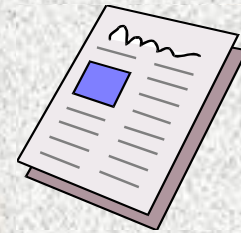


TALK

Third Age Learning at Kwantlen

November, 2011



TALK AGM 2011

Over 40 TALK members were privileged to listen to guest speaker Dr. Peter German who presented a very interesting overview of RCMP presence in BC. Along with other interesting information we learned that BC utilizes 24% of the Canadian RCMP services. Questions flowed freely. Members enjoyed a lovely lunch organized by our Social Chair Joan Hoyles, and France Markey, our Kwantlen Assistant. The AGM, chaired by Brian Bjarnason, went very quickly with a new slate of officers being elected. Gwen Arnold reported that the membership continues to grow: 267 members in 2008-2009, 291 last year and 306 this year.



Jean Garnett reported that 16 courses were offered in the Fall of 2010 with 322 registrations. The Spring 2011 semester offered 21 courses with 491 registering. Jean thanked Carolyn Oliver for managing the web site and formatting the TALK brochures.

Our many thanks to Brian who is taking on the presidency for his third year.



INSIDE THIS ISSUE

TALK AGM	1
Historical Dates: RCMP	2
Michael Stibbs	3
Deb Jack	3
Retirement Living	4/5
Special Event.....	6
Program Reports	7/8
Computer Help	8
Hypnosis	9
Spring Programs.....	10
Spring Cafes.....	11
Navigating Digital Culture .	12

TALK BOARD 2011-2012

Brian Bjarnason
Linda Coyle
Jean Garnett
Joan Hoyles
Karen Jensen
Liz King
Christine Pollack
Al Sabey
Selma Swaab
Phillip Warren

Historically Relevant Dates to the RCMP



May 3, 1873: The Act establishing the North West Mounted Police (NWMP) was first introduced in the House by then Prime Minister J. A. Macdonald.

May 23, 1873: The bill passed unopposed through Parliament and received Royal Assent on this date. However, it did not immediately establish the NWMP, as it was merely an emergency measure.

August 30, 1873: Order-in-Council signed by the Governor General, Lord Dufferin, bringing the NWMP formally and legally into existence.

September 25, 1873: the NWMP's first officers were appointed by Order in Council, including the first interim Commissioner of the NWMP, Lieutenant Colonel W. Osborne Smith.

October 18, 1873: George Arthur French takes over as Commissioner of the NWMP, the first permanent Commissioner of the organization.

November 3, 1873: The first 150 recruits for the NWMP gather at Lower Fort Garry.

December 1, 1920: The Royal North West Mounted Police becomes the Royal Canadian Mounted Police (RCMP) with the absorption of the Dominion Police.

June 1, 1928: The RCMP takes over provincial policing duties for Saskatchewan.

February 17, 1932: With the help of the Royal Canadian Corps of Signals and bush pilot Wilfred "Wop" Mays, the Mad Trapper of Rat River is cornered, bringing to end a manhunt which had taken the life of one member of the RCMP.

April 1, 1932: The RCMP absorbs the provincial police organizations for Alberta, Manitoba, New Brunswick, Nova Scotia and Prince Edward Island.

May 22, 1937: The first official patrol by an RCMP aircraft was made by Commissioner MacBrien and two other members, aboard a DeHavilland Dragonfly.

December 10, 1939: A contingent of RCMP members set sail for Europe as the No.1 Provost Company, to serve as military police during the Second World War.

June 23, 1940: The RCMP St. Roch leaves Vancouver for its historic voyage through the Northwest Passage.

October 11, 1942: The St. Roch arrives in Halifax from Vancouver after two years spent navigating the Northwest Passage.

March 1969: The last patrol by dog team departs from Old Crow, on their way to Fort McPherson and Arctic Red River.

September 3, 1970: Commissioner W.L. Higgitt is presented with the Commissioner's Tipstaff by the Canadian Association of Chiefs of Police. The tipstaff serves in the same way as a badge of the Queen's authority for law enforcement.

(For events between 1932 and 1970 check a computer site using title)



IN MEMORIUM - Michael Stibbs 1929 - 2011

Dr. Michael Stibbs passed away on August 2. He will be missed.

Michael was a founding member as well as a long term member of the marketing committee, He was a great TALK supporter and proponent of life-long learning. We will miss his counsel and presence at TALK programs.

TALK, its board and members, extend their deepest sympathy to Pat and the family.



Deb Jack Receives Outstanding Individual Award



On October 25th a TALK member, Deb Jack, received a green City Award from the City of Surrey in the Outstanding Individual Category.

Deb is a dedicated advocate of environmental causes within the community. Her involvement includes founding Surrey Environmental Partners and volunteering with Surrey Parks 'Friends of the Forest.'

SOME THOUGHTS ON AGING

"I will never be an old man. To me, old age is always 15 years older than I am."

Bernard M. Baruch



"Live your life and forget your age."

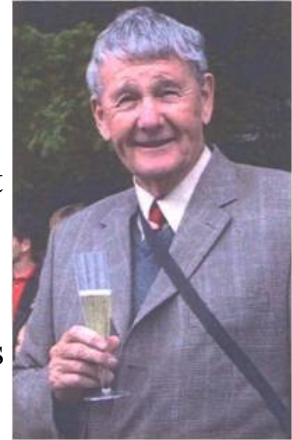
Norman Vincent Peale

"The years between fifty and seventy are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down. "

T.S. Eliot

Retirement Living — *By Dr. Terry Fidgeon*

It is coming up to three years since we took a deep breath and decided that we had become suitable material for a “Retirement Residence” (Old folks` Home). It was quite a wrench admitting that gardening and daily chores were getting too much for us. We also thought that as we were changing our lifestyles we might as well go the whole hog and head for the sinful excesses of the big metropolis, i.e. Vancouver, where two and a half of our children lived.



We now have ample time to consider some of the deep philosophical questions that have bothered us over the years.

Why doesn't glue stick to its container?

Why doesn't “onomatopoeia” sound onomatopoeic?

Why does everyone seem to die on Saturday morning?

However, I digress.

We live on the 10th floor of a twelve storey building to the north of False Creek between Burrard and Granville Streets. The view is fabulous, looking to the north at Downtown, the North Shore mountains and English Bay to the west. Most of our meals are provided in the communal dining room. Haute cuisine it ain't, but it is perfectly reasonable nosh, always better than the muck that I produce at times.

Opening time for meals is fun. A dozen ladies with walkers in single-file, down a narrow corridor, is a sight to behold. Visions of circus elephants entering the ring, tails entwined with the trunks of the follower, come to mind. The walkers are then parked, each one with some distinctive marker, lest they be taken by some joy-rider.

Occasional fights, so far only verbal, break out. These are usually over seating. There is no booked seating and we advertise proudly that mealtime seating is open and free. This is perfectly true as long as you don't take “My” seat. One wonderful incident was between a very flamboyant South American lady and a very upper crust English lady. The latter ended up being told to “**** Off” in a loud voice, a maneuver to which she was not accustomed.

Continued on page 5

There is never an excuse to be bored. We have a gym, filled with machines with levers and weights, and a “something-ologist” visits monthly to instruct innocents in their use. Exercise Classes, Tai Chi, Bridge, Painting, Snooker, Movie Nights, Book Clubs and the inevitable Bingo all happen. We even have Philosophers Cafes.

We also have classes to improve memory. There was one this morning but, damn it, I forgot to go.

Bus trips are frequent, mainly shopping and local beaches, but occasionally fun stuff like the Zip-line.

The inmates are fun and over the three years we have met some interesting characters.

Age is no bar to ability. We have a lady of 102 years whose brain is as sharp as a tack. If she has lost any grey cells in her old age, she must have had an unfair share when she was younger.

Another lady in her mid-nineties, who has just left us, still plays piano for the Vancouver Ballet Company and can sit down and play anything by ear in any key. You hum it and she plays it.

Wendy and I still cycle - Me on two wheels, Wendy on three with an electric motor for back up. We tend to go round False Creek, but on good days (Parkinsons' and weather) we go for the Full Monty....Stanley Park. I used to be worried that traffic would be a problem and be dangerous. Fortunately this is no problem. The tricycle takes to the centre of the road, followed by me on my sedate two wheels. Cars in both directions grind to a bewildered halt, drivers with jaws agape as we majestically wend our way down Fir Street to the safety of the seawall.

After all, Marriage means Commitment. Unfortunately, so does Insanity.

We miss TALK and all our old friends. Surrey is where our roots were planted.

I have written this short piece to let you know that we are still around and that life can still be fun wherever it takes you.

(When members said they really enjoyed Terry's writing I asked him to write something for us. Our many thanks to Terry for this delightful contribution. He and Wendy are an example to all of us on how to age with humour, acceptance and dignity.)

SPECIAL EVENT— by Al Sabey

Twenty-five members of TALK attended a Special Event at the BCIT (British Columbia Institute of Technology) Aerospace Technology Campus in Richmond on October 19, 2011. Our scheduled speaker and guide, Bob Ronson was unable to provide the tour; however, he ensured that the event would go on in his absence. Jack Baryluk of the Industry and Training Support Section was our very capable host. Jack gave the group a 30 minute overview of the Aerospace Campus and the students who attend BCIT.



The Aerospace Campus trains a variety of students from around the world in different areas relating to aviation matters: aircraft maintenance, pilot flight training, air traffic control, radio and navigation equipment maintenance as well as other subjects. The courses run from a minimum of approximately one year up to a maximum of two years and eventually lead to a degree in the students' chosen field.

The aerospace program has an extremely high rate (nearly 100 %) of employment placement of its graduated students.

The graduated students go on to apprenticeship programs within the aviation community and eventually work themselves up to aviation management positions.

TALK members learned the how, when and why airplanes are kept flying by the professionals on the ground who ensure that the travelling public is kept safe.

Thanks again to BCIT for allowing TALK to gain insight into a very interesting subject. And a very special thanks to Jack Baryluk for his excellent presentation.



As there was a substantial waiting list for this event, it will be offered again in the spring program.

Famous Quotes

The modern airplane creates a new geographical dimension. A navigable ocean of air blankets the whole surface of the globe. There are no distant places any longer. The world is small and the world is one. Wendell Willkie

Sometimes, flying feels too godlike to be attained by man. Sometimes, the world from above seems too beautiful, too wonderful, too distant for human eyes to see...

Charles Lindbergh, *The Spirit of St. Louis*, 1953

BASICS OF FLYING — by Al Sabey

For TALK members who missed the Boundary Bay Airport "Basics of Flying" course October 12, you may want to watch for the same course in the future. For those who did manage to make it: we all enjoyed a social lunch at the Skyhawk Restaurant at the Boundary Bay Airport. The lunch gave us the opportunity to connect with the general aviation community who support the "initial training" of young people who are interested in a flying career.



Following the lunch we were treated to a two hour seminar on the Basics of Flying presented by John Montgomery and flying instructor Ben Reichart of Professional IFR, the "IFR" standing for "Instrument Flying Rules".

John is the owner and General Manager of Pro IFR and trains people from the world over on what it takes to become a professional pilot.

The presentation included a briefing on a person who shows up for initial flight training, to that same person who graduates from Pro IFR with a Commercial Flying Licence with a Multi-Engine Endorsement and an Instrument Flight Rating. Pilots leave Pro IFR ready to take on the flying world and eventually become employed by many of the world's airlines.

Following an informative classroom session, John and his wife, Blythe were kind enough to give us a tour of the training facility including the simulator room. We were fortunate to see the simulator in action as there was a flying student at the controls during the tour. We were all very quiet so as not to interrupt the student and instructor.

John has kindly consented to conduct another session at Pro IFR in the future if we at TALK are interested.



Blythe & John



Dr. Bob Carlisle



Skyhawk Lunch

The Laughing Boomer: Retire from Work - Gear Up for Living!

www.laughingboomer.com by Phil Warren



Mahara Sinclair presented a very successful two session course on Sat, Oct 15 titled " Retirement Planning: Designing a 30-year Grand Finale.

Given the rocky circumstances (confusion of dates in the brochure) and the fact that members of TALK are mainly retired, the number registered was good. The two people who were not retired stated that it was an excellent program and should be offered by Kwantlen Polytechnic University and other organizations.

Mahara adapted very easily to the different audience characteristics from her usual group (preparation for retirement). The participants felt they learned a great deal, regardless of their current life situation: not retired and retired.

Mahara's three stages of retirement **GoGo, SloGo, NoGo**

Computer Help - At the AGM the subject of getting computer help arose. Upon investigation it was found that the Kwantlen Student Association has a program called 'Reboot.' You may wish to investigate this service. I have contacted them and they say that if you call them you may be able to negotiate a price (especially in their slow times). You would have to take your computer to them as they don't make house calls. *by Joanne Cunningham*



Reboot

Is your computer or laptop giving you problems? Need help? *Come on down!*

FREE Non-students are charged \$75/hr.

The KSA Reboot Program is designed to help students with their computer technical support needs. It is a **FREE** service to students pursuing their studies at Kwantlen Polytechnic University. It includes technical support, software troubleshooting, format/re-install, virus-removal, hardware removal, upgrades, and discounted repair!

Mon.- Thurs. (11am - 4 pm.) Room G 1240 12666 – 72 Ave. Surrey

Web site—Reboot@kusa.ca Phone 604.599.2348

On October 17 & 24, TALK members learned about Hypnosis from Jeannie Martin. The members were so enthusiastic about this topic and speaker that the program will be offered again in the spring.

A Few Words About Hypnosis from Jeannie Martin

Hypnosis, when mentioned in conversation, creates varied reactions in people. There are many misconceptions about hypnosis.

A simple definition of hypnosis is that it is a state of increased suggestibility and concentration. In this state, the conscious critical mind becomes an observer and allows direct communication with the subconscious mind. This allows the hypnotherapist to assist clients to make changes at the deep subconscious level needed for permanent change. Hypnosis is empowering.

Hypnosis is not a state of 'sleeping'. You won't do or say anything in hypnosis that you would not normally say or do. You are in control at all times. You will know everything that is going on around you, what the hypnotherapist is saying, and what you are thinking, doing or saying. In fact, some people will think that they have not been in hypnosis because they are expecting something unusual to be happening to them. Do not expect a lack of consciousness or amnesia. You may feel that you are unaffected by what is being said but, in fact, you will be directly affected because the subconscious mind is listening and making changes at a very deep level.

Hypnosis is about imagination and creation. Together, you and your hypnotherapist will work to create new positive feelings, pictures, images, sights, sound, smells and emotion to replace specific negative ones that you might have gathered unknowingly over the years. The brain cannot tell the difference between what has actually transpired and what your hypnotherapist will help you to create for your subconscious. Therefore, you can create and become anything you desire. Your professionally trained hypnotherapist is your guide, your facilitator and your partner.

The success of your hypnotherapy session will be enhanced by your willingness to use your imagination and by your desire to allow yourself to go into the deep state of calmness and focus that your hypnotherapist will assist you to attain.

Remember... **ALL** hypnosis is self-hypnosis and you and your hypnotherapist are a team—each committing to contribute 100% towards the achievement of your goals.

Jeannie Martin is a Master Hypnotist, Clinical Hypnotherapist, Cognitive Behaviour Hypnotherapist and Instructor for Coastal Academy of Hypnotic Arts and Science in Surrey, BC where she has her fulltime practice.



Exciting new TALK programs for Spring 2012

TALK has a wide variety of programs coming up next semester. Watch for the new brochure to come out in early January 2012. We will be featuring a number of popular previous presenters and some intriguing new ones. Here is just a taste of the topics we are working on and approximately when you can expect them.

In Surrey:

Hypnosis (with Jeannie Martin)	Feb.
Ballet (with Margot McDermott)	Feb./Mar.
A New Vision of Aging	Feb./Mar.
Options for Care	Apr.
Bard on the Beach	Apr.
History of American Art (with Tom Siebold)	May

In Cloverdale:

Transformation for Success.....	Feb.
How to Blog	Mar.
Prisons	Apr.
Meet the Geri Packers	May
Search Savvy Cloverdale.....	May

In Langley:

Psychology of Persuasion.....	Mar.
-------------------------------	------

In Richmond:

Clio in a Canoe: Canadian History (with Frank Abbott).....	Feb.
BCIT Aerospace Tour	Feb.
Water	Feb.
Scams & Frauds	Mar.
Bicycle Touring in Europe	Mar.
Music History	Mar.
Search Savvy Richmond	
Mythology in the Social World.....	Apr.
The Other Birds (with Hugh Griffith)	May

If you have any questions about TALK programs, or suggestions for future topics and/or speakers, or would like to help us plan and facilitate programs, please contact Program Chair Jean Garnett at jeangarnett@shaw.ca or 604 277-1130.

TALK's Philosophers' Cafés



- **What is the purpose of sacrifice?**
- **Why is something funny?**
- **Are same sex relationships accepted in mainstream society?**
- **Is fear an innate human condition?**
- **What is intuition?**
- **How do individual interactions/relationships affect the broader world?**
- **Is thought possible without language?**

You don't have to be a philosopher to participate in these stimulating sessions. If you enjoy listening to people delve into the topics listed providing their own and often controversial perspectives, or if you have insights or perspectives to share, you will enjoy these Cafés. Some Cafés will have a featured speaker to introduce the topic and all sessions are moderated to keep discussion to one speaker at a time and to ensure everyone gets a chance to say their piece.

We hope you will join us and discuss these thought provoking topics where listeners are as welcome as speakers.

- Open to the Public
- Suggested minimum \$2. donation for each Café
- Food & beverage orders from 11:30 am. Presentation and discussion from 11:45 onwards
- No pre-registration necessary but admission is on a 'first come, first served' basis as space permits

2012 Café Dates: January 26, February 9 & 23, March 8 & 22, April 12 & 26

All Cafés will be held at the ABC Country Restaurant, 2160 King George Highway, Telephone: 604-531-2635

Are you or your children interested in this?

**The Centre for Interdisciplinary Research,
Sources BC, and the City of Surrey present**

Plugged In and Tuned Out: Helping Parents and Kids Navigate Digital Cultures

Please join [Ross Laird](#) and [Steve Dooley](#) for a public forum designed to help parents, kids and other members of the community understand and deal with the growing influence of digital cultures. We'll discuss the benefits and hazards of technology in the context of child and adolescent development, and we'll explore practical tools and skills for parents and educators who seek to encourage health and balance for children and adolescents. This is a free and open public forum. Everyone is welcome.

November 16, 7pm to 9pm
Kwantlen Polytechnic University
Cedar Building, Conference Centre
12666 72nd Avenue, Surrey BC



The Conference Centre is near the northwest corner of the campus, beside the gym in Cedar Building. Parking is available close to the conference centre, off 72nd Avenue. Refreshments will be provided.

Questions? Please contact [The Centre for Interdisciplinary Research](#) (CIR:CLE) at [Kwantlen Polytechnic University](#).

Parking for People with Disabilities

A reminder that parking is free for those who have a registered placard. Persons with mobility impairment and displaying a valid Disabled Persons' Parking (SPARC) permit may park in any stall, **except** "Visitor". You will NOT need to purchase a parking permit. (The Visitor stalls are near the Conference Centre at Surrey campus and just in front of the north entrance at Richmond campus. Avoid those, which are for short term parking only.) Abuse of SPARC Permit regulations is covered under the Motor Vehicle Act.

