



# TALK

***Third Age Learning  
at Kwantlen***

***Celebrating 25 years of  
stimulating lifelong  
learning for adults over 50!***

**FALL  
2025**

**Courses start  
September 26**



KWANTLEN  
POLYTECHNIC  
UNIVERSITY

**➤ Online, on-campus  
and off-site courses**

## ➤ AI AND CHATGPT FOR SENIORS

Artificial Intelligence (AI) and ChatGPT are now part of our lives. They can be a useful and valuable tool supporting seniors in their everyday lives. How comfortable are you with them? This free presentation will tell you how to get started or expand your use of ChatGPT. Dale Jackaman, a seasoned expert in using AI and ChatGPT, will introduce us to their practical uses, whether that be organizing family stories, asking health-related questions (safely), setting up your own personalized assistant, or other possibilities. Join us to get started and get the most out of ChatGPT – securely and with confidence.



Dale Jackaman is a Canadian technologist, investigative analyst, and AI systems designer with over three decades of experience at the intersection of science, intelligence, and advanced computing. Trained in both applied sciences and digital systems, Dale's career spans the domains of cybersecurity, counterintelligence, forensic technology, and human-machine integration. Dale is committed to defending critical thinking in the age of synthetic narratives.

*This presentation at the White Rock Community Centre is a partnership between Semiahmoo Seniors Network and TALK.*

**To register, email Semiahmoo Seniors Network [semi.seniors@gmail.com](mailto:semi.seniors@gmail.com). Let them know if you are a TALK member.**

<b>DATE:</b>	Monday, September 29
<b>TIME:</b>	1:00 – 3:00 pm
<b>LOCATION:</b>	White Rock Community Centre, 15154 Russell Avenue
<b>FEE:</b>	FREE and open to the public, but registration is required through <a href="mailto:semi.seniors@gmail.com">semi.seniors@gmail.com</a> .
<b>GUEST PRESENTER:</b>	Dale Jackaman
<b>FACILITATORS:</b>	Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a> Carol Mitchell, <a href="mailto:cmbmitchell42@gmail.com">cmbmitchell42@gmail.com</a> , 604.377.1657
<b>REGISTER BY:</b>	Mon Sep 22

<b>TALK's Special Event: AI and ChatGPT for Seniors</b>	<b>2</b>
Calendars and Social Media Links	<b>4</b>
<b>Philosophers' Corners, fall 2025</b>	<b>8</b>
<b>TALK AGM: Understanding Bitcoin</b>	<b>10</b>
<b>TALK COURSES:</b>	
Field Trip: Cranberry Bog	<b>11</b>
Salish Sea Gull Project	<b>12</b>
Today's Political Landscape	<b>13</b>
CRISPR: editing the genome	<b>14</b>
Field Trip: Mark-Crest Foods Plant	<b>15</b>
Hearing Loss	<b>16</b>
Human Intelligence	<b>17</b>
Field Trip: Hands on Genealogy	<b>18</b>
Improv is for Everyone	<b>19</b>
Reverse Mortgages	<b>20</b>
Heart Health in Aging	<b>21</b>
The Human Microbiome	<b>22</b>
When is Home Healthy for Seniors?	<b>23</b>
Foraged Beauty	<b>24</b>
From Dylan to Digital	<b>25</b>
Crimes Against Nature	<b>26</b>
Canada at War: Liberation of the Netherlands	<b>27</b>
Chile and Argentina: Human & Natural History Stories	<b>28</b>
Field Trip: Storehouse Community Hub Society	<b>29</b>
Sustaining BC's Salmon	<b>30</b>
Virtual and Augmented Reality	<b>31</b>
Armchair Travel: Canary Islands	<b>32</b>
Fantastic Films from an Anxious Decade	<b>33</b>
Your Antiques Have Value	<b>34</b>
Navigating Social Media and the Digital World	<b>35</b>
Shakespearean Politics on the Small Screen	<b>36</b>
Frequently Asked Questions	<b>37</b>
How to Participate in a TALK Webinar	<b>40</b>
TALK Registration Calendar	<b>41</b>
How to Register for TALK Events	<b>42</b>
Benefits of Being a TALK Member	<b>43</b>
Campus Locations	<b>44</b>

TALK EVENTS CALENDAR

TALK REGISTRATION OPENS SEPTEMBER 8

SEPTEMBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>Labour Day Campuses closed</i>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Philosophers' Corner 11:30 am Langley	26 Field Trip: Cranberry Bog 10 am Langley	27
28	29 ChatGPT for Seniors 1 pm White Rock Community Centre	30 <i>Truth &amp; Reconciliation Day Campuses closed</i>				

Special Event	Field Trip	Online	Richmond	Surrey	Cloverdale	Langley
---------------	------------	--------	----------	--------	------------	---------

What makes TALK unique?

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. For further information on being a TALK volunteer, please visit our website at [www.kpu.ca/talk/volunteer](http://www.kpu.ca/talk/volunteer).

TALK EVENTS CALENDAR

OCTOBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 Salish Sea Gull Project 11:30 am Online	2 Philosophers' Corner 10:30 am Richmond	3 Today's Political Landscape 10 am Online	4
5	6 CRISPR: editing the genome 2 pm Richmond	7 Field Trip: Mark-Crest Foods 10 am Langley	8 Hearing Loss 10 am Online	9 Philosophers' Corner 11:30 am Surrey	10 Human Intelligence 2 pm Surrey	11
12	13 <i>Thanksgiving Day Campuses closed</i>	14 Field Trip: Hands on Genealogy 10 am Clayton Library Surrey	15 Improv is for Everyone 4 pm Richmond	16	17	18
19	20 Reverse Mortgages 10 am Online	21 Heart Health in Aging 10 am Surrey	22 The Human Microbiome 10 am Richmond	23 Philosophers' Corner 11:30 am Langley	24 When is Home Healthy for Seniors? 10 am Cloverdale	25
26	27 TALK AGM Understanding Bitcoin 10am Surrey	28 Foraged Beauty 10 am Langley	29	30	31	

Here is a very handy link to locate your classroom before you leave the house:  
[kpu.ca/current-students/find-your-classroom](http://kpu.ca/current-students/find-your-classroom)

NOVEMBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 From Dylan to Digital 1 pm Langley	5 Crimes Against Nature 1 pm Online	6 Philosophers' Corner 10:30 am Richmond	7 Canada at War: Netherlands 10 am Online	8
9	10	11 Remembrance Day Campuses closed	12	13 Philosophers' Corner 11:30 am Surrey	14	15
16	17 Chile and Argentina: Natural History 10 am Surrey	18 Field Trip: Storehouse Community Hub 10 am Cloverdale	19 Sustaining BC's Salmon 1 pm Langley	20	21 Virtual and Augmented Reality 10 am Richmond	22
23	24 Armchair Travel: Canary Islands 11 am Online	25 Fantastic Films from an Anxious Decade 10 am Richmond	26 Your Antiques Have Value 10 am Richmond	27 Philosophers' Corner 11:30 am Langley	28	29

#### Uncertain about driving and parking?

Consider carpooling with your friends to TALK events on campus.

DECEMBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 Navigating Social Media 11 am Langley	2 Fantastic Films from an Anxious Decade 10 am Richmond	3	4 Philosophers' Corner 10:30 am Richmond	5 Shakespearean Politics on the Small Screen 10 am Surrey	6
7	8	9	10	11 Philosophers' Corner 11:30 am Surrey	12 Shakespearean Politics on the Small Screen 10 am Surrey	13



#### Facebook

TALK has two pages: a Facebook Community page and a Group page. To visit our Facebook Community page, go to: [facebook.com/kpu.ca.TALK](https://facebook.com/kpu.ca.TALK). Here you can see what's happening at TALK.

If you want a more interactive experience, join our Group page.

Visit [facebook.com/groups/697127260390288](https://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 you will be automatically added. Please post only items that are relevant to TALK.

As well, we would appreciate if you would post a review on our Community page and a comment on the courses you attend on our Public Group page. Then share the course post(s) with your comment(s) to your own social media accounts. Help spread the word about TALK!



#### Instagram

Check us out! [instagram.com/talkwantlen/](https://instagram.com/talkwantlen/)



#### LinkedIn

Follow us at: [linkedin.com/company/talk-third-age-learning-at-kwantlen](https://linkedin.com/company/talk-third-age-learning-at-kwantlen)



# TALK'S PHILOSOPHERS' CORNERS

## FALL 2025

How does a Philosophers' Corner work? A volunteer researches the chosen topic and outlines, in a 10-minute presentation, some of the most controversial or interesting points for participants to wrestle with during the discussion. Then, attendees can weigh in with their own thoughts. A moderator keeps track of whose turn it is to speak.

This is different from a regular TALK course, where an expert does most of the talking. We all have a lifetime of wisdom and a Philosophers' Corner is an ideal place to share your thoughts and listen to others' points of view.

You do not have to be a TALK member or over 50 to attend. Attendance is on a first come-first served basis, as space permits.



### TALK Greatly Appreciates:

- Our member volunteers, who create and facilitate programs, distribute brochures, organize special events, 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 Preparation.
- 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.

**Richmond Philosophers' Corners will be held at 10:30 am on the first Thursday** at Wisteria Place, 4388 Garry Street in Multipurpose Room #1. 604.204.0910. wisteriaplace.ca. There is plenty of free parking. Please check in at the Concierge Desk when you arrive. Wisteria Place is generously providing coffee/tea plus a small snack for a drop-in fee of just \$5. Here are the topics:

**Oct 2** How do we define freedom?

**Nov 6** At what age can we stop worrying about what other people think?

**Dec 4** Should there be limitations on the right to free speech?

**Surrey Philosophers' Corners will be held at 11:30 am on the second Thursday** at Crescent Gardens, 1222 King George Blvd. There is a donation of \$2 for the Surrey sessions and an optional fee of \$20 for lunch (soup, main course, dessert, coffee/tea) which **participants must pre-order and bring cash**. Contact [jdiston@telus.net](mailto:jdiston@telus.net) for details.

**Oct 9** Thick soup or stew: are we splitting hairs?

**Nov 13** The Laws of Karma and Reincarnation.

**Dec 11** Monarchy: Keep it or not?

**Langley Philosophers' Corners will be held at 11:30 am on the fourth Thursday** at City of Langley Library, 20399 Douglas Crescent. There is no charge and the library generously provides tea/coffee and cookies.

**Sep 25** The dark side of sentimentality.

**Oct 23** Do business owners have the right to refuse service to customers?

**Nov 27** Should there be limitations on the right to free speech?

### TALK needs volunteers to operate!

Please join our Board, Program Committee or Marketing Committee.  
See more details at [www.kpu.ca/talk/volunteer](http://www.kpu.ca/talk/volunteer).

Understanding Bitcoin

Would you like to know more about Bitcoin? Ted Lee will demonstrate whether Bitcoin and its blockchain technology are suitable for preserving wealth across generations and borders, while avoiding the erosion of value from inflation and taxation.

He will describe the unique properties of Bitcoin, such as its decentralized nature and finite supply, which sets it apart from traditional financial systems. He will also evaluate its resilience against currency devaluation and the limitations imposed by governmental control.

Additionally, Ted will discuss the potential benefits and risks associated with using Bitcoin for wealth transfer and long-term asset preservation. He will provide a comprehensive analysis to help individuals and families make informed decisions about leveraging Bitcoin for intergenerational financial security.

Ted Lee’s remarkable journey reflects his diverse achievements in education, peacekeeping, entrepreneurship, and advocacy for digital sovereignty. With diplomas in deep-sea diving and degrees in technology, he pursued global harmony through the United Nations and Canadian military service, while founding innovative businesses and integrating Bitcoin for decentralization.

Following this presentation, we will have refreshments and a short AGM.



DATE:	Monday, October 27
TIME:	10:00 am – 12:00 pm
LOCATION:	Surrey campus, Cedar Building, Room 1205
FEE:	Free to TALK members
GUEST PRESENTER:	Ted Lee
FACILITATOR:	Heather Cross, 604.762.2469, hscross@outlook.com
REGISTER BY:	Thu Oct 23   To register, see page 42

Join us to experience a cranberry harvest! It is a stunning sight along the Fraser River in Glen Valley, near Fort Langley. The Bog Riverside Cranberry Farm is a working family farm of 35 acres, which has a limited window to harvest the cranberries.

Cranberries are the second largest berry crop grown in British Columbia, with only blueberries producing more total volume.

Our host, Mandy De Wit, is an experienced guide who will give us a tour with explanations of how the cranberries are farmed and harvested. We will also be able to attend the farm store.

Please dress for the weather and bring an extra pair of socks in case you get your feet a bit wet. For more detailed information, check the website: [info@riversidecranberries.ca](http://info@riversidecranberries.ca)

Mandy and her husband Brian De Wit are proud BC cranberry farmers. All the family, including their five children, are involved in farming. Mandy and Brian ensure their lifestyle includes a balance of farming, family and fun!

Capacity is limited, so register early!



DATE:	Friday, September 26
TIME:	10:00 – 11:30 am
LOCATION:	Riverside Cranberry Farm / 26885 88th Ave, Langley
FEE:	\$15
GUEST PRESENTER:	Mandy DeWit
FACILITATOR:	Carol Mitchell, cmbmitchell42@gmail.com, 604.377.1657
REGISTER BY:	Tue Sep 23   To register see page 42

The Salish Sea Gull Project is part of an Environment and Climate Change Canada program to monitor marine birds as indicators of the health of the Salish Sea, which is comprised of the Strait of Georgia, the Strait of Juan de Fuca, Puget Sound, and an intricate network of connecting channels and adjoining waterways. The Salish Sea is an important wintering area for marine birds and is facing increasing pressure from urbanization, population growth, and marine transportation.

Along coastal British Columbia, Glaucous-winged Gulls are abundant, generalist foragers, and they eat similar seafoods as people, making them excellent monitors and indicators of ecosystem health. To date, researchers have banded and sampled over 800 Glaucous-winged Gulls to learn about their health, contaminant levels, habitat use, and movements throughout the Salish Sea and beyond.

They need your help! Researchers are hoping for public support to report sightings of colour-banded gulls to track survival, age, and movements through time. Follow this link to report your sightings: [bit.ly/3vIthW3](https://bit.ly/3vIthW3)

Dr. Mark Hipfner is a Research Scientist with Environment and Climate Change Canada’s Wildlife Research Division. He has devoted his career to understanding the utility of seabirds as indicators of the health of marine ecosystems on Canada’s Atlantic, Arctic and Pacific coasts to inform conservation planning.



DATE:	Wednesday, October 1
TIME:	11:30 am – 1:00 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Dr. Mark Hipfner
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Fri Sep 26   To register see page 42

*Do right and left still mean anything?*

For over 100 years—perhaps since the French Revolution of 1789— ‘left’ and ‘right’ have been the standard categories for thinking about politics. But do these labels still mean anything in today’s complex political landscape? If not, how should we think about political differences now?

Join Gregory Millard to explore how these foundational political ideas shape our understanding of contemporary politics. This session will provide insight into the structure of today’s public debates, help make sense of our current political climate, and perhaps even inform how we engage in our own conversations.

Dr. Gregory Millard has taught political science at KPU since 2004, serving eight years as Chair of the Political Science Department, as well as serving as Associate Dean of Arts and Dean of Arts Pro Tem.



**Do you have ideas for TALK course topics?**

Please send an email to [talk@kpu.ca](mailto:talk@kpu.ca) or contact Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca). Consider joining our Program Committee!

DATE:	Friday, October 3
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Dr. Gregory Millard
FACILITATOR:	Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a>
REGISTER BY:	Tue Sep 30   To register see page 42



## CRISPR: A GUIDE TO EDITING THE GENOME

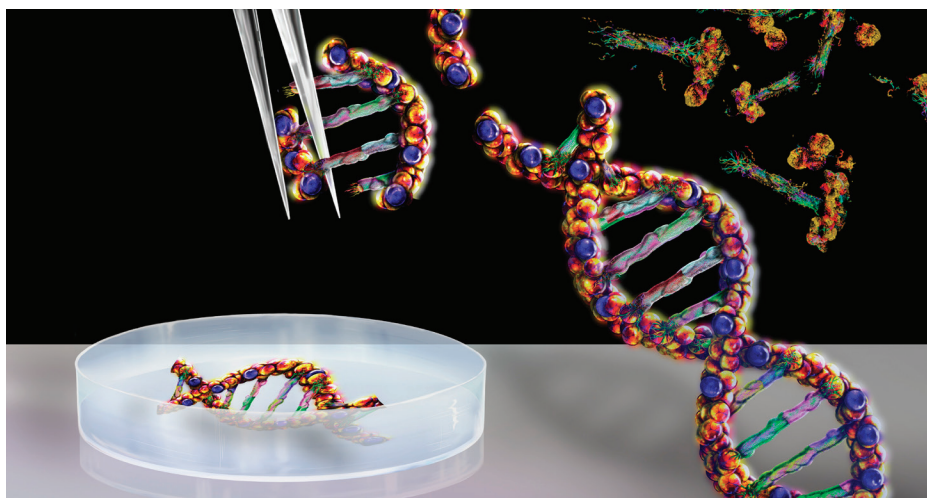
DNA is the instruction manual for life, carrying the genetic code that determines traits in all living organisms. Until recently, altering this code was a slow and imprecise process, but the discovery of CRISPR has changed that.

CRISPR is a revolutionary genome-editing tool that allows scientists to precisely cut and modify DNA, offering potential breakthroughs in treating genetic disorders, improving crop resilience, and even combating infectious diseases.

However, this powerful technology also raises ethical and safety concerns, from unintended mutations to the prospect of human genetic enhancement.

This session will provide an accessible introduction to DNA and genome editing, highlighting cutting-edge research into newer CRISPR versions and their real-world implications.

Dr. Kelsie Doering received her PhD in Medical Genetics from UBC. She is now a faculty member in the Department of Biology at KPU, where she teaches genetics courses and runs her research program exploring the genetic response to cellular stress using the model organism *C. elegans*.



<b>DATE:</b>	Monday, October 6
<b>TIME:</b>	2:00 – 3:50 pm
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Dr. Kelsie Doering
<b>FACILITATOR:</b>	Sonya Furst, 778.833.3762, sonyafurst@outlook.com
<b>REGISTER BY:</b>	Thu Oct 2   To register see page 42

## FIELD TRIP: MARK-CREST FOODS PLANT

Have you ever wondered what it's like inside a food production plant? Mark-Crest Foods is a family-owned and operated company, founded in 1963 by Emil Glukler. Born in Switzerland, Emil trained as a Pastry Chef and immigrated to Canada in 1953.

Mark-Crest Foods started manufacturing in the basement of BC Ice & Cold Storage, producing frozen tart shells and pizza crusts for a small client base. From this modest start, the company has expanded to a firm with customers across Canada and the United States. It currently operates out of a SQF-certified facility in Langley.

Mark-Crest's reputation for manufacturing quality products and efficient service has become its trademark. They produce nearly 300 products, including puff pastry, ready-to-bake tarts, quiche crust, patty shells, crepes, pie and tart shells, pie top dough, short flake dough and finished products like fully baked heat and serve meat pies and appetizers.

Join Plant Manager Mike Meilleur for a tour of their facilities and a tasting of some of their most delicious products.

Capacity is limited, so register early!



<b>DATE:</b>	Tuesday, October 7
<b>TIME:</b>	10:00 am – noon
<b>LOCATION:</b>	Mark-Crest Foods, 19670 92A Ave., Langley
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Mike Meilleur
<b>FACILITATOR:</b>	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Thu Oct 2   To register see page 42

# HEARING LOSS

Hearing is one of our most vital senses, helping us connect with the world around us, communicate, and stay safe. Join us to learn more about how we hear, what happens when hearing loss occurs, and how modern hearing aid technology is transforming the way people reconnect to the world of sound.

Learn to recognize the signs of hearing loss, how to get the most out of hearing aids and how to use good communication strategies to help you or those around you to hear optimally.

Sandra Baker is a registered audiologist and hearing instrument practitioner, and a UBC Clinical Assistant Professor. She has been practicing for 24 years. She is the co-owner of Network Hearing Health Ltd. in Port Coquitlam, an independently owned and operated hearing clinic providing comprehensive hearing health care services.



**Do you belong to another group that might be interested in TALK?**

Contact our Marketing Chair for more information about a TALK presentation or a short article that could go in one of your newsletters.

DATE:	Wednesday, October 8
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Sandra Baker
FACILITATOR:	Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca
REGISTER BY:	Sun Oct 5   To register see page 42

# HUMAN INTELLIGENCE

*Morons, idiots, and geniuses*

Have you ever wondered why some individuals seem smart and some not-so-smart, and even plain dumb? Ever wondered if intelligence is a function of genetics or one’s upbringing? Or how an IQ test measure one’s intelligence? And if these tests are reliable?

This presentation will explore how the quest for assessing intelligence began, what attempts were made to identify the “normal”, the “gifted”, as well as those who fall below normal.

Importantly, we will examine how these attempts to find individual differences in intelligence contributed to the justification of social and economic discrimination and the political ambition of creating a superior human race.

Dr. Gira Bhatt teaches psychology at KPU. Her research focuses on youth well-being and involves academic-community partnerships. She is a recipient of KPU’s Distinguished Scholar Award and the Canadian Psychological Association’s award for “Distinguished Contributions to Public or Community Service”. She is also the co-chair of the “Cross-Cultural Round Table on Security” appointed by the Ministry of Public Safety Canada.



DATE:	Friday, October 10
TIME:	2:00 – 3:50 pm
LOCATION:	Surrey campus, Fir Building, Room 118
FEE:	\$15
GUEST PRESENTER:	Dr. Gira Bhatt
FACILITATOR:	Sonya Furst, 778.833.3762, sonyafurst@outlook.com
REGISTER BY:	Tue Oct 7   To register see page 42

## FIELD TRIP: HANDS-ON GENEALOGY

Bring your own genealogy history and begin or continue researching your family roots in this hands-on session with an expert from the Library.

Attendees should bring information about some of your ancestors, including full names, siblings' names, exact birth and death dates and details of where they lived. Start with parents and grandparents and find out where that leads you.

If you currently have a subscription to Ancestry.com or had a subscription in the past, you can also start with the information you have already stored in the database. If you do not have an Ancestry.com account, the library offers free access with the Ancestry Library Edition.

We will gather with Kay Burns at the Clayton Branch of the Surrey Public Library, work individually and then meet afterwards to discuss our success and accomplishments in this 2-hour session. Computers will be available to use, but feel free to bring your own device if you would be more comfortable using it.

Kay Burns is the Family History Librarian at the Cloverdale Branch of Surrey Libraries. Before pursuing a Master's of Information Studies from McGill University and beginning a career as a librarian, Kay studied history at UBC.

Afterwards, if you would like to, join us for lunch at your own expense. We will meet at the Clayton Public House at 5640 – 188 St., Surrey, a 7-minute drive from the library.

Capacity is limited so register early!



<b>DATE:</b>	Tuesday, October 14
<b>TIME:</b>	10:00 am – 12:00 pm
<b>LOCATION:</b>	Surrey Public Library – Clayton Branch / 7155 187A St., Surrey
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Kay Burns
<b>FACILITATOR:</b>	Carol Mitchell, 604.377.1657, cmbmitchell42@gmail.com
<b>REGISTER BY:</b>	Thu Oct 9   To register see page 42

## IMPROV IS FOR EVERYONE

Join us for an engaging and welcoming workshop designed to introduce participants to the foundational principles of improvisational theatre (improv). Led by Kelli Stevenson, this session explores the core concepts of improv, including the power of saying “yes,” the value of active listening, and the joy of spontaneous creativity. Whether you’re new to improv or simply curious, this workshop will offer a fun and supportive environment to play, explore, and connect.

Through guided exercises and group activities, Kelli will demonstrate how improvisation is not only a performance skill but also a powerful tool for communication, collaboration, and confidence-building. You’ll discover that improv truly is for everyone—no experience necessary, just a willingness to say “yes” and join in. Come as you are and leave feeling energized, inspired, and more connected to your creative self.

Kelli Stevenson is an educator, improv theatre facilitator, and lifelong performer dedicated to the transformative power of the arts. A board member of the Richmond Improv Theatre Society, she brings years of experience as both an actor and teacher, creating inclusive spaces where creativity, spontaneity, and connection thrive. Passionate about living joyously and in the moment, Kelli champions improv as a tool for growth, expression, and community-building for all.



<b>DATE:</b>	Wednesday, October 15
<b>TIME:</b>	4:00 – 5:50 pm
<b>LOCATION:</b>	Richmond campus, Room 2060
<b>FEE:</b>	\$15
<b>GUEST PRESENTER:</b>	Kelli Stevenson
<b>FACILITATOR:</b>	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
<b>REGISTER BY:</b>	Sun Oct 12   To register see page 42



# REVERSE MORTGAGES

## How to Unlock Home Equity Safely

In this session, mortgage expert Rich Ulvild will address key concerns, misconceptions, and questions associated with how reverse mortgages work for Canadian homeowners 55+. He wants you to understand the risks, rewards, and realities of reverse mortgages in Canada.

Drawing on case studies, Rich will outline important situations and considerations before deciding if this tool is right for you. While not for everyone, a reverse mortgage may make a real difference to your independence, depending on your circumstances, your values, and your goals.

Learn what you need to know before making an informed choice to safely unlock some of your home’s equity.

Rich Ulvild is a Seniors Lending Specialist and award-winning mortgage expert who’s passionate about helping Canadians 55+ unlock the value of their homes safely and wisely. Voted one of the Top 3 Mortgage Brokers in the Peace Arch News Readers’ Choice Awards 2024, Rich brings over 20 years of experience — and a deep commitment to serving his community.



DATE:	Monday, October 20
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Rich Ulvild
FACILITATOR:	Rose Marie Borutski, socionik@yahoo.ca
REGISTER BY:	Thu Oct 16   To register see page 42

# HEART HEALTH IN AGING

## Empowering Older Adults with Prevention and Management Strategies

This presentation will focus on heart diseases in the older adult, a critical concern since age increases the risk of conditions such as coronary artery disease, heart failure, atrial fibrillation, and valvular heart disease.

Preventive measures include lifestyle choices such as maintaining a heart-healthy diet, regular physical activity, and managing risk factors such as high blood pressure and cholesterol. For those with existing heart conditions, lifestyle changes and treatment options, from medication management to surgical interventions, will be discussed.

We will explore treatment challenges, including managing associated disease and issues involving the role of family members and caregivers. This presentation will emphasize the importance of personalized care, early detection, and a comprehensive approach to improve cardiovascular health and quality of life for older adults.

Jacqueline Lum works at the Royal Columbian Hospital Cardiac Clinic as a Nurse Practitioner and is an Adjunct Professor at the UBC School of Nursing Nurse Practitioner Program. She is also a Nurse Practitioner Leader in the Fraser Health Authority.



DATE:	Tuesday, October 21
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 134
FEE:	\$15
GUEST PRESENTER:	Jacqueline Lum, Nurse Practitioner
FACILITATOR:	Carol Mitchell, cmbmitchell42@gmail.com, 604.377.1657
REGISTER BY:	Thu Oct 16   To register see page 42

# THE HUMAN MICROBIOME

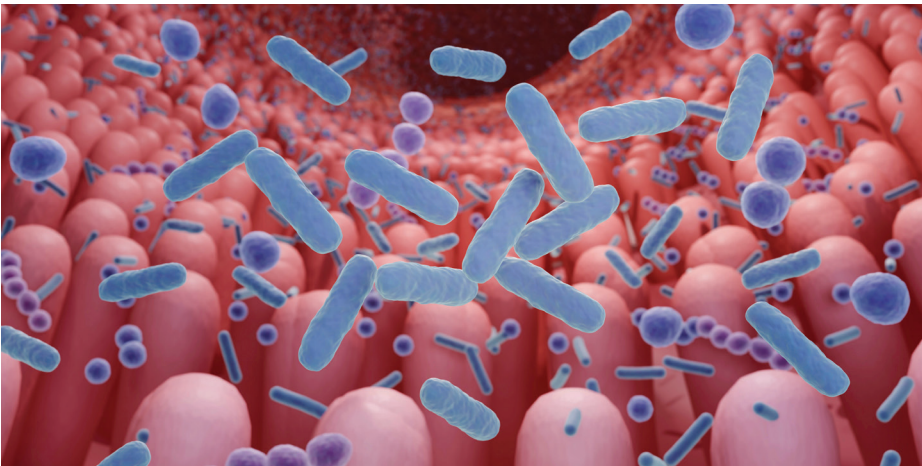
## Bugs 'R Us

The human microbiome (also known as normal flora) is comprised of thousands of species of microbes. Only recently have we begun to appreciate the role of these organisms in health, impacting diarrhea, obesity, various bowel diseases, type II diabetes, asthma, and even brain development.

In developed countries, we have gone to great lengths to minimize our exposure to microbes, both pathogenic and harmless. The Hygiene Hypothesis suggests that perhaps we have gone too far and actually need exposure to microbes early in life to develop normally.

This session will explore the role of the microbiome and new approaches to exploiting and manipulating our microbiome to enhance health and decrease disease.

Dr. B. Brett Finlay is a Professor in the Michael Smith Laboratories and the Departments of Biochemistry and Molecular Biology and Microbiology and Immunology at the University of British Columbia. He is also the co-author of the books *Let Them Eat Dirt* and *The Whole Body Microbiome*.



DATE:	Wednesday, October 22
TIME:	10:00 – 11:50 am
LOCATION:	Richmond campus, Room 2500
FEE:	\$15
GUEST PRESENTER:	Dr. Brett Finlay
FACILITATOR:	Patricia Warshawski, 604.542.7171, pwarshawski@shaw.ca
REGISTER BY:	Sun Oct 19   To register see page 42

# WHEN IS HOME HEALTHY FOR SENIORS?

How do seniors prepare for their aging years to stay at home in their community, be safe and enjoy their life? What are the essential components in their decision-making process to accomplish this task? What resources can the senior expect from their community and their family to support them?

So many questions need to be answered before we can feel comfortable about our decision to stay in our homes. You will be more informed after experiencing this session on seniors aging at home.

Shannon Parsons is a Registered Nurse, working as a Fraser Health Regional Clinical Resource Nurse for Home and Community Care services. Shannon is also the lead for Social Prescribing. She has worked in the Fraser Health community for 30 years, and her focus has been to support frail older adults to remain at home safely and improve their quality of life by connecting them to supports and services.

Margaret Lin is the regional project leader at Fraser Health Authority and has a Registered Nurse background. She leads regional projects that aim to support older adults' health proactively, such as the Frailty Pathway and Social Prescribing. She collaborates closely with partners in health authorities, community organizations, and universities to co-design these new care approaches. In addition, Margaret is a PhD Nursing student at UBC, researching integrated care models that support healthy aging.



DATE:	Friday, October 24
TIME:	10:00 – 11:50 am
LOCATION:	Cloverdale campus, Room 1853
FEE:	\$15
GUEST PRESENTER:	Shannon Parsons and Margaret Lin
FACILITATOR:	Carol Mitchell, cmbbmitchell42@gmail.com, 604.377.1657
REGISTER BY:	Tue Oct 21   To register see page 42

# FORAGED BEAUTY

## Floral art for crafty seniors

Did you know you can create nature floral art for your home from bits and pieces foraged from gardens or when out for a walk? What do you get out of this process? Excitement, enjoyment in the playing with and displaying of a finished product, but even more. It really is about curiosity, focused problem solving, and creativity, and therefore is great cognitive work for your brain.

While developing a piece of floral art and drawing on audience inspiration, Gerri Willms will discuss the principles, elements, and techniques of design. She will show us how to create beautiful works of floral art, from classy to wacky.

Retiring 12 years ago, Gerri Willms joined the BC Floral Art Society (BCFAS), finally devoting some real time to her flower arranging hobby. Skills grew, involvement grew, creativity was stimulated, and floral shows were entered. Gerri is now President and Program Leader for BCFAS, a floral show judge, and enjoys sharing her joy of floral art with others or, as her family says, “anyone who will listen”.



### TALK needs volunteers to operate!

Please join our Board, Program Committee or Marketing Committee. See more details at [www.kpu.ca/talk/volunteer](http://www.kpu.ca/talk/volunteer).

DATE:	Tuesday, October 28
TIME:	10:00 – 11:50 am
LOCATION:	Langley campus, West Building, Room 2135
FEE:	\$15
GUEST PRESENTER:	Gerri Willms
FACILITATOR:	Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a>
REGISTER BY:	Thu Oct 23   To register see page 42

# FROM DYLAN TO DIGITAL

## Making Musicians, Music and Meaning

Join Dr. Gordon Cobb for an inside look at a unique, hands-on music program that combines creative expression with real-world experience and social impact.

In this engaging session, Dr. Cobb will share how his students use music, media, and digital tools to explore issues of social justice. He will walk us through the journey his students take — from learning about the music industry and new media platforms, to producing their own “Wake-Up Social Justice Festival.”

Participants will hear stories, see examples of student work (including videos and performances), and gain insight into how music can be used as a powerful tool for personal reflection and political awareness. You’ll come away inspired by how young people are using creativity to make change — and maybe even reflect on your own beliefs in the process.

Dr. Gordon Cobb is Chair of KPU’s Music Department and lead developer for the rebranding of KPU Music and its new diploma program, as well as digital content producer for the President’s Office, the Provost’s Office, and the Faculty of Arts. He is a recipient of the KPU Justice, Equity, Diversity, and Inclusion Award (2022), Dean of Arts Service Award (2023), and Distinguished Service Award from the President’s Office (2025).



DATE:	Tuesday, November 4
TIME:	1:00 – 2:50 pm
LOCATION:	Langley campus, West Building, Room 1270
FEE:	\$15
GUEST PRESENTER:	Dr. Gordon Cobb
FACILITATOR:	Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a>
REGISTER BY:	Thu Oct 30   To register see page 42



Green Criminology

A relatively new though rapidly developing field, Green Criminology investigates the systemic and structural causes of environmental crimes and harms impacting human populations, but also animals, ecosystems, and the planet’s biosphere.

Some key questions will be considered in this session: What counts as crime when it comes to the environment? Who decides what is ‘criminal’ and what is ‘merely harmful’? Who are the main perpetrators, and are governments and corporations held to the same standards as individuals?

We’ll examine the wide-reaching impacts of state, corporate, and everyday actions on the environment, as well as the limitations of current civil, criminal, and regulatory responses. Also, how environmental harm is represented—or often misrepresented—in media and law, and why raising awareness is a crucial step in the pursuit of ecological justice, as green criminology calls for a rethinking of how we define, respond to, and prevent environmental harm.

Paula Hirschmann is a Criminology instructor at KPU, where she teaches courses in Green Criminology, social justice, and critical criminological theory. With a focus on the intersections of environment, justice, and power, Paula encourages students to critically analyze how systemic inequalities shape both environmental harm and responses to it.



DATE:	Wednesday, November 5
TIME:	1:00 – 2:30 pm
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Paula Hirschmann
FACILITATOR:	Rose Marie Borutski, socionik@yahoo.ca
REGISTER BY:	Sun Nov 2   To register see page 42

The liberation of the Netherlands

Canada played a significant role in the liberation of the German-occupied Netherlands during the Second World War, forging lasting bonds between the two nations.

Canadians landed in France on D-Day, 6 June 1944, fighting through the summer in the Normandy campaign. Afterwards, they advanced northeast through France, Belgium and the Netherlands.

In October and November 1944, Canadian and Allied forces defeated the Germans blocking the Scheldt Estuary. This offensive liberated the southern part of the Netherlands and gave the Allies shipping access to the vital port of Antwerp, Belgium. After pushing into Germany in early 1945, Canadian and Allied forces liberated large parts of the Netherlands in April and May.

The liberation of the Netherlands created an enduring friendship between Canadians and the Dutch that is still felt to this day.

“From the Scheldt region to my own hometown of Kampen, many Dutch families foster stories of the Canadian campaign across our little country. Eighty years later, we continue this remembrance in strong friendship between our nations.”

— Margriet Vonno, Ambassador of the Kingdom of the Netherlands to Canada

Join us for a 30-minute virtual tour of the Canadian War Museum in Ottawa hosted by the museum’s Director General, Madame Caroline Dramaguet, and a review and discussion of Canada’s role in the liberation of the Netherlands.



DATE:	Friday, November 7
TIME:	10:00 – 11:30 am
LOCATION:	ONLINE
FEE:	\$15
GUEST PRESENTER:	Jim Zalusky
FACILITATOR:	Jim Zalusky, 604.368.8500, jimzalusky1958@gmail.com
REGISTER BY:	Tue Nov 4   To register see page 42

Human and Natural History Stories

Argentina and Chile have a recorded history extending back five hundred years. Much of that time was tumultuous and has left a legacy of tales and legends.

Both countries are dominated by the high Andes whose crest forms the border between them. The massive Andes Mountains have created a spectacular landscape as well as a unique natural history. Plants, birds and animals have evolved here that occur nowhere else on earth.

In one lecture we can only scratch the surface of this fascinating region, but we are confident that you will find the stories of revolution, national heroes, tragedy, volcanoes and nature to be new and interesting.

Ron Long had a 36-year career as the Sciences photographer at Simon Fraser University. He travels, photographs and studies extensively. He gave us the Fascinating Native Flora of BC session in fall 2024.



Did you know that TALK now has Gift Cards available?

Give your friends the gift of lifelong learning. You can purchase these when you register for courses or at another time. Go to [www.kpu.ca/talk/courses](http://www.kpu.ca/talk/courses).

DATE:	Monday, November 17
TIME:	10:00 – 11:50 am
LOCATION:	Surrey campus, Fir Building, Room 336
FEE:	\$15
GUEST PRESENTER:	Ron Long
FACILITATOR:	Patricia Warshawski, 604.542.7171, <a href="mailto:pwarshawski@shaw.ca">pwarshawski@shaw.ca</a>
REGISTER BY:	Thu Nov 13   To register see page 42

Cloverdale Community Kitchen

Storehouse Community Hub Society (SCHS) – formerly Cloverdale Community Kitchen (CCK) – provides a food bank, mobile meals, community meals, a Christmas hamper program, temporary shelter and a clothing cupboard. Join Executive Director Marty Jones for a tour of this fascinating facility.

CCK began in 2011 when the City of Surrey and the RCMP approached Pacific Community Church and asked if they would provide meals for the homeless, as another organization had closed their kitchen. The first meals were served from a small kitchen. It was quickly realized a full-size commercial kitchen was required. Through community support and a grant from the Surrey Homelessness and Housing Society, a commercial kitchen was completed in 2013.

In 2024, CCK served about 45,000 hot, nutritious meals through its dinner program. Their Christmas Hamper Program helped over 1,100 families with food and toys. They also opened their doors for a temporary shelter, provided clothes to those in need through their clothing cupboard, and supported individuals and families with finding housing and getting back into the workforce. CCK’s vision is to help Cloverdale/Surrey/ Langley be a healthy and caring community for everyone. CCK won the Not-For-Profit of the Year award from the Cloverdale Chamber of Commerce in 2024.

If you can stay an extra hour or so after the tour and provide some assistance, extra hands are welcome and appreciated.

Capacity is limited so register early!



DATE:	Tuesday, November 18
TIME:	10:00 am – noon
LOCATION:	Storehouse Community Hub Society, 5337 180 St, Surrey
FEE:	\$15
GUEST PRESENTER:	Marty Jones, Executive Director
FACILITATOR:	Jim Zalusky, 604.368.8500, <a href="mailto:jimzalusky1958@gmail.com">jimzalusky1958@gmail.com</a>
REGISTER BY:	Thu Nov 13   To register see page 42



## SUSTAINING BC'S SALMON

Pacific salmon have enormous cultural, ecological, and economic importance in British Columbia.

Yet they are imperilled by human-induced and natural environmental challenges such as warming rivers, altered habitats, fishing, landslides, and fires.

In this session, Erika Eliason will discuss how salmon populations are vulnerable to these challenges and how we can support their resilience to ensure they thrive for generations to come.

Dr. Erika Eliason is a Research Scientist with Fisheries and Oceans Canada. Previously, she was Associate Dean of the Faculty of Science and Horticulture at KPU. She has received many awards for her work.



### How can I find the classroom for my on-campus course?

TALK facilitators put up golden coloured room signs. If you want to have an idea ahead of time, here is an interactive map to find your classroom on campus: [kpu.ca/current-students/find-your-classroom](https://kpu.ca/current-students/find-your-classroom).

DATE:	Wednesday, November 19
TIME:	1:00 – 2:50 pm
LOCATION:	Langley campus, West Building, Room 2075
FEE:	\$15
GUEST PRESENTER:	Erika Eliason
FACILITATOR:	Sonya Furst, 778.833.3762, <a href="mailto:sonyafurst@outlook.com">sonyafurst@outlook.com</a>
REGISTER BY:	Sun Nov 16   To register see page 42

## VIRTUAL AND AUGMENTED REALITY

Virtual Reality (VR) and Augmented Reality (AR) are revolutionizing various sectors of life.

In education, they provide immersive learning environments that make complex concepts more accessible.

In healthcare, VR and AR aid in surgical training, anatomical visualizations, and treatments.

Industries like gaming and retail leverage these engaging technologies to transform entertainment and shopping.

This session will provide an overview of some of those changes and will offer an exciting opportunity for you to play with these technologies.

Back by popular demand! Farhad Dastur is a faculty member in the Psychology Department at KPU. In addition to teaching, he has held several administrative, research, and consultative roles. In 2019, he founded KPU's Virtual Reality Lab, a creative hub where students and collaborators engage in research and educational projects. Farhad's first TALK course was in 2004. Over the years, he has lectured on visual illusions, evolutionary psychology, memory, the mind, aviation safety, the Amazon rainforest, frustrating everyday products and virtual reality.



DATE:	Friday, November 21
TIME:	10:00 – 11:50 am
LOCATION:	Richmond campus, Room 2500
FEE:	\$15
GUEST PRESENTER:	Dr. Farhad Dastur
FACILITATOR:	Rose Marie Borutski, <a href="mailto:socionik@yahoo.ca">socionik@yahoo.ca</a>
REGISTER BY:	Tue Nov 18   To register see page 42



## ARMCHAIR TRAVEL: CANARY ISLANDS

The Canary Islands are an autonomous province of Spain. Come with us on a tour of Tenerife, the largest of the Canary Islands.

Volcanic in origin, Tenerife has (technically) the highest peak in Spain (even though it's off the coast of Morocco), moderate temperatures, and millions of tourists annually.

Explore the coasts, the cities, the history, the interior, and the pleasingly Spanish ambiance of this island haven in the Atlantic Ocean.

Back by popular demand! Rick Chambers has been doing travelogues for the seniors' program in Ontario for over 12 years. He has travelled often, mostly in Europe and Canada. He has previously given TALK excellent travelogues on Ireland, Israel and Jordan, Scotland, Costa del Sol, and Umbria, Italy.



**YOU are our best marketing tool.**

Please tell your friends about TALK.

DATE:	Monday, November 24
TIME:	11:00 am – 12:30 pm
LOCATION:	ONLINE
FEE:	\$15
FACILITATOR:	Sandra Carpenter, 778.688.4181, surreysandra@gmail.com
REGISTER BY:	Thu Nov 20   To register see page 42

## FANTASTIC FILMS FROM AN ANXIOUS DECADE

### *Science Fiction in the Fearful Fifties*

Sometimes considered a golden age of science fiction films, the 1950s produced many of the genre's best (and worst) movies. Products of their times, many of these films reflected contemporary fears of nuclear war, radiation, invasion, infiltration, and loss of individuality, as well as social disruptions such as the post-war increase of women in the workforce.

Other films were optimistic and celebrated the future, with space exploration being a common theme, although there was always some trepidation about what we may find 'out there'.

Using still images and short clips, this two-week course will examine a variety of the decade's films from around the world and consider how they reflected the expectations and anxieties of audiences of the day.

Jim Rupert is a retired researcher with a background in genetics and human evolution. His lifelong interest in the natural sciences is reflected in a fascination for the interpretation and presentation of science in popular media, especially in science fiction films and TV programs. He has taught a number of these courses in the SFU Liberal Arts 55+ program and is currently working on a book about science fiction films from the silent era.



DATES:	Tuesdays November 25 & December 2 (2 sessions)
TIME:	10:00 - 11:50 am
LOCATION:	Richmond campus, Room 2060
FEE:	\$20
GUEST PRESENTER:	Dr. Jim Rupert
FACILITATOR:	Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com
REGISTER BY:	Thu Nov 20   To register see page 42

## YOUR ANTIQUES HAVE VALUE

How many antiques do you have in your house? Antiques are part of history. They play a role in almost everyone's life. To delve into any particular area requires much research. Antiques expert Lydia Bellan will help us understand why they are so important.

This presentation will be interactive – an opportunity to share your objects and have your questions about them answered. There will be no slides and only a limited amount of lecturing.

Instead, you are invited to bring items you cherish from your past (antiques, vintage items, collectibles) so you can learn about them and discover what they are and why they are important. Lydia will also share ways to move them on if you no longer want them.

Please join us for our own personal Antiques Road Show!

Lydia Bellan is an antique dealer/appraiser and has been in the business of antiques for 40 years. At one time, she owned an antique store, but now she does antique shows throughout the Lower Mainland and across Canada and the US. She has been on the very popular Antiques Road Show several times.



**DATE:** Wednesday, November 26

**TIME:** 10:00 – 11:50 am

**LOCATION:** Richmond campus, Room 2500

**FEE:** \$15

**GUEST PRESENTER:** Lydia Bellan

**FACILITATOR:** Gerry Boretta, 778.887.1497, gerrycamera3@gmail.com

**REGISTER BY:** Sun Nov 23 | To register see page 42

## NAVIGATING SOCIAL MEDIA AND THE DIGITAL WORLD

*Protecting yourself from online deception*

Are you worried about your vulnerability online?

In this presentation, you will learn how to recognize and avoid common online threats such as fake news, phishing scams, spam, and identity theft.

Through real-life examples and clear explanations, this session will equip you with practical tips to protect your personal information and stay safe while using social media and browsing online.

The workshop will include a presentation, demonstrations and plenty of time for questions and discussion.

Leland Dieno is the Director of Marketing & Digital Strategy at KPU, where he leads digital strategy, brand development, and marketing operations. With over 15 years of experience in both the public and private sectors, Leland brings a strong background in digital marketing, web development, and strategic communications.



**DATE:** Monday, December 1

**TIME:** 11:00 am – 12:50 pm

**LOCATION:** Langley campus, West Building, Room 2120

**FEE:** \$15

**GUEST PRESENTER:** Leland Dieno

**FACILITATOR:** Sonya Furst, 778.833.3762, sonyafurst@outlook.com

**REGISTER BY:** Thu Nov 27 | To register see page 42



What are the qualities or characteristics of a great leader? What happens when a country is ruled by someone who lacks these qualities or characteristics? And what happens to that country when it becomes paralyzed by partisan infighting and political backstabbing? These are just some of the questions raised by William Shakespeare’s early history plays, which remain as relevant today as they were when they were first written and performed more than 400 years ago.

In two sessions, we will examine the plays Henry VI and Richard III and their representation of the 15th century English civil wars known today as the Wars of the Roses. We will discuss the central themes, as well as some of their most memorable characters, including Joan of Arc, Margaret of Anjou, Henry VI and Richard III.

Finally, we will consider how Shakespeare used the political conflicts of 15th century England to comment indirectly on the fears and anxieties of his own time, and how the producers of recent TV adaptations have attempted to use them as a critical lens through which to view the dysfunctional political culture of our own time.

Because Shakespeare’s plays are best understood in performance, we will focus on specific stage and TV productions of these early history plays, including Barton and Hall’s The Wars of the Roses and the recent BBC production starring Benedict Cumberbatch, Dame Judy Dench, Hugh Bonneville and Tom Sturridge.

Paul Tyndall has taught courses in literature, film and popular culture at universities across the country and recently retired from teaching in the KPU English department.



<b>DATES:</b>	Fridays, December 5 & 12 (2 sessions)
<b>TIME:</b>	10:00 – 11:50 am
<b>LOCATION:</b>	Surrey campus, Fir Building, Room 116
<b>FEE:</b>	\$20
<b>GUEST PRESENTER:</b>	Dr. Paul Tyndall
<b>FACILITATOR:</b>	Heather Cross, 604.762.2469, hscross@outlook.com
<b>REGISTER BY:</b>	Tue Dec 2   <i>To register see page 42</i>

**What makes TALK different?**

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

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

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

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

**What is Amilia?**

Amilia is the online registration and payment system used by TALK. It is a Canadian based organization and the use of the system has been vetted and approved by TALK and KPU.

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

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

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

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

## FREQUENTLY ASKED QUESTIONS

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

Members are entitled to a refund of course fees if withdrawal occurs at least seven days before the course starts. TALK membership fees will not be refunded. If you would like to withdraw from a course, please call the TALK phone number 604-599-3077 or email [talk@kpu.ca](mailto:talk@kpu.ca).

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

Please contact the Program Chair Jean Garnett at [jeangarnett@shaw.ca](mailto:jeangarnett@shaw.ca) or 604.277.1130.

### **What happens if a course is cancelled?**

Registrants will receive a cancellation email notification that will request a response. If the TALK admin do not receive an email response, the TALK member will be phoned and notified of the cancellation of the course. A full refund will be provided.

### **What are the COVID-19 protocols for on-campus courses?**

At KPU, mask wearing is now a matter of personal preference. Use of masks in indoor public areas is strongly recommended. It is important that we respect the choices of everyone. Should the mask mandate change, we will update this information. You will receive notice of additional requirements (if applicable) with the reminder notice that is sent a few days before your class.

### **Is there parking available on campus?**

Parking is available on all Kwantlen campuses. The cost is \$5.00. Go to a Paystation located at main building entrances. Key in car license plate number; select time; then pay. Coin plus Visa and MasterCard are accepted at all Pay-by-Stall Paystations. Take receipt - no need to display on vehicle dash. The pass will be valid on all campuses for the day of purchase with displayed receipt. If you have a handicapped placard, parking is free in the marked handicapped spaces only. If you park in a regular stall, you are expected to pay. There is also free parking at the Newton Athletic Centre near the Surrey campus, a 10-15 minute walk. You can find more info about parking at [kpu.ca/parking-transit/maps](http://kpu.ca/parking-transit/maps).

## FREQUENTLY ASKED QUESTIONS

### **Why is the classroom so cold?**

Some rooms on campus have automated heat. They don't start to warm up until there are bodies in the room to trip the motion detectors. We recommend you dress in layers.

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

No need to worry! KPU has a special Zoom licence. All your personal information stays within Canada. The routing to the meeting is encrypted, your personal information is not disclosed, and there is no impact on your privacy. KPU uses your contact information only to ensure you are registered in TALK courses and receive information about them.

### **When will I receive my Zoom link?**

You should receive your Zoom invitation from [notifications@amilia.com](mailto:notifications@amilia.com) two or three days prior to the scheduled session. This will include the link to your Zoom webinar or meeting, and any handouts the presenter has supplied. Please read this email carefully for any special instructions. Ensure that you have listed [notifications@amilia.com](mailto:notifications@amilia.com) in the Safe Senders tab in your email server's Junk Mail Options. If you have not received the link by the day before the session, please contact us immediately through [talk@kpu.ca](mailto:talk@kpu.ca) or call us at 604.599.3077 so that we may resend you the link.

### **How can I give feedback to the TALK organizers?**

We love hearing from you. To send written comments on courses or suggest future courses or presenters, please send an email to [talk@kpu.ca](mailto:talk@kpu.ca) with "feedback" in the subject line.

### **How do I buy a TALK gift card for a friend?**

Go to [www.kpu.ca/talk/courses](http://www.kpu.ca/talk/courses), Click on Register for Courses, Click Login (upper right of screen) and enter your email and Amilia password. Click on Gift Cards (under the TALK logo) and choose an amount. Add recipient name, email and message and Add to Cart. You can do this at the same time you are paying for your membership and registering for courses or any time.

# HOW TO PARTICIPATE IN A TALK WEBINAR

## Just a few simple steps!

Go to our website [kpu.ca/talk/courses](http://kpu.ca/talk/courses). Sign up and pay for a webinar course on *Amilia*.

1. A few days before your course, you will receive a reminder email from *Amilia* with a link to the webinar and a password.
2. **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 [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.) You will be placed into a wait room until the start of the session.
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.
5. If unable to join the Zoom webinar send email with "technical difficulties" in the subject line and your telephone number. We will try to call you to see if we can assist you.

**Did you know that most TALK Zoom webinars are recorded and the link to the private video is sent to those registered after the class?**

This means you can register with confidence that, if you can't attend, you can still watch the presentation later.

### 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 are 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 are code number). Some of the slides might be hard to see on the small screen.

# TALK REGISTRATION CALENDAR

**To apply for membership in TALK (\$10 Sep 1/25 – Aug 31/26) and to register for fall 2025 events, please visit <https://www.kpu.ca/talk>.**

Here is the list of available courses and activities for winter/spring 2025.  
For quick reference, you may wish to keep track of your *Amilia*:

ID# \_\_\_\_\_ Username \_\_\_\_\_ Password \_\_\_\_\_

### I wish to enroll in the following courses:

	COURSE	LOCATION	DATE(S)	TIME	FEE
<input type="checkbox"/>	Field Trip: Cranberry Bog	Offsite	Sep 26	10 am	\$15
<input type="checkbox"/>	<b>Special Event: AI and ChatGPT</b>	Offsite	Sep 29	1:00 pm	free
<input type="checkbox"/>	Salish Sea Gull Project	Online	Oct 1	11:30 am	\$15
<input type="checkbox"/>	Today's Political Landscape	Online	Oct 3	10 am	\$15
<input type="checkbox"/>	CRISPR: editing the genome	Richmond	Oct 6	2 pm	\$15
<input type="checkbox"/>	Field Trip: Mark-Crest Foods	Offsite	Oct 7	10 am	\$15
<input type="checkbox"/>	Hearing Loss	Online	Oct 8	10 am	\$15
<input type="checkbox"/>	Human Intelligence	Surrey	Oct 10	2 pm	\$15
<input type="checkbox"/>	Field Trip: Hands-on Genealogy	Offsite	Oct 14	10 am	\$15
<input type="checkbox"/>	Improv is for Everyone	Richmond	Oct 15	4 pm	\$15
<input type="checkbox"/>	Reverse Mortgages	Online	Oct 20	10 am	\$15
<input type="checkbox"/>	Heart Health in Aging	Surrey	Oct 21	10 am	\$15
<input type="checkbox"/>	The Human Microbiome	Richmond	Oct 22	10 am	\$15
<input type="checkbox"/>	When is Home Healthy for Seniors?	Cloverdale	Oct 24	10 am	\$15
<input type="checkbox"/>	<b>AGM: Understanding Bitcoin</b>	Surrey	Oct 27	10 am	free
<input type="checkbox"/>	Foraged Beauty	Langley	Oct 28	10 am	\$15
<input type="checkbox"/>	From Dylan to Digital	Langley	Nov 4	1 pm	\$15
<input type="checkbox"/>	Crimes Against Nature	Online	Nov 5	1 pm	\$15
<input type="checkbox"/>	Canada at War: Netherlands	Online	Nov 7	10 am	\$15
<input type="checkbox"/>	Chile and Argentina	Surrey	Nov 17	10 am	\$15
<input type="checkbox"/>	Field Trip: Storehouse Community Hub	Offsite	Nov 18	10 am	\$15
<input type="checkbox"/>	Sustaining BC's Salmon	Langley	Nov 19	1 pm	\$15
<input type="checkbox"/>	Virtual and Augmented Reality	Richmond	Nov 21	10 am	\$15
<input type="checkbox"/>	Armchair Travel: Canary Islands	Online	Nov 24	11 am	\$15
<input type="checkbox"/>	Fantastic Films from an Anxious Decade	Richmond	Nov 25, Dec 2	10 am	\$20
<input type="checkbox"/>	Your Antiques Have Value	Richmond	Nov 26	10 am	\$15
<input type="checkbox"/>	Navigating Social Media	Langley	Dec 1	11 am	\$15
<input type="checkbox"/>	Shakespearean Politics	Surrey	Dec 5, 12	10 am	\$20

### Do you belong to another group that might be interested in TALK?

Contact our Marketing Chair Sonya Furst ([sonyafurst@outlook.com](mailto:sonyafurst@outlook.com)) for more information about a TALK presentation or a short article that could go in one of your newsletters.

### Online 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](http://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](http://kpu.ca/talk/courses)
2. Once there, register for courses and create your *Amilia* account if you don't already have one
3. Lastly, pay online by credit card or e-cheque (a direct payment from your bank)

*That's it!*

When setting up your *Amilia* account, please ensure that you check the boxes to receive emails from Third Age Learning at Kwantlen (TALK) [talk@kpu.ca](mailto:talk@kpu.ca) and the *Amilia* team [notifications@amilia.com](mailto:notifications@amilia.com).

For more detailed help with this registration process, please check out the "Online Registration Guide" that is on the TALK Courses & Registration webpage: [kpu.ca/talk/courses](http://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](mailto:talk@kpu.ca).

### Did you know?

- You can look up the map of the KPU campus ahead of time to see where your classroom is located.
- Go to [kpu.ca/current-students/find-your-classroom](http://kpu.ca/current-students/find-your-classroom) and then click on the appropriate campus. Scroll to increase the size of the map.

- » Great way to connect with others who enjoy learning
- » Helps you stay current and relevant
- » Courses are presented by professionals
- » High quality content at a reasonable cost
- » Enthusiastic, volunteer instructors
- » Adds structure to your life and activities to look forward to
- » Great variety of topics suggested by members
- » Some courses are online (how to access included)
- » On-campus courses with safety protocols in place

**All this leads to a greater satisfaction with life and enhanced mental fitness. Only \$10 per year to belong. Course costs kept very low. TALK is cheap!**





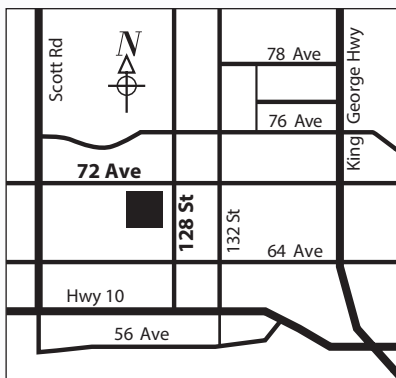


**KPU Langley Campus**  
20901 Langley By-Pass, Langley

**Horticulture Field Lab**



**KPU Richmond Campus**  
8771 Lansdowne Rd, Richmond



**KPU Surrey Campus**  
12666 72 Ave, Surrey



**KPU Tech Campus (Cloverdale)**  
5500 180 St, Surrey

# TALK

*Third Age Learning  
at Kwantlen*

**kpu.ca/talk**  
**talk@kpu.ca**  
**604-599-3077**



**KWANTLEN  
POLYTECHNIC  
UNIVERSITY**

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