



Meeting dates:

Sept 21, 2026
Oct 19, 2026
Nov 16, 2026
Dec 14, 2026

Directors:

Goodwill and Welfare:

Surrindar Angl

Registration:

Marina Stevens

Guest Speaker

Coordinator:

TBD

Conveners:

Catherine Pritchard,
Diane Felgate,
Lynn Schneider
Sheila Zeiner
Marina Stevens

Phoning Coordinator:

Chris Roberts

Newsletter:

Editor

Janice Leonard

Journalist:

Vesta Hulme

Vacant Positions / Wish list

- Newsletter – more Journalists
- Carpooling Coordinator
- Other possibilities are open for suggestion

**This is your group, and
your social life is a
priority.**

2026 Executive and Contacts:

President:	Wilf Brodrick	chair.branch2100@bcgre.ca
Vice President:	Renee Poley	vicechair.branch2100@bcgre.ca
Secretary:	Carol Paulson	secretary.branch2100@bcgre.ca
Treasurer:	Gerry Nelson	treasurer.branch2100@bcgre.ca
Membership Chair:	Janice Leonard	membership.branch2100@bcgre.ca

- **Current Membership for Branch 2100 - Langley/Surrey:** about 700 individuals
- **Approximate meeting attendance:** about 50 members at each meeting

Upcoming Events:

Reminder, there are no meetings in July or August.

Please note: The meeting on Oct 19 is on the second Monday of the month as the third Monday is Thanksgiving, and the Christmas Social has been moved to the second Monday in December, so everyone has time to enjoy Christmas.

Sept 21 – TBD

Oct 19 – Tai Chi with Demonstration

Nov 16– TBD

Dec 14– Christmas Social

Any suggestions for guest speakers are welcome. Please speak or email any Executive Member.

Guest Speakers:

May 11 – Heather Cross and Dr. Paul Tyndall – Third Age Learning at Kwantlen (TALK)



What is TALK? Well, our guest speakers, Heather Cross and Dr. Paul Tyndall, from Third Age Learning at Kwantlen Polytechnic University (KPU) explained the importance of keeping the conversation alive, social connections active and keeping the brain active with learning -- no pressure, just fun and invigorating stimulus.



TALK offers THREE PLATFORMS for accessing classes/courses/learning:

- ❖ Classroom,
- ❖ Online Zoom,
- ❖ Field Trips

at four KPU campuses: located in: Richmond, Surrey, Cloverdale and Langley.

1st is the many courses for the mature (over the age of 50) audience to participate in. The courses are led by an expert on the subject. There are no quizzes, grading or prerequisites, just your willingness to learn more, possibly on a subject you may have always been intrigued by. Or maybe one of their field trips will be enticing. See a list of potential subjects and field trips for the fall sessions (*see the next page for the Fall Preview*).

Cost to join is only \$10.00 a year and each course does have a minimal fee. The costs are kept low as this is a volunteer-run program and to provide an opportunity for **Some Fall Lifelong Learning Opportunities**.



2nd is -The Philosophers' Corner. Interesting, hmmm? Did you think it was like a philosopher's stone used for everlasting life? It sort of is, as it provides an opportunity for everlasting conversations with others about topics you are interested in.

TALK Stimulating lifelong learning for adults over 50

Fall 2026 Preview

Non-Credit Classes

- To Create a Human
- Richmond Garden in the Bog
- Prose: River
- Keep Edging: Conversation
- Fraser Valley Rose Farm Tour
- First Aid at Home
- State of the World's Birds
- Financialization: Skunked Economy
- Artificial Communities
- Cultural History of Culture in Art
- How to Help People with Dementia
- How to Access Medical Records
- Stepping Forward
- AI Risk and Ethics
- Our Mutual Anthropology
- International Trade
- Cyberlife Services
- Salvage Fiction on TV
- Travel: Oriented Communities
- Neuroscience Affect Cognitive Health
- Substances
- Amchair Travel: Bonsoir and
- Chart Coffee: Canada Tour
- Great Love and Letting Go
- Recreation Technology Support
- BC's Indigenous Microbiomes
- Housing Decisions for Seniors
- Staying and Caring

Philosophers' Corners

- 1st Thursday in Richmond at Victoria Place
- 2nd Thursday in Surrey at Concord Gardens
- 3rd Thursday at Langley City Library

Open to the public, no registration necessary

Fall 2026 topics:

- Should I have low-carbohydrate diet?
- How do we use the principles of ethics in our lives?
- The Neuroscience: Choice, about it and what's your reason?
- Should I have low-carbohydrate diet?
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- Should I have low-carbohydrate diet?
- How do we use the principles of ethics in our lives?
- The Neuroscience: Choice, about it and what's your reason?

Annual General Meeting

Featuring Acting KPU President Diane Purvey

October 16, 10:30 am - 12:30 pm

KPU Richmond campus

Free for TALK members

Please join us. Annual TALK membership only \$10 and we keep the cost of our courses very low

More information at [kpu.ca/talk](https://www.kpu.ca/talk)

These discussions are **not** conducted by a subject-matter expert, and you do not need to be one either. There is a featured presenter who provides a 10-minute introduction to a topic. The session is moderated so only one person is speaking at a time and to ensure everyone who wishes to speak can. It is the ideal place to be if you enjoy listening to people delving into the topics, providing their own, often controversial, perspectives and you may have insights or ideas to offer as well. If this is you, then you will enjoy these sessions, held in Richmond, Surrey and Langley.

TALK membership is not required for Philosophers' Corners, no registration is necessary, and sessions are open to the public of all ages. Could be an interesting meeting, hearing how the youth view things. And an opportunity for some youth to learn a different perspective, the perspective of experience. Please remember

admission is on a first come-first serve basis as space permits.

TALK has been around for 25+ years. As they say, **"TALK is Cheap."** True, but in this case **The Experience is Priceless.** For more information visit the website <https://www.kpu.ca/talk> or if you are not the computer savvy person the Management office of TALK can be reached at: 604 599 3077.

Enjoy learning.

See the following poster for details about upcoming courses!



TALK

**Third Age Learning
at Kwantlen**

**Stimulating lifelong learning
for adults over 50**

Fall 2026 Preview

Non-Credit Classes

To Create is Human	Sep 25
Richmond Garden in the Bog	Sep 29
Fraser River	Oct 5
Keep Talking: Conversation	Oct 6
Fraser Valley Rose Farm Tour	Oct 7
First Aid at Home	Oct 9
State of the World's Birds	Oct 13
Financialization Strangled Economy	Oct 14
Ancient Communities	Oct 16
Curious History of Colour in Art	Oct 19
How to Help People with Dementia	Oct 20
How to Access Medical Records	Oct 21
Sleeping Peacefully	Oct 23
AI Risks and Ethics	Oct 27
Our Musical Autobiography	Oct 29
International Trade	Nov 2
CyberSafe Seniors	Nov 4
Science Fiction on TV	Nov 10/17
Transit Oriented Communities	Nov 13
Medicines Affect Cognitive Health	Nov 18
Submarines	Nov 23
Armchair Travel: Bordeaux area	Nov 24
Craft Coffee Canada Tour	Nov 27
Grief, Love and Letting Go	Dec 1
Hands-on Technology Support	Dec 2/3
BC's Marvelous Mushrooms	Dec 7
Housing Decisions for Seniors	Dec 8
Xi Jinping and China	Dec 11

**Please join us. Annual TALK
membership only \$10 and we keep
the cost of our courses very low**



Philosophers' Corners

1st Thursday in Richmond at Wisteria Place
2nd Thursday in Surrey at Crescent Gardens
3rd Thursday at Langley City Library
Open to the public, no registration necessary

Fall 2026 topics:

Should humour be politically correct?
How do we use the principles of ethics in our lives?
The Notwithstanding Clause: What is it and what's
your opinion?
Should teachers be allowed to keep children's
"secrets" from their parents?
The problem with one point of view.
To Infinity and Beyond. Really?
Environmental Report Card.
Are you optimistic that many of the world's
problems can be solved by science?
How do you define success?

Annual General Meeting

**Featuring Acting KPU
President Diane Purvey**

on the Future of Post-
Secondary Education

Oct 26 10:30 am - 12:30 pm

KPU Richmond campus

FREE to TALK members

Refreshments

**More information at
kpu.ca/talk**





June 15 – Summer Social

A bright, warm, sunny day greeted us the day of our Summer Social. We had approximately 74 people in attendance. The unofficial theme for the Social was “*Wear your favourite summer hat*” and many of the attendees did just that – I suspect spurred on by the sunshine and warm weather. We welcomed a new group of Lifetime Members; had a large selection of Door Prizes, some contributed by our very own Gigi; did some quick business; then got down to the really good part – Lunch! Once again, the Legion supplied us with a bountiful buffet of sandwiches, vegetable trays, salad, tea, coffee, water and lemonade. The convenors provided dessert with 2 beautiful cakes – one chocolate and one vanilla – they were tasty and a nice ending to our lunch. All in all, it was another great Social and now I’m looking forward to the one at Christmas.



Door Prizes (Plants, books, mug, jar grippers and tissue cozies)

Fancy hat crowd





Life Members

This June we welcomed 14 new Life Members. These are members who have been a member of the BCGREA for 20 years. Not all were able to attend the June Social to receive their certificate and pin. They instead received them in the days following. We would like to congratulate them all on successfully reaching this milestone.

Life Members and Executive



Door Prize Contributor

Gigi's Hobby



Gigi is a member of our branch and loves to sew. She donated 17 items to our June Social as door prizes. Sewing has always been a passion and donating them is a way to give back. You may remember she donated a Cellphone crossbody bag a few years back as a door prize. This year she donated fabric jar grippers, and tissue cozies. Each comes complete with a split ring for convenience.

Although both were well received, the Fabric Jar Gripper was the most popular. She also had a contest "Guess my age". The prize winners were given a ticket to mark what they thought was her age. Only one person got it right. The prize was a Journal with a Pen Holder Bookmark. Quite ingenious. Her talents have proven to keep her busy and youthful. She managed to fool 16 other members of her age. She does sell these and other items if you are interested. You could give her a call.



Supporting each other is a good way to be.



Outdoor Ramblers:

Benita Antonio has volunteered as the leader for these community walks. If you have any ideas for enjoyable walks or areas you'd like to explore, please let Benita know so she can include them for the spring to fall walks.

Please note: A Liability Waiver will need to be signed for each walk. These events will be held rain or shine.

Walk #10: May 23 – Glades Garden, South Surrey



The Glades Woodland Garden is a feature garden in South Surrey with many rare plants, including over 3500 mature rhododendrons, azaleas, and companion plants. Some of the rhododendrons are more than 6 metres (20 feet) tall and are ablaze in colour in the spring. The garden also contains a superb collection of fine trees, many of which are now designated as heritage. The park features 5 acres of historic gardens.



In May our Outdoor Rambles perused this favorite park. There were 9 members originally registered, 2 had bought their own tickets but they didn't show up and Hermine had to cancel so 6 attended. 4 of which had never been to the Glades before, new experiences are the best. The weather was perfect. Not raining and not too hot just right for us to experience nature while walking with friends. We noticed a new a new feature, "Salmon in the stream".



Ellie was loving the Yellow Rhododendron she had to show it off. The colours, the peacefulness, and the fresh clean air were amazing and invigorating as always. If you missed this, I am sure we will be trying this one again.



Next Walk:

Will be held in August, details will be out the end of July.

RSVP to Benita Antonio at bmantonio8925@gmail.com or by phone at: 778-808-6315, and please confirm 2 days before the event that you are still planning to attend.

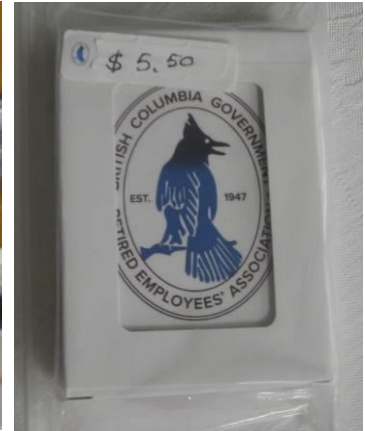
I hope to see you at our next walk,

Benita



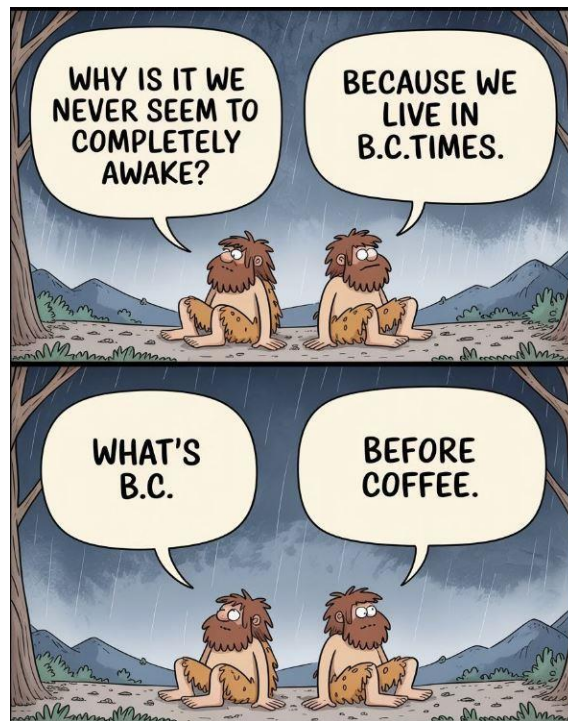
Merchandising:

At each of our meeting we have a merchandise table set up for anyone interested in branded merchandise for our association. We have added a couple of new items. The most recent are playing cards and a coil-bound notebook.



Janice Leonard is our contact for merchandise and their prices. Payments can be made by cash or e-transfer. Contact Janice or stop by at the meetings to see any new items.

Humour is Good for the Brain: Laughter is best = Endorphins:





So, This Happened...

A spot for members to add funny stories or happenings in their lives. Please send your submission to Janice Leonard (membership.branch2100@bcgre.ca) or give a written copy to her at one of the meetings.

Confessions of a First-Time Camper...

When Branch members Christine Sereda and Janice Leonard, both experienced campers, talked about camping, I admitted that I have never, ever been camping. Shocked, they immediately offered to initiate me into this classic Canadian experience.



Christine booked Edgewater Bar Campground in Derby Reach, a favourite, for a couple of weekdays early in June. The weather leading up to the camping days were sunny and warm. The first day at the river was cloudy. Then it rained. Then it poured. Totally BC camping weather.



Despite the weather, with the fire pit constantly going and a cover set up, we stayed warm and dry, with hot coffee and dinners anytime. Lunch supplies and snacks stayed dry. We utilized the firepit to make Smores - a Canadian tradition - one night and toasted garlic bread the next. At one point, the fire was very smoky – a benefit since the mosquitos never found us.



We enjoyed watching the geese and brief walks in nature. The gaggle patrolled the river in front of us front, back and forth, multiple times a day. There was only one pair of goslings in this family. There was also a fledgling.

The geese grazed all the grass around the campsite, sometimes with sentinels, sometimes completely trusting. They were never aggressive or begged, a sure sign that campers were not feeding them. Thankfully.

Janice was awakened at 5 AM by one very vocal one, with a honk that sounded like "Get UP!"



Two evenings of crib (which was also new to me) led to lots of fun and laughter.

I slept in my van – seats removed – so I was warm and dry through the overnight storms. My ulterior motive for trying camping is that I plan to do a few road trips across Canada to visit friends and wanted to test the convenience and capacity of the van. I now have confidence that a road trip will work. I've now experienced camping in cool weather and thoroughly enjoyed it. Now, I need to try camping in the heat of a hot, hot summer.



Derby Reach is an awesome facility, of 38 non-serviced campsites, everyone on the river, with gravel pads, cement picnic tables, and fire pits. There's an outhouse every six campsites or so. Reservations are required at [Edgewater Bar](#)

Carol Paulson



From the Membership: Contributions from Our Members:

My Friend and I at Philosophers' Corner: Artificial Intelligence and Its Impact on Seniors and Canada.

We decided to check out Philosophers Corner, the program provided by KPU Third Age Learning. It was held at the Langley Public library, parking and the room were easy to find. Refreshments, cookies, coffee and tea were provided at no charge. Not a bad outing for us, we thought. The subject was "**AI - the Good, the Bad, the Ugly**".

The room was packed with so many seniors attending and making a point of being regular attendees. The speaker, Rose Marie Borutski, opened with a harsh reality with her introduction to the subject. This is what I remembered from what she said. She was an educator, retired and looking forward to her retirement but then along came **AI**. No longer could she just relax and enjoy this time in peaceful ignorant bliss; the normal environment has changed and is changing at such a speed proving to be a concern for her (given her background in Sociology and Communications). She now must always be aware of what is going on. Artificial Intelligence is now learning to learn on its own.

We learned the difference between Artificial Intelligence and Artificial General Intelligence (Agentic)

AI – We are accustomed to this technology and in some ways really like it, even depend on it. Eg:



- Voice Recognition, (hands free), it can do text messaging. Answer your phone and prompt you for your next words. Good for spelling and grammar.
- Programs like SIRI, ALEXA, etc. run your house, calendars, music, your security systems and response to your voice requests – my grandson, 3 years old, requests his favourite music this way.
- Search engines, key words will bring you to a plethora of choice.
- Presently it can summarize a document you have written. Hopefully your writing is not a Bots writing.

As I write this article, I have used it to correct my spelling numerous times. Is this beneficial or is it dumbing me down, no longer having to research the correct spelling? If I do not look for it, I probably won't remember how to spell it next time either. HMMM.

AGI – (now known as **Agentic** in the tech world), is 'aspiring' to replicate any cognitive, intellectual task, be



autonomous, be sentient, be conscious. It does this by learning on its own, all the data it is given, whether it be by a human or by another **AI**. It learns also from your habits, your speech, your goals – those quizzes you take online via Facebook; all data food for it. Yes, it can be helpful, but what are we losing in the end game? If it fully reaches its capability without some guardrails, will we have autonomy? What if it learns bad habits, greed, power, or independence? Things I wonder about at 3 AM. LOL!

In the room with my peers, questions arose. How far will this go? How will we know what to expect or the level or sophistications it has achieved? Am I chatting with a person? Am I eating real food? What I just read or saw, is it real or AI? As Seniors we rely on facts, real time answers, we are not looking to be deceived. This is a scary time for not being aware of what is going on. Presently we are experiencing a very early stage of AGI, ChatGPT, Gemini, Copilot, all programs that are in their infancy, but are learning from us, and we are learning to use them. If we have access to this level of technology, what is the actual level of technology and who looks after its development?

We discussed how we felt about this technology; I could see the good aspects of it. But more so, the bad. We as a race are not so honorable, so that leaves me with NO trust. Already fraud, greed, no accountability for what happens, and misinformation is a daily occurrence. I am very weary. A little scared.



What will my grandchildren have to work toward? What will their world be like? Will they be reliant on a friend that is a bot or will they be out playing games with other children, learning life skills? Will this technology divide us, or make us unified? If we do not have to work or look for an answer, where is the incentive to do the work? When our brains are challenged, they expand, create new pathways, stay alive, get smarter, to be engaged. Or will it just leave us to do what we are passionate about – the arts, hobbies, gardening?



And at what physical cost is this taking – the environmental impact on our earth's resources. Many jobs will initially be created, but not required long term? And the ultimate concern, will AI be smarter than us?

*A thought occurred to me - Maybe it already is smarter, because it accesses the collective of knowledge of one sector of one profession, and across sectors; but what does that make it. Smarter maybe, but **wiser** in its use I think NOT.*

Rose Marie mentioned the two godfathers (**Geoffrey Hinton** and **Yoshua Bengio**) of AI programming are very concerned about what they have created and they are speaking out on it, demanding guardrails/regulations be established. These should follow a code of conduct similar to things such as engineering standards, and psychologists code of ethics to report, and doctors Do No Harm. A Built in AI code of conduct, a moral compass so to speak. Who is working on this?

Here are some links to read further on this subject, understand it better:

<https://youtu.be/-9cW4Gcn5WY> *Geoffrey speaking on the matter 45 minutes long.*

If you would like to get involved a good place to start is with your MLA. This is the Progress in the legislation:

<https://www.ourcommons.ca/committees/2en/INDU/StudyActivity?studyActivityId=13310104>

We found the lecture so thought-provoking, at dinner we noticed the server had an electronic pad to put in the orders and took the payment - we are already more aware. We just chatted about what types of AI we had encountered. How we felt about it. My friend just said that we can do nothing about it. Me, I said, are you not worried about what is happening, what can happen? She agreed. Said that already she knows some that are using the AI to help them write a book. We discussed whether it was their book or AI's book. She says it is his scenario. Another person I know has been using a chatbot as a tutor to help him with his schoolwork; it gives him the correct answers. I questioned him. Will he really understand and learn the process if the correct answer is just given to him. What do you do when you need to fix something in a program, if you have not learned the procedure or understand the process? There is a lot to think about.

KPU's Philosophers Corner is a great way to get your neurons motivated, listen to other points of view. We really enjoyed the experience. We will be one of the regular attendees for sure. I hope you enjoyed reading about my day out with my friend. This article was partially assisted, spelling, punctuation, by Words editor. And yes, also by Rose Marie herself. She is not a bot but a very helpful educator.

Submitted by Janice



Resources:

Savings for BCGREA Members:

Check out the **BCGREA website** under *Member Benefits* for a variety of available member savings.

Seniors Helping Seniors:

Seniors Helping Seniors (<https://seniorshelpingseniors.ca>) has a very good list of resources in the Lower Mainland covering many items of concern for seniors and their families. Much of the information is online but there are also listed resources that can be requested and many of the resources are available in a variety of languages.

Endless Savings and More App



Here is an app for your phone that give you savings at a variety of stores. It's called the **Endless Savings and More (ESM)** app. *After downloading, it will ask for your organization code... enter: **bcgre**.* When out shopping, tap the ESM app and it will show you the applicable savings in your area. New companies are being added all the time.

Next Newsletter: By the middle of November

Together we can make this Newsletter great!

Hope to hear from you.

Thank You.