

# TALK

Third Age Learning at Kwantlen

Sept 2010



## AGM OCT. 23

**Saturday, October 23**

**Surrey Campus Conference Room "A"**

### Program

**12 noon - Lunch**

**1 pm - Guest Speaker**

**AGM to follow**

**Guest Speaker:** Lt. Com. Elaine Fisher  
**"Women in the Canadian Military"**

Lieutenant-Commander Fisher was one of Canada's first women to attain a Bridge Watchkeeping Certificate in 1989. She has served all over Canada, both "ashore" and "afloat", in ships conducting patrols on the Pacific and Atlantic oceans, north to Alaska and south as far as Panama. Since moving to Vancouver in 1997, she has served Her Majesty's Canadian Ship (HMCS) DISCOVERY in a variety of senior positions before being appointed the unit's Commanding Officer in July 2008. In her civilian life, she works in the field of environmental and natural sciences for URS Corporation, one of the world's largest engineering and technical consulting firms.

**Cost:** \$10 Members \$15 Non-Members (Non-member fee of \$5 applied to TALK membership if you join at this time).

**Register by:** October 15.

**Phone:** 604.599.3077

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Lieutenant-Commander  
Elaine Fisher

### Talk Contact Information

**Website:**

[www.kwantlen.ca/talk](http://www.kwantlen.ca/talk)

**Phone:**

**604.599.3077**

# VOLUNTEER APPRECIATION

On June 10 the TALK Board held their June meeting and an “Appreciation Social” for new and past volunteers. Corlin and Elizabeth Bordeaux hosted this event and although the weather did not cooperate, a good time was had by all. After an extensive recruitment program, the Board was rewarded with several new volunteers for TALK.

President Brian Bjarnason extended TALK’s appreciation to the volunteers and gave these very important reminders of why we volunteer.

- “We make a living by what we get, but we get a life by what we give.”  
Winston Churchill
- “Things of the spirit differ from things material in that the more you give, the more you have.”  
Christopher Morley
- “You give but little when you give of your possessions. It is when you give of yourself that you truly give.”  
Kahil Gibran
- “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”  
Sherry Anderson
- “Volunteers do not necessarily have the time, they just have the heart. “  
Elizabeth Andrew

With the help of these new volunteers and the ongoing support of past volunteers, TALK can continue to provide members with the programs they have come to expect.

A very special thanks to Elizabeth and Corlin for their generous offer of Applegarth Farm for this event.



## Volunteer Recruitment

As most members in the south Surrey area know, the TALK Board has been seeking new volunteers. A phone campaign was conducted and we were very pleased with the members who said "yes" to our call. TALK is run by volunteers and its continued success depends on members helping out if they can. If we missed you and you would like to volunteer, please give president Brian Bjarnason a call at 604.531.5069. TALK is a stimulating, friendly and fun place to use your talents. After all, just because we are retired, doesn't mean we have let go of all those skills we learned throughout life.

### Top Ten Reasons to Volunteer

1. When you stay home you get too many telemarketing calls.
2. Your family could use a break from you.
3. You might need help yourself some day.
4. It's hard to win a game of solitaire.
5. Soap operas all sound alike.
6. If you don't go out each day, you get old.
7. Why let your boss have all the fun in life?
8. The car needs a workout.
9. Your mom would be proud of you.
10. Who cares about money?

*Submitted by and Source: Joy Pople, Baldwinville Volunteer Center*

### **VOLUNTEERING ANECDOTES** As Seen in Readers Digest

A teenager brought home her new boyfriend to meet her parents and they were appalled by his appearance: leather jacket, motorcycle boots, tattoos and a pierced nose. Later, the parents pulled their daughter aside and said "He doesn't seem very nice." "Mom," replied the daughter, "if he wasn't so nice, why would he be doing 5000 hours of community service?"

*Submitted by Rhoda White, Director of Volunteer Services,  
Visiting Nurse Service of New York*

In response to the observation that volunteers are too often seen as amateurs: "Just remember: Noah's Ark was built by amateurs. The Titanic was built by professionals."

*Submitted by Susan J. Ellis, President, Energize, Inc.  
w. "One does what one can!"*

## **PROFILE: CAROLYN OLIVER - TALK Web Administrator**

Where were you on Tuesday, January 13, 1998? I know where Joanne Cunningham and I were! Joanne was making her presentation on third age learning to the President's Advisory Committee at Kwantlen and I was taking the minutes.

I joined Kwantlen in 1991 and retired in 2008 (the longest I ever stayed with one organization). Before Kwantlen, I changed jobs every three years; at Kwantlen, my job changed every three years! I have worked for large, multi-national companies and for small, family businesses. Each one had its challenges and benefits, and from each I learned about getting along with all kinds of people.



I was born in Montreal and grew up in the suburb of Pointe Claire. Even though I started taking French in grade 3, sadly I am not bilingual. I always wanted to work and travel in Europe and eventually ended up working and travelling in ... Australia and New Zealand!

Work permits were not required and as a stenographer I was rarely unemployed. I could walk into an employment agency in the morning and be sitting at a typewriter by noon. I started with manual typewriters and an erasing shield, and now use word processing on a PC.

I lived in Sydney, Melbourne, Hobart and Bathurst, Australia, and in Queenstown and Auckland, New Zealand. My favourite job was in Hobart where I was the telephone operator for National Cash Register. It was a three-line, ten extension, plug switchboard just like I'd seen in the movies.

Hobart, Tasmania, was one place where I did have trouble getting work. When the agency asked if I could operate a switchboard, I immediately said, "Yes, of course." At a job in Sydney I had been shown how to use a plug board in order to provide lunch hour relief for the operator ... I think the phone rang once a day during lunch hour. I passed the test at NCR and stayed for two months even though it was a temporary job. The only person I ever cut off was the president of the company!

My least favourite job was as a server at a hotel in Queenstown, New Zealand, which is in the country's skiing area. One morning neither the cook nor the head server turned up for work. I ended up cooking breakfast and serving. Fortunately it was towards the end of the season and there were only nine guests, one of whom left a tip. Tipping was unusual in New Zealand - I think he must have felt sorry for me because I wasn't really a very good server.

## Profile continued:

Returning to Montreal, I found that most of my friends had left Quebec, my parents were considering a move to Vancouver, and my brother and family a move to Ottawa. It was a difficult decision but I decided on Vancouver where I met my husband, Paul. We've been married for 30 years this August. The Olivers were long time residents of Surrey and a number of original TALK members danced at our wedding. We have no children, but have successfully raised three, happy, relatively well-behaved Labrador retrievers over the last 28 years. Our current four-legged member of the family is Piper, a 12.5 year old yellow male, asleep at my feet as I write.

My passions are spending time with Paul and Piper, getting together with family and friends, travelling, genealogy, quilting, and, of course, being TALK's web administrator! I'd love to have some new photos for the website so take your camera to courses and events to see if you can get some candid shots for the newsletter and the website!

I look forward to the new TALK year and to meeting more TALK members.

### **TALK EXPANDING TO WHITE ROCK COMMUNITY CENTRE FOR ONE PROGRAM THIS FALL.**

The TALK program committee is once again using the White Rock Community Centre on Russell Street for a program this fall.

**'En Pointe'**, a program on Ballet, will be held in the Gallery at the centre. The course will cost a bit more to cover rental, but it is hoped that because there is no parking charges, members will not mind the small difference in cost. See your brochure for details.



## **Spring Course Reviews: Literary Lunches** *by Joanne Cunningham*

For the first time, in February, TALK presented a program at the White Rock Community Center on Russell Avenue. Over 20 members met a variety of delightful authors who presented their genre of writing and regaled participants with their life stories. Sue Ann Alderson, a writer of children's books, read from her books and told us of the difficulties of publishing in BC. Ross Laird, Novelist, Poet and Professor of Creative Writing at Kwantlen, had the audience's complete attention as he told of his journey into writing and teaching. Jan Drabek, who is a journalist and writer of fiction and memoirs, took the audience on his journey from the son of the chief prosecutor in Czechoslovakia to being an Ambassador for Kenya and Albania and now retired in Vancouver. The program finished with White Rock's own Poet, Heidi Greco, who read from her poems and even had the members writing poetry.



## Spring Course Reviews:

### Religions of the World *by Joanne Cunningham*

On May 4, 34 TALK members completed their course “Religions of the World” with a day long tour of five houses of worship. Program participants visited the Beth Tikvah Jewish Synagogue, Jame Masjid Sunni Muslim Mosque, Nanakssar Sikh Gudwara and the Kuan Yin Chinese Buddhist Temple.

Lunch was served in the Sikh Temple where no one is turned away if they wish a meal. An unplanned short stop was taken at the Vedic Hindu Society. Speaker Sid Bentley was a great tour guide and was able to answer most questions.



## Bard on Beach



Main tent problems cancelled all Bard on the Beach performances from June 1 to the night of June 17; therefore, TALK's two excursions to *Much Ado About Nothing* and *Anthony and Cleopatra* could not take place. Refunds were given.

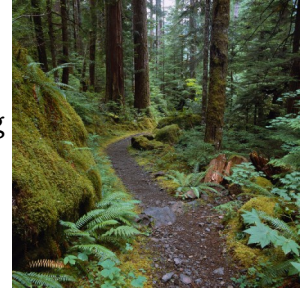
Although this situation was unfortunate, all was not lost as members were thoroughly entertained by Scott Bellis, director of *Anthony and Cleopatra*. In the lecture portion of the program, Scott was worried he would not have enough content to fill the two hour session; however, we would have had him continue for another hour. Participants learned the history of the play, the thinking behind his direction and a bit about the problems of producing a show in the tent. Most of Scott's presentation was about *Anthony and Cleopatra* though he managed to give some insight into *Much Ado About Nothing*.

*The Board sends a special  
Thank You  
to Elizabeth Bordeaux  
for making and re-making  
all the arrangements for this program.*

## **Our Changing Biodiversity: Giant Salamanders and Japanese Knotweed**

*by Margaret Edmonds*

The audience was very pleased with Zoologist and Naturalist Hugh Griffith's talk. He used an excellent combination of facts and photos in his PowerPoint presentation in his first lecture. In the second, we walked around Terra Nova, spotting birds, trees and flowers growing there. Most exciting were the Cinnamon Teal ducks and the Bittern. A sunny day helped to make this a good learning experience. Hugh has a fascinating, beautifully written blog: <http://rockpaperlizard.blogspot.com/>

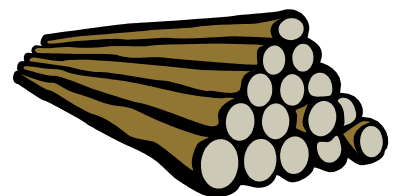


## **Forestry: BC and Beyond** *by Jean Garnett*

Some tidbits from Robin Clark's presentation on forestry in BC and other jurisdictions:

- Canada is the world's largest forest product exporter (16%) of which BC produces 32%. Canada is also the world's largest exporter of newsprint and pulp, most to the US. Softwood lumber is Canada's chief timber export.
- 14 million hectares have been destroyed by the mountain pine beetle.
- Canada leads the world in forest certification, with the BC Forest Practices Board and the Professional Forestry Act. It is strong protection for biodiversity and species at risk, paying attention to First Nations' issues.
- Sweden is on its third, fourth and fifth 30-year rotations and the world's leading user of forests for bioenergy.
- Finland's forests are in private ownership in small units and it imports lumber from Russia.
- New Zealand has few old growth forests. 98% are Radiata pine, which have a high growth rate and can be clear cut after 20 years. The Maori are fully integrated into the forest industry.
- Chile has high corporate ownership of its forests (mainly Radiata pine and eucalyptus) and they export 40% to the US.

Australia's forestry industry is so small it is not even on their GDP radar. They are harvesting forest fire trees.



## Food Security *By Jean Prescott*



Arzeena Hamir, the City of Richmond's Food Security Coordinator, was an excellent speaker who was well received by the 21 participants. She used a PowerPoint presentation to highlight many areas on this important topic. She talked about how increasingly dependent, thus vulnerable, we are in the Lower Mainland as we continue to take arable farmland from our Agricultural Land Reserve (ALR), yet continue to grow in population. Since experts suggest we have reached peak oil production, all future fossil fuels will be more difficult and more expensive to refine. Being left with ever greater dependence on California, Mexico and other foreign countries is short-sighted, at best. How will we continue to get our food?

Arzeena explained the process of genetically modifying DNA, the inadequate testing processes, plus the consequences of allowing seed and chemical companies to control what Canadian farmers grow. Corn, soya, beans, canola, sugar beets and flax have all been modified to be grown on an industrial scale. Testing on the long term effects of these food products is now showing links to a number of diseases, including cancer. Europe, with their "no GMO" policy, will not trade for Canadian produce, thus our farmers are losing their overseas' markets.

In session two, Arzeena showed us how we can each make a difference by growing even some of our own food, supporting community gardening throughout the region, and continuing to lobby for the retention of land holding and farming in the ALR. Buying organically, at Farmers' Markets, and at the farmer's gate all make a difference. Adoption of a well-written food charter for the City of Richmond to guide our future actions is a high priority for those wishing to be more food secure.

For more information contact Arzeena Hamir [arzeenahamir@shaw.ca](mailto:arzeenahamir@shaw.ca) and ask to be put on the Richmond Food Bytes Newsletter.



### Vegetable Art



## Philosophers' Cafés

The Philosophers' Café committees have once again put their heads together to come up with the following very interesting discussion topics. The Surrey cafés are held at the ABC Country Restaurant, King George Highway (at 32nd Ave.) on selected Thursdays. Richmond cafés are held at Charthouse Restaurant, 3866 Bayview Street.

### Fall Café Topics

Are good and evil inherent in human nature?

What is truth?

How important are emotions versus reason in human affairs?

Conscience: Is it acquired?

Should we adapt to rather than try to prevent environmental changes?

What function does imagination serve?

What is the value of silence in our lives?

We're evolving, but are we progressing? (R)

Is there such a thing as a just war? (R)



**Check the brochure for dates and time.**

### Some Philosophical Thoughts

A man with one watch knows what time it is; a man with two watches is never quite sure. ~ Lee Segall

Begin at the beginning and go on till you come to the end; then stop. ~ Lewis Carrol, *Alice in Wonderland*

Believe those who are seeking the truth. Doubt those who find it. ~ Andre Gide

Beware lest you lose the substance by grasping at the shadow. ~ Aesop

Only that in you which is me can hear what I'm saying. ~ Baba Ram Dass

There's more to the truth than just the facts. ~ Author Unknown

The obscure we see eventually. The completely obvious, it seems, takes longer.  
~ Edward R. Murrow

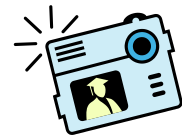
Even a clock that does not work is right twice a day. ~ Polish Proverb

We are more often treacherous through weakness than through calculation.  
~ Francois De La Rochefoucauld

# Fall Program Preview

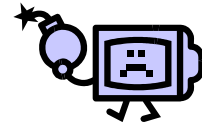
## Richmond

- Great Houses of Britain
- Digital Photography & Photo Editing
- Vancouver Aquarium



## Surrey

- RCMP Pacific Region Training Centre
- Ease Around Money Problems
- Electromagnetic Radiation: The Hidden Dangers
- Applying Innovation and Creativity in Your Life
- Astronomy
- The Trouble with Northern Ireland
- Technology: Change and Challenges
- 'En Pointe'
- The End of the World – Again



## Langley

- More Opera for Beginners



## Cloverdale

- Introduction to Genealogy
- Search Savvy



Our thanks to the program committee chaired by Jean Garnett. These programs have been put together by Jean and her committee, Sandra Carpenter, Linda Coyle, Joanne Cunningham, Karen Jensen, Angela Smith, Phillip Warren, Trevor Phillips and the Richmond University Women's club TALK interest group.

## **July 15<sup>th</sup> - World Elder Abuse Awareness Day**

Financial abuse is considered the most common form of abuse (www.CNPEA)

### **What is Elder Financial Abuse?**

This is "the misuse of an older person's funds or property through fraud, trickery, theft or force." It can include:

- frauds and scams;
- the misuse of money or property;
- convincing an older person to buy a product or give away money;
- stealing money or possessions;
- misusing bank or credit cards;
- misusing joint banking accounts;
- forging a signature on pension cheques or legal documents, and
- misusing a power of attorney.

### **Who are the abusers?**

Abusers are usually people who have a close connection to you. They can include your spouse, son or daughter, other relative, friend, neighbour, or caregiver. They use their connection to take advantage of you and force you to do what they want.

### **Tips and Safeguards**

- Protect yourself - keep your financial and personal information in a safe place.
- Have an enduring power of attorney prepared appointing someone you can trust to look after you so that even if you are ill and unable to look after yourself, your finances will be protected from others who might take advantage of you.
- Ask for help if you think you are experiencing financial abuse.
- Keep a record of money you give away and note whether it is a loan or a gift.
- For major decisions involving your home or other property, get your own legal advice.
- Ask someone you trust to look over contracts and other papers before you sign them.
- Be very cautious if you open a joint bank account - the other person can take away all the money without asking.
- Make an effort to keep in touch with a variety of friends and family so you don't become isolated.

**Suggested reading :** (www.CNPEA)

[http://www.trustee.bc.ca/services/adult/assessments\\_investigations.html](http://www.trustee.bc.ca/services/adult/assessments_investigations.html)

<http://www.gov.bc.ca/seniors/shls/weaad/factsheets10.html>