

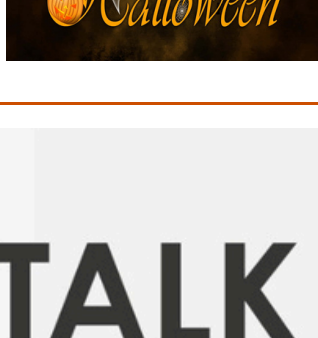
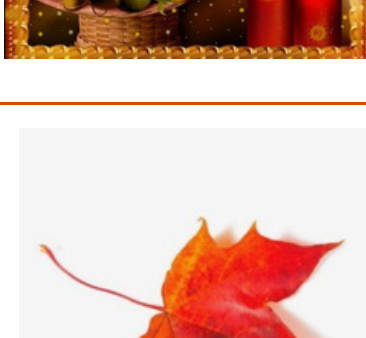
# TALK

Third Age Learning  
at Kwantlen

Third Age Learning at Kwantlen (TALK) in partnership with Kwantlen Polytechnic University has a long commitment to learners over the age of 50 and allows them to explore a diverse offering of programs and stay connected with other lifelong learners.



*Celebrating 25 Years of Lifelong Learning with creative and stimulating educational activities for adults over 50*



**TALK**  
Third Age Learning  
at Kwantlen

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

**FALL 2025**

**Courses start September 26**

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

## TALK's Classes in October

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

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)

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

TALK uses a secure Canadian company called Amilia to process online registrations. If you have any difficulty or questions, you can phone the TALK office at 604-599-3077 or email [talk@kpu.ca](mailto:talk@kpu.ca) for assistance. Your call will be returned within two business days.

## Classes in Review



### Field Trip: Craigdarroch Castle tour at Victoria, May 7, 2025

Facilitated, written by and photos by Jim Zalusky

It was quite the adventure for 18 enthusiastic members of our TALK program who ventured forth on a beautiful day for a full day of commuting and comradery. Members met at the BC Ferries Tsawwassen terminal for a free ferry ride (Seniors 65+) followed by a couple of bus routes and a short walk to the Castle.

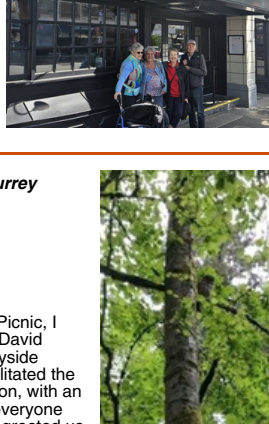
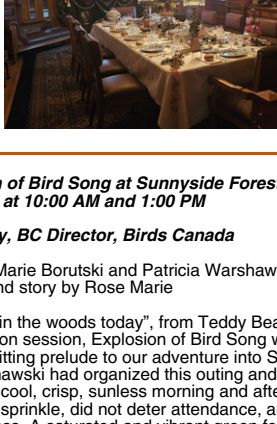
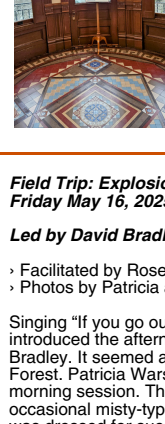
Craigdarroch Castle is a definitively Victorian experience. It is a shining example of a "bonanza castle" — massive houses built for entrepreneurs who became wealthy during the industrial age. In this case, the industrialist was Robert Dunsmuir, a Scottish immigrant who made his fortune from Vancouver Island coal.

This legendary Victorian mansion, built between 1887 and 1890 on a hill overlooking the City of Victoria, announced to the world that Robert Dunsmuir was the richest and most important man in Western Canada.

In 1887, two years after the last spike had been driven on the E&N Railway, and five years after he started accumulating 28 acres of property, Robert Dunsmuir gave the orders to start building Craigdarroch. There were still three Dunsmuir daughters who were not married, and the mansion would be the perfect venue to launch them into married life. Unfortunately, he died in April 1889 before the house was completed. After Robert's death, Joan spent some time traveling in Europe. Her sons oversaw the completion of the construction while she was in Europe and Joan, with her three unmarried daughters and two orphaned grandchildren, took up residence in 1890 to 1908.

The immense fortune of the Dunsmuir family is reflected in the four floors of exquisite stained-glass windows, intricate woodwork and fabulous Victorian-era furnishings.

After the tour, it was time for a late lunch at the Sticky Wicket Pub in downtown Victoria and a late return to Tsawwassen. Good times had by all.



### Field Trip: Explosion of Bird Song at Sunnyside Forest, Surrey Friday May 16, 2025, at 10:00 AM and 1:00 PM

Led by David Bradley, BC Director, Birds Canada

Facilitated by Rose Marie Borutski and Patricia Warshawski  
Photos by Patricia and story by Rose Marie

Singing "If you go out in the woods today", from Teddy Bear's Picnic, I introduced the afternoon session, Explosion of Bird Song with David Bradley. It seemed a fitting prelude to our adventure into Sunnyside Forest. Patricia Warshawski had organized this outing and facilitated the morning session. The cool, crisp, sunless morning and afternoon, with an occasional misty-type sprinkle, did not deter attendance, and everyone was dressed for success. A saturated and vibrant green forest greeted us - a photographer's dream.

Most often — and we witnessed this while on our walk-about — people walk with their dog, with another person or two, push a stroller, or run, all focused on exercise or chatting, or both. But our outing asked for a slowing down - a meander and saunter, lesson number one.

And we were to not chat so much, as listen. David demonstrated, cupping his hands over his ears like vintage hearing-aid trumpets — it's all in the listening. Easy to say. Harder to do! Lesson number two.

Fresh into our walk, we heard a robin's urgent high-pitched chortles, sounding the alarm, a signal something was up. Sure enough, they were alerting the Barred Owl, that we then got to see, sitting ever so quietly, peacefully in the tree. Robins, and their feathered allies, do more than sound alarms; they actively mob and dive-bomb to shoo the owl out of their territory. Except, Barred Owls and robins share not only early mating season, but the mid-canopy in a forest, so it is rather difficult to keep out of each other's space and face. It is not only baby Barred Owls that have fledged mid-May, so have robins. And they seem to be saying we are not available for *breakfast, lunch, snack, dinner, or sup.* — thank you very much.

Lesson number three. Birds making a racket. Go see what they see. You might spot an owl!

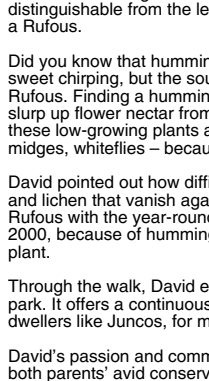
David showed us how to tune into the forest's soundtrack. While we did not see all of the birds we heard, David Bradley was amazing — despite he doesn't mimic bird calls. He identified 17 birds by sound alone, and helped us distinguish the sounds, through words like cha-cha-cha, chick-a-dee-dee-dee, chirp (I thought cherub), cheep, chip-chip-chip, chit, chit-chit chi-chi, chortle, chur, hoo-hoo, hoo-hoooh (who-cooks-for-you), mew, pwee-pwee, stuck-stuck, tweep, tweet, trill, tsee-tsee-tsee, twitter, twizzle, whistle, whit, high, low, long, short, song or call, and of course change the pitch harmonics depending on friend or foe, impress or defend, local dialects, and mimicking. So then it is little wonder that participants expressed surprise at the number of birds sounds that were heard, even though sightings were rare.

Identifying birds by sounds seems like a mathematically impossible task.

But it did then seem like an explosion — of chorus in the forest — with the afternoon session apparently quieter than the morning one!

How long will these sounds stick with you? Seconds! Lesson number four: practice. Without practice, memory of the sounds fades fast. Recording the sounds, slowing them down, you begin to hear the rhyme, rhythm, and reason.

Here is a words-up challenge. Match the bird vocalizations from the commonly used human descriptive words listed above, to the list of birds we heard.



Barred Owl  
Orange Crown  
American Robin  
Spotted Towhee  
Warbling Vireo  
Wilson's Warbler

Hairy Woodpecker  
Warbler Pacific Wren  
Rufus Humming  
Swainson's Thrush  
Western Flycatcher  
Yellow-Rumped Warbler

Dark-Eyed Junco  
Red Breasted  
Nuthatch Bird Song  
Sparrow Townsend  
Warbler Western  
Tanager

As David focused attention on tree snags, and holes, where small and big woodpeckers feed and live, we were able to see a Hairy Woodpecker fly in with a feed. Yes, we were quiet enough to hear the mewing of the baby birds — *feed me, feed me, feed me.* Except, despite both the male and female Hairy Woodpecker being present on the snag and on a branch, our presence made them hesitant to approach the nest.

How do you distinguish between the Downy and Hairy Woodpeckers? If you spy a red patch on the head, you are seeing the MALE of these species. The Hairy Woodpecker is larger, about nine inches, the size of a Robin; the Downy's shorter and plumper, about six inches. Importantly, look at the size of the beaks. A long slender beak, the size of the head, and it's a Hairy, compared to the shorter stubbier beak, half the size of the head, for the Downy.

While standing beside a clearing, a fairly open patch of the forest, decorated with the low growing Salal, white Thimble Berry blossoms, and Orange Honeysuckle, David turned our attention to finding the hummingbird perched on the top of a deciduous tree — barely distinguishable from the leaves. We did find it, with and without binoculars. David identified it as a Rufous.

Did you know that hummingbirds can be identified through sound as well, not just their sweet-sweet chirping, but the sound of their wings as they whiz by. If you hear the whir or whirl, it is a Rufous. Finding a hummingbird where we did, it was all about location, location, location. They slurp up flower nectar from the likes of Salal, Herb Robert, Honeysuckle, and Thimble Berry, but these low-growing plants also provide insect habitat. Hummingbirds snatch aphids, gnats, midges, whiteflies — because hummingbird babies need protein, not sugar water.

David pointed out how difficult it was to see hummingbird nests, with their cups made of moss and lichen that vanish against branches covered in lichen and moss. He compared the migratory Rufous with the year-round Anna's Hummingbird, which began overwintering locally around 2000, because of hummingbird feeders — an invasive species of sorts, like the Scottish Broom plant.

Through the walk, David emphasized the ecological richness of Sunnyside as a forest versus a park. It offers a continuous expanse of habitat with multiple vertical layers, niches for ground-dwellers like Juncos, for mid-level woodpeckers, and for canopy dwelling warblers.

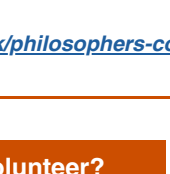
David's passion and commitment to bird life is rooted in childhood, as he grew up in Nairobi, with both parents' avid conservationists. With his PhD in Avian Behavioral Ecology and fieldwork spanning New Zealand and Central America, and now studying an invasive mammalian predator in Haida Gwaii (one of his favorite natural environments) and migration tracking of the Long-billed Curlew in the Kootenay Mountains, he demonstrated how he is a natural educator, and storyteller.

What does a typical day look like for David? It is not a walk in the forest. It is doing heavy duty lifting administrative work, sitting at a desk. This day, he made us curious, and inspired us to stop, look, and listen to the chorus of the forest.

David Bradley is the Director of the BC program at Birds Canada. He is not only interested professionally in birds but also holds a deep passion for their conservation and welfare. He holds a PhD in Avian Behavioral Ecology which he obtained in New Zealand studying the re-introduction biology of a near flightless endemic songbird.

I have been interested in birds and their conservation for as long as I can remember. Prior to my current role, I completed a postdoc at our Birds Canada head office in Ontario and the University of Guelph on migration and breeding phenology in Tree Swallows. My Ph.D. was conducted in New Zealand on the ecology and conservation of an endangered endemic bird, the North Island Kokako. I have also been involved in behavioral studies of Neotropical birds in Mexico, Costa Rica, Panama, and Colombia.

## Philosophers' Corner in October



TOPIC	LOCATION	DATE
How do we define freedom?	Richmond	Oct 2
Thick soup or stew: are we splitting hairs?	Surrey	Oct 9
Do business owners have the right to refuse service to customers?	Langley	Oct 23

For more information, please visit: [www.kpu.ca/talk/philosophers-corner](http://www.kpu.ca/talk/philosophers-corner)

## Interested in becoming a TALK Volunteer?



**VOLUNTEERS NEEDED!**

Here are some of the volunteer opportunities TALK has to offer

- Become a Course Facilitator
- Join the Board and/or the Program Committee
- Become a Presenter

For information, please visit: [www.kpu.ca/talk/volunteer](http://www.kpu.ca/talk/volunteer)

## TALK IS ALSO LOOKING FOR MARKETING COMMITTEE VOLUNTEERS

Do you prefer spending your time on the computer or chatting with people?  
Do you like organizing or writing? Would you rather research or generate?  
Whatever your preference, we have a place for you.

We are a unique combination of people with similar interest in education for people 50+.  
Check us out; we would love to have your skills, talents and company!

We are seeking volunteers willing to help in the following areas:

- Content Writer; Graphics Creator/Designer
- Contacting Media, Leisure Guides, Newspapers and various Senior Publications to submit promotional material

For a detailed description on these roles, please email: [talkwantlen@gmail.com](mailto:talkwantlen@gmail.com)  
Website: [www.kpu.ca/talk](http://www.kpu.ca/talk)

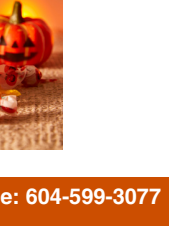
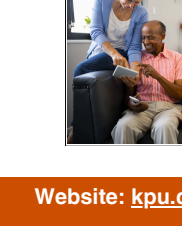
## Upcoming TALK Events

### Annual General Meeting

**Understanding Bitcoin**, Monday, October 27<sup>th</sup> from 10 am to 12 pm, Surrey campus, Cedar building, Room 1205.

Free for TALK members, registration required through this link:

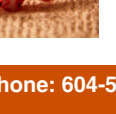
[TALK'S ANNUAL GENERAL MEETING | Courses | Third Age Learning at Kwantlen Store](http://www.kpu.ca/talk/annual-general-meeting)



## Lifespan Cognition Lab

KPU's Lifespan Cognition Lab is currently recruiting participants for an online research study.

For more information, please visit: [www.lifespancognition.com](http://www.lifespancognition.com)



<b>WHAT?</b>	A paid multi-year research study. Payment starts at \$20 CAD and increases by \$5 each time you return.
<b>WHY?</b>	To understand how thinking develops across the lifespan.
<b>WHO?</b>	People between the ages of 10-15, 18-23, 40-45, and 65-70.
<b>WHEN?</b>	Right now! You will also be asked to return in following years.
<b>WHERE?</b>	It is completely online.
<b>HOW?</b>	To see if you are eligible, visit <a href="http://lifespancognition.com/participate">lifespancognition.com/participate</a>



## Celebrations and holidays in October

- October 1: National Seniors Day
- October 13: Thanksgiving Day
- October 31: Halloween

