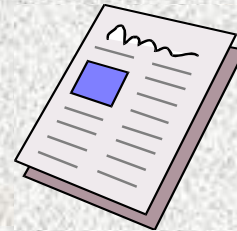


TALK

Third Age Learning at Kwantlen

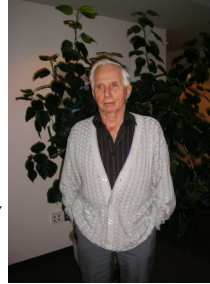
December, 2010



REPORT FROM OUR PRESIDENT —

Brian Bjarnason

On October 23 TALK held its Annual General Meeting at the Surrey Campus. We started off with an excellent lunch provided by the University's catering department.



The highlight of the function was guest speaker, Lieutenant Commander Elaine Fisher. Raised in Edmonton, Alberta, a long way from any salt water, Elaine joined the Navy Reserve right out of high school. She has combined her activities in the Reserve with getting on with her civilian life which involved obtaining a Bachelor of Science degree from the University of Alberta in Edmonton and a Graduate Degree in Ecotoxicology from Concordia University in Montreal. She is married to a retired Naval Officer and has two young daughters.

Three years after her enlistment the seagoing trades were opened to women. She immediately signed up and the next year was one of the first women to attain "Bridge Watchkeeping Certificate" status. She was promoted to Lieutenant in 1993 and in 2000 was elevated to the rank of Lieutenant Commander. During this time she held many and varied positions across Canada, including numerous patrols on both the East and West Coasts, as well as being part of the crew that delivered a new vessel, HMS Brandon, from Halifax to Esquimalt.

In 1997 she moved to Vancouver and was appointed Commanding Officer of one of the Navy's 25 "stone ships" scattered across Canada, HMCS Discovery on Dead Man's Island in Vancouver's Coal Harbour. She is also Commanding Officer of the Regional Dive Centre.



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TALK OFFICE

Heather McMann –604.599.3077

While women have been part of the Canadian Navy since WWII there were many restrictions on their activities and it was not until the late 70s and early 80s that more opportunities began to open up for them. They have proved their worth, according to Fisher, as at the present time there is only one position in the Navy and the Reserve that is closed to women, that of Roman Catholic Padre. The progression to full equality was not without its bumps in the road. The uniform shoes had heels, not high ones but high enough to make moving around the dock or on the ship rather difficult. Carrying the regulation purse over the left arm also rather hampered things, there were no tears shed when it disappeared. Moving from skirts to slacks was not without its problems as they were not originally equipped with pockets. This left the ladies with two options for carrying identification and money either in the bra or in a shoe, both of which presented problems for access when required.

She had high praise for the Canadian Navy Reserve as she has been able to pursue two careers simultaneously. The Reserve allows a lot of flexibility, granting leave while she pursued her two degrees and also time off for the births of her two daughters. At the moment her time is fully taken up with the running of HMCS Discovery, but when her three year posting there is up, she will be able to return to doing consulting work in the Ecotoxicology field along with part time duties in the Reserve.

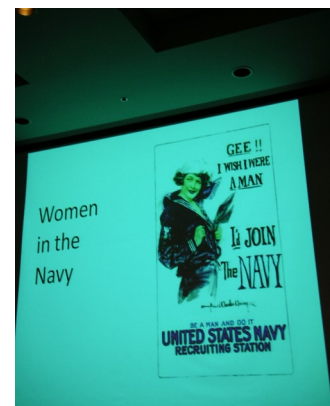
Illustrating her talk with a Power Point presentation she passed along a lot of information about the Navy and its work, the role of women in the organization and the rewards of pursuing a career in the Force. She made it very entertaining and answered a number of questions from the audience after her talk; all in all, an enjoyable way to spend an hour on a Saturday afternoon.

This was followed by the AGM which proceeded fairly quickly through the required steps, which included the election of officers to the Board of Directors. Three people, namely Ken Jones, Joanne Cunningham and Judy Scott left us, they will be missed. They were replaced by Liz King, Al Sabey and Selma Swaab who will, I am sure, enjoy their time on the Board. With fifteen possible positions on the Board we are still three short of a full complement and would welcome anyone who would care to put their name forward to join us.

**100th Anniversary Of
The Canadian Navy
Forever Remembered On New
Commemorative One-Dollar Circulation Coin**

The Mint will produce seven million one-dollar Canadian Navy Centennial commemorative circulation coins, which will begin circulating June 29th and Canadians are encouraged to look for this special coin in their change, or order it online by visiting www.mint.ca/navy

The Mint recognizes the distinguished 100-year history of the Canadian Navy and is delighted to issue a commemorative circulation coin which honours the men and women who bravely served and continue to serve in Canada's naval service," said Ian E. Bennett, the Mint's President and CEO.

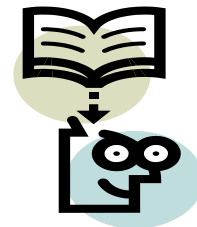


SPRING PROGRAM PREVIEW *By Jean Garnett*

Lots of great TALK courses to look forward to next semester! We have created a number of one and two-day courses to help you fit TALK into your busy schedule.

In Surrey:

- The Stock Market: Is it an Ethical Playing Field? Jan 25, Feb 1, 8 and 15
- Protect Your Money Feb 9
- Current Issues Research Feb 11 and 18
- The Search for Extra-terrestrial Intelligent Life Feb 25
- Us versus Them: Understanding Prejudice and Discrimination Mar 1
- Gems and Jewels Mar 7 and 14
- Internet Security Mar 11
- Truth-telling, Reconciliation and the Future of Canada Mar 22
- Gang Prevention Apr 1 and 8
- Bard on the Beach May
- How to Read a Painting May 12



In Cloverdale:

- Introduction to Genealogy Feb 4

In Langley:

- Horticulture, The Environment and You Apr 27, May 4, 11 and 18

In Richmond:

- The Role of the Library in the Digital Age Feb 16 and 23
- Making Sense with the Sense of Humour Feb 22
- Thinkers and Men of Action: Effects of the French Revolution Mar 2, 9 and 16
- Women and the Law Mar 12 and 19 (New: a course on a Saturday)
- Just Below the Surface: The Rich Diversity of Life Under Ground Mar 18 & 25
- The Importance of Bees to Future Food Security Apr 6 and 13
- Creativity and Innovation in Your Life Apr 19 and 26
- Is Language Necessary for Thought? May 13

...and a **Special Event April 4** – a visit to the Surrey Provincial Courthouse. This event is open to non-TALK members. Bring your friends!

The TALK brochure will be mailed to you at the beginning of January. Some courses fill up fast, so be sure to register as soon as you get your brochure.

Please help us promote TALK by telling your friends about our great courses. (Remember: TALK is cheap!) More copies of the brochure can be obtained in January by calling the TALK registrar at 604-599-3077. Or you can refer people to our website at www.kwantlen.ca/talk All the course information will be there and you can save the cost of the paper and stamp.

Richmond Philosophers' Cafes

What is a true multicultural society and how do we achieve it?

In this age of communication, are we losing the ability to communicate?

What gives life meaning?

Richmond Location – Steveston Hotel Café, 12111 Third Avenue (at the corner of Moncton and Third Ave.) Cafes will be held in the back room behind the Cafe, where it's nice and quiet. A comprehensive breakfast and lunch menu is available. The 407 and 410 buses stop very near there at Chatham and Third and the 401 and 402 a couple of blocks away. (The 410 also connects to the Canada Line at Bridgeport Station at River Rock.) Join us!

Surrey Philosophers' Cafes

What is the self?

Aaah, love! What is it?

Where do ideas come from and where do they go?

What is our value to society as we age?

What are the hallmarks of community?

What should you be free to do and say?

What should be done about extreme inequities in wealth?

Surrey Location ABC Restaurant - 2160 King George Highway.
See brochure for dates and times.



KWANTLEN MUSIC DEPT. CHRISTMAS CONCERTS

Tuesday, December 7, 7:30 p.m. – Kwantlen Chorus: Benjamin Britten –
Ceremony of Carols, Schubert – Mass in G

Tickets at the door: Adults \$15, Students and Seniors \$10.

Wednesday, December 9, 7:30 pm – Kwantlen Jazz Band (Free)

Place: Kwantlen auditorium, Langley campus

TALK MEMBERS DO INTERESTING THINGS

In January 2009 a group of 16 volunteers went to Kenya to set up a library and resource center in a small village about an hour outside of Nairobi. Cura is an impoverished community and it serves a population of about 25,000 people.

The library-to-be was a basic cement block building next to a church, elementary school, medical clinic and a home for 54 Aids orphans. The project was organized by Afretech, a non-profit organization in North Delta, and Rotary Nairobi. The books and computers had been sent ahead of time, having been collected, sorted and packed by volunteers in a spare room in a Delta school. Besides setting up the resource center, members of the group also painted and decorated two kindergarten classrooms, read to the children a couple of times a day, trained a couple of the older children to help in the library and built the computer desks.

We also hired local electricians; carpenters to build tables and chairs for the center; and cement workers who leveled the floor in one of the classrooms and built outside steps to the classrooms and library. The bookshelves had been ordered ahead of time and were there when we were ready for them. Almost every day a couple of people went shopping for paint, computer supplies, etc. and became quite good at getting the best deals.

We catalogued, by hand, 2,500 books and installed 14 computers (no internet yet), including one in the clinic.



The experience became extra special for us because of the children from the orphanage. They were not at school because of a teacher's strike so they were around most of the time when we were working. Some helped scrub the floors and walls before the painting crew started their job; others carried boxes of books on their shoulders until someone came up with the idea to use a wheelbarrow.

When we arrived in the morning we were greeted by kids running along the vans

and as soon as we got out, they picked up our backpacks and, carried them to our work area...and they checked out the stacks of books on which we were working.



To avoid the catalogued and uncatalogued ones getting mixed up we put several boxes of books outside and, from then on, there were always children sitting against a wall, in the grass, looking through the books and sometimes reading to each other.



When our job was finished there was an official opening with local dignitaries, two people from the National Library and villagers. It was great to see it all finished, but it also meant that this was coming to an end and that we were leaving soon. The hardest part was leaving the children as they had become a part of our

daily lives, and we of theirs. They had had 16 extra adults around who read to them and gave them piggybacks and “airplane” rides. The goodbye songs they sang for us were very subdued in contrast to the songs they sang when we arrived. There were very few dry eyes on both sides.



In January 2011 we are going back to Kenya to set up a larger library/resource center in the town of Nanyuki . On our way back to Nairobi we plan to stop at Cura Orphanage for a visit, something I am really looking forward to.



A special “Thank You” to TALK member Carol Felius for sharing her Kenyan project with us.

For more information on the Afretech Aid Society, Google:

Afretech.org

Program Report: Technology, Change and Challenges

TALK participants in this course were thoroughly enlightened with what is going on in the world of communications today. Dr. Ross Laird answered questions from “What is out there” to “how to enter the young person’s’ world of technology.” Dr. Laird introduced participants to Twitter, Flickr, Facebook, ipads, ipods, Clouds, internet security and many more technological innovations.

One web site that illustrates the new way of communicating a message is [RSA Animate](#) (take a look, it is a great way to communicate a message).

Members may wish to visit [Ross Laird.com](#) to see what this amazing young Kwantlen professor is doing. One participant in this course was overheard to say “I would attend any course this speaker gives”.

See page 6 for some information taken from Ross Laird.com



LIFE Before the Computer

An application was for employment
A program was a TV show
A cursor used profanity
A keyboard was a piano!

Memory was something that you lost with age
A CDE was a bank account
And if you had a 3 1/2 inch floppy
You hoped nobody found out!

Compress was something you did to garbage
Not something you did to a file
And if you unzipped anything in public
You’d be in jail for awhile!

Log on was adding wood to a fire
Hard drive was a long trip on the road
A mouse pad was where a mouse lived
And a backup happened to your commode!

Cut - you did with a pocket knife
Paste - you did with glue
A web was a spider’s home
And a virus was the flu!

I guess I’ll stick to my pad and paper
And the memory in my head.
I hear nobody’s been killed in a computer crash
But when it happens they’ll wish they were dead!

QUOTES

“To err is human but to really foul up requires a computer” *Dan Rather*

“Computers have enabled people to make more mistakes faster than almost any invention in history with the possible exception of tequila and hand guns”
Mitch Ratcliffe

“Press the any key...hmmm where’s the any key?” *Dan Castellanenta*

“Any Teacher that can be replaced by a computer, deserves to be” *David Thornburgh*

INTERNET ADDICTION

Apparently, independent studies have discovered that the internet is an addictive agent which, they say, is just as powerful as drugs or alcohol. However, researchers go on to say that the internet is actually much more dangerous than these addictive substances since it is a terminal addiction.

Technology Tips for Parents (and Grandparents) [rosslaird](#) on Sat, 2009-02-14

- Demonstrate curiosity about the [cultures of technology](#) that children and adolescents join. Let them show you the games they play. Participate with them in online activities. Assist them in developing awareness of the risks and benefits of online cultures.
- Educate yourself about the evolving and complex worlds of online cultures. Spend time developing healthy online habits for yourself (this includes paying attention to parental cell phone use and television watching habits, both of which are technology cultures).
- Keep all computers and televisions in public, family spaces (no computers in bedrooms except under direct supervision and collaboration).
- Limit recreational [screen time](#) (ages 1-5 roughly 5 minutes daily; ages 5-12 roughly 20 minutes daily; ages 13-16 roughly 30 minutes daily).
- Model and encourage physical exercise practices (sports) for kids and physical activity (exercise) for adults. The ideal is one hour daily for everyone.
- Explore the [emotional benefits](#) that kids derive from online cultures and find ways of meeting those emotional needs also in the non-online world (through sports, for example, or community involvement, or reading or any number of [healthy activities](#)).
- Recognize that kids will find ways around all types of computer surveillance strategies implemented by parents. Focus on education and awareness of risks.
- Recognize that some type of access control (to prevent viewing inappropriate content, for example) may be required and that kids are not fully capable of self-control (they are kids...). Use access control transparently. Involve kids in developing an access control system and assist them in learning self-management skills.
- Avoid hypocrisy whenever possible. If you view inappropriate content or involve yourself in online activities that are not healthy, your kids will very likely find out about it. Try to avoid this credibility disaster. Practice good [mentorship](#).
- Recognize that the psychological development of anyone born after 1990 is [different](#) from those born prior. Technology cultures are foundational to childhood and adolescent development today. The solution is not to avoid technologies but rather to understand them. Be an informed consumer and parent.

Philosophical Quotes !

“Just living is not enough. One must have sunshine, freedom and a little flower.”

- *Hans Christian Anderson*

“The purpose of life is a life of purpose” - *Robert Byrne*

“Life is simple, it’s just not easy” - *Author unknown*

PROGRAM REPORT: RCMP PACIFIC REGION TRAINING CENTRE

By Wayne Arnold



This educational opportunity included a bus trip to the PRTC where seasoned officers receive additional training every three years. Retired RCMP inspector Al Sabey was our facilitator on the bus trip and offered a unique perspective on RCMP operations since he spent most of his career as a pilot and was able to observe officers in action. There were no subjects that were taboo and his candor was refreshing on such subjects as: use of tasers, appointing a civilian commissioner, influence of wide spread drug use and HIV on police procedures; and the impact of changes in the sex and ethnicity of recruits over the past two decades.

The information Al provided prepared us for the well organized presentations led by Sgt. Vadik. There is a wide range of training that takes place at the Centre and hotel accommodations and meals are all provided within the facility. It was encouraging to meet so many young dedicated officers and conscientious trainers. It was also mindful that there are 20,000 members of the RCMP who risk their lives on a daily basis but the media focuses on the few who make mistakes.

We were educated about the various interrogation techniques that are utilized and shown the actual interrogation of a psychopathic killer who was led to confess his crime. The scenario-based training annex included a police car and a suspect car and evidence of gunfire using paintball bullets to demonstrate techniques. The advanced driver training track is used to teach chase techniques without the use of excessive speed. Dealing with any kind of threat focuses on diffusing the threat and maintaining distance from the attacker.

The entire day was very educational and interesting due mainly to the efforts of Al Sabey and the trainers at the Pacific Region Training Centre in Chilliwack.

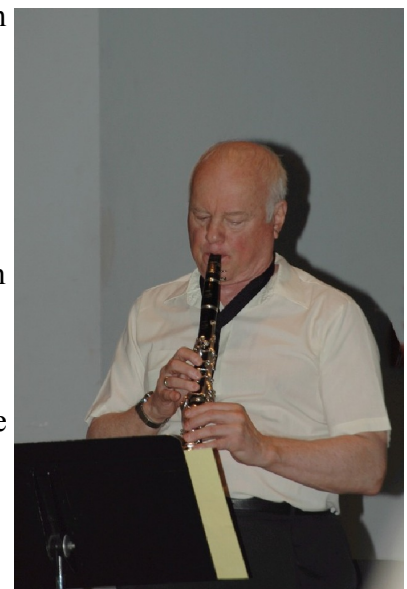


PROFILE: Phillip Winston Warren unmasked

Since the purpose of these profiles involves providing some insight into why I am what I am, this piece will involve a confession of my past excursions in "contrarian" thinking as a "Skeptical Seeker." To begin, I was born at a very young age in Iowa and am nearing the end of this particular life game on this planet. I just hope I pass the big final exam and don't have to retake any more life lessons. My life has been mainly an intellectual and scholarly adventure. I've been engaged in "schooling institutions" for much of my life with a brief (two year 1955-57) "education" in the army during the Korean disagreement where I learned much in the way of creative talking. For instance, you can insert the dreaded "F Word" with abandon. It took many years for this habit to leave me and it persisted in weakened form during the time I taught at the universities of St. Cloud State and Saint John's in Minnesota and persisted into my time at Douglas and Kwantlen.

A significant life change occurred when I went from a three room school with eight students in my 8th grade class in Council Bluffs, Iowa to Austin, Minnesota where the building was, and still is, two blocks long, one block wide and four stories including basement with 350 students in my class. During this move I changed my public name to Phillip from my middle name of Winston since in 1948 Winston sounded way too "dorky" for a big school. In addition, my dad took a job at Austin High School as a principal in charge of discipline. Needless to say, this created some stress in my life so I guess I became sympathetic to outsiders and this helped start me on my contrarian life stance. I avoided the limelight and threw myself into music (clarinet) where I became quite good. I won a scholarship to Luther College in Decorah, Iowa and took up a position in the first clarinet section of their concert band.

After one year there, I transferred to the University of Minnesota in Minneapolis. I planned to continue with a music major but, upon wondering how I would make a living at it, I decided that it would be a tough slog: I could tour on buses for one night gigs or if I were good enough, land a job playing in a symphony or some such or I could teach in grade or high schools. In my sophomore year I discovered the field of psychology which ostensibly involved the study of people. However, in the early 1950s the emphasis was on behaviourism and the study of organisms, mainly lab rats (the U of M psychology department practiced "dust bowl empiricism" and did very precise research on topics nobody cared about. As Ab Maslow, a mentor, said: "Something not worth doing is not worth doing well"). Behaviourism involved a radical but interesting approach to life to see just how far you could go explaining behaviour without referring to anything uniquely human or subjective. It was the "psychology of the empty organism." I became increasingly dissatisfied with this stance and the "true believers" and began my contrarian journey in earnest. During a course in psychological testing I took the "Strong Vocational Interest Test" and was told that my profile didn't fit that of psychologist but more of an artist. This was so true and provided me both rewards and problems in my profession of psychology. After I achieved a BA in 1954 I had a military break and returned to the U of M in 1957 enrolling in grad school to continue my psychology studies.



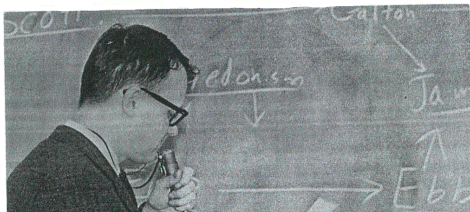
"Phil TALK benefit": Playing a Barney Bigard solo with the Strictly Ellington Repertoire Orchestra at the 2006

University times were quite exciting but, for the most part, the actual classroom instruction was not. The real education was the incredible variety of students with whom I interacted. The most significant event was meeting Delois (Dee) who became my life partner (who knew!). We met via a mutual friend. Dee was taking graduate classes in the English department and we began dating in the Fall of 1957, took a brief respite from each other, and then resumed contact in 1958. We married twice in March 1958, the civil ceremony on March 4 because we would receive an extra \$35 per month on GI Bill (a U.S. initiative to help veterans continue their education). The ceremony was brief and we probably could have held our breath during it. Then, on March 22, we had a church ceremony in Wichita, Dee's home town, for family and friends. Many were speculating that, due to our brief engagement, the marriage wouldn't last. HA!! We fooled them since we have now lasted 52 years.

During my freshman year at Luther I encountered a very popular approach to layman's psychotherapy. This idea of "giving psychology away" has persisted to this day and I am now doing research, development and practice in the field of Energy/Information psychology which has a very similar do-it-yourself philosophy. This field is growing rapidly but gives "mind burn" to the pre-quantum fundamentalist materialists who populate much of psychology and psychobiology.

I've had a lifelong ambivalent relationship with "higher" education. I've used the various institutions that I've been associated with to pursue my deviant interests. I wrote several controversial letters to Saint Cloud State's paper on the topic of "School is where you learn to be stupid" following on John Holt's ideas of "Schooling." I joined the faculty at St Johns University teaching psychology and education classes. The Social Psych class was filled to overflowing so I was popular with students if not the institution. However, I had trouble with the fundamentalists of both religious and materialist stripes. I offered a course on "Parapsychology and the nature of man" and the head of the psych department frothed at the mouth and actually hinted that I was pushing psychoactive chemicals. All through my various positions as instructor I dressed very straight (suit and tie) unlike many instructors who wanted to bond with students by looking like them. I was playing "mind games" with students providing a stark contrast between my physical appearance and my radical thought. I had one student ask "You mean that you got this way without drugs?" and another said, "You're so intelligent. How can you think like that?"

Eventually, in 1969, I was de hired from St John's and went in search of employment. This was very stressful since we had three children including a newborn son. In my search, I ended up in Vancouver for a Psych convention. There I met gentleman from Saskatchewan NewStart, Prince Albert, who offered me a position to head up the research and evaluation function of the corporation. We were somewhat reluctant to move to a new country at the time but this turned out to be one of the best decisions we have ever made and one of the best positions I have ever had.



Introductory psych lecture at St Cloud State 1964, diagramming the history of psychology.

Moving to Prince Albert in 1969 involved culture shock. In the Saskatoon airport we saw someone pour a clear liquid which seemed like syrup on their French fries (a vivid image). It was vinegar of course. Flying into Prince Albert was another shock. We landed and were greeted by MANY mosquitoes at a rundown terminal badly in need of repair. The small plane also carried an RCMP officer with a prisoner to be taken to the local Federal pen. However, we adjusted finally. CBC AM radio and fabulous neighbors provided Dee with a great education about our new home in Canada. Saskatchewan NewStart had the most amazing staff of creative and competent people that I've ever encountered, none of whom had a PhD. They possessed FUNCTIONAL as opposed to Certificated competence. NewStart was a time limited project to develop programs for disadvantaged adults to "make it" in the larger society. I was heavily involved in the development of the Life Skills program and, to this day, offshoots of the Saskatchewan NewStart Life Skills programs are active.

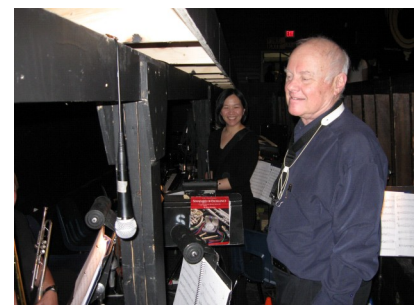
The project wound down in 1972 and Dee and I were interviewed in the Saskatoon Bessborough Hotel by two administrators from Douglas College for a position in psychology. I obviously accepted this and we moved to Ladner in the summer of 1972 and have remained there ever since, the longest we have lived in any one place. We actually have seen our plantings grow! While a faculty member of Douglas/Kwantlen, my real agenda of instruction was for introductory psych students just out of High School to get their concept of education out of High School mode. In frustration I wrote "Schooling vs Learning," a paper available on my web site. Recently, an ex- student who is now on staff at Kwantlen told me "I finally got it!" Took about 25 years but that's the problem with being a "contrarian." I retired from fulltime teaching in the departments of psychology and music in 1997 and received Kwantlen's first Professor Emeritus Award in May 2000. In retirement I continue my cutting edge "contrarian" research and development and Dee and I have enjoyed travels to the U.K., Italy, New Mexico, California, Hawaii, Eastern Canada and parts of B.C. we had never seen.

All of our children, grandchildren and great grandchild (Nov 7 2010 Madeleine Alice Kondratev) live in the area. I guess this can also be an indirect indication of life success.



Phillip Warren. Warren Bigelow

Phil Warren and Warren Bigelow played many duos in Austin High School Junior year, 1949.



"Annie Phil Miranda 2010 May": Part of the Pit band playing clarinet and soprano and alto saxophones for South Delta's 2010 May production of "Annie"

Phil is currently vice president of the TALK Board and a member of the Program committee.