



KPURA News

Volume 7
Issue 1
August
2023

2023 AGM Online and in Person @ WSD

Board of Directors Report

The KPURA Board of Directors has been busy these last few months. A significant initiative has been to reach out to KPU employees that are planning retirement in the near future. Several Board members attended KPU Day held on April 28. On May 30 KPURA Board members presented the benefits of membership to several dozen KPU employees during an online 'Retirement Lunch and Learn' session organized by Human Resources. We hope to continue these presentations and fine tune our message to better support those that are transitioning to retirement.

Our 2023/2024 Board Officers were assigned at the first meeting after our AGM held April 17 at the Richmond Campus.

Currently there are nine Directors, but we have capacity for eleven. If you would like to serve on the Board, we would love to have you join us for our monthly online meetings.

Your 2023-24 Board of Directors:

- Chair – **Carol Barnett**,
- Vice-Chair – **Terri Van Steinburg**,
- Secretary – **Alice Macpherson**,
- Treasurer – **Roger Elmes**,
- Members at Large –
- Events – **Sooz Klinkhamer**,
- Liaisons – **Sandra Carpenter**,
- Bob Perkins**,
- Yale Shap**, **Geoff Dean**

Keeping Connected

Upcoming Events



Margaret Franz presents at the Vancouver Police Museum on July 27: Between Blade and Bullet



Picnic at Crescent Park on September 7. Page 2, 3

Event Reports and More



KPU Day, The Gala, Chinatown, and the AGM Keynote

Between Blade & Bullet: The Mary Steinhauser Story

by Margaret Franz (KPURA Founding Member)



Soon after retiring from KPU in 2015, I picked up the manuscript I'd begun forty years before in 1976. This unfinished manuscript was the first seven chapters of a biography/memoir about my late sister Mary entitled BETWEEN BLADE & BULLET: THE MARY STEINHAUSER STORY. My book would be about the amazing life and tragic death of my very brave and beautiful sister, Mary, who gave her life for her country. She was a psychiatric nurse, social worker and Canadian peace officer. It was during a botched rescue attempt by a prison tactical squad during a 41 hour inmate escape attempt and hostage taking at the BC Penitentiary in New Westminster, BC. that Mary was killed. Her death shook the country and made headlines around the world.

In order to write the latter chapters of my book, I consulted various source materials. They consisted of hundreds of newspaper clippings I'd collected in the two years following Mary's death; the Report of the Commission of Inquiry into events at BC Penitentiary June 9 to 11, 1975; and the witness testimonies as they were recorded verbatim in the 2,237 pages of the 1976 Coroner's Inquest into the death of MARIA ELIZABETH STEINHAUSER.

After finishing my research, I began to write in earnest and submitted my completed manuscript to my publisher in late 2019. Over the next year, numerous rounds of edits and publishing tasks followed. Then, after 46 years from inception to its final iteration as a 270 page book, BETWEEN BLADE & BULLET: THE MARY STEINHAUSER STORY was launched in April 2021. What an exciting time it was!

Since that day, it's been a whirlwind of activity, and I've been kept very busy, especially in promoting and marketing my book through social media and zoom meetings, showing up in person at book signings and sales at various bookstores throughout the Lower Mainland and also at speaking engagements at conferences and institutions in the Lower Mainland.

From the first few book reviews for BETWEEN BLADE & BULLET: THE MARY STEINHAUSER STORY until today, I'm so pleased to report that the universal response of my readers to BB&B has been a very positive one. Readers really like the story and the readability of the text. Book sales have been very robust and Amazon Book reviews show an average score of 4.6.

Join Margaret at her next Speaker's Presentation & Book Signing

at the:

**VANCOUVER POLICE
MUSEUM & ARCHIVES**
240 E Cordova, Vancouver
Thursday July 27th
6:00p-8:00pm

Tickets Available at:

<https://www.eventbrite.com/e/between-blade-bullet-a-discussion-with-margaret-franz-tickets-670385339597?aff=oddtcreator>

BETWEEN BLADE & BULLET
THE MARY STEINHAUSER STORY
A DISCUSSION WITH AUTHOR MARGARET FRANZ
A VPMA SPEAKER SERIES EVENT

Mary Steinhauser
Margaret Franz

Book Cover Photo: Erica Franz

JULY 27TH, 2023
6PM - 8PM
\$ 20.00
VANCOUVER POLICE MUSEUM AND ARCHIVES
240 E CORDOVA ST

Picnic at Crescent Park

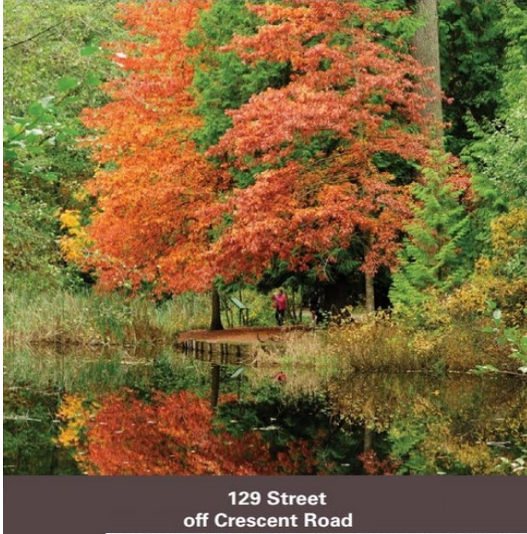
September 7, 11:30 am to 2:30 pm. Please let us know if you can come by email to kpura@kpu.ca

Sooz Klinkhamer – Events Coordinator

Join us for a Picnic!!

Location – Crescent Park, 129th Street and 28th Ave in South Surrey, BC, September 7.

Our last picnic was in 2021 and was lovely so it is time to do it again!



Crescent Park is a large 52 hectare (128 acre) destination park in South Surrey. The Park offers walking trails through mature second growth forests, with ponds, streams and lots of secret meadows to discover. It is home to numerous species of birds that prefer the dense undergrowth, as well as ducks and kingfishers that use the small ponds.

The park's wildlife, open fields, covered picnic shelters and forested trails make it a relaxing destination and a place of discovery.

There are 2 [picnic shelters](#) in Crescent Park located at the north end of the meadow, north of the playground and about 100 metres from washrooms. Picnic shelters are available on a **first-come, first-serve** basis – We plan to arrive on September 7 around 11 am to claim at least one of them.

We invite you to gather after 11:30 am, bring a picnic lunch with you, a folding chair, or anything else you like. KPURA will supply Cookies for dessert.

We look forward to the opportunity for chatting, reminiscing, and catching up with old friends and colleagues.

Everyone is invited and welcome!

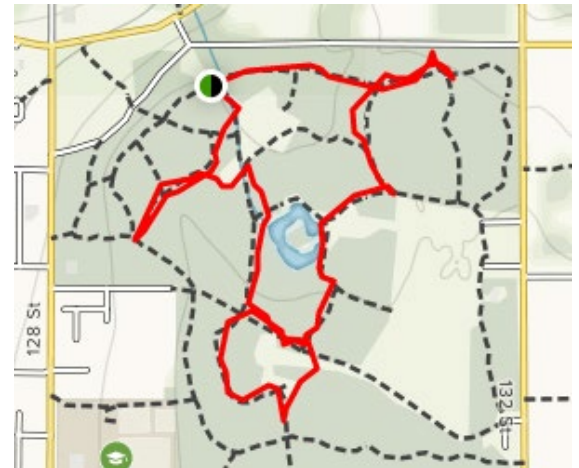
Activities Before or After

For those who want to make it a day's outing:

- ✓ Walk the promenade and pier at White Rock (15 minute drive)
- ✓ Walk the beach and Blackie's Spit at nearby Crescent Beach (5 minute drive)
- ✓ Walk the Nature Trails in Crescent Park. A loop made of the outermost trails is about 3.8 km long with many options for shorter loops. <https://flipbook-surrey-ca.cld.bz/Nature-Trails-Brochure-Flipbook1/7/#zoom=z>

Please let us know if you plan to come so we have enough cookies! kpura@kpu.ca

Set your GPS for 13723 Crescent Road - Surrey, BC the location of the Historic Stewart Farm. This will take you off of Hwy 99 to Crescent Road. When you start to see signs for the farm, keep going on Crescent Rd. PAST the farm toward Crescent Beach and turn LEFT on 129 St. at 28th Avenue which will take you directly into the correct parking lot.



Looking Forward to Seeing Everyone Who Can Join Us

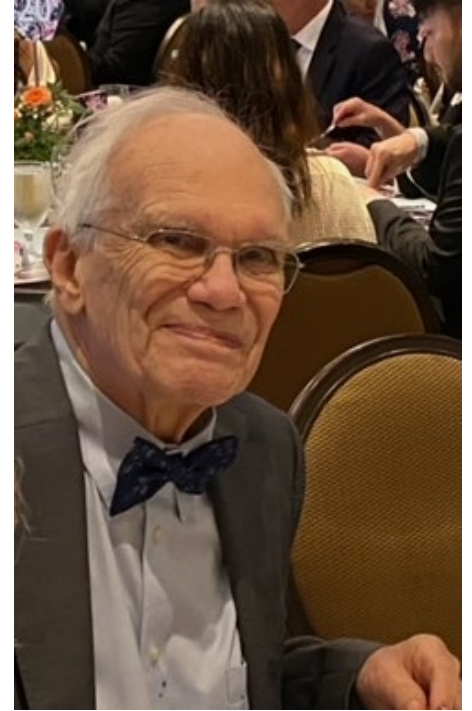
KPURA Event Reports

KPU Legacy Gala

April 29, 2023 at the Sheraton Guildford Hotel

Here is a bit of a summary of the KPU Gala event. Held at the Guildford Sheraton Hotel, there were over 300 attendees. The evening's activities were 'packed'. Members of KPURA attending were Yale and Valerie Shap, Sandra Carpenter, Barbara Thomas-Bruzzese, Richard Hartfiel, Sooz Klinkhamer, and friend Bill Day.

President Dr. Alan Davis, in his remarks and commentary about KPU's history, made special mention of Bill Day (on right) "as the President of Douglas College at the time that the formation of a new college south of the north arm of the Fraser River was announced". That was 1981. Bill stood and was recognized by applause from the attendees.



We also had two KPU students at our table. Kaitlin (middle right above) was one of three students who addressed the group, speaking of her personal medical hardships in her journey to accomplish her education and the assistance provided to her by KPU to support her in working to complete her degree. Her sister Sara was with her for moral support. It was a pleasure to meet them and have a conversation over dinner. (The salmon plate in the foreground was intended as Terri's main course. Unfortunately, Terri was unable to attend – but fear not – the salmon was consumed by another at the table.)

Following the main course, we were encouraged to stand and learn Bhangra before re-seating and enjoying dessert.

It was a very enjoyable evening, with 50/50 draws, a silent auction of nearly 100 items, and a door prize of 52 \$100 gift certificates from one of the many sponsors of the evening (Save-On-Foods).

As we departed the event, I took the opportunity to approach Randall Heidt, KPU's Vice-President External, and thanked him for the generous offer of a complimentary table for members of KPURA to attend. He expressed his pleasure that we were able to join the Legacy gala, and looked forward to future interactions with our association.



*Sooz Klinkhamer
KPURA Events Coordinator*

Chinatown Walk and Lunch on June 8

On a late Spring day, June 8, fifteen members and friends joined Maurice Guibord, our tour guide, and had a pleasant and leisurely walk through Vancouver's Chinatown.



Like Chinatowns around the world, the question remains – what to do about Chinatown? It's historic, but what, really, are we/they trying to preserve?

The history of Chinatown is the history of racism – how the colonial government ensured that they got cheap labour when they wanted it, how the white settler population kept that labour where they and those in power wanted them, and how these people could get rid of that labour when they were done with it.

Maurice explained that later, Chinatown became exotic, a place to explore, including after hours. And at the same time, the Chinese residents were getting older and their young were leaving the Chinatown neighbourhood in droves.



All photos by Jim Murray



There is a gorgeous public garden -Sun Yet Sen Garden, but so close to the Downtown East Side that the issues within that neighbourhood are spilling over into Chinatown.

As we approached half-way, we entered a specialty tea shop and were treated to samples of their tea as we gazed at the hundreds of teas on display.

And then to top off a perfect morning of walking and talking, a group of ten sat at one large round table in Jade Dynasty restaurant for a social lunch of delicious dim sum and wonton soup.

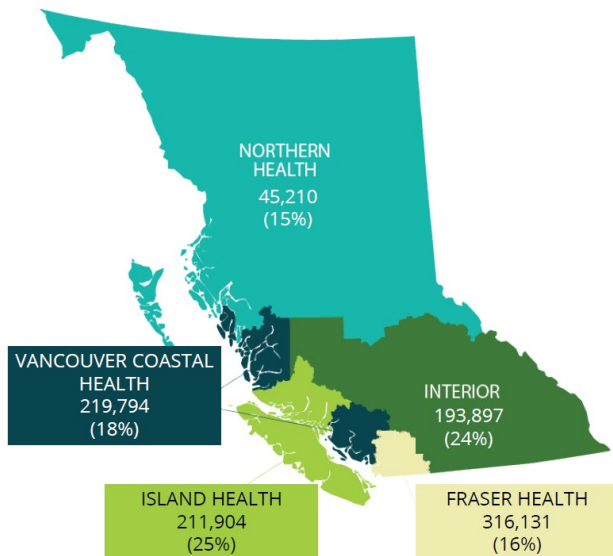


Isobel MacKenzie, BC's Seniors Advocate AGM 2023 Keynote speaker

Isobel Mackenzie brought her more than 20 years' experience working with seniors in home care, licensed care, community services and volunteer services to the KPURA AGM as she spoke on the state of the province as it related to seniors to the attendees at the Wilson School of Design on April 17.

Prior to her appointment as the Seniors Advocate, Isobel served on a number of national and provincial boards and commissions. Isobel also served on the University of Victoria's Board of Governors.

She spoke eloquently and concisely on where we are at this time. Last year seniors numbered 1,016,365 in B.C. That is 20% of the population (5,000,880).



Her overall snapshot of B.C. Seniors was illuminating:

- 95% aged 65+ live independently
 - 77% at 85+
- 24% aged 65+ live alone
 - 39% at 85+
- 88% have driver's license at age 65
 - 58% at age 85
 - 40% at 85+
- 80% aged 65+ are homeowners
- 9% aged 85+ live in assisted living
- 13% aged 85+ live in long-term care
- 6% aged 65+ diagnosed with dementia
 - 3% aged 65-84
 - 20% aged 85+

There are services for senior and she outlined them:

You can access her PowerPoint Presentation here:

https://www.kpu.ca/sites/default/files/retirees/Isobel_MacKenzie_KPU_Retirees_presentation_2023.pdf

Income

- Old Age Pension (OAS)
- Guaranteed Income Supplement (GIS)
- Canadian Pension Plan (CPP)
- BC Senior's Supplement

Housing

- Shelter Aid for Elderly Renters (SAFER)
- Seniors Supportive Housing
- Property Tax Deferral
- Home Owner Grant
- Home Adaptations for Independence program

Transportation

- BC Transit
- HandyDart
- Taxi Vouchers
- BC Bus Pass program

Health Care

- Home Support
- Assisted Living
- Long-term Care

Other Support – Better at Home

There is still the problem of the Income Gap. Median seniors' income is \$32,990 with 25% of seniors live on less than \$22,000. 45% of seniors live on less than minimum wage while only 6% of the labour force earns minimum wage. That is quite the gap!

Most seniors do not have a private extended health plan and there are no comprehensive provincial programs to provide dental care, eyeglasses, hearing aids, or medical equipment. In addition, seniors with an annual income of \$28,000 are charged \$8,800 a year for a 45-min daily visit of publicly subsidized home support.

Shelter Aid for Elderly Renters (SAFER) helps 24,000 seniors of which 95% live alone and 81% have incomes between \$15,000 -\$25,000. Homeowners have no program to fund repairs, no coverage for strata fees, hydro, insurance, etc., and the Property Tax Deferral program does not cover co-ops or manufactured homes.

BC has the least amount of coverage of any province or territory in Canada. This and a few other points brought us to a lively question and answer period. It was clear that Isobel is advocating for more support for senior around the province.

We support this and hope that she will be successful!

KPURA Events – What is Happening

The Kwantlen Polytechnic University Retirees Association hold their annual general meeting in the month of April each year (we are a young organization - just 5 years old!) Our hybrid AGM this Spring (in-person and on Zoom) allowed us to deliver a warm welcome for our members and friends to join us in upcoming events - both in-person events, and virtual events. We focus on three types of events - in person activities such as walking tours or visits to special places primarily to learn something new. We also have occasional gatherings at a local breweries or wineries which focus more on the social gathering idea, and thirdly we host zoom/virtual sessions for both presentations and social gatherings.

For example, on June 8 we hosted a walking tour in Vancouver's Chinatown (the largest in Canada, and third in North America after San Francisco's and New York's). The tour guide is an expert on both the history and current efforts to revitalize and secure the heritage of the area for our broader communities. June 28, we offered an armchair (virtual travel) to South Africa, hosted by one of our members from a recent trip there. The virtual programs have been well received by our mobility impaired members and friends, and also by those that retired 'away' from KPU territory.

We typically offer 8 to 10 events per year based on surveys to and personal discussions with our members. Being the Events Coordinator is my primary role as a member of our small but active board for KPURA.

KPURA also has launched a Facebook Page and is finding the majority of our members and friends have joined that to help them keep current with events (past and future) and other topics related to our university, organization, and members. [Http://www.KPU.ca/retirees](http://www.KPU.ca/retirees)

Sooz Klinkhamer – KPURA Events Coordinator

More Events are Coming!

We are planning in-person events as we can comfortably be outside on walks or other activities. Stay Tuned! Emails will be sent out to all Members and Friends.

They will also be posted on our Facebook and main web pages <https://kpu.ca/retirees>. Follow us at <https://www.facebook.com/groups/KPURA> and give us a 'like'.

KPU Day 2023

KPU Day on April 28 at the Surrey Campus was a busy place. We were given a table in an active area of the Main atrium. This enabled us to talk with a number of folks who are heading for retirement and are potential new / upcoming members. We added another 15 new names and email addresses to our 'friends' list. It really was great to see some old familiar faces!!



Alice Macpherson, Sooz Klinkhamer, Richard Hartfiel, and Yale Shap at the KPURA Table on KPU Day 2023

KPU Human Resources Lunch and Learn

KPURA was invited by Adrienne MacRitchie of KPU Human Resources to participate in a virtual Lunch and Learn to discuss Pre Retirement Planning with KPU employees nearing retirement.

The meeting was held on May 30 via Microsoft Teams over the lunch hour. Around 37 employees attended.

Adrienne outlined the Information presently available from the HR website. *Retirees cannot view this material because we no longer have access to it.*

Presently, employees are offered a presentation by Dennis Anderson of the provincial College Pension Plan Retirees on Pensions relating to faculty. Staff are covered by the Municipal Pension Retirees' Association <https://mpira>

KPURA's History, now it came to be, was presented by Carol Barnett, our present board chair.

Also covered was – Membership and Associate Membership

https://www.kpu.ca/sites/default/files/retirees/2020_KPURA_Associate_Lifetime_Application.pdf

Employees can join prior to retirement. Here is the line from the KPURA application.

KPU Employee retiring within 12 months: First Year employed: _____ Expected Retirement Year: _____
Retiree of other Post-Secondary Institution and lives in Metro Vancouver:

Alice Macpherson, our secretary and producer of our newsletter, gave employees more information about KPURA. We included links to other organizations, our Affiliations and Advocacy, were outlined.

Social activities, planned and organized by Sooz Klinkhamer, were displayed with a slide show prepared by Alice Macpherson.

Sandra Carpenter explained the AFU, Age Friendly University, initiative, membership in which KPU expectantly awaits finalization.

The attendees asked questions some of which were related to insurance options. Carol Barnett is preparing a handout to simplify some of the confusion about deciding which options best meet individual needs.

Membership in CPPR is free for the first year if faculty sign up for renewals. TALK, Third Age Learning at Kwantlen, was described in a brief slide show by Lindagene Coyle.

All agreed the meeting was fruitful. KPURA expects to make arrangements for more of these to be held perhaps twice a year.

Kwantlen Richmond Community Day

You may be aware that Kwantlen held a community day in Richmond in May. According to VP of external affairs, Randall Heidt, this may be the first of a number of outreaches to the community.

Another Open House is planned in October. These events will appeal to prospective students, but are also an opportunity for KPU to be better integrated with other community members, internal and external, as well. Because we anticipate being designated as an age friendly university, these events could serve as a springboard for involving community members of all ages.

Presently, the senior college, TALK, involves senior community members, with a kind of continuing education offerings. It is important that we support TALK. It is one of the KPU's first initiatives to involve other age groups. Presently, TALK plans to have a table at the October event.

The next Community Day will be in October and we will send out more information as it becomes available.

It is to KPURA's benefit to support any efforts by KPU to be more age friendly since we initiated the Age Friendly University membership.



Advocacy – Vision 2026

By Sandra Carpenter

Back on October 20, 2019, after hearing Alan Davis speak about Vision 2023, I sent him an email asking how to increase the involvement of TALK and KPURA members in achieving Vision 2023.

In his talk, he spoke of wanting to “enrich the experience of our employees.” I hoped he might broaden his vision to include past employees as well. He spoke of an institution which “values, supports, and benefits from the diversity of all its people.” Diversity is age related, too. I pictured a time when seniors walking the halls of Kwantlen with young students did not seem out of place. Also, students have grandparents who might be interested in greater participation in the lives and education of their grandchildren.

TALK (Third Age Learning at Kwantlen) is also a valuable program aimed at seniors reflecting KPU’s desire to integrate all ages in lifelong learning. TALK, produced by volunteers who were not employees of KPU, do not have the same experiences that KPURA members that make them capable of assisting in planning and making real both Vision 2023 or Vision 2026.

We can view Vision 2026 as aspirational, an outline of what we have three years to achieve. KPURA can assist KPU in several ways to reach those aspirations.

“KPU’s new strategic vision, Vision 2026, was approved by the KPU Board of Governors on May 24.”

To see VISION 2026, the latest version is now available here:

<https://www.kpu.ca/sites/default/files/Institutional%20Analysis%20and%20Planning/VISION%202026%20FINAL%20-%20May%2016%202023.pdf>

I will quote from the report and suggest a number of ways in which KPURA may offer input. After being designated an Age Friendly University, KPURA will be involved in assessing means to become even more age friendly.

In the introduction to Vision 2026, titled **The Context**:

“KPU suggested that, in order to respond to these challenges and to make the world a better place, access to lifelong, meaningful education for all is fundamental. This is as important now in 2026 as it was then....”

Lifelong learning is the aim of both those involved in TALK and KPURA. Who better than those familiar with the teaching/learning process with KPU to contribute as to how best to ensure KPU provides learning to those of all ages?

The report continues:

“As a polytechnic university, KPU has the unique opportunity to evolve in a way that anticipates this future by:

- *reflecting and serving our diverse, dynamic and growing region by providing a wide range of offerings, services and activities;”*

The wide range of offerings, services, and activities desired must include those aimed at seniors. This becomes increasingly important as KPU develops age friendly strategies to comply with its anticipated designation as an Age Friendly University.

Universal Values of Higher Education, the report pledges:

“Social responsibility...to respond to contemporary problems and needs of all members of society.”

Institutional Values:

“We are collaborative: we seek solutions.

“We are grounded: We use our knowledge and practical skills to develop possibilities and solutions that benefit society.”

Here again, KPURA is well placed to speak to the contemporary problems of ageism. By addressing ageism in the institution, we can influence changes to the benefit the larger society. No culture, including the culture of the university, does its best if it cuts off members’ contributions once they’ve reached a certain age. As elders, we have a responsibility to offer our input. If we do not consider that we have valuable input to give, why would they?

The Vision 2026 report speaks of: “*Institutional health*,” which is a goal under sustainability. Health is achieved by including all members of society of all ages. KPURA can demonstrate how all ages can be brought into the mix.

B3 “Ensure financial sustainability...”

It is fiscally responsible to utilize resources easily available especially since we are a resource offered free to the university.

Creativity

C1 Increase innovation in teaching, learning, and curriculum.”

Innovative ways of teaching and learning can be suggested by retirees who have spent years of time trying different approaches.

Justice

“D3 Advance, equity, diversity, inclusion, and accessibility across KPU”

KPURA is in a good position to be alert to opportunities to ensure that when equity, diversity and inclusion are discussed, combatting ageism is recognized as an important piece to achieve.

The Details

“A3 We will delight our friends in their KPU experience

Progress on this goal will be made by:

- Regularly engaging our friends to actively contribute in KPU*
- Respecting and evaluating our friends’ contributions to KPU*
- Engaging with our partners in ways that benefit our communities.”*

KPURA would surely choose to be thought of as a valuable friend to KPU, willing to be engaged with KPU in seeking ways to benefit the wider community.

KPURA may not have realized they could be a part of Vision 2023, but going forward we can commit to communicate ideas to Alan Davis on issues relating to the Age Friendly University and offering to help meet the goals of Vision 2026.

In Memoriam

Elaine Benton, KPURA founding member and retired faculty from the Kwantlen Office Admin program.

Lorna Boseley, June 7, 2023, passed away. Lorna had a very long and vibrant career with KPU, going back to 1981, when we were Kwantlen College, just becoming independent from Douglas College that year. She began her career with KPU in the Library. She moved into payroll in the late 1980’s, where she progressed from Clerk, to Supervisor, to Operations Manager. Her last role was as a Payroll Systems Business Analyst.

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

Remembering Elaine Benton

Back in the 1990’s, I would have been in my fifties. Osteoarthritis was already making itself known in my body. Talking to Elaine Benton, I couldn’t feel very sorry for myself. She described rheumatoid arthritis as she displayed her ravaged hands. She described some of the medications she had and was trying. The only one I remember was gold! Nowadays, even though some doctors tell me that osteoarthritis is not a disease of inflammation, my hands look pretty gnarled. The pain is no fun either. I’d gladly swallow down some gold if it would help.

I can only admire that Elaine Benton managed to continue to work and that she always took time to be friendly and happy to chat with me. Elaine was a lovely person. I wish I had known I would wish I had reached out to her during our retirement.

One of KPURA’s reasons to exist is to assist retirees in keeping in touch with each other. I hope we have more and more activities to see and chat with each other. It saddens me to read that someone I liked is no longer available to exchange thoughts with. I hope to do a better job of renewing friendships with those of you I knew and form friendships with those of you I didn’t have the opportunity to work with. ***Sandra Carpenter***

KPU Retirees Travel – Home and Abroad

Paris – What a City!

Carol Barnett

My husband and I recently visited [Paris, France](#). During our 16 days stay, we saw many museums, interesting buildings, statues, parks, and quirky things like ‘the world’s largest flea-market’. Paris is old (began in Roman times), large (2.1 million people), very busy, crowded city. However, the meandering River Seine, the ornate architecture, and the many large, beautifully designed urban parks, created daily walking tours that were endlessly interesting. We filled our vacation days with ease.

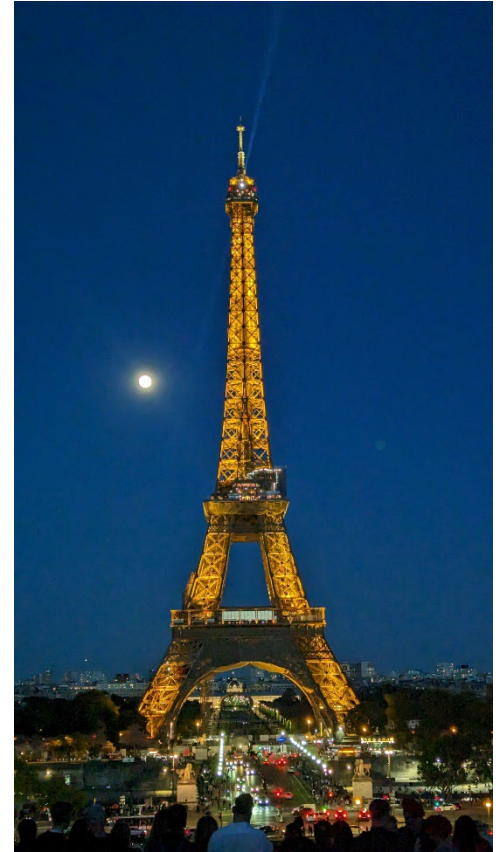
This was our first visit to France. Therefore, visits to the Eiffel Tower, the Louvre Museum, and the Palace of Versailles were essential. All three were unique and spectacular experiences, although crowded and a little confusing too.

The [Eiffel Tower](#) has a ‘carnival’ atmosphere at the base with children’s rides and lots of street vendors. We took the elevator to the second level. The views of Paris and the River Seine are outstanding.

The [Louvre Museum](#) is housed in a palace and consisted of three distinct wings. We arrived before opening and enjoyed two hours in the Denon Wing before the rooms became too crowded. The Richelieu and Sully wings have wonderful exhibits, and the crowds were much more reasonable.

The [Palace of Versailles](#) is located south of Paris and is easily accessed by train. The Palace is very large and extremely impressive, but visitors are only allowed into a few connected rooms. You simply

move with the crowd from room to room, all of which were handsomely decorated, but some a little thin on furnishings. The most impressive room was the Hall of Mirrors, truly a grand ballroom with over-the-top golden moldings and, of course, floor to ceiling mirrors. The extensive grounds surrounding the Palace are magnificent and designed to continually impress.



Eiffel Tower at night

Pack your patience and comfortable shoes.



View from the Eiffel Tower

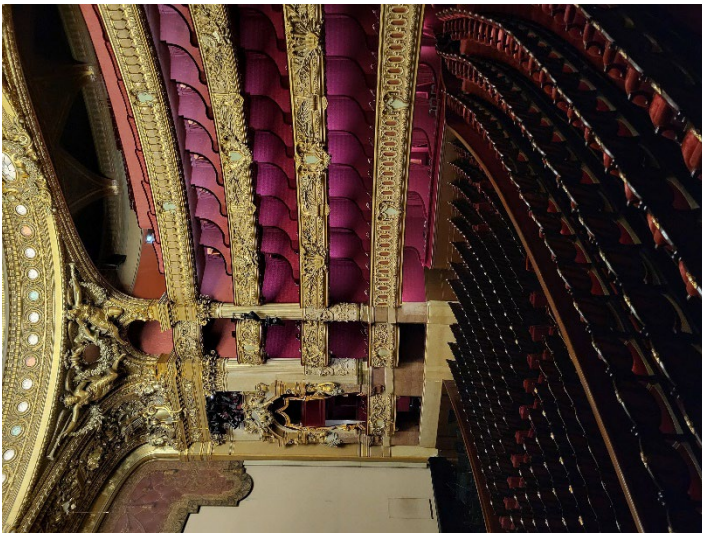


Notre Dame Cathedral

Paris highlights for me were the [Orsay Museum](#), the [Opera House \(Palais Garnier\)](#), and the [Arc de Triomphe](#).

The [Orsay Museum](#) is housed in the former railway station built at the end of the 19th century. At the time we visited there was an impressive exhibit of paintings by Manet and Degas. There was also an exhibition of pastels. The large building is very well laid out and easy to navigate with stairs or escalators connecting floors. We opted to eat in the dining room for lunch and could sit at our table and view ornately decorated walls and a fabulous painted ceiling.

The [Opera House](#), built in the mid nineteenth century, is delightfully laid out and decorated in classic French Baroque style. I was delighted to view the stage from an eight person 'box'.



Paris Opera House

The [Arc de Triomphe](#) is so famous, I was not prepared to be stunned by its size and amazing decorative touches. The continuous flame to honour the 'Unknown Soldier' was moving. Strolling down the connecting Av. des Champs-Élysées lined with high-end shops is just great fun.

We traveled to and walked through many neighbourhoods and parks, dined in many restaurants, and shopped at little grocery stores. My husband indulged in famous pastries, and we sat out in street cafes sipping wine or beer. We have many photos and good memories of our trip.



A Paris Neighbourhood Park

Getting around Paris was quite easy when using the extensive Metro system of underground trains. The number of routes requires that you must select an option via Google maps before finding the right station, train number, and last destination on that route (so you are traveling the right way). After you exit the train, you must select the correct exit to transfer to another train or to come out of the station at the preferred street on your route. Being quick-footed is a must.

A couple of more tips for making the most of a Paris stay:

- 1) many of the venues are closed on Mondays so we organized walking tours instead
- 2) your bank may intervene with safety protocols when using your credit card to make ticket purchases online (often the only way you can buy tickets) during your stay. We had changed our sim cards in our phones to offset roaming fees. Our bank, CIBC, will not send out the verification code to a non-Canadian phone number nor will email the code. We had to phone the bank which is an international call. They will disable the verification requirement for 15 minutes while you make your purchase. Using your credit card (insert and use your pin) as soon as you arrive in a different country may negate the need for a verification code later when buying online, but it's not a sure thing.

Worth the effort!

Brave Neuf World

Summon the Muse of Jigsaws!

Lesley Neufeld

When I find myself in times of trouble, Berdeménos comes to me.....

What's that you say? Wrong lyrics?

Not for newbie jigsaw puzzlers, like me and my Better Half ! You see, Berdeménos* is the lesser-known, tenth Greek Muse (who were originally thought to number only nine.) She is the goddess of the broken image. She has been enormously helpful lately when we have been flummoxed by that one elusive, little, gol-darned, ratzin-fratzin, riggin-friggin, rotten, crummy piece that we can't find.

Searching.

"Does this fit?"

"No! Obviously. Duh!"

"Turn it around."

"Still not it."

Rejecting.

Searching.

"There's gotta be a piece missing!"

Searching.

Cursing.

"Have you checked the floor?"

Eye rolling.

"Stupid puzzle. I hate this. Why are we doing this?"

Hair tearing.

And then....

"Wait, a sec! Is THIS it?"

Boom! YES!

"Yes, it is! Hallelujah!"

Happy dancing!

High five-ing!



THAT, my friends, is a visit from the Muse, Berdeménos.

Those of you who have done jigsaw puzzles for years will laugh at us. But you see, neither of us can remember ever doing them, even as kids. Or maybe we did when we were dating, back in the last millennium, hanging out with my family at our lake cottage where my parents thought it would be fun for us to play games like Monopoly, Scrabble, Gin Rummy, and Clue, I guess to keep us from, you know, necking.

We are new to this puzzle game — and it's thrilling!

Suddenly, puzzles have taken up space in our lives. Maybe it's retirement. Maybe it's the pandemic. But we're hooked! We barely get dinner on the table anymore. And we're not alone. Jigsaw puzzles have sky-rocketed in popularity since quarantines, lock-downs, self-isolations, and stay-at-home orders began in 2020. One company reported a 300-400% increase in sales. It was THE gift of the year in 2021 and almost impossible to buy one prior to the holidays.

Articles on the topic state the obvious: it's an activity that the whole family — or your COVID Cohort — can do together on long days at home. But here's the thing. Puzzles are really engaging! For the minutes, hours, days that you are putting a puzzle together, you aren't Doom Scrolling or watching the news, or worrying. Time melts away. It isn't "Blursday" anymore. It's fully occupied puzzle time!

Looking becomes the art of "seeing." You have to really examine a puzzle piece very closely in relation to the full image to compare colours, textures, shapes, shades, nuances, details in order to assemble the picture. In that close study, you become an artist, inspecting, discerning, observing, understanding. Fitting each piece is a triumph. "BOOM!" "You got it? Good going!" You cheer your partner on. Family harmony. Pride in accomplishment. More high fives. Or fist bumps.

We got our very first jigsaw puzzle for Christmas from friends. We were dubious at first. They deep-ended us with a 1,000 peicer. We laid it all out. Turned all 1,000 pieces upright. Sorted. Separated the edges. Identified the corners.

"Good grief! Look at all these things. So many pieces! We'll NEVER get this!" "Sure we will. We just need to make a start."

If that isn't a life lesson, I don't know what is. Summon the Muse!

* I made Berdeménos up. There are only nine muses in classical Greek Mythology, 5 of whom were assigned to five genres of poetry, and 1 each to history, tragedy, dance, and astronomy. Three muses came before them prior to the classical period, whose jobs were to inspire song, thought, and memory. "Berdeménos" means "puzzled" in Greek.

(Apologies to Lennon and McCartney) You can also find Lesley at: <http://braveneufworld.blogspot.com/>

Looking for a Night Out?

Sandra Carpenter

Here is a hot tip if you're looking for an evening out.

You're as close to a good time as New Westminster. Hidden Wonders, The [Speakeasy Magic Experience](#), is a must-see. You can read reviews on Tripadvisor, Yelp, or Google.

Hidden Wonders is a speakeasy-style performance venue hidden behind a fake business facade in New Westminster's historic downtown area.

Shawn Farquhar is a well known magician having appeared on many shows. Rather than doing the same show over and over for Disney, he prefers to do a different show every time letting the audience choose which tricks he performs.



The theatre seats about 30 people. You are close enough to the magician that you can study him carefully. Still, you cannot tell how he achieves what he does!

It feels like a mystical experience from the moment you arrive at the door to be let in.

The storefront is a Curio Shop. That, alone, is fascinating. From there on, it gets curiuser and curiuser!



The sense of whimsy behind the design of the experience tickles one's sense of fun. The team of four play their roles perfectly.

When you go, make sure you have your photo taken in the claw footed bathtub. And also, with the magician, himself!

Reviews

Magical – Amazing experience and so, so fun, best date night! Magic tricks are mind blowing and Shawn is absolutely great!



Facebook for KPURA

KPURA has a Facebook page that is designed for KPU retirees to exchange views and updates, as well as catch up on KPURA news. Upcoming KPURA sponsored events are posted as are photos of the event itself. Many of these events are free and all KPU retirees are invited to attend. When there is a charge for an in-person tour or other activity, non-KPURA Members will be charged a slightly higher fee. (It pays to be a member!)

All KPU retirees are invited to join the Facebook page (after a quick review by the administrators). It is a closed group so only Facebook group members are permitted access to the names of other Facebook page members. For safety, all posts are previewed before becoming visible.

Follow us at <https://www.facebook.com/groups/KPURA> and give us a 'like'!!

KPU Reflections

Welcome to **KPU Reflections**, a series highlighting interviews from the KPU Oral History Project.

Interview with alum Preet Heer



Richmond Campus in the 1980s, KPU Archives CA KPU C1-1-2-1-13.

In 1986, Preet enrolled in the fashion design program at Kwantlen College in Richmond. But this wasn't the campus we know today. It was a converted warehouse space near No. 3 Road.

"It was quite the interesting campus. It almost felt temporary when you were in there. It was pretty makeshift... The fashion lab I think became home to us, so it felt really permanent, but everything else felt like you were in some office building. It was great though."

Preet, who is now a community planning manager at City of Surrey, recalls many late nights in the lab, working under a deadline and dealing with frustrations that come along with the creative process.

"I remember a friend of mine, so frustrated, it was an assignment... I think it was a pocket on a pant and getting some of the details right for the third time – he ripped up the seams and tried to redo it and then he was just like, 'I'm done!' And he took his scissors and he just started cutting up his whole thing."

Preet later returned to Kwantlen for two years to build on her education and start on a path that would eventually take her to the UBC School of Community and Regional Planning (SCARP).

"...[B]ecause Kwantlen has such a wide array of offerings, the exposure that I got to the fashion program and the marketing piece as well as the liberal arts, I think that all played into me getting in to SCARP, which was a highly competitive program," she says. "Those kinds of things will set you apart."

[Read the full interview transcript](#)

(Written and compiled by Matt Hoekstra for KPU.)

Transcripts of completed interviews are available on the [project's website](#) through the KPU Archives.

Remember When?

What's Cooking at Kwantlen?

"We were young, foolish and just having a great time. It was an opportunity for the Kwantlen community of students, faculty, administration, and staff to get together for no other reason than to eat and laugh."

Maureen Moore assembled the cookbook with fellow editors Marnie McFarlane, Sandi Klassen, Sue Doucette, and Lornell Ridley. It features recipes for appetizers, main courses, and desserts, including three recipes for the cookoff staple chili, which appear below.

"It was a lot of fun to put together the cookbook. Imagine our surprise that people wanted our collective recipes. We worked together and played together. Now that I am retired, those are the great memories of genuine camaraderie that I think about."

Here is one of easier recipes to follow in the What's Cooking at Kwantlen? cookbook: SPAM.

Preparing this scrumptious dish involves removing salty processed pork from a can, slicing it, and applying one's favourite sauce before heating through. The tongue-and-cheek recipe comes from now retired instructor Lesley Neufeld on behalf of the "Society for the Preservation of Artistic Mediocrity."

"One year, our design faculty at the Richmond campus organized SPAM Fest. Everyone came up with funny food concepts for using SPAM, and then we invited our design students to a buffet lunch," says Lesley.

One creation was SPAMtrak – presented as a toy train. Others were similarly punny – Hawaii SPAM-O, SPAMalot, SPAMbled eggs – but don't appear in What's Cooking at Kwantlen? Instead, readers will find recipes for everything from cheddar beer bread and Louisiana crab cakes to party Thai noodles and supreme fruit puff delight.

The 1994 50-page cookbook, recently digitized by the KPU Archives, was "published in response to great demand from our employees," according to editors. It features recipes from faculty, staff, and students, and most were served at the university's cookoffs in 1993 and 1994.

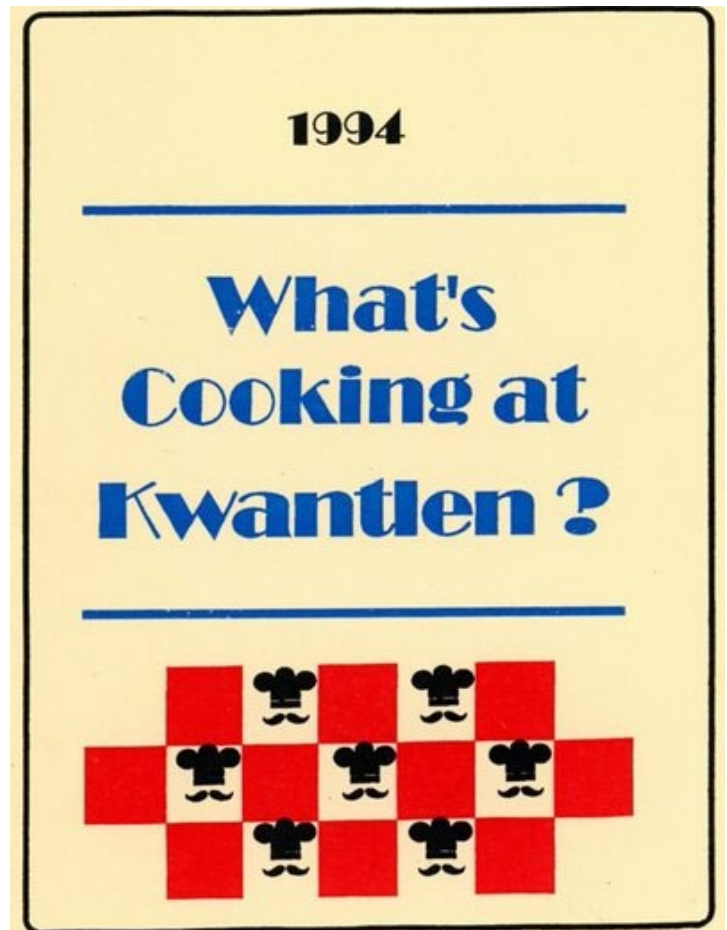
The cookoffs, where participants competed for most tasty recipe and best costume, were meant to bring the university community together while raising funds to enhance campus life. The KPU Archives also recently digitized photos from the 1994 event.

Among the participants and book editors was Maureen Moore, who has since retired after a long career in the Office of the Registrar.

"I still have three of these books on my 'antique' cookbook shelf. I think I bought every member of my family a copy for Christmas that year," she remembers.

"Originally the cookoff was just supposed to be a cooking event where everyone sampled food and voted for the best. However, they created a costume category for us as we dressed up and acted like our silly selves with music and entertainment. We always thought we cooked best too but I will concede that perhaps others were better."

Cookoffs were held at four campuses, and despite the creators' good intentions, the event didn't seem to last beyond two years.



**Cover of KPU's 1994 cookbook:
What's cooking at Kwantlen?**

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Serving up Supreme Fruit Puff Delight (from left) are Marnie McFarlane, Carol Simpson, and Maureen Moore.

Chernobyl Chili

Get a pot, preferably metal! Throw in some stuff:

- red kidney beans
- tomatoes - fresh or frozen
- garlic
- mushrooms
- celery
- red and green bell peppers
- hot Italian sausage - LOTS!
- lean ground beef - LOTS!
- tomato paste
- salt and pepper
- chili peppers - LOTS (or not)
- cayenne pepper - LOTS (or not)
- radioactive herbs (tarragon)

Cook, eat, drink, sing, dance, sleep. Heat up and start over. Team: Perestroika by Gerry Kilcup, Kelly Bentley, Jacqie Thachuk, Manon Remming, and Bob Lisson

Chili

- 1/2c chopped onion
- 2 tbsp vegetable oil
- 1 lb ground beef
- 1 14oz can tomatoes
- 2 14oz cans kidney beans
- 2 tsp chili powder
- 1 tsp salt
- 1 tsp oregano

Sauté onion in vegetable oil and add ground beef. Stir until beef is well done. Stir in remaining ingredients. Cover. Bring to boil, reduce heat and cook slowly for one hour. Team: Mexican Jumping Beans by Val Grubert and Lorna Bonnett

Barber’s Best Chili

- 1/2c onion (chopped)
- 2 green peppers (seeded & chopped)
- 3 celery stalks (chopped)
- 4 garlic cloves (minced)
- 2 tbsp oil
- 2 cans tomatoes - 28 oz
- 1 can kidney beans - 14 oz
- 1 can brown beans - 14 oz
- 2c mushrooms (sliced)
- 1 1/2c water
- 1/2c raisins
- 1/4c vinegar
- 1 bay leaf
- 1 tbsp chili powder
- 1 tbsp parsley
- 1 1/2tsp basil
- 1 1/2tsp oregano
- 1/2tsp pepper
- 1/4tsp Tabasco
- 1c cashews (optional)
- cheddar cheese (grated)
- sour cream

Sauté onion, green pepper, celery, garlic in oil until tender. Add tomatoes and beans with liquid, along with remaining ingredients, except cashews, cheese and sour cream. Cover and simmer for one hour. Uncover and simmer another hour. Remove bay leaf (if you can find it). If using cashews, add at the end. Serve with grated cheddar cheese and a dollop of sour cream. Team: Continuing Ed. Langley

**Recipes from What’s Cooking at Kwantlen, courtesy of KPU Archives, CA KPU C2-200-45*
<https://archives.kpu.ca/whats-cooking-at-kwantlen>

TALK

Third Age Learning
at Kwantlen

Creative and stimulating
educational activities
for adults over 50



Fall 2023 Courses

to be held on KPU Surrey campus

Giving Peace a Chance	Sep 29
Canadian Government, Politics, Voting	Oct 16
Forensic Anthropology	Oct 18
Ancient Communities	Oct 20
The Group of Seven	Oct 24
Ghost Stories	Oct 27

to be held on KPU Richmond campus

Difficult Conversations	Oct 4
Armchair Travel: Greenland	Oct 10
Fun with Math	Oct 13
Honeybees	Nov 8

to be held on KPU Langley campus

Seniors Horsing Around	Oct 23
The Art of Argument & Debate	Oct 31
Beer Brewing (and Tasting)	Nov 6

to be held as Zoom webinars

Armchair Travel: Costa del Sol	Oct 3
Medical Assistance in Dying (MAID)	Oct 17
Your Dream Trip	Nov 1
Neuroscience of Music	Nov 7
Communication & Leadership Skills	Nov 14
Traditional Chinese Medicine	Nov 17
Don't Give a Squat?	Nov 21
Language	Nov 28
Medical Genetics	Dec 5
Coffee: From Tree to Cup	Dec 6
Canadian Airspace on 9/11	Dec 12

plus a Field Trip to Stewart Farm Sep 27

In-person and online activities

TALK's Philosophers' Corners

are held in person in Richmond,
Surrey and Langley on Thursdays

Sample of the 9 topics:

- Is the United Nations still viable & relevant?
- Truth & Reconciliation from two perspectives.
- What is the Canadian identity?
- Should health care allow for a private option?

TALK's Compelling Conversations

Saturday Nov 4, 2023 at 2 pm

at KPU Surrey campus

"How can WE prevent violence
in relationships?"

with Dr. Balbir Gurm & Dr. Alexandra Lysova
Free and open to the public. Registration required.

Our Annual General Meeting

Monday October 30, 2023 at 10 am

at KPU Surrey campus

Featuring "Hilarapy"

with Lizzie Allan & several stand-up comics
Free for TALK members

Please join us!

TALK membership is only \$10 per year and
we keep the cost of our courses very low.

More information at
kpu.ca/talk



TALK is cheap!

Your first year of membership in TALK is free! Annual dues are only \$10 per year.

Affiliate Organizations



Description in the latest AROHE Newsletter about KPURA

The Kwantlen Polytechnic University Retirees Association hold their annual general meeting in the month of April each year (we are a young organization - just 5 years old!) Our hybrid AGM this Spring (in- person and on Zoom) allowed us to deliver a warm welcome for our members and friends to join us in upcoming events - both in-person events, and virtual events. We focus on three types of events - in person activities such as walking tours or visits to special places primarily to learn something new. We also have occasional gatherings at a local breweries or wineries which focus more on the social gathering idea, and thirdly we host zoom/virtual sessions for both presentations and social gatherings.

For example, on June 8 we hosted a walking tour in Vancouver’s Chinatown (the largest in Canada, and third in North America after San Francisco’s and New York’s). The tour guide is an expert on both the history and current efforts to revitalize and secure the heritage of the area for our broader communities. June 28, we offered an armchair (virtual travel) to South Africa, hosted by one of our members from a recent trip there. The virtual programs have been well received by our mobility impaired members and friends, and also by those that retired ‘away’ from KPU territory.

We typically offer 8 to 10 events per year based on surveys to and personal discussions with our members. Being the Events Coordinator is my primary role as a member of our small but active board for KPURA.

KPURA also has launched a Facebook Page and is finding the majority of our members and friends have joined that to help them keep current with events (past and future) and other topics related to our university, organization, and members.

Many of the organizations that we interact with are on summer hiatus. Expect to see more in the coming months. Besides AROHE, these are some of the ones that we are connected to.



KPURA Membership Update

Terri Van Steinburg – Membership Coordinator

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

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

When I joined KPURA, I opted for a lifetime membership for the convenience of it. I knew I would forget to renew and so I paid for my lifetime membership and now I never have to think about it again. AND, no more annoying email reminders from Geoff or Terri to deal with! :-)

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

Lifetime memberships benefit KPURA too. It provides stability through a core membership group and is helpful for our financial planning.

If you are interested in a Lifetime membership, it can be activated at any time.

Lifetime Membership Fee structure

AGE	FEE
66-69	\$240
70-75	\$200
76-79	\$170
80+	\$140

In recognition of the efforts of our Founding Members, \$25 will be deducted from each of the above fees if they choose to switch to Lifetime Membership at any time.

Any other current annual dues paying members who decides to switch from Annual to Lifetime Membership will similarly receive a deduction of \$25.

I hope you'll join me and many others by switching to a lifetime membership in KPURA!

Benefits of Membership

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

CURAC Benefits www.curac.ca :

- a. Discounted travel
- b. Discounted home and car insurance
- c. Discounted pet insurance
- d. Extended health insurance – in some aspects better than our group pension health insurance – rates are not age-banded
- e. Two different travel/trip cancellation plans – one is not age-banded
- f. Quarterly Newsletter
- g. Annual National Conference

Newsletter Information

Thank you for reading **Newsletter #19** of the KPU Retirees Association.

The KPURA Board endeavours to keep us all up to date with matters of interest to KPU Retirees.

Thanks to all the contributors for this and past issues.

Alice Macpherson, Editor, KPURA News

We welcome you to Join Us!

We really want to know what you would like to see in the KPURA Newsletter.

We also look forward to your memories and your contributions. Please share!

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

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

How about your travels or adventures before or after retirement?

Travelling? Gardening? Cooking? Wine making? Photography? Any other Hobbies? We are interested in it all!

Feel free to join in with an article of up to 500 words with several pictures to illustrate.

Your Newsletter Committee would welcome more input, members, articles and photos –

Please send information and articles to kpuranews@gmail.com

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

The KPU Retirees Association

Invites you to join us for the purposes of:

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

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