE
<input type="checkbox"/>	TALK's Compelling Conversations: Rudy Buttignol, CEO Knowledge Network	Mar 9	7 pm	FREE

TOTAL PAYMENT \$		(HST Included)
<input type="checkbox"/> CHEQUE (Payable to Kwantlen Polytechnic University)	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard
CARD NUMBER	EXPIRY MM/YY	
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](mailto:robiheath@gmail.com) or Program Chair Jean Garnett at 604.277.1130 or [jeangarnett@shaw.ca](mailto: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](http://kpu.ca/talk) to find:

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

### KPU General Privacy Principles

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

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*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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UNIVERSITY