

TALK

Third Age Learning at Kwantlen

August 2011



No Limits to Learning:

A Conference on Third Age Learning

May 12-14, 2011

Karen Jensen reported: The first conference for Western Canada's Senior Learning programs was held in May. The Keynote Address was given by Dr. Kris Bulcroft, President of Capilano University. She speculated on how, why and where we learn over the life course. She emphasized :

"It's What You Know After You Know It All That Counts"

....She also gave us this to ponder

"Part of the learning process is 'unlearning' and reconstructing previously held thoughts, actions and beliefs."

The TALK participants attended workshops and came back with some new ideas and a renewed appreciation for the importance of learning throughout one's lifetime.

It was very interesting to learn how other organizations are structured and to share ideas. All tend to have similar problems and successes. However, at a time when TALK is struggling to get volunteers, it was rather daunting to learn that the Comox Valley Eldercollege has 900 members and 150 volunteers. (cont. p.2)



Dr. Kris Bulcroft,
President, Capilano
University

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TALK Board 2010-2011

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Conference Report continued

Karen Jensen ended her report with the following:

"I learned a great deal from this conference. Having entered TALK very unaware of this "whole world" and the history of Third Age Learning, it was fascinating to see how many were involved and the history of the movement."

The TALK Board sent Linda Coyle, Joanne Cunningham, Karen Jensen and Deirdre Plomer. They were among 90 participants attending this conference organized by Capilano Eldercollege and sponsored by Canada's New Horizon program and the Pacific Arbour Group.

TALK congratulates Eldercollege at Capilano University for taking the initiative and organizing this event. (Sessions are on the Capilano Eldercollege web site)

WE NEED YOU!

Volunteers make it possible for all of us to enjoy TALK courses and Philosophers' Cafe conversations.

All the organizers and the presenters are volunteers. Without volunteers there would be no programs.

We are currently in dire need of volunteers to do some of the following:

- Participate on the TALK Board (Membership, Marketing, Treasurer)
- Help organize TALK courses (Program Committee)
- Help organize Philosophers' Cafes (organizing committees for Surrey/White Rock and for Richmond)

Volunteering is fun, you get to meet great people and make new friends.

If you would like to help, please contact:

Brian Bjarnason at bjarnb@shaw.ca or 604-531-5069

THANKS!

Disabled Parking Notice: Did You Know???

" 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. Abuse of SPARC Permit regulations is covered under the Motor Vehicle Act."

TALK Annual General Meeting

Saturday, October 22, 2011

10:30 am - 1:30 pm

**Cost: TALK members free,
non-members \$10**

Includes a light lunch

Featuring Guest Speaker

Peter German, O.O.M, Ph.D.

Deputy Commissioner,

Royal Canadian Mounted Police



A member of the Royal Canadian Mounted Police for 30 years, Deputy Commissioner German has worked on uniform and plainclothes duties in every province and territory, with postings in Saskatchewan, Newfoundland, Nova Scotia, British Columbia, and Ontario.

He has served on urban and rural detachments, security service, professional standards, and commercial crime duties, including as a detective inspector charged with major fraud and corruption investigations in the National Capital Region. Between 2002 and 2005, he was the Director General of Financial Crime, responsible for the Force's commercial crime, market enforcement and proceeds of crime programs, and was the Lower Mainland District's Commander between 2007 and 2011. On March 1, 2011 he assumed the role of Deputy Commissioner West with responsibility for the RCMP's four Western and three Northern divisions.

A lawyer and member of the Ontario and British Columbia bars, he previously practiced law privately, as a Crown prosecutor and criminal defence counsel. He holds graduate degrees in law and political science, including a doctorate in law from the University of London, and is the author of a legal text *Proceeds of Crime and Money Laundering*. He is a frequent lecturer in Canada and abroad and has served as a Canadian delegate to various international forums. Deputy Commissioner German serves as a member of a number of non-profit boards and is a Vice-President of the Canadian Association of Chiefs of Police.

Deputy Commissioner German has taught at the University College of the Fraser Valley and the University of British Columbia. He is a Senior Fellow at the Centre for International Financial Crime Studies at the Levin School of Law, University of Florida, and is the recipient of the RCMP Long Service and Good Conduct Medal, the Queen Elizabeth II Golden Jubilee Commemorative Medal, and is an Officer of the Order of Merit of Police.

PLAN TO ATTEND

(Thanks to Al Sabey for arranging for this speaker)

FALL PROGRAMS

The program committee has been hard at work providing interesting programs for fall. For more information see www.kwantlen.ca/talk

Special Event—Tour of BCIT Aerospace Technology Campus - Oct 19

Surrey	Richmond	Philosophers' Café (Continued)
<ul style="list-style-type: none"> The Basics of Flying (compliment to the special event) Hypnosis Database Searching at Surrey Libraries Psychological Testing for Fun and Enlightenment Dinosaurs Mobile Health (What is it?) Retirement Planning Modern Art Comedy Twitter Victims of Crime 	<ul style="list-style-type: none"> Mongolia - Discovering Independence It's a Wide, Wide World (travel) Online Learning Online Novel Study (New) Literary Lunches Introduction to Genealogy <p style="text-align: center;">Langley</p> <ul style="list-style-type: none"> Communications and Public Relations <p style="text-align: center;"><u>Philosophers' Café</u></p> <p>Richmond</p> <ul style="list-style-type: none"> What should be the role of the monarchy in Canada? 	<p>Richmond (continued)</p> <ul style="list-style-type: none"> Privacy: Does it exist anymore? Will humans ever stop fighting? <p>Surrey</p> <ul style="list-style-type: none"> Is it our moral obligation to involve ourselves with other people's problems? What should be our response to demographic challenges facing the world? What is the virtue of selfishness? Should euthanasia be legalized? Why should we believe future predictions by experts? Is peace possible? Animal rights: How should animals be treated?

Surrey Philosophers' Café is held at the ABC Country Restaurant, 2160 King George Highway. Food & beverage orders from 11:30.

Richmond Philosophers' Café held at the Steveston Hotel Cafe, 1211 Third Avenue.

Philosophers' Cafés will be held in the back room behind the Café, where it's nice and quiet. A comprehensive breakfast and lunch menu is available. The 407 and 410 buses stop nearby at Chatham and Third and the 401 and 402 buses stop a couple of blocks away. (The 410 also connects to the Canada Line at Bridgeport Station at River Rock).

- Open to the Public
- Suggested minimum \$2.00 donation for each Café
- Presentation and discussion from 11:45 onwards.

No pre-registration necessary but admission will be on a 'first come, first served' basis as space permits.

Please join us!

Horticulture Program Report

Once again the Kwantlen Horticulture department put on a great program for TALK.

We learned about the impact of global issues on horticulture from Gary Jones. Michelle Nakano told us why green roofs and green walls are constructed and why they are valuable to our environment. The group visited the Salvation Army roof garden next door to Kwantlen. Members will pay a lot more attention to these new gardens in the future. Stan Kazymierchuk is passionate about “turf” and participants who golf or grow lawns were given some handy hints on how to do it properly. *(Now I know why my father always made me cut the grass twice; once in a square and once diagonally).*

A trip to the Sunnyside Greenhouse where they grow peppers was a highlight for all. Who knew red peppers were just green peppers ripened..... Or that a pepper has three times more Vitamin ‘C’ than an orange. Or that a pepper plant can grow over 10 feet tall. I didn’t. Here are some pictures from the greenhouse part of the program.



Thanks to Hans Rainer for photos

The Importance of Bees to Future Food Security

By Jean Prescott

Brian Campbell, master bee keeper, proved to be an entertaining and knowledgeable speaker on both wild bees and honey Bees in his recent course at Kwantlen. Did you know there are over 20,000 species of wild bees globally with 850 species native to British Columbia? Through lecturing and providing specific samples, Brian showed our class of 14 many different ways bees nest and how important they are to flower pollination and to the cycle of the honey bee as well. He showed several types of nests which can be created to give bees a nesting area in your own yard and offered participants the chance to 'unlock' a few nesting Bee cases and wash them for spring release.



In the second session on honey bees, Brian talked about the European honey bee as well as Asian and African killer bees. He discussed the reasons that beekeepers are struggling with colony collapse in North America, plus the importance of the continued work to support our Bee population in both rural and urban settings. Using demonstrations, charts and an actual hive, Brian showed what bee keepers do to construct their hives, help keep pests under control, assist the bees in the production of honey and keep the hive alive for the coming year.



Participants learned lots about bees and everyone left with a far greater appreciation of the importance of bees to pollination and the complexity of farming bees today.

Did You Know?

This year we're going to experience four unusual dates - 1/1/11, 1/11/11, 11/1/11, 11/11/11 - and that's not all!

Take the last two digits of your year of birth - now, add the age you will be this year. The result will be 111 - for everyone born before 2000 (those born 2000 or later it will be 11)!!

This is the year of Money!

Also this year, October will have - 5 Saturdays, 5 Sundays, and 5 Mondays. - This happens only every 823 years.

The Death of Common Sense

By [Lori Borgman](#)

Three yards of black fabric enshroud my computer terminal. I am mourning the passing of an old friend by the name of Common Sense.

His obituary reads as follows:

Common Sense, aka C.S., lived a long life, but died from heart failure at the brink of the millennium. No one really knows how old he was, his birth records were long ago entangled in miles and miles of bureaucratic red tape. Known affectionately to close friends as Horse Sense and Sound Thinking, he selflessly devoted himself to a life of service in homes, schools, hospitals and offices, helping folks get jobs done without a lot of fanfare, whooping and hollering. Rules and regulations and petty, frivolous lawsuits held no power over C.S.

A most reliable sage, he was credited with cultivating the ability to know when to come in out of the rain, the discovery that the early bird gets the worm, and how to take the bitter with the sweet. C.S. also developed sound financial policies (don't spend more than you earn), reliable parenting strategies (the adult is in charge, not the kid), and prudent dietary plans (offset eggs and bacon with a little fibre and orange juice).

A veteran of the Industrial Revolution, the Great Depression, the Technological Revolution, and the Smoking Crusades, C.S. survived sundry cultural and educational trends including disco, the men's movement, body piercing, whole language, and new math.

C.S.'s health began declining in the late 1960s when he became infected with the If-It-Feels-Good, Do-It virus. In the following decades his waning strength proved no match for the ravages of overbearing federal and state rules and regulations and an oppressive tax code. C.S. was sapped of strength and the will to live as the Ten Commandments became contraband, criminals received better treatment than victims, and judges stuck their noses in everything from Boy Scouts to professional baseball and golf. His deterioration accelerated as schools implemented zero-tolerance policies. Reports of 6-year-old boys charged with sexual harassment for kissing classmates, a teen suspended for taking a swig of Scope mouthwash after lunch, girls suspended for possessing Midol and an honour student expelled for having a table knife in her school lunch, were more than his heart could endure.

As the end neared, doctors say C.S. drifted in and out of logic but was kept informed of developments regarding regulations on low-flow toilets and mandatory air bags. Finally, upon hearing about a government plan to ban inhalers from 14 million asthmatics due to a trace of a pollutant that may be harmful to the environment, C.S. breathed his last. Services will be at Whispering Pines Cemetery. C.S. was preceded in death by his wife, Discretion; one daughter, Responsibility; and one son, Reason. He is survived by two step-brothers, Half-Wit and Dim-Wit.

Memorial Contributions may be sent to the Institute for Rational Thought.

Farewell, Common Sense. May you rest in peace.

BRAIN FITNESS *By Joanne Cunningham*

**Can you remember what you last received for your birthday?
My family wanted to make sure I could, so for my
birthday this year they gave me the
'Posit Science Brain Fitness Program'
(To be fair I had been talking about it for awhile)**



This program has been fun. You first get one of your children or friends to install it on your computer (or, if you are more computer savvy than I, you put it on yourself). For 20 minutes three times per week I sit at my computer, and with a click of the mouse, I differentiate sounds, match words and find similarities. I can't help but wonder how this works on my brain but the scientists tell us it really does improve our brain functioning. I was given the 'Complete Brain Workout' so have the auditory and visual program. So far, I have only done three sessions on the auditory and notice no change but I am hoping that when I can get at it on a regular basis I will see the improvement.

The Posit Science Auditory program advertising says that the program speeds up thinking and sharpens memory by improving the quality and quantity of the information your brain absorbs through your ear. The program features six easy to use exercises that adapt to your performance, so that you're always training at the right level. It's like having a personal trainer for your brain. You are also able to monitor your progress to understand how you are doing.

The program says it will help you to:

- Improve memory by 10 years
- Speed up auditory processing by 131%
- Find words on the tip of your tongue
- Participate and remember conversations more fully



The Posit Science Insight Brain Fitness Program speeds up thinking and reaction time by improving both the quality and quantity of information your brain takes in through your eyes.

(cont. p. 9)

Clinical studies show that training with InSight:

- Speeds up visual processing by up to 300%
- Helps people take in more with each glance
- Improves brain activation in areas related to attention and focus

These improvements lead to generalized gains, too. Studies also show that InSight:

- Enables people to drive more safely and confidently
- Helps people to be more effective, efficient, and in control of everyday tasks
- Allows people to retain health-related quality of life and independence over time

(taken straight from the Posit Science advertising)

For more information on the Posit program visit PositScience.com

The cost of this program is around \$400.

How Views Change !!

Aristotle (from De motu animium 4th century B.C.)

*“The seat of the soul and the control of voluntary movement
In fact, of nervous functions in general, - are to be sought in the
heart . The brain is of minor importance.”*

***Isaac Asimov (from the forward to “The Three-Pound Universe,
“1986)***

*“The human brain, then, is the most complicated organization of
matter that we know.”*

Norman Doidge (from “The Brain that Changes Itself “2007

*The discovery of neuroplasticity, that our thoughts can change the
structure and function of our brains even into old age, is the most
important breakthrough in our understanding of the brain in four
hundred years.*

*If you are interested in Brain Neuroplasticity,
I would highly recommend :
“The Brain that Changes Itself”
by Norman Doidge. Penguin*

*Ashes to ashes,
Dust to dust
Oil that brain,
Before it rusts*

Indochina Travels By Maureen Buchholz

Vietnam:

Our trip January 2011 began in Hanoi, capital of Vietnam. Given the guidebook photos of palm trees dotting the city, I assumed it would be tropical. Luckily, we had our winter togs with us as the temperature was about the same as winter in Vancouver. The locals complained that it was one of the coldest on record and they tried to carry on their street vending businesses wearing mittens, puffy jackets, snow hats, etc.



We'd booked the Heart Hotel on friends' recommendation. Overlooking Hoam Kiem Lake in the center of the Old Quarter, it was the perfect base from which to explore the city. We took the guidebook's walking tour of the Guild-operated neighbourhoods. From our deck overlooking the walkway around the lake, we awakened each morning to seniors doing Tai Chi gracefully with red fans. In the middle of the lake, the Ngoc Son Temple features a 250kg. tortoise over 6ft. long, well petrified. To everyone's amazement and delight, an enormous living tortoise recently surfaced in this lake

Southeast Asia offers a fusion of French and Asian cuisine that is delicious and inexpensive. We bought weasel coffee to bring home as gifts – the theory being that weasels can sense when the coffee beans are perfect and eat them. The coffee then comes out the back end (already ground . . .). We passed on the BBQ'd dog in the market, although it did smell delicious. Sitting on a curb on a little stool, we drank pints of beer at 20 cents a glass while watching motorbikes weave in and out of pedestrians.

A visit to the Ho Chi Minh Mausoleum complex was timed for the changing of the guards, not unlike Buckingham Palace but without any sound. The complex was constructed almost 40 years ago and houses the embalmed body of Father Ho. Visitors are encouraged to doff their caps and maintain silence by armed guards, while filing through to get a first-hand look at a corpse that could be the product of Mme. Tussaud's ministrations. They say that Ho goes to Russia annually for a two-month "refresher" holiday.

From Hanoi, a four-hour bus trip took us to Halong Bay for an overnight trip on a junk through some of the 3,000 picturesque islands featured in movies and guidebooks.



The seafood was outstanding and the accommodations below deck comfortable. At Hang Sung Sot we explored limestone caves a quarter of a kilometer deep. Although the waters of the bays were emerald green and the beaches inviting, it was just too cold to jump in. A week after our "sea cruise", we learned that several European and US tourists died aboard a junk which sunk quickly in the night. So for the present, all overnight trips on the waters of the bay have been cancelled.

Back in Hanoi, we caught the 11pm Reunification Express train, arriving in Hue at 11:30am the next day. We had been warned about theft aboard and cautioned to lock our sleeping compartments where we slept four to a room. We'd bought silk sheets and slept in our clothes with any valuables tucked into our sleeping bags. During the night, my husband heard someone trying to open our sliding door. Our neighbours in the next compartment had not been so cautious and, when one passenger left to use the toilet at the end of the coach, the thief quickly entered and stole a daypack containing mobile phone, money, and charge cards. Another scam is to steal a suitcase and throw it off the train, with the thief getting off at the next stop and going back to recover it.

In Hue, we took time to explore the Imperial City which was badly bombed during the Vietnam war but still impresses with its gardens, halls, and library. From the citadel, a 4km boat ride on the Perfume River took us to the Thien Mu Pagoda founded over 400 years ago. Not far away, we had a vegetarian lunch at an orphanage run by a plump, timeless Buddhist nun who took great pleasure in ensuring we had our fill. The remains of our meal went to the children as we prayed in her wat next door.

The following day, a 4.5hr. bus ride took us past Marble Mountain and its exotic shops filled with every size of carved art work (and what you don't see you can special order), through Danang with its beach boulevards, and into the mountain passes heading south. It was cold, drizzly and cloudy which made the trip to Hoi An even more challenging. But the ride was worth every moment to see this 17th century trading port. The city of 80,000 is a UNESCO World Heritage Site and it combines European, Japanese and Chinese cultures. We ordered two cotton shirts for my husband and a silk/polyester suit and pure silk blouse for me - the bill was \$150 and they were ready within 24hr. A tour of the Old Town and a cooking class in this exquisite city of canals rounded out our day.



The flight from Danang to Nha Trang, the beach capital of Vietnam, took about 1.5hr. Given the cold weather, however, I opted for an afternoon at the mud bath and mineral waters at the Thap Ba Hot Spring Center. Dinner that night was our introduction to a steamboat: prawn, squid, chicken, pork, beef, tuna and greens are



cooked over a BBQ in the center of the table followed by rice noodles in the liquid at the bottom which you then drink. It was delicious and, as we were leaving, we noticed a restaurant rat busy trying to escape the cleaning staff – and possibly the cooking pot.

Back in the mountains the next day, our 32km climb through the passes was intercepted by minor and major landslides along this new highway. After five hours, we arrived at Dalat with its impressive

grand homes and golf course on Xuan Huong Lake. This central highland city of 150,000 features the last emperor's summer palace and is now a holiday destination for residents of Saigon. The extensive flower garden was formally opened to much fanfare and worth viewing for its stunning orchid and bonsai displays.

From Dalat, we caught an early morning flight to Ho Chi Minh City, still called Saigon by locals. We arrived at the beginning of Tet (New Year's celebrations) which last a week and, if anywhere, HCM is the place to be. The decorations, fireworks, number of motorbikes, families and children in their best clothes enjoying a holiday – all added to the festive atmosphere. People work long hours in Vietnam and Tet means a visit home to be with family, to cook together, and to enjoy their extended families.



Although many of the markets were closed for Tet, we were fortunate that the War Remnants Museum was open, with well documented displays from the Vietnamese point of view on the atrocities of the Vietnam War. A walk to the government quarter brought us to Notre Dame Cathedral and the Post Office, an odd place to shop but they had interesting items like bullet casings turned into cigarette lighters. An hour and a half on a bus brought us to the Cu Chi Tunnels, a must to experience. There are

approximately 200km of three-level hideouts underground with field hospitals, kitchens, schools, etc. It's easy to see why the locals won the war.

The next day, our last in Vietnam a 45ft. open deck boat took us through part of the Mekong Delta's 4500km river. A stop was the usual tourist complex: rice cake making demo, puffed rice made in a wok, shot of alcohol from a bottle containing a cobra and scorpion. The next stop for lunch, however, was at a homestay where they served lagostina, elephant ear fish, soup, rat, rice, pork and fruit. It was delicious and the garden sublime.



Cambodia

A two-hour bus ride west of HCM dropped us at the Cambodian border crossing. The signage for tourists was confusing; however, we were through the visa process in under an hour and back on a bus heading for Phnom Penh. The first 40km are barren, the result of the effects of agent orange even after all these years. We shared a short ferry crossing the Mekong with a truckload of pigs, a small horse pulling a very big and heavy cart, and a mix of every kind of vehicle imaginable.

I had thought of giving the Tuol Sleng Genocide Museum (Security Prison 21) a miss in Phnom Penh, given the horrors of this part of history, but I'm glad I didn't. It's the ultimate, unforgettable example of a madman's (Pol Pot) scheme to return Cambodia to an agrarian-based society. He oversaw the extermination of three million people - those who were professionals or intelligencia.



The museum is a former highschool and it has been left in the center of town, just as it was, surrounded by barbed wire. The schoolrooms are chilling torture chambers, the yard a burial ground for the last of the victims. The others are in the Killing Fields, called the Choeung Ek Genocidal Centre. A stupa filled with skulls dominates the center, surrounded by excavated graves. But the most startling experience is to walk around the site and realize that every path is littered with bones and bits of clothing still coming to the surface.



The bus ride to Siem Reap was interrupted by a side trip to a fishing village on the Tonle Sap Lake. Every year, this lake floods to 70 times its volume so the houses are perched on stilts 30ft above the banks of the lake. Our six-year-old granddaughter had given us a Barbie doll, complete with princess dress and tiara, to give to some little girl on the other side of the world. These families have neither clean water, electricity, nor sewers. We left Barbie in the arms of a delighted, youngster who had little else and few prospects.

Travel Tip:

Whenever staying in hotels, pick up the complimentary shampoos, soaps, toothbrushes, shower caps, and combs. (A comb beats picking lice from hair with a chicken bone). Make up Ziploc bags of these items, adding a warm pair of socks from home. For people in these villages and others like them around the Third World, it means so much and costs you so little.



Siem Reap was our base for exploring Angkor Wat, the largest religious structure in the world. Unfortunately, the skies were hazy but dawn there is still impressive. The walled city of Angkor Thom is 10sq km in size and best viewed by bicycle. We explored Ta Prohm in depth, as well as the Bayon and Terrace of the Elephants. In the evening, we climbed Phnom Bakheng for sunset along with a couple of thousand others. What amazed me most was the fact that the public has unrestricted access to these ancient artifacts and can climb any, no matter how dangerous. India is currently assisting Cambodia in a UNESCO preservation project at Angkor.

Laos:

Domestic flights are readily available, and inexpensive, so once we paid our Cambodian exit tax of \$25pp, we took a \$42 Lao Air flight to Vientiane, the capital of Laos. The city is across the Mekong from Thailand and is a logical point of entry to that country. However, we wanted to see Luang Prabang, a UNESCO World Heritage site in northern Laos so we continued on another flight north. This charming city has crumbling French villas dotted with golden wats. Our hotel overlooked the Nam Khan River, with verdant slopes under culture with a variety of crops and children swimming with the current. The night market in Luang Prabang is the most interesting of any we experienced and the food delicious.



We could have flown Lao Air to Thailand, but after looking at the slow boats docked on the Mekong in Luang Prabang, we bought a lunch-to-go and boarded one, along with 40 other locals and a couple of tourists, for our trip to northern Thailand. This was the most interesting part of our river travels as we passed water buffalo, gold miners panning riverside, and dropped off locals at their villages along the way. As we were going against the current, it took over 10hr to reach the half-way point, Pak Beng. We were delighted to cross paths with our Crescent Beach neighbours on the one street in this wild east town, in the dark. They were headed downriver to Luang Prabang for a few days. It's wonderful to see a familiar face after a month of traveling and we talked into the night, comparing travel notes.

Thailand

The next morning, we said good-bye over croissants and coffee while the owner of this gem of a bakery in the middle of nowhere packed us a lunch. We caught another slow boat for the 11hr journey from Pak Beng to Huay Xai where, after a night in a seedy hotel (\$6.25 for 2) we took a 5min. ferry ride next morning across the Mekong. The departure tax for Laos was \$1pp. Immigration in Thailand at Chiang Khong was a speedy formality, followed by a bus ride to Chiang Mai through the mountains on excellent roads.



Chiang Mai is a city of about 200,000 surrounded by walls and moats that date to the 14th century. At our hotel just outside the southern gate, enthusiastic roosters woke us each morning and monks in their saffron robes wafted through the neighbourhood receiving their day's alms. At the beautifully restored Wat Chedi Luang complex, visitors are encouraged to "chat with a monk". It's also the archeological site of a wat believed to have been the tallest structure in ancient Chiang Mai.

There's lots more to do on a trip like this, depending on your interests and the time available: Consider a manicure and pedicure for \$5; riding elephants and watching them paint, dance, play the harmonica and kick balls; visiting huge night markets filled with knockoffs; enjoying a massage for \$10; spending an afternoon helping out at an orphanage, hiking or camping in the hills, taking a cooking class for \$15, inc. dinner.

As we were running out of time, we decided to forego the train from Chiang Mai to Phuket and fly. Within two hours we had landed; another three hours on the airport mini-bus and we reached our bungalow at Kata Beach. Thousands of beach umbrellas (controlled by the Soviet mafia we were told) line the beach while topless European women and old men wearing speedos the size of rats' hammocks turn black in the sun.

Our last stop, the small island of Ko Lanta, was paradise. Here we dropped off the map for a couple of weeks, swimming in waters warmer than a bathtub, eating pad thai to our hearts content, getting to know the locals, and appreciating life.



Dr. John McKendry, President, Kwantlen Polytechnic University



Kwantlen Polytechnic University Appoints President, Dr. John McKendry
METRO VANCOUVER, BC – (July 4, 2011) – Kwantlen Polytechnic University is pleased to announce the appointment of Dr. John McKendry as President. Dr. McKendry takes over after the resignation of Dr. David Atkinson, as he returns to his hometown accepting the role of President at Grant MacEwan University in Edmonton.

SFU PHILOSOPHERS' CAFÉ @ Surrey Public Library

Central City Branch 10350 University Drive

Tuedays 7-8:30 pm Admission \$5

Registration and experience not required.

Moderator: **Ann Chinnery** is an assistant professor in the Faculty of Education at SFU. Her areas of research interest include philosophy of education, ethics and moral education and preparing teachers for work in increasingly diverse classrooms.

October 4

From papyrus scrolls to e-books: Do libraries have a purpose anymore?

November 8

What should public schools teach our children about religion and ethics?

Ross Laird:

Some interesting teaching is happening at Kwantlen and those of you who have attended the two courses Ross Laird presented to TALK might be interested in what he is up to now. Ross has a passion for teaching and he with a team of Kwantlen faculty are presenting some new and creative courses (not TALK courses). Check these out at the Kwantlen web site.

Purposeful Play, Interdisciplinary Expressive Arts, and Mythological Narratives

Those of you who are teachers might find his lecture on “The Reinvention of Teaching” interesting.

Some popular views: the primary school system stifles creativity; high school is a minefield of bullying and conformity; university is a treadmill for earning increasingly irrelevant acronyms. The education system done be broke. (first paragraph of lecture)

<http://rosslaird.ca/articles/2010/12/03/the-reinvention-of-teaching/>

Senior health care solution - according to Maxine



So you're a sick senior citizen and the government says there is no nursing home available for you - what do you do?

Our plan gives anyone 65 years or older a gun and 4 bullets. You are allowed to shoot 2 MP's and 2 Ministers - not necessarily dead!

Of course, this means you will be sent to prison where you will get 3 meals a day, a roof over your head, central heating, and all the health care you need! New teeth - no problem. Need glasses, great. New hip, knees, kidney, lungs, heart? All covered. (And your kids can come and visit you as often as they do now).

And who will be paying for all of this? The same government that just told you that you they cannot afford for you to go into a home.

Plus, because you are a prisoner, you don't have to pay any income taxes anymore.

IS THIS A GREAT COUNTRY OR WHAT?