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*This issue of **And By The Way, Retirees.** was assembled and edited by Deborah Blacklock, Judy Boxler, Patricia Cia, Martin Gerson, and Dave Lidstone with contributions by Alan Cooper, Kevin Craib, Dwayne Doornbosch, and Felicia Kingenberg. Current news & updates are available at <https://lcar.ca/>.*

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## LCAR UPDATE

### LCAR WELCOMES NEW MEMBERS

Langara College Association of Retirees (LCAR) is a network of all former faculty, staff, and administrators who have retired from Langara College. LCAR was created to allow us to stay connected with each other through the pursuit of activities of common interest, and to facilitate retirees' continued engagement with the College and its students.

Please **register as an LCAR member** to receive information about member benefits, and to hear of our upcoming events. Membership is free and it's never too late to join! Register at <https://lcar.ca/>.

Registered as retiree since the last newsletter:

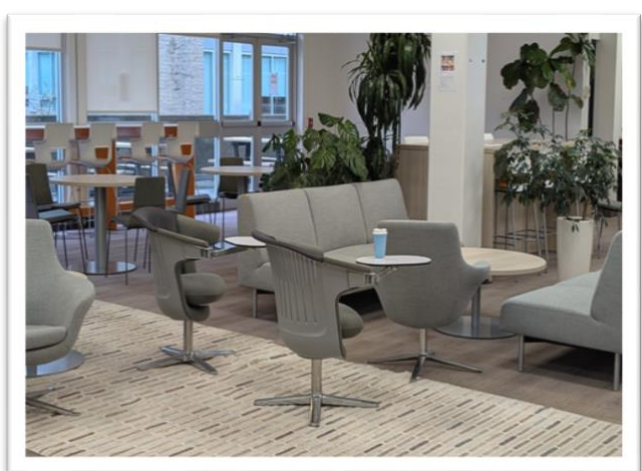
- Helena Hensley (*International Education, 2009*)
- Mike Schmid (*IT, Sys Admin Infrastructure, 2025*)
- Pari Ranjbar (*Physics, 2025*)
- Josephine Pascuzzi (*Economics, 2026*)

Registered as non-retiree: Darren Bernaerdt, Peter Babiak, Amandeep Singh, and Michael Sanderson

### LCAR BOARD

Thank you to all those who attended our Annual General Meeting on November 6, 2025. Congratulations to our new Board members Gerda and Carol. Your 2025/2026 LCAR Board includes Patricia Cia (Chair), Gerda Krause (Vice Chair), Martin Gerson (Treasurer), Alan Cooper, Kevin Craib, Carol Chrisjohn, Bruce Kennedy, Dave Lidstone, Brian McGibney, and Roy Sinn.

We post the Draft AGM and approved LCAR Board meeting minutes to our website under About|Our Society at <https://lcar.ca/our-society/meeting-minutes/>.



## WORKSHOPS & EVENTS

### Stay On the Road

February 26, 2026, 10am - 12pm (Online/Zoom)

Are you nearing 80 and wondering about driver assessments? Then you will definitely want to attend this free virtual workshop! This practical guide for senior drivers will help you learn more about driver assessment. It will be of particular interest to drivers who are nearing the age of 80. However, drivers of any age are welcome to attend, and everyone will find the workshop helpful. You will learn about RoadSafetyBC's Medical Assessment and ICBC's Enhanced Road Assessment. These assessments determine whether people can continue driving. This free public workshop is a joint presentation of the Seniors' Health & Wellness Institute (COSCO) and the Insurance Corporation of British Columbia. Note - This workshop is in high demand with limited enrolment so register soon at <https://seniorshelpingseniors.ca/events/sotr202602/>.

### Estate Planning Workshop

Thursday, April 9, 2026, 10:00am – 12:00pm at Langara College – Room C308

This workshop will address the steps involved in planning out a well-prepared estate plan and well beyond just getting a Will done. The workshop addresses what makes up an estate, how can you preserve it and how to make sure it goes to your intended beneficiaries. We also discuss planning with blended families and past relationships. We will explore ways to reduce taxation and Probate costs. We will look at wealth creation and preservation techniques to make the most of your legacy including smart ways to leave a gift to your favourite charities.

Presented by Sean Jamieson, a Certified Financial Planner and a Registered Retirement Consultant with IG Wealth Management. This event is hosted by LCAR in partnership with the Langara College Foundation. Registration opens March 1 on the LCAR website (<https://lcar.ca>)

### Save the Date - Grand Gala

Monday April 20, 2026, for The Grand Gala, presented by LCAR and Studio 58.

This year, with the aim of increasing awareness and fundraising, the Theatre Arts Faculty and Staff have kindly offered to focus their attention to programming and production (promotion, front of house and stage). Your LCAR team is confident we will all benefit from their expertise. As ever, revenue will be directed to Theatre Arts Student Scholarships--this year to the *Bruce Kennedy Scholarship* which recognizes Studio 58 students who demonstrate a strong aptitude for both acting and production. Ticket information will be posted soon. Your purchase will be eligible for a tax receipt. We hope to see you there.

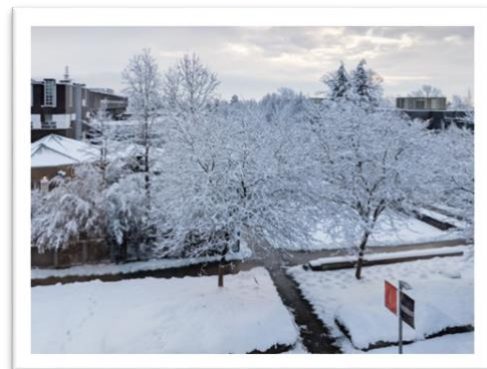
**Event notices and registration information** are posted at our website <https://lcar.ca>.

## LCAR GIVING

Our members and friends donated generously this fall during our Fundraising social, Giving Tuesday, or as a Christmas gift. In 2025 we raised \$4,410 for the LCAR Fund bringing our total to \$15,810. We are still striving to attain Endowment level of \$25,000. We have set aside an additional \$1600 for the LCAR Bursary over the next two years. The Endowment Level would provide a sustainable bursary for Langara students. Please consider donating using our form at <https://lcar.ca/bursary/>.



April 2018



February 2019

## IN MEMORIAM

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The In Memoriam page (<https://lcar.ca/in-memoriam/>) commemorates deceased Langara employees. If you know of someone who should be included, please consider submitting a testimonial. We can gladly add to [existing submissions](#). Send your stories to [memorials@lcar.ca](mailto:memorials@lcar.ca). Click on the underlined names below to read more about our former colleagues. Links go to either the LCAR In Memoriam page or Vancouver Sun-Province Remembering section <https://vancouver.sunandprovince.remembering.ca/>.

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**Rostam (Ros) Shahrokh** joined Langara's Department of Mathematics and Statistics in 1989 and became a much loved departmental colleague, teaching introductory and business math courses. Ros also served in various leadership capacities in the Math/Stats Department, including as its chair from 2001 to 2007. Although Ros grew up in Iran, he was actually born in Switzerland. He died on Oct 31, 2025, of a degenerative muscle disease called inclusion body myositis (IBM), less than a month before his 80<sup>th</sup> birthday and less than three years after his retirement.

**Jay Strachan** was Langara College's first Director of Facilities and Purchasing, having moved to Langara in 1994, from VCC's Facilities Department, where he had been working at another campus. Jay studied architectural drafting at NAIT and had a lifelong passion for interior design, architecture, and watercolour painting. He put these loves and talents together in designing the home he had built on Gabriola Island, where he spent the years after his retirement from Langara in 2012. Jay (whose real first name was Alexander) died on Oct 7, 2025, at age 72, after suffering from IPF, a degenerative lung disease.

**Stan Webster** was a member of Langara's Physics Department from around 1970 until his retirement in the mid-1990s. He passed away on Oct 21, 2025, at the age of 91.

## RETIREE TALES

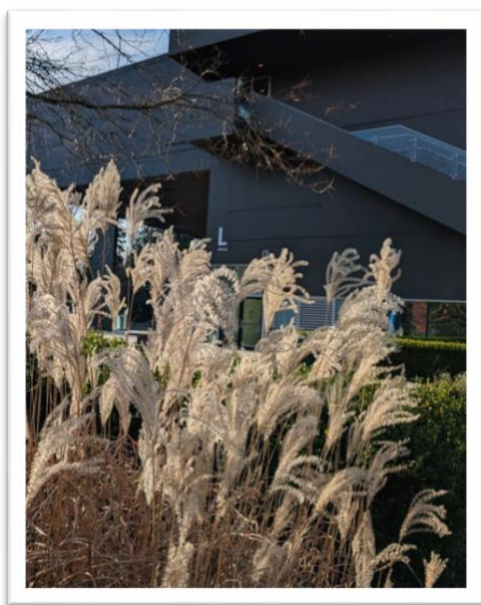
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If you wish to contribute your story or creative endeavors, please contact us at [newsletter@lcar.ca](mailto:newsletter@lcar.ca).

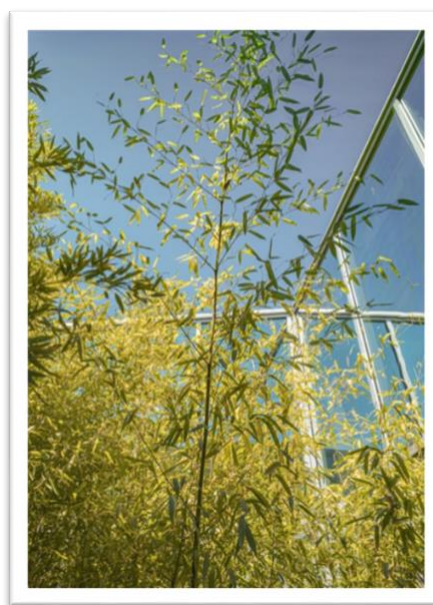
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The Langara campus and buildings are quite photogenic.

Patricia Cia started using photography as her creative outlet several years before retirement as a "stress buster". She continues her passion into retirement and has shared the "framed" images in this issue.



November 2026



July 2021

## THE ELDER ACTIVIST

### Or What I'm Doing in Retirement

By *felicia klingenberg*, @ripsintolabels, <https://www.feliciarebrandt.com/>

This past summer I self-published a memoir that I had been working on for about 35 years. I'd like to tell you why.

I joined the English faculty at Langara in 1994, having moved over from VCC – King Edward Campus where I'd been teaching ESL. Langara had split from VCC less than a year earlier, so I was among the earliest new faculty hired by Langara as an independent college.

I was also two years into recovery from childhood sexual abuse, which also meant that I was almost two years into a journal documenting my recovery process. I had been using a form of writing known as the personal essay in my ESL teaching, where I found that students could be exceptionally engaged in learning when the learning centred on writing their own autobiographies in the miniature format of the personal essay and discussing them with classmates.

When I began teaching remedial reading and writing at Langara, I used a lot of personal essays too because the emotional content made the texts so much more compelling to students than intellectual content alone. So, it was almost natural for me to transform my journal entries in short essays.

A few years later I decided I had a completed collection and prepared to send it off to book publishers. Some of my colleagues in the English department were kind enough to read the manuscript, and Cynthia Flood, whom I'm sure many of you know, recommended my manuscript to her own publisher.

Their response was disturbing. They wrote to tell me they had already published one such book and that was enough. And they told me they received about a thousand such manuscripts each month. At about the same time the mostly male book reviewers had coined the mocking term "viclit" to categorize what was emerging as a new genre of literature.

I sent my manuscript to all the Canadian and American publishers that had already published one memoir of a woman's recovery from childhood abuse and met with the same response from all of them. One was enough; they didn't want to become "known" for publishing such documents of the ramifications of cruelty to children inflicted by parents, caregivers and "friends of the family."

A couple of the publishers were impressed with my manuscript, but it made no difference. So sorry, they said, we can't take it on.

I tucked the manuscript and my disappointment away but continued writing personal essays. Two were published by small literary magazines. One was awarded first place in an annual Federation of BC Writers competition. They now appear in the expanded book.

In the following years I developed a creative writing course on the personal essay and began teaching 22 students a year to write personal narratives. They wrote about difficult events and experiences: getting an abortion, entering prostitution, contracting a serious illness, entering rehab, dealing with death. I found I was teaching people the importance of personal stories to effect healing and also to bring attention to social issues. I was seeing again and again the power of the personal to affect other people.

All the essays were workshopped by students in the class who achieved formidable skills, I thought, in giving tough criticism to the expression of a student's life experience while avoiding judgementalism. These classes were the most intense of any that I taught, both sobering and exhilarating, and both I and the students gave much more time to them than we could afford.

They kept me inspired to write about my own evolving life of recovery, and I wrote essays on those "milestones" of western adult life – buying my first condo, then my first house, falling in love, falling out of love, fighting against and coming to terms with the politics and norms of my society. My responses to all those events were, of course, inflected with the long-term effects of childhood abuse. Everything I did was part of my recovery, and everything that I wrote was a coming to fuller understanding of the past's effects on me.

My therapy, with or without the assistance of a therapist, continued, blossoming into a life of recovery, of “rebirth” experiences, as I saw that I was constantly regenerating, again and again being renewed after the processing of increasingly brutal memories.

It was becoming clear that my father, the primary abuser of my earliest childhood, was trafficking me into gangs of both men and women who shared their children and in the heightened dynamics of the group, escalated the abuse they inflicted.

Out in the world of the 1990s all hell was breaking loose as other adult survivors claimed similar memories. What was once taboo – revealing that fathers sometimes raped their children – had escalated into what was even more taboo – that neighbours might get together to brutalize children in rituals of torture. A backlash followed swiftly. A curtain of silence descended.

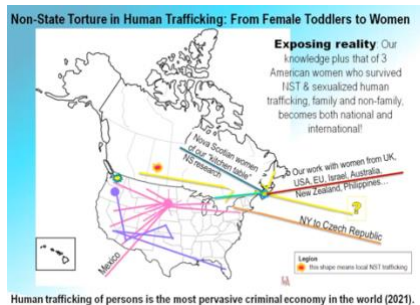
But behind that curtain a field of knowledge was growing, particularly how to identify and treat the extreme dissociation suffered by survivors. War survivors were diagnosed with a new psychiatric disorder they called post-traumatic stress disorder, PTSD, which also fit adult survivors of sexual abuse and domestic torture. When possession of child pornography became a criminal offense in 1993, law enforcement could discover for itself what some adults would do to children.

New technology both enabled the spread of filmed child torture and revealed the extent of it to organizations mobilizing to fight against it.

The major distributor of porn worldwide, Pornhub, was located in Quebec where the Canadian government was content to let it take in billions of dollars for the filmed rape of minors and child sexual torture. And with the advent of the dark web, there is no longer any doubt that a disturbingly large percentage of men is involved in pedophile rings and group torture of children, in filming it and distributing it for profit, in live streaming it.

In the early aughts two Canadian nurses who had been helping victims of such abuse got together with American women to begin lobbying the United Nations Commission on the Status of Women (UNCSW) to get sanctions against what they were calling ritualized torture by non-state actors. They subsequently shortened this to Non-State Torture (NST) and have been speaking and lobbying ever since.

In 2007 they succeeded in having torture included in the UNCSW outcome document “as a form of violence against the girl child” (UN Commission on the Status of Women, 2007). Still, the Canadian government [refuses to make NST a criminal offense](#). The most the perpetrators can be charged with is sexual assault against a minor. In 2021 the women, Jeanne Sarson and Linda MacDonald, launched their book, *Women Unsilenced: Our Refusal to Let Torturer Traffickers Win*, which is helping to raise awareness.



This slide, from a [presentation](#) they gave to an organization for domestic shelters in 2023, shows how much human trafficking, at the local, national and international levels, originates in families and the sexual abuse of the children in them.

I was motivated to compile all my essays, write some final thoughts, and publish the manuscript partly as a response to the work these women are doing to expose the crimes carried out against me and so many others. It is part of the activism on behalf of women and children that I’ve been engaged in since I retired.

Group ritualized torture of children is on the rise, as documented by the [Canadian Centre for Child Protection](#). Changing cultural norms as a result of various social justice movements are being exploited by powerful predators who are increasingly claiming that children should be regarded as fully autonomous human beings capable of initiating and consenting to sexual contact with peers and with adults. To regard children as subject to the guidance and control of their parents is a violation of their human rights, they argue.

If adults, if *mothers*, are prevented from safeguarding their children, I think we will descend quickly into a nightmare world of unchecked depravity and brutality.



My book is a testimony of abuse, but more than that, it is a testimony of the power of healing. It documents the possibility that the self-loathing, shame and guilt of survivors can be transformed into righteous anger, which can fire social change. I offer it as hope to other survivors. We can achieve peace, and even forgiveness as we demand these crimes be recognized.

Social denial of the worst cruelties humans can inflict is strong. Most of us prefer to think that our fellow citizens, our neighbours, are basically decent people and when crimes against women and children are reported, we most often avert our eyes and ears. And so, such crimes metastasize. We can't fight against what we refuse to see or name.

While the book is for sale as both an ebook and a paperback on Amazon, my plan is to disseminate it through little free libraries, those little boxes often shaped like birdhouses on stilts located along city sidewalks. I've already distributed dozens to the little libraries in Vancouver (thanks in part to the [map of little free libraries](#) published in the Georgia Strait) and have begun recruiting other women to distribute them in cities across the country.

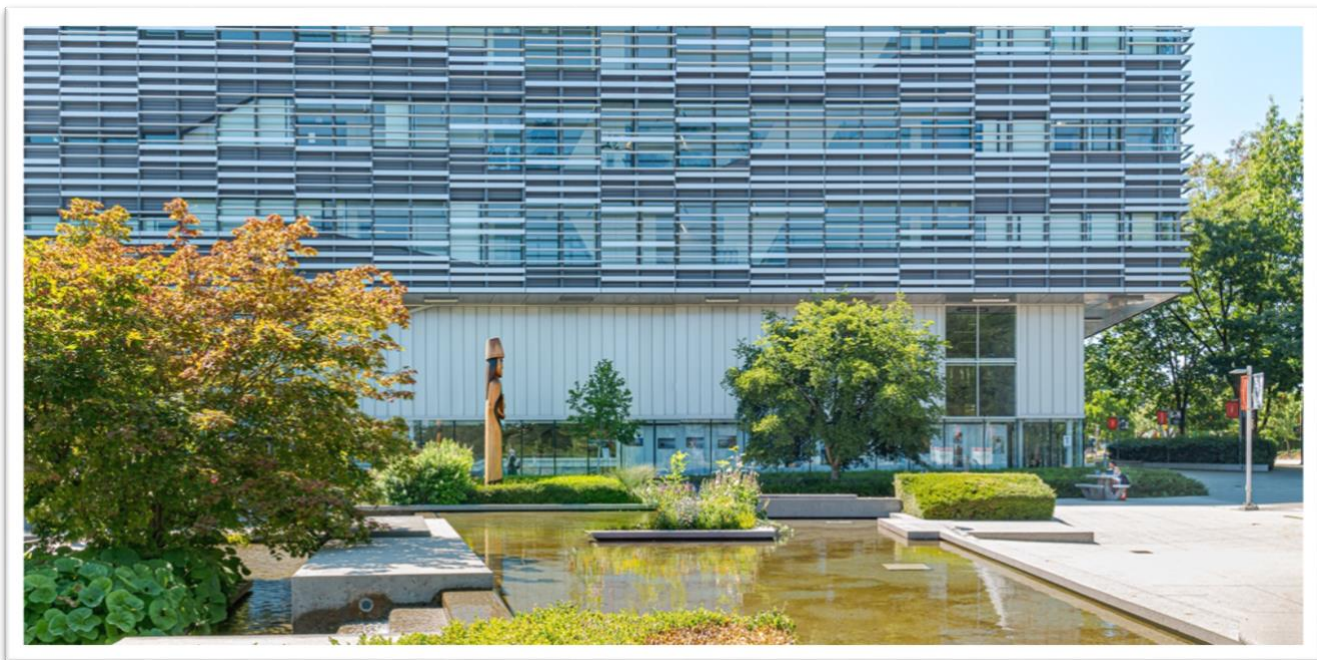
A friend in Quebec has sent me a link to a world map of little free libraries, which should be helpful in my attempts to create a network of amateur book distributors. Who knew such a thing existed?

I also did a little guerilla librarianship, putting the book on the new releases shelf at my local library.

For me, the healing continues. Publishing the book led to multiple repeated flashbacks, which gave me insight into how the perpetrators of my abuse taught me never to tell. By clicking "publish" on the Amazon KDP website, I told the entire world. Is the world willing to hear?



If you would like to buy the book, or read a sample, click on the link [a little bit of god](#).



*T-Building and Reflecting Pool*

## AND ON 49<sup>TH</sup>

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*Besides staying connected to each other, LCAR Members often want to maintain a connection to sn̓wəyəl ləlam' Langara College. In this section we showcase current articles, news, and stories about Langara.*

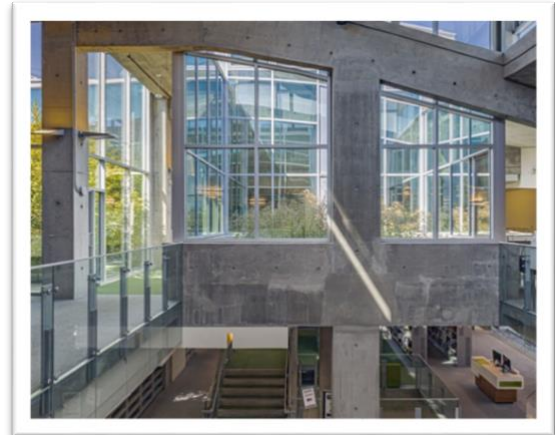
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### LANGARA COLLEGE OPERATIONS' ENVIRONMENTAL PRINCIPLES, ACHIEVEMENTS, AND GOALS

*By Dwayne Doornbosch, Director of Facilities, Langara  
(with editorial changes by Deborah Blacklock, LCAR member).*

Langara has a history of pushing the boundaries on what it means to have a sustainable campus starting as early as 2001, with its First Environmental Responsibility policy. When it was time to build its new Library in 2005, it made the decision to pursue a LEED Gold rating. From then on, the college continued to build on these principals for all future infrastructure. The past Director of Facilities Jay Strachan and his team were ahead of their time with this incredible work.

The building operators lean on the principles developed in the book, *Healthy Buildings: How Indoor Spaces Drive Performance and Productivity* (2020) by Joseph Allen and John Macomber. Their main premise is that building operators have the potential to have more influence on people's health than their doctors.



*Library - 3<sup>rd</sup> floor*

Students and staff are the centre of this campus, so the buildings must be run in a healthy way to ensure they are always at the forefront of all decisions. In order to make the best decisions for our campus environment, our people are our most important resources, starting with the leadership (Ministry, Board, Executive Leaders, and Educators). Within our Facilities team, we also committed to hiring people who have a passion for the environment and for the Langara College community.

To create and maintain a culture of continuous optimization, we've set a baseline for energy use (building use accounts for 97% of Langara's emissions) and track our progress with metering.

The following is a list of some of the features designed to make our buildings healthy and comfortable:

- solar shading on the T and B buildings
- new deciduous trees planted on the south side of the B building to provide shade in the summer
- extensive natural light in as many occupied spaces as possible
- MERV (minimum efficiency reporting value)13 Air Filtration that keeps Particulate Matter 2.5 micrometers or less in diameter (also known as fine particulate matter) to a minimum in order to combat wildfire smoke and virus transmission in our buildings
- low VOC (Volatile Organic Compounds) in all new buildings, renovations, and construction
- reflective white roofs

We are also guided by the United Nations' Sustainable Development Goals, Leadership in Energy and Environmental Design (LEED), and the Association for the Advancement of Sustainability in Higher Learning (ASSHE) Sustainability Tracking and Rating System (STARS). Here's a link to Langara's report: <https://reports.aashe.org/institutions/langara-college-bc/report/2021-06-24/>.

#### **UN Sustainable Development Goals**

Each goal is followed by Langara's methods for meeting it.

**Quality Education (Goal 4)** – *The living lab approach fosters sustainability awareness and practical learning experiences for students.*

To support Langara's greenhouse gas reduction efforts, and as part of our broader Net Zero greenhouse gas roadmap, Facilities partnered with students from the Data Analytics Capstone course to conduct an in-depth review of energy data and develop insights to guide future efficiency. There are more details in the Langara article [Earth Day: Students tackle sustainability with data](#).

In addition, pollinator gardens have been planted to promote research into pollinators.

**Affordable and Clean Energy (Goal 7)** – *The implementation of solar panels and geothermal fields enhances the campus's use of renewable energy.*

Geo-exchange (geothermal) accounts for 20% of heating/cooling load for campus and solar panels output 30MW per year.

**Sustainable Cities and Communities (Goal 11)** – *Composting and waste reduction efforts contribute to sustainable campus operations.*

Waste is reduced by

- providing 95% of the floors of each building on campus with one or more water fill stations
- creating ten streams of recycling in our cafeteria, including batteries and electronics
- using recycled and local materials in construction and renovation
- supplying Friendlier brand reusable containers in the cafeteria (since January 2024) (For more details on the brand, check out <https://www.friendlier.com/for-businesses>).

Energy efficient mechanical and electrical systems like Thermenex (a high efficiency heating and cooling system), LED Lights, motion sensors, and CO2 sensors for outdoor air also reduce waste.

We've promoted biking to work by reopening the Student Union Bike Shop one day per week to staff and students.

As part of the FEED BC project, we're committed to having at least 31% local food in the cafeteria.

Paper supply consumption has decreased by 78% since 2016.

**Climate Action (Goal 13)** – *Ambitious greenhouse gas reduction targets.*

We are aiming to hit Net zero greenhouse gasses (GHGs) by 2030, and using our emissions in 2007 as the baseline, we are 60% there. (For more details, click on this link: [Langara leads climate charge: 60% emissions cut and net-zero by 2030 in sight | Langara](#))

In 2026, we'll have reached 70-80% of our goal with the completion of our Domestic Hot Water Project. Removing the high temperature hot water from our central heating loop allowing us to lower the overall temperature of the loop and thus reduce energy use.

Another project that has contributed to significant savings, is the Central Heating Plant Project (completed in 2023), which has decreased emissions by 25% compared to 2019.

We are also contributing to decreasing emissions by providing 46 level-2 EV charging units on campus.

We expect over \$100,000 in Low Carbon Fuel Standard (LCFS) credits this year, which doesn't even account for charging for energy.

**Life on Land (Goal 15)** – *Initiatives such as pollinator gardens support biodiversity and ecosystem health on campus.*

As mentioned before, we have pollinator gardens planted all over campus, and we continue to add more.



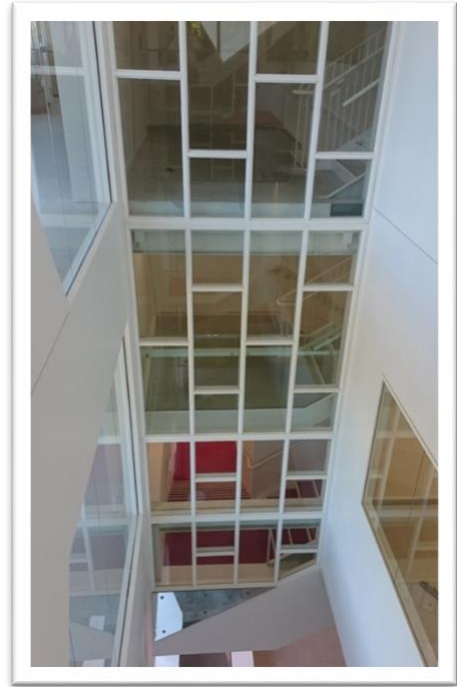
## LEED

The Leadership in Energy and Environmental Design group (LEED) has awarded Langara a Gold rating for four buildings: the Library, T Building, Student Union, and C Building. Gold is the second-highest possible rating.

The criteria for the ratings include sustainable site developments, water efficiency, energy use, materials and resources, indoor environment quality, and innovation.

We also follow LEED guidelines for renovations and grounds keeping such as the following:

- using Humane Solutions (a company created by Langara alumni) for pest control
- ensuring that the landscaping contractor uses only electric lawn care equipment (less noise pollution and no emissions)
- watering plants only to establish new ones
- planting pollinator gardens all over campus to promote research into pollinators and promote wellbeing to staff and students through biophilia



*T-Building Stairwell*

**AASHE** (Association for the Advancement of Sustainability in Higher Education)

Our past rating of a Silver STARS (Sustainability Tracking and Rating System) has lapsed, but we are applying for a Gold rating in 2026.

It's worth noting that only 35% of the rating system applies to Operations. The other 65% pertains to Academics, Engagement, and Planning & Administration.

Overall, our goal is to make Langara College a leader in sustainability.

## snəwəyəl leləm' LANGARA COLLEGE NEWS & EVENTS

The following news and stories are available in full on the Langara College website. We thought you may like:

### News

Langara College is launching a new **Digital Media and Design (DGMD) diploma program**, a two-year program blending design, coding, ethical AI, and creativity to prepare students for careers in digital media, UI/UX, and web development.

### Events

- [A Journal of the Plague Year](#) – February 5-15, 2026, Studio 58
  - [Something Rotten!](#) – March 26-April 29, 2026, Studio 58
  - [National Indigenous Peoples Day](#) – June 21, 2026, various events on Campus
- For this year's celebration of NIPD, Langara contemplates the importance of our name, snəwəyəl leləm' Langara, and its responsibility. As an institution of higher learning, we are privileged to facilitate the moral and practical education alongside students' individual growth.

### Stories

- [Unleashing creativity: The Automatic Message \(Tanya Goehring and Trevor Jacobson\) joins Langara as 2026 Photographers in Residence](#)
- [How Langara Film Arts grad, Hudson Williams became the face of TV's hottest new show.](#) The film arts programme was created by LCAR members Jane Heyman and Roger Holdstock.
- [Guiding tomorrow's writers: Langara welcomes Madeleine Thien as 2026](#)
- [Design in practice: Langara student wins international award for candy packaging](#)

- [Langarans win five at prestigious awards recognizing best in B.C. journalism](#). Eight Langara alumni and three instructors were nominated for the 2025 Webster Awards.
- [The powerful story of Musqueam Day and the case that reshaped Indigenous rights in Canada](#). Musqueam Day (Nov 1) honours the strength of the xʷməθkʷəy̓əm (Musqueam) people and the 1984 case of Guerin v. The Queen, a landmark victory that reshaped Indigenous land rights in Canada.
- [How Clint Hocking became a creative powerhouse in the gaming industry](#)
- [Building a better tomorrow: How Stackable by Langara is shaping Real Estate education](#)

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The full text for these stories and more Langara news and events are available at <https://langara.ca/news-events>.

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## CAMPUS EMPLOYEE NEWS

The Langara College Board of Governors undertook an **independent review of the President’s performance**. Based on this review, the Board has confirmed that there will be no change to Paula Burns’ role, and they believe that she will continue to provide stability for the college during this turbulent time in the post-secondary sector.

Recent challenges include **making difficult decisions** to address the drop in international student enrolment and the resulting revenue pressures. This saw people from all employee groups leave through early retirement or other packages and layoffs over the past year.

**Langara’s Institutional Recovery Plan** builds on the foundation of the strategic framework with a concentrated, coordinated response to immediate challenges. It outlines what needs to be done to stabilize Langara’s enrolment, strengthen financial sustainability, and realign our structures so we can continue to deliver exceptional learning and service to our community.

The newly created Langara’s Institutional Recovery Advisory Team had their first meeting in January and are reviewing progress on **Langara’s Enrolment Action Plan (EAP)** and **Communications and Engagement Plan**.

**Dr. David Anderson** was appointed Acting Provost and Vice-President, Academic, which allows President Paula Burns and VP Yusuf Varachia to re-adjust their portfolios.

**Ranjeet Saini** joined Langara in November 2025 as the new Chief Information Officer (CIO).

**Carly Dhanda** has been promoted to head coach of the Langara Falcons women’s soccer team. Dhanda spent the past four seasons as the lead assistant with the Falcons, most recently qualifying for the PACWEST provincial championships in the 2025 season.

**Darren Bernardt**, Dean of Arts, left Langara at the end of December. Darren started at Langara in January 1998 teaching part-time in the Professional Photography program and later taught in the Publishing department. He served as Department Chair in both, was division chair for Creative Arts and Industries from 2018 to 2021, Education Council Chair from 2019 to 2021, and has been Langara Dean of Arts on an Interim and then permanent basis since 2021.

The following were **recently appointed as Division Chairs**: Sabrina Chahal (Nursing), Mono Brown (Humanities), Mario Moniz de Sá (Math and Science), Sandra Enns (Social Sciences), Shonna Reynold (Management, Pro Tem).

Last summer, current and former Langara students shared their stories about **navigating digital learning materials**. Their insights were illuminating and a powerful reminder that our choices profoundly shape learners’ access, success, and well-being. The resource, [Lost in Translation: Co-designed Approaches to Implement Digital Accessibility Initiatives](#), is freely available via BC Campus.

**Langara’s Professional Photography program** received publicity on their 2024 collaboration with Langara Photographer-in-Residence, Tilly Nelson. *We’re Already Here* was highlighted in photography magazine, *photoED*. The full article is at <https://www.photoed.ca/post/tilly-nelson-authentic-representation>.

## NEWS FROM OUR AFFILIATES

### ARE YOU GETTING YOUR CURAC PERKS?

*by Ron Champion, Chair, CURAC Affinity Marketing Committee  
(with editorial changes by Dave Lidstone, LCAR Board member)*

As a member of LCAR, you can take advantage of the products and services of CURAC's Affinity Partners. More than 40 retiree associations are members of the College and University Retiree Associations of Canada (CURAC), which negotiates partnership agreements with companies and organizations on behalf of its association members and the tens of thousands of retirees they represent.

It's a simple and mutually beneficial arrangement: we retirees travel, buy various kinds of insurance, and likely need glasses and/or hearing aids. CURAC works with organizations that provide those services or products – and discounts.

When you purchase a product or service from a CURAC partner, you help yourself, your retiree association, and CURAC. Some partners pay a rebate to CURAC, which is shared with member associations.

All partners have discounts or special offers. Everyone wins.

Read on for a summary of current offers.

#### **Travel Services**

COLLETTE offers an array of guided travel packages, granting CURAC member associations a discount of \$100 per person on all trips, and up to \$500 per person on some seasonal offers.

TRIP MERCHANT offers travel planning for existing trips, and will custom design group trips for organizations. They have a website dedicated to CURAC members.

#### **Insurance and Benefits Plans**

ENTENTE PLUS is the benefit plan offered by Entente Education Canada (formerly RTO/ERO). Members can access generous extended health benefits (with travel insurance included), a dental plan, and trip cancellation/interruption insurance. More detail is available through the CURAC website, however as of this writing the site has not yet been updated to reflect changes for RTO/ERO that became effective January 1<sup>st</sup>.

BELAIR DIRECT offers auto and home insurance services without going through a broker.

#### **Health Products**

SPEC SAVERS offers eye exams, eye wear, and contact lenses. Customers with proof of retiree association membership can receive two pairs of eyeglasses for \$149 (with single-vision lenses, a scratch-resistant coating, and UV protection), and 60% off lens upgrades.

HEARING LIFE offers a 10% discount for members, spouses, children, and parents on hearing aids and custom noise protection.

#### **Retirement Living**

SCHLEGEL VILLAGES offer a variety of living arrangements for seniors in a number of cities throughout southern Ontario. Members of Retiree Associations under CURAC/ARUCC can enjoy free access to meeting spaces catered with a light meal and refreshment service.

For more information about the partners and their offers, visit the CURAC website ([CURAC.ca](http://CURAC.ca)) and look for Member Benefits. For legal and other reasons, products and services may not be available in your province or city. You may be asked to provide proof of your retirement or membership status.

Are there other affinity partnerships that CURAC should explore?

Send your suggestions or comments to CURAC, c/o Ron Champion, [ron.champion@uwaterloo.ca](mailto:ron.champion@uwaterloo.ca).

## COLLEGE AND UNIVERSITY RETIREE ASSOCIATIONS OF CANADA/ASSOCIATIONS DE RETRAITÉS DES UNIVERSITÉS ET COLLÈGES DU CANADA (CURAC/ARUCC)

*Dave Lidstone, LCAR representative*

The 2026 meeting of CURAC members will be held at the Inn on the Quay in New Westminster from May 20 to 22, 2026, and the conference theme will be “Making Connections.” The Programme Committee, headed by Gladys We of the SFURA, consists of volunteers, including me, from a handful of neighbouring retiree associations. Registration and more information are available at [curac.ca](http://curac.ca).

The website includes considerable information about, and services from, the organization, its membership of retiree associations, and benefits available to members of those retiree associations (i.e. us).

CURAC recently added their December newsletter to the website. The section entitled “Roundup” presents articles appearing in newsletters from 19 retiree associations from across the country. Contributions from *And By The Way, Retirees*. include articles by Roger Holdstock (in V3N3) and Mario Moniz de Sa (in V4N1).

An event calendar details activities as they arise and ongoing online lectures from members of the University of Toronto Seniors College and the University of Calgary Retirees Association. We hope you will give the website some attention and, perhaps even investigate the perks of membership now being promoted as outlined in the above article, “Are You Getting Your CURAC Perks.”

## COUNCIL OF SENIOR CITIZENS’ ORGANIZATIONS OF BC (COSCO)

*Kevin Craib, LCAR representative*

COSCO, in which LCAR holds an affiliate membership, is an umbrella group which coordinates advocacy and information relevant to seniors. Their work concentrates on the four main issues of health, housing, income security, and transportation, but they also advocate for and work with seniors from diverse groups who may have special issues.

[December issue of COSCO news](#) includes a discussion on the HandyDart program (lobbying ultimately not successful). Transportation – permitting the use of wheelchairs and mobility scooters in bike lanes. Supporting the UN Convention regarding Rights for Older Persons. Supports the call for accessible, funded home support that reduces individual financial barriers, shortens wait times, reduces family caregiver burnout, improves health outcomes and reduces government costs.

[Activities of the Office of the Seniors Advocate](#) tackles myths about ageing, encourages people to reach out to seniors, and reflects on their 2026 priorities.

For more information about the organization, their newsletter, and upcoming events and workshops, visit <https://coscobc.org/> and <https://www.seniorsadvocatebc.ca/>.

## ASSOCIATION OF BC COLLEGE PENSION PLAN RETIREES (CPPR)

*Alan Cooper, LCAR representative*

The Association of BC College Pension Plan Retirees (CPPR) represents retired instructors and administrators from BC colleges, universities, and educational institutes. The latest issue of Prime Time and other Pension News is on their website [cpper.ca](http://cpper.ca)

[What they Don’t Tell You about Retirement](#) presentation by The Public Sector Retiree Group

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*The Langara College Retirees Association (LCAR) congratulates and welcomes all Langara retirees. We invite you to explore our website to learn more about LCAR, our activities and resources, and register as a member! Please register as an LCAR member (<https://lcar.ca>) to receive Langara retiree benefits, hear of our upcoming events, and receive our newsletter, **And By The Way, Retirees**. The editors encourage all LCAR members to submit suggestions, articles, or announcements for inclusion in future newsletters. We also encourage others to join the editorial team. Contact us at [newsletter@lcar.ca](mailto:newsletter@lcar.ca).*

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