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PostScript

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President's Message

FALL 2015

In the last issue of Postscript I described how, in bringing greetings to the BCTF AGM, I tried to bring a message of hope to the delegates, of looking forward to retirement, of escaping from a school system overseen by politicians whom I spoke of in less than flattering terms. My remarks went down pretty well at the BCTF meeting, judging by the applause from the hundreds of teachers present. But I did get a negative reaction from a couple of Postscript readers.

One reader wrote that he was disgusted with my message, and opined that school system underfunding was just a "historical BCTF ... mantra which should not be blurred by the facts". He added that there was a finite amount of money, and asked what I thought should be cut to meet the demands of the education system. He asked why I did not suggest a tax increase as an alternative to funding shortfalls.

I've worked in the public schools for a total of 40 years. Over those years there's been a gradual shift in government priorities. During the heady post-war years, governments spent heavily on province- (and nation-) building: new roads and bridges, rationalized hydro and telephone systems, hospitals, schools, new ferries, railway extensions, and social supports such as medicare, (un)employment insurance, workers' compensation, CPP, OAS, and on and on. Governments were not afraid to tax and spend on such things, and most citizens were happy with that. (Socred W.A.C. Bennett called his borrowings "sinking funds", and likened them to home mortgages.)

But now our governments preach and practise austerity. Our politicians have chosen to cut taxes, to put governments close to, or into what's been called "structural deficits", where there's not enough revenue coming in from taxes to provide the services that citizens want and need. Where Crown assets are being sold off to top up tax-starved government coffers. And, sadly, not many of the wealthy

seem to be investing their tax savings in new or expanded job-creating enterprises, as promised by our small "c" conservative governments.

The tax cuts have forced service cuts, and have led to creeping privatization and a user-pay mentality. We're seeing growing health care wait times, tolls on new roads and bridges, hydro rates driven up by expensive run-of-the-river hydro projects, higher ferry fares, increasing MSP premiums (the only province in Canada to charge such regressive premiums), and on and on that goes. And in the school system: ripped-up contracts, close to the lowest-paid teachers and lowest per pupil funding in Canada, decaying buildings, delayed earthquake-proofing, forced school closures, oversize classes, too few specialist teachers, counselors and teacher-librarians, and ever-shrinking funds for learning resources and professional development. To say nothing of the highest child poverty rate in Canada.

So, in answer to my critic, public school underfunding is not just a "historical BCTF mantra", it's a fact. It's not so much a "finite amount of money" as it is a shrunken treasury, brought about by ideology driven tax cuts. I do, in fact, suggest that there should be a modest tax increase, to at least bring us closer to the Canadian average. Polls repeatedly indicate that most British Columbians would agree to modest tax increases, so long as the money was used to improve health care, school funding, provincial infrastructure and the like.

Given the situation in BC, I told my daughter not to go into teaching, but she did. In Alberta.



ROUNDAR BLE

'We're having a heat wave' might have been an introductory singalong for this board meeting as temperatures were soaring outside the BCTF building. No matter the temperature we had items on the agenda for the day, with the budget being one of the major ones.

After the agenda and minutes of the last meeting had been taken care of mention was made of a change of dates as our October meeting clashed with election day. We therefore have moved our dates to the 26th, 27th and 28th of October. Our auditors will visit the week of July 24th, and some of the larger branches may also experience an audit, plus a warning to those who hold 50/50 draws that they must be legal. Committee reports are due by July 15th for inclusion in the booklet for the AGM.

An Ad-Hoc committee had worked on changes for the handbook which involve our membership in, or links to, other organizations, their definitions and what our financial obligations are for each one. BCRTA members who liaise with these organisations will be appointed by the board and their positions reviewed regularly.

Our treasurer presented bank balances and investment statements.

Jack McDermott of the BCTF came to speak to us and praised the work of the BCRTA in producing the Seniors' Issues booklet for the federal election [included in the centre of this issue of the Postscript]. The BCTF summer conference will be planning strategies to get people out to vote, suggesting volunteer drivers, social media encouragement and perhaps high school teachers taking their classes to the polling stations. The cover of the booklet will be reworked to include the ACER-CART logo. There will be a BCRTA-sponsored public forum in September and Roy Romanow has agreed to attend.

ACER-CART has re-elected JoAnn Lauber to the presidency and Gerry Tiede withdrew his candidacy for the western representative position. CARP has influence and a large membership and ACER-CART will support this group. R R Smith, our charitable arm, has reinvested term deposits and an article within Postscript gives details of grants awarded. The BCRTA will donate services in kind as support.

The COSCO report mentioned their joining the Canadian Coalition for Retirement Security which covers 34 organisations and six million members, aiming to protect pensions. Workshops need trainees for September. Contact Sheila Pither.

BC Forum will elect officers in July and John Horgan will speak. October 1st is the UN Day of Older Persons and governments are urged to support it. Funds were requested of the board, but were denied at this stage. First Call is promoting a living wage and affordable child care and will have a table at our AGM and a petition for signatures.

Our second vice president gave us an overall view of the BCRTA Conference and AGM with a time table for meetings, meals and entertainment. After lunch we looked at our committee structures. There will be elections and newly elected members of the committees in some cases, and those will be finalised in October.

The Finance committee took us through the budget statements line by line and adjustments were made. An extra line was added for Liaison Priorities and a budget given. Our fees will not change in the coming year and once more we waived the BCTF grant of \$10,000. The reserve fund was discussed and its purpose outlined. Service recognitions for those retiring from their positions will be in the form of a letter of thanks from the president and a gift card. Our awards for the Golden Star have been increased to \$1500 at the request of the Excellence committee. As a result of government action a letter was sent to the Premier and Minister of Education objecting to the scholarships being granted foreign students when students in BC are short changed.

The Communications committee was awarded \$20,000 for professional research which will identify the interests, concerns and communication

preferences of current and potential members of the BCRTA. This research to start immediately and continue for the balance of the year. Please respond when you are contacted.

Health and Housing agreed to let the Elections booklet be sent to retired teachers across Canada, and asked that an outline of transportation issues be added.

Membership has costed new plasticized membership cards and outlined the guidelines for affinity programs for our membership. A 'duty calendar' is to be devised to help in short and long term planning.

Pensions and Benefits brought us a new plan with Johnson Inc. which combines travel with EHC/Dental plans and it will be featured in Postscript. The Langley office has prepared staff to answer all your questions and determine whether or not this plan is for you. Social Concerns is working on the wait times in our hospitals with letters to the Health minister. Advocacy has asked for funding for two members from each zone to attend the BCRTA/COSCO Pre-Election forum on September 28th.

In closing the meeting, President Bob Taverner announced the upcoming retirement of the office administrator who has held the fort ever since I have sat at the boardroom table. She will be missed.

Sheila Gair, Editor

Concerns with Pacific Blue Cross?

From time to time BCRTA members have questions about claims or service issues with Pacific Blue Cross (PBC). PBC is carrier for the Extended Health Care (EHC) and Dental insurance services through the Teachers' Pension Plan. This article offers some suggestions about how you can communicate with PBC to have your concerns addressed.

I. First, sign into your PBC CARESnet account to confirm how PBC has processed your claim. Go to www.pac.bluecross.ca and click on CARESnet then the 'Claims' tab and choose Health, Dental or Drugs and locate the specific claim that you are concerned with. Click on the 'Details' button to find out how PBC has adjudicated your claim. The notes at the bottom of that screen explain the decisions. For example, the note may state that the claim goes toward the annual deductible or may have been refused because you have already reached the annual maximum.

2. If you wish to question that decision, call PBC.

For EHC claims - 604 419-2600

For Dental claims - 604 419-2300

Toll-free number - I-888-275-4672

Most frequently, the agent will be able to address your concerns by correcting an error or identifying what

information is missing. Occasionally your conversation may be elevated to a conversation with a supervisor.

- 3. If the agent is unable to resolve the issue with you, ask to elevate your request to the Benefit Review Committee. The service representative will explain how to file your appeal and help you provide the relevant information.
- 4. If you are still dissatisfied after that process is completed you can contact the PBC Complaints Officer.

Email: complaintofficer@pac.bluecross.ca

Mail: Complaint Officer, c/o Pacific Blue Cross, PO Box 7000, Vancouver, BC V6B 4EI

At the bottom of the CARESnet homepage under the 'Resources' header is a 'Give us your feedback' button. You can also use this to provide feedback on the PBC website and the service you received.

Remember, Pacific Blue Cross is obliged to cover ONLY the insured benefits found in our plan policy. There are some medically necessary drugs and procedures that are not covered. You can see what is covered in our plan under the 'Benefits' tab in your CARESnet account.

ANOTHER UPDATE FOR SNOWBIRDS:



During the winter, an article appeared on CBC News' British Columbia website that caused quite a stir with many of our members. It was suggested that Canadian citizens were only allowed to spend 120 days in the United States each year. Quite simply, this information is incorrect.

Further, the CBC article also discussed the Entry/Exit initiative, a bi-national border program in which entry and exit data will be shared about individuals travelling between Canada and the United States. While this initiative was scheduled to be expanded on June 30, 2014, to include

Canadian and American citizens, the required legislative and regulatory changes have yet to be implemented. At present, the Entry/Exit Initiative is not fully operational, proving yet again that you can't believe everything you read in the media (or from your MP - whose office released the misinformation).

This was sent in by Ruth O'Bryan. It is pulled from an article in the CSANews, Spring 2015

A good resource for travelling Canadians is the website Canadian Snowbird Association www.snowbirds.org

Teachers' Pension Plan Actuarial Valuation *and* Indexing

The Teachers' Pension Plan (TPP) will have an independent actuary conduct a valuation of the pension plan as it stood on December 31, 2014. The actuary will make assumptions to determine the amount of money required to pay all the pensions, both current pensions and future promised pensions.

The actuary makes assumptions about many future factors: estimated longevity of members, average age at retirement, increases in salary, the number of members who may become disabled while teaching and even the number of retirements each year. These assumptions will enable the actuary to determine the liabilities of the plan.

Further, the actuary will make assumptions about the investment return on the current assets and the amount of future contributions. These will allow the actuary to determine the total assets of the plan.

All of these assumptions will then be the foundation for estimating the financial health of the plan.

The assets will be compared to the liabilities. If the assets exceed the liabilities there is a surplus in the plan. If the liabilities exceed the assets, there is an unfunded liability, or deficit, that must be addressed with a contribution increase.

Since 2001 at each valuation (2001, 2005, 2008, 2011) the actuary found that the liabilities exceeded the assets; thus, an unfunded liability existed in each of these years. The Pension Benefit Standards Act requires that any unfunded liability must be corrected by a contribution increase spread over 15 years. As a result, there were four contribution increases since

2001. The three main reasons account for these contribution increases:

- lower than assumed investment returns
- increased life expectancy
- decrease in number of active members.

The actuary assumes that the pension plan will earn an investment return of 6.5% per year on the assets. Even though the plan's assets increased from \$10.8 billion in 2001 to \$16.9 billion in 2011, the investment returns averaged less than 6.5% that resulted in an unfunded liability.

However the last five years have produced very good investment returns – 2010 at 9.8%; 2011 at 3.1%; 2012 at 10.4%; 2013 at 14.6% and 2014 at 11.6%. The 5-year annualized rate of return of 9.8% is higher than the assumed rate of 6.5%. The plan's assets increased from \$16.9 billion in 2011 to almost \$23 billion in 2014. It is possible, therefore, that the actuary may find that the assets are larger than the liabilities, and this would give the plan a surplus. Such a finding would have two very significant benefits: first, no contribution increase would be required for the first time in since 2001, and, second, some of the current employer contributions to the Basic Account would be redirected to the Inflation Adjustment Account thus making indexing more sustainable. This would indeed be good news for both actives and retirees.

The valuation report is being prepared over the summer and should be completed in September. The news, hopefully good, will be reported in the next PostScript.

Dale Lauber, BCRTA Pensions, and Benefits



BC Forum on HEALTH CARE

CANADA NEEDS A NATIONAL SENIORS' STRATEGY!

As we age, we hardworking Canadians should not be worried about the quality, accessibility and security of health care.

LEAD-OFF SPEAKER:

DR. CHRIS SIMPSON, President, Canadian Medical Association

Sharing the podium with Dr. Simpson will be other provincial and federal visionary thinkers.

Two people who want to be there are **ROY ROMANOW**, Head of the Commission on the Future of Health Care in Canada and **DR. CHARLES WEBB**, President, Doctors of BC, who focuses on the Practice of Geriatrics.











Respecting the needs and wants of the elderly and the frail

BY DUNCAN SINCLAIR CONTRIBUTED TO THE GLOBE AND MAIL, PUBLISHED TUESDAY, JUL. 14, 2015 3:00AM EDT

Duncan Sinclair is emeritus professor of physiology and a fellow of the School of Policy Studies of Queen's University. He recently joined the board of TVN, Canada's frailty health network, and was inducted into the Canadian Medical Hall of Fame in April.

While not yet frail, I am elderly. While I am doing everything I can to avoid becoming somebody's patient, my wife's recent end-of-life struggle has made me think long and hard about what my needs will be, if and when I become frail.

For starters, those who will care for me then should know what I expect. While I still can, I must put those expectations on record. Their obligation is to follow my advance directive without second-guessing what they think I really want when the time comes.

So when frail, what will I want and need for my well-being?

First, I want to be considered a person, not a patient, regardless of how much I then depend on a panoply of physicians, nurses, personal support workers, therapists and pharmacists. I want the values that are central to my being to be respected, then as now. I want to remain Duncan Sinclair, not the incontinent, demented old guy in bed in Room 6. And, I want to retain my dignity. The hospital gown may be garb convenient for my caregivers, but its propensity to expose my nether regions to hallway passersby is as far as it gets from dignified.

Second, I want to stay in my home and community. I want to die in my own bed, having taken loving leave of my family, friends and neighbours. Dying at home is a hassle for care providers, but much cheaper than institutional care, and yields immeasurably greater benefit to the dying person and the family.

Third, I want to avoid suffering. This is less about avoiding pain and discomfort than it is about maintaining my status as a person with the right to make my own decisions, including decisions about my very existence. Modern pharmacology has made available tools to alleviate pain and suffering — good palliative care — and to die with dignity at a time of my choosing. I want the choice.

And finally, when I become frail, dependent and needing ongoing care, I want to avoid being a burden on my family and society: emotionally, physically, financially or in any other way. I also want respect today for my productivity yesterday, as Atul Gawande's grandfather's contributions are celebrated in Being Mortal: Medicine and What Matters in the End.

My needs and wants, then, add up to a short list: respect for my continued dignity and personhood; staying in my home; no pain or suffering; and not being a burden to others.

Major changes to health-care policies and practices are needed to meet those needs. Restore the primacy of caregivers (nurses, RNAs, personal support workers and others). Scientific discoveries and technologies enable curing diseases and conditions, but curegivers must share the front seat with caregivers if we are to meet the needs of frail elderly Canadians, whose ranks soon will include many more of us. Our elected representatives must reinforce the primacy of individual decision-making. The Supreme Court of Canada's decision on assisted death is a shining example. Politicians and health professionals alike must breach the walls of the silos of health care, especially to make possible shareable health and medical records. And they also must tackle the laws and practices that allow organized care providers to take hostage the frail elderly and others in disputes over pay.

There's lots to do!



Dear Editor:

Tom Hastie's comparison of ambulance costs across Canada sheds some light on the inequalities in access to medical services across the country, but the situation in British Columbia is more nuanced than a simple, flat fee of \$80 for transport by ambulance. I think your readers should be aware of more details, as they apply to patients covered by MSP.

The fee is, indeed, \$80 for ambulance transportation to hospital from a patient's home. That is a flat fee, and there is no additional kilometre charge. If, as often happens in rural communities, the patient must be transferred to another hospital for a higher level of care, there is no additional charge to the patient.

Transportation from any emergency room or urgent care facility not attached to a hospital is considered a transfer between hospitals, and will not be charged for.

To illustrate: a patient taken from his or her home to the Castlegar emergency room, which is not in a hospital, then transferred to Kootenay Boundary Regional Hospital, then airlifted to Vancouver, will pay \$80.

The initial fee is \$50 if an ambulance responds but does not transport a patient.

Of course, none of this addresses the question of why there is a fee at all when it represents what is really a token proportion of the actual cost of ambulance service. I'll leave that to the politicians to explain.

Full information is available on the website beehs. ca, and you can find it by clicking on the "About" tab and following links to "Billing" and "Fees".

Yours truly, **Bob Jackson**, *RTA member*Former president, Castlegar & District Health Watch

I write to express appreciation for the retired teachers magazine, The Postscript. Often the information in the magazine and stories of retired teachers doing amazing things is both exciting and helpful to maintain awareness of the fraternity I served for more than 3 decades. Thank you for your input in making the magazine in question a truly professional paper. However in Volume 19, Issue 2, page 3, President Bob Taverner in his President's message suggests, that teachers on active duty are stuck in a system at the mercy of uncaring, arrogant, grandstanding and sometimes downright sleazy politicians, most of them with the educational knowledge and expertise of a newt.' Bob may well be correct in stating that some politicians lack competence, I find it difficult to believe that, 'most of them are incompetent.' Would Bob agree that some teachers also fall short of the ideal? Does this make them sleazy? I disassociate myself from such rhetoric. Thanks and have a great summer.

Bill Giesbrecht, RTA member

"Just to be clear, I did not say that most politicians are incompetent (though some of them may be). I used the "newt" analogy as a way of making the point that neither Christy Clark, nor Peter Fassbender—as those most responsible for the government's education policies—are knowledgeable educators. A bit intemperate on my part, perhaps, but an indication of my strong feelings on the subject."

- Bob

Dear Sheila,

First, I'd like to thank-you for an excellent PostScript Volume 19, Issue 2. I am always thankful for the advocacy and activist role of our Association and in the moments that I despair for the injustices in the world and your magazine revives my hope for change. Also pleased to read that the NDP responded to questions regarding the party platform on some Health Care issues but sorry if others do not respond.

One negative comment – I must say I was appalled to see in Lin Weich's title the misspelling of the word flavour, using instead the American spelling, flavor. It is somewhat ironic that the title is 'The Flavor of Canada'.

Thank-you for your hard work as editor!

Joanne Finnegan, Lower Vancouver Island RTA member

My husband and I went to the Relay for Life in Courtenay. Four years ago he was diagnosed with bone cancer. 23 years ago I had colon cancer. My husband is on chemo and will be for the rest of his life. This is no cure for bone cancer—not yet. I was on chemo for over a year. My husband had a stem cell transplant and it was more than two years before the bone cancer returned. I had 3 major surgeries to remove tumors and to clear my intestines when adhesions set in. But after 5 years I celebrated being cancer free.

All these thoughts rushed through my memory at the Relay for Life. I was struggling as my husband and I began the first lap of the Relay, known as the Survivor's Lap. Tears flooded my cheeks as I recalled the stench of chemo, the vomit, the muscle weakness, the dependence on others, the insipid taste of the medications, the loss of eyebrows and eyelashes and the bald head, the fatigue, the relentless churning in my stomach, the nerve pain...

These images were interrupted by the sound of applause! As my husband and I continued to walk, I noticed these people cheering us on. They lined the interior of the track. As we passed they yelled and smiled and clapped and shouted words of triumph! They were cheering for us! They were encouraging the survivors.

My left hand held my husband's and my right hand clasped a friend's. I raised their arms with mine. I raised them to the sky. We are survivors. We are winning!

Sharon Parker, RTA member

Dear Editor,

re: Alternative EHC and Travel Plan

This article attempted to inform but was poorly written.

The first 3 paragraphs introduce a "new plan". There was no name given to the new plan. Suddenly in paragraph 4, there is a PBC. I guess this is the new plan? What does PBC stand for? Later the words "Prestige plan" appear. I guess this is the PBC?

Whomever wrote the article would benefit from clear language training. Literacy Now offers such workshops. I am not trying to be clever or sarcastic. I volunteer for Burnaby Food First. Some of our members have received this training and all our publications are reviewed for clear language. This has helped us gain members in the wider community because readers can understand our message.

The article I refer to from the Retired Teachers magazine is very frustrating to read.

Sincerely,

Leona Skovgaard, Burnaby RTA member

The Legion Golden Star Award was awarded to Kelowna Secondary School

The Legion Golden Star Award for 2015 is:

Kelowna Secondary School, Kelowna, BC. Contact: Graeme Stacey, "In the Classroom and Beyond: Remembering and Honoring Canadian World War 11 Hong Kong Veterans"

Mr. Graeme Stacey, a History teacher at Kelowna Sr. Sec. School, witnessed tremendous value, in having students work with Veterans and Seniors who put a face to history and create connections between events of the past with today's students.

Textbooks do not always do justice to the history of the Canadian Hong Kong Veterans (HKV), they are "aging faster, and dying sooner" (Only thirty Veterans from this battle are still alive as of 2/07/2015). Having students meet and interact with Hong Kong Veterans leaves lasting impressions. The greatest lessons in the class have been those in which students were able to directly meet, listen to, and ask questions of Veterans.

Unfortunately, with the passing of the last Kelowna HKV there are no HKVs left in Kelowna. To keep the authenticity and realism associated with HKV alive we have had to seek other measures to make this story personal for students. We have been fortunate to work directly with 2nd Lieutenant

Lee Naylor (Ret'd), the son of a Hong Kong veteran to tell the story of HKV in a way that leaves a lasting impression and exposes them to an often forgotten chapter of history. The program has students use primary source materials provided by the Hong Kong Veterans Commemorative Association (http://www.hkvca.ca/index.htm). Students contact HKV family members across Canada to conduct interviews, and write to Veterans themselves. Students communicate this story by utilizing diaries, photographs, biographies, documentaries, and other primary sources that shed light on HKV, what they endured, and how they and their families endeavor to have their story remembered.

The success and impact of having Mr. Lee Naylor come to the classroom and the urgency to keep the memory of these Canadian Veterans alive enables students to share perspectives and insights in the classroom, to their peers, outside of the classroom, and the community. The story of the Hong Kong Veterans reinforced the need to continue the remembrance of this important chapter in Canadian history. Mr. Lee Naylor's visits to KSS bridges the gap for students and makes meaningful connections with the Social Studies 11 Curriculum.

Prize Money to be used for travel costs, supplies and resources for the program.

Charan Gill, Chair, Excellence in Education Committee

BCRTA Executive members Patricia Clough and Stefan Cieslik presented the award

BCRTA Golden Star Awards are presented to schools who do innovative and significant projects that have an intergenerational theme. BCRTA also has a partnership with the Legion Foundation and BCRTA watches for projects that involve remembrance or patriotism. This year the award went to Kelowna Secondary School in the Central Okanagan school District . History teacher Graeme Stacey and his class created an amazing book of stories and photos about Hong Kong Canadian Veterans. Lt. Lee Naylor's father was a Canadian Hong Kong Veteran. Lt. Naylor and Mr. Stacey are a dynamic duo who have made presentations together on the story. The presentation was attended by Syd Pratt, the President of the Kelowna Legion, as the representative of the B.C. Command. Two of Mr. Stacey's students read from an essay and showed a painting that was part of a marvelous display of the class work. (students Kaylee Wong and Abby Thompson). These 2 students have also won a national award for this program. Patricia Clough, 1st Vice President of the



BCRTA, made the official presentation of the trophy and also the \$1000.00 cheque from the Legion. It was amazing to see the links between our Canadian Veterans who lived the experience of standing on guard for Canada and the students who are learning our history. Congratulations to all involved at thanks to the Central Okanagan Branch of the BCRTA who hosted the occasion.

Patricia Clough, BCRTA 1st Vice President



BCRTA Golden Star Award Winner Twin Rivers Elementary "Grey Buddies" Program

Students and seniors have been involved in a wide range of activities throughout the ten year history of the program. Activities have included a "Living History" project in 2007 where students interviewed seniors and did a biography of their lives. This project used community seniors as an information source to create living history. This required students to think outside the box and work cooperatively with each person. This project was given to each senior to share as their part of living history and was shared with staff and a copy was placed in the library. As well, the class has worked in conjunction with the Royal Canadian Legion promoting remembrance for many years through the annual poster/poem contest. Students learned more about what life during war was like. Recently the class received an award from the local legion for many years of program participation.

The day-to-day activities involve weekly visits with our

grey buddies at Talarico place, where students play cards, play chess, do puzzles or just learn about what life was like before. Some special events have taken place where seniors taught guitar to students, as well as students assisted on a regular basis, with email communication to family. Students have shown seniors how to use the computer and have helped with communication for a senior suffering from a stroke by using a keyboard to spell out communication.

The "Grey Buddies" have been special guests at Remembrance Day Assemblies and students have entertained the senior citizens at Talarico Place with their singing in both English and Russian.

The prize money would be used to purchase children's literature with a focus on relationships with students and seniors, or books reflecting local history and /or a class iPad to enable FaceTime with "Grey Buddies".

Charan Gill,

Chair, Exellence in Education Committee

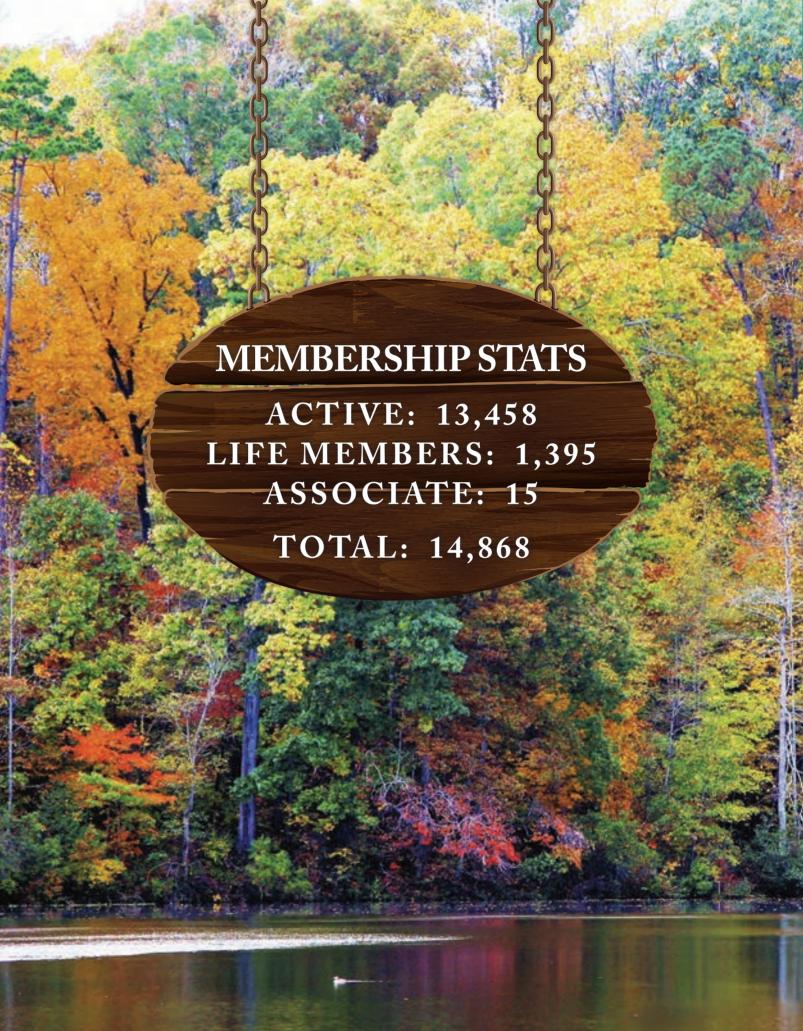
BCRTA Director Regina Day presented the award

On May 22, I was privileged to present the Grade 5/6 class at Twin Rivers Elementary School in Castlegar and their teacher Renie Evdokimoff with a Golden Star award for their intergenerational project called Grey Buddies. I was received very warmly by the principal and Mrs. Evdokimoff. Also present was the president of the local teachers' union, Mr. Davidoff and a photographer and reporter from the local paper. The students were presented with the trophy and the cheque. They were very excited. The trophy was a super hit. We then went to Talarico Place where the seniors live. I arrived before the students and I could hear one senior repeatedly ask "When are they coming?" When the students arrived they went to their designated buddies and engaged in a variety of activities including cards and board games. Their teacher told the students they are the only visitors that one of the seniors receives. It is clear to me that encouragement of intergenerational programmes such as the Golden Star awards are beneficial to both seniors and students. It was a wonderfully rewarding visit for me.

Regina Day, BCRTA Director



Twin Rivers Elementary School, Castlegar, BC. Contact: Renie Evdokimoff, "Grey Buddies"





BCRTA SENIORS' ISSUES — FOR THE 2015— FEDERAL ELECTION





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BCRTA SENIORS' ISSUES INFORMATION FOR THE 2015 FEDERAL ELECTION



2015 is a federal election year.

The BCRTA, guided by its constitutional responsibility to provide information to its members on matters of importance to their well-being, has prepared this package of information on a variety of issues that may, and perhaps should, come to the fore during the lead up to the election.

We are hoping that you will use this information to visit the nominated candidate of each political party in your riding and focus their attention on the critical issues facing seniors now and in the future. The questions could also be used at all candidates' meetings.

Each issue has facts and questions to help you prepare for your visit. Select only one or two issues important to you to talk about with the candidate.

Use the same issue(s) for the candidate of each political party so you can compare responses.

Unless the next federal government is prepared to show leadership in these areas, an increasing number of retirees will experience a crisis for which they are ill prepared.

The next elected Government of Canada must be committed to providing leadership and support to the provinces and territories. Canada can realize a truly national approach to addressing the realities of seniors throughout the country.

DEMENTIA AND COGNITIVE **IMPAIRMENTS**

ISSUE

The Impact of caring for individuals with Dementia and other forms of cognitive impairment has an enormous economic and social impact on Canadians.

FACTS

- 1. In 2011, 14.9% of Canadians 65 years and older had dementia. By 2031, if nothing changes the number could be 1.4 million. Today's costs for dealing with dementia are approximately \$33 billion. By 2040, the cost could escalate to \$293 billion.
- 2. One in five Canadians over 45 provides some form of care for a senior with long-term health problems. 1/4 of these Canadians are seniors. 1/3 of this number are 75 years and older.
- 3. The cost of looking after these individuals amounts to a loss of \$11 billion to the economy and a loss of 227,760 full-time equivalent employees.
- 4. By 2040, family caregivers will provide 1.2 billion unpaid hours annually. The impact on family caregivers is often depression and other psychological issues.

QUESTIONS FOR THE MP CANDIDATE:

- 1. If elected, will you and your party address the escalating costs of caring for Canadians with dementia?
- 2. If elected, will you and your party provide adequate care facilities and caregivers for individuals with dementia and other cognitive problems?
- 3. If elected, will you and your party provide tax credits for caregivers who have had to take leave from work or reduced their work hours?
- 4. If elected, will you and your party work with the provinces to provide adequate care for Canadians with dementia?

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- "Baby Boomer Survey Alzheimer's disease...it's more than you think". (2010) Alzheimer Society of Canada
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- "World Alzheimer Report 2012. A public priority (2012) World Health Organization." (WHO)

Alzheimer Canada



GERIATRICIANS

ISSUE

There is a shortage of geriatricians in Canada. Geriatricians are specialists in geriatric care.

FACTS

- In 2012, Canada had 233 certified specialists in geriatrics. Our population was 32 million. At the same time Sweden had a population of 9 million with 500 geriatricians.
- 2. The lack of geriatricians puts a strain on the medical system as seniors are often admitted to a hospital acute bed with health complications that could have been monitored if there had been some community care system in place. A community health system would have been able to address multiple health concerns.
- 3. Canadian medical students are not encouraged to choose geriatrics as a specialty. The field requires additional training and remuneration has a lower monetary average than other specialty fields.
- 4. Geriatrics as a field of study does not seem to have academic status.

QUESTIONS FOR THE MP CANDIDATE:

If elected, will you and your party encourage and support federal leadership that would develop a common provincial vision and strategy for the delivery of geriatric services and provide more specialty spaces for geriatricians?

There is much to be done. "Vision and action are required," says Dr. Heckman, School of Public Health and Health system at Waterloo, " if Canada is to prepare the health care system for the escalating needs of seniors."

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Anderson, Scott, University of Toronto Magazine. Summer 2009, "Shortage of Specialists to care for Canada's Seniors". Special Senate Committee on Aging Final Report "Canada's Aging Population: Seizing the Opportunity" The Honourable Sharon Carstairs, P.C. Chair The Honourable Wilbert Joseph Keon, Deputy Chair April 2009

POVERTY AMONG SENIORS

ISSUE

Poverty among Canadian seniors is increasing.

FACTS

- 1. According to Statistics Canada, the rate of poverty among the elderly in Canada is on the rise. Between 1976 and 1995 poverty among elderly Canadians fell 25 percentage points from 36.9% to 3.9%. By 2010, the rate had risen to 12.3%. The largest increase occurred in elderly persons living alone. Between 2006 and 2010 there were more than 160 000 existing on low income. Almost 60% of these individuals were women.
- 2. The rate of income increase between low-income non -seniors and seniors is not equal.
- 3. The low-income cut off (ILCO) measure has helped reduce the number of elderly persons in the low- income category.
- 4. Canada has increased the age for accessing OAS to 67.

QUESTIONS FOR THE MP CANDIDATE:

If elected, will you and your party ensure that poverty among seniors is eliminated?

REFERENCES

Statistics Canada Conference Board of Canada

SENIORS' HOUSING

ISSUE

Seniors want to remain in their homes and communities for as long as possible.

FACTS

- 1. 25% of seniors live below the poverty line and struggle to survive.
- 2. Most seniors have fixed incomes and as costs rise they are in danger of being on the verge of homelessness or forced to live in inadequate housing.
- 3. Access to services, such as adapted day centres and activity centres promote remaining in their homes.
- 4. Retrofitting homes with ramps, wider hallways and access to bathrooms promote remaining in their homes.

- 5. Inadequate housing, at times, forces couples to live apart.
- 6. The shortage of adequate senior intermediate and long-term care facilities results in seniors using hospital acute beds which are focused on seniors' issues such as maintaining mobility.
- 7. The cost of an acute bed is approximately \$1000 per day. The cost of an intermediate or long-term facility bed is about \$300 per day.

QUESTIONS FOR THE MP CANDIDATE:

- If elected, will you and your party work towards ensuring that every Canadian has access to secure, adequate, accessible and affordable housing?
- 2. If elected, will you and your party support and fund a national housing strategy that will ensure affordable and adequate housing for Canadian seniors?
- 3. If elected, will you and your party reinstate the 1993 federal programme to build affordable housing?

- 4. If elected, will you and your party provide more intermediate and long-term housing which will address the multidisciplinary needs of seniors?
- 5. If elected, will you and your party strive to promote healthy living opportunities that enable Canadian seniors to age with dignity?

REFERENCES

National Advisory Council on Aging www.chf.bc.ca/pdf/s95-keyfacts-subsidy%20crisis.pdf

HEALTH ACCORD FUNDING

ISSUE

The Canada Health Accord expired on March 31, 2014.

FACTS

- 1. In 2004 the Federal, Provincial and Territorial governments agreed on a ten-year programme of objectives and funding for health care across Canada. This programme was called the Health Accord. In the Accord, the Prime Minister and Premiers recommitted to the Canada Health Act and its five requirements: public administration, universal access, comprehensive coverage, accessibility without extra charges or discrimination, and portability across the provinces. The Health Accord also aligned the Federal, Provincial and Territorial governments with shared goals regarding wait times, home care, prescription drugs and team based care.
- 2. In 2012, the Federal government announced that no talks would be scheduled with the Premiers before 2014 to renew the Health Accord. Provincial and Territorial leaders were not consulted about this decision. A coalition of several organizations including the BCRTA petitioned Federal, Provincial and Territorial elected representatives to initiate talks aimed at renewing and improving the Health Accord. The Federal government refused, no talks occurred and the Health Accord expired on March 31, 2014.
- 3. The Federal government provided 50 percent of provincial health care funding when Medicare was first introduced. Funding was unstable. In 1998, for example Federal funding dipped to only 10 per cent. In 2004, the Prime Minister and the Premiers agreed that during each year of the Health Accord, the Federal government would provide 6 per cent increased funding. Stable funding raised the Federal share to 20 per cent per year between 2004 and 2014. However, the Federal government claimed in 2012 that yearly increase of 6 per cent were unsustainable under current priorities.
- 4. In 2012, the Federal government unilaterally announced plans to cut at least \$36 billion in health care funding to the provinces in the ten years following the Health Accord in 2014. Over time the Federal government's share of health care spending will decrease to 18.6 per cent by 2024, a far cry from its original 50 per cent contribution. In place of 6 per cent yearly increases, health transfer monies will be tied to economic growth with 3 per cent minimum yearly increases. During the Health Accord transfer amounts were a mix of cash and tax points adjusted for each province's wealth. Post Health Accord transfers will be cash only and based on population, with no Federal commitment to protect provinces that lose funding.

HEALTH ACCORD FUNDING

- 5. The Prime Minister must meet with the Premiers to negotiate a new Health Accord based on the principles of the Canada Health Act. The new Health Accord must set national standards and guidelines for wait times, home care, prescription drugs and team-based primary care. The Parliamentary Budget Officer has shown that Ottawa can increase programme spending and transfers while maintaining fiscal sustainability. Fair tax measures at the Federal level would mean an additional \$29 billion in the public treasury. A renewed 10 year Health Accord with at least 6 per cent yearly increases in the health transfer funding will bring the Federal government closer to its original 50 per cent contribution.
- 6. By contributing at least \$36 billion less, the Federal government will have less influence on health care. It will be more difficult for Ottawa to ensure that both the Canada Health Act and the national standards are in place. As they did during health care transfer cutbacks in the 1990's, Provinces and Territories will cut services and privatize. Public health care will be diminished. Families will experience financial hardship as the costs of drugs and health services rise. Ultimately, Canadians will hold the Federal government accountable for the destruction of Medicare.

QUESTIONS FOR THE MP CANDIDATE:

- 1. If elected, will you and your party ensure that the Prime Minister and the Premiers meet to negotiate a new Health Accord?
- 2. If elected, will you and your party ensure that the five principles of the Canada Health Act be part of the new Health Accord?
- 3. If elected, will you and your party ensure that the new Health Accord include national standards for wait times, home care, prescription drugs and team based primary health care?
- 4. If elected, will you and your party ensure that the Canada Health Transfers will be stable and adequate to maintain the new improved Health Accord?

REFERENCES

Parliamentary Budget Officer, Renewing the Canada Health Transfer: Implications for Federal and Provincial-Territorial Fiscal Sustainability (2012), http://www.parl.gc.ca/PBO-DPB/documents/Renewing_CHT.pdf

Council of the Federation Working Group on Fiscal Arrangements, Assessment of the Fiscal Impact of the Current Federal Fiscal Proposals (2012) http://www.councilofthefederation.ca/pdfs/CoF%20Working%20Group%20on%20Fiscal%20Arrangements%20 Report%20and%20Appendices_July.pdf

CUPE fact sheet No. 1: Protect Medicare: Stable and Sufficient Federal Funding.

Parliamentary Budget Officer, "Fiscal Sustainability Report 2012" (2012), http://www.pbo-dpb.gc.ca/files/files/FSR_2012.pdf

Canadian Union of Public Employees, "Changing the Channel on the Economy" (2012) http://www.slideshare.net/cupescfp/changing-the-channel-of-the-economy

Life Before Medicare Canadian Experience

NATIONAL PHARMACARE **PROGRAMME**

ISSUE

Pharmaceuticals are the largest cause of health costs in the country. Canada is the only industrialized country in the OECD (Organization for Economic Co-operation and Development) with a Universal Health Care System that does not provide public pharmaceutical coverage for its citizens. Legislation is needed that would guarantee that pharmacare services are available to all Canadians regardless of where they live in Canada.

FACTS

We pay 15% to 20% more than the International Average price for new drugs.

- 1. 10% of Canadians DO NOT FILL their prescriptions because of costs.
- 2. Brand name drugs are expensive. e.g. Tylenol Extra Strength \$16.99 Generic Extra Strength \$5.99

- 3. Canada needs a national strategy to bid for contracts with the drug companies to negotiate better prices.
- 4. Canada needs to purchase drugs in bulk thus reducing the costs.
- 5. \$7.3 \$11.4 billion would be saved with a National Pharmacare Programme. All Canadians would benefit.

QUESTIONS FOR THE MP CANDIDATE:

- 1. If elected, will you and your party support the creation of a National Pharmacare Programme?
- 2. If elected, will you and your party establish a bidding procedure for the purchase of drugs?
- 3. If elected, will you and your party support purchasing drugs in bulk?

REFERENCES

Time for a New Prescription: Universal Public Pharmacare is Safe and Affordable. Julie White November 2014, Congress of Union Retirees of Canada

Estimated cost of universal public coverage of prescription drugs in Canada Steven Morgan, Michael Law, Jamie R. Daw, Liza Abramham, Danielle Martin

NOTE: The federal government is presently negotiating the Canada European Trade Agreement. There are discussions regarding pharmaceuticals including market exclusivity, which has a "no filing" period in which no application of generic drugs can be given regulatory consideration and a two-year period during which generic drugs can progress toward market readiness but not be sold.

PENSION REFORM

ISSUE

Many Canadians do not have pension plans that they or their employers contribute to during their years of employment. They often do not have sufficient personal resources for their retirement years and rely on CPP and OAS.

FACTS

1. RRSPs are not the answer

RRSP Average holdings for Canadians (for the 58% of Canadians who have RRSPs)

Age 35	\$22,500
Age 35 - 45	\$49,100
Age 45 - 54	\$90,300
Age 55 - 64	\$124 500
Age 65 and older	\$108,200

If only 58% of Canadians have RRSPs that leaves 42% relying only on CPP and personal and other pensions.

An average RRSP of \$124,500 for a 55-64 old person will pay a non-indexed annuity of \$651/month. Add that to the maximum CPP benefit at age 65 and the person's annual income is about \$20,000 – barely above the Low Income Cut-off line of \$18,421. Even

if Old Age Security (OAS) were added in, the annual income would only be \$27,720 less income tax. Starting in April 2023, the age of eligibility for OAS will gradually increase from 65 to 67.

- 2. Only 32.5% of the labour force has a registered pension plan.
- 3. 26% of Canadians believe they are not saving sufficiently to meet future retirement needs and 15% are saving nothing because they do not earn enough to make contributions.
- 4. Both employees and employers generally pay into pension plans but 75%-80% of the pensions are paid by investment returns. They represent excellent value to both employees and employers and to the taxpayers. Seniors without pension benefits rely almost entirely on taxpayer funded programmes.

QUESTIONS FOR THE MP CANDIDATE:

- 1. If you and your party are elected, will you support Defined Benefits plans and encourage new Defined Benefit plans that are superior and provide more protection to the individual and to future taxpayers?
- 2. If you and your party are elected, will you support the improvement of CPP, which is a universal Defined Benefit pension plan, has forced participation and is the most economical choice?
- 3. If you and your party are elected, will you oppose any future movement away from Defined Benefit plans?

REFERENCES

The Wealth of Canadians – Statscan and fairpesnionsforall.net http://www.statcan.gc.ca/tablesaux/um-som/101/cst01/labor26a-eng.htm Angus Reid

END-OF-LIFE CARE

ISSUE

A national, comprehensive palliative care policy/strategy is needed so that all Canadians have access to palliative care services regardless of where they live.

FACTS

Fewer than 20% of Canadians who died in 2014 had access to hospice, palliative and end-of-life care services because these services were not available consistently throughout Canada.

QUESTIONS FOR THE MP CANDIDATE:

- 1. If elected, would you or your party work to reestablish the National Secretariat on Palliative End of Life Care that was abandoned in 2007?
- 2. If elected, would you and your party ensure that all Canadians have access to appropriate palliative care services?

ISSUE

Doctors and nurses need more education and training about palliative care approaches, pain management and advance care directives.

FACTS

Systems-wide approaches to hospice, palliative care training and education are needed so that Canadians will receive quality care in all care settings where they die.

QUESTIONS FOR THE MP CANDIDATE:

If elected, would you or your party provide financial incentives and establish new national programs for the encouragement and development of doctor and nursing programs, and teaching and training facilities for persons who provide palliative care in Canada?

END-OF-LIFE CARE

ISSUE

All Canadians need to be persuaded that end-of-life planning is important for everyone, not just for those diagnosed with life limiting illnesses.

FACTS

86% of Canadians have not heard of advance care planning and less than half have had a discussion with a family member or friend about their healthcare treatments in the event that they became ill and unable to communicate.

QUESTIONS FOR THE MP CANDIDATE:

If elected, would you or your party provide models and frameworks that will encourage Canadians to discuss and plan for end of life care?

The goal of end of life care is the same regardless of setting: to ensure the best possible quality of life for dying people and their families.

CANADIAN MEDICAL ASSOCIATION: DEFINITIONS

Advance Care Planning: End of life wishes discussion. Treatment goals and preferences. e.g. Written directives or advance care plan.

Palliative Care: Prevention and relief of suffering. Treatment of pain and other physical, psychosocial and spiritual symptoms.

Euthanasia: Explicitly ending another person's life. An act undertaken with empathy and compassion.

REFERENCES

"Canadian Institute for Health Information, Health Care Use at the End of Life in Western Canada"

https://secure.cihi.ca/free_products/end_of_life_report_aug07_e.pdf

"Canadians Want End-of-Life Care Brought Out of the Shadows "(2014)

https://www.cma.ca/.../EOL/National-Dialogue-Press-Release.pdf Canadian Medical Association

National Ipsos-Reid poll indicates majority of Canadians haven't talked about their wishes for care (2012)

http://www.advancecareplanning.ca/news-room/news-archives/national-ipsos-reid-poll-indicates-majority-of-canadians-haven%E2%80%99t-talked-about-their-wishes-for-care.aspx Health Canada's Chronology of Key National Palliative and End-of-Life Care Developments in Canada (2014)

http://www.hc-sc.gc.ca/hcs-sss/palliat/support-soutien/chronolog-eng.php

Kirby Report: The Senate Standing Committee on Social Affairs, Science and Technology (2002)

www.parl.gc.ca/Content/SEN/Committee/372/.../repoct02vol6-e.htm

Fact Sheet Canadian Hospice Palliative Care Association (2012)

www.chpca.net/.../fact_sheet_hpc_in_canada_may_2012_final.pdf

"CBC: Palliative care motion gets unusual near unanimous support" (May, 2014)

http://www.rcinet.ca/en/2014/05/29/palliative-care-motion-gets-unusual-near-unanimous-support-in-canadas-house-of-commons/

SUSTAINABILITY OF MEDICARE

ISSUE

Medicare is based on the five principles contained in the Canada Health Act: public administration, universal access, comprehensive coverage, accessibility without extra charges or discrimination and portability across the provinces. In the words of Roy Romanow, the issue is, "Medicare is as sustainable as we want it to be".

FACTS

- 1. Public Health Care is sustainable.
- Health costs are being driven up by prescription drug costs, medical imaging and expensive medical technology.
- 3. Seniors cause an annual 0.8% increase in medical costs. The Canadian population is increasing at an average of 1.1% while Inflation is 2.5%.
- 4. Canadians have a right to know how our money is being spent so that we can be assured that we are getting value for our money.

QUESTIONS FOR THE MP CANDIDATE:

If elected, what steps would you and your party take to assure Canadians that Medicare spending will be transparent and cost effective?

ISSUE

Tax cuts have impacted public services and Medicare.

FACTS

- 1. Health costs take an increasing amount of provincial budgets. The reason is not uncontrollable spending. Tax cuts have impacted the maintenance and delivery of government services.
- 2. Medicare spending continues to take the same share of provincial revenues as it did 35 years ago.
- 3. Corporate and personal income tax cuts have removed \$170.8 billion between 1997 and 2004.

QUESTIONS FOR THE MP CANDIDATE:

If elected, would you and your party assure that a universal pharmacare programme would become part of the Canada Health Act?

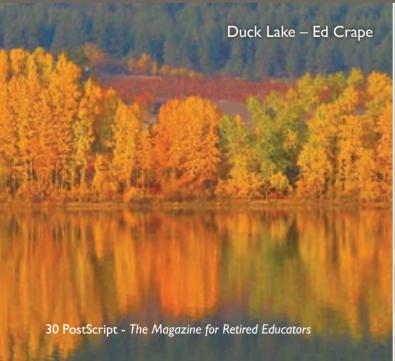
SUSTAINABILITY OF MEDICARE

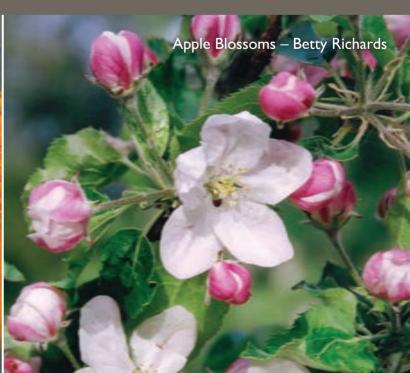
ISSUE
Tax cuts have impacted public services and Medicare.
FACTS
A universal Pharmacare programme could save \$7.3 - \$10.7 billion annually and cover all Canadians.
QUESTIONS FOR THE MP CANDIDATE:
If elected, will you and your party establish a national pharmaceutical programme?
REFERENCES
Time for Transformative Change Standing Committee on Social Affairs Life before Medicare Canadian Experiences "Canadian Health Coalition Fact Sheet "Health Coalition.ca Romanow Report "Estimated cost of universal public coverage of prescription drugs in Canada" Steven G. Morgan, Michael Law, Jamie R. Daw, Liza Abramham, Danielle Martin
NOTES:





THE YEAR Moves Quickly. TOO QUICKLY!







RETIRED TEACHERS Write books

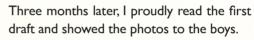
Chance and Carter by Jacqueline B Swann

I started teaching senior English at North Surrey Senior Secondary in 1969. In 1974, I moved to Port Alberni on Vancouver Island where I continued teaching at Mt. Klitsa Jr. High. After having three children, I returned to teaching in French Immersion Primary at Alberni Elementary School. Just before retirement, the school visited McLean Mill, a national heritage site near Port Alberni. Many of you may also have visited the site.

We have all pondered the eternal creative question. Where do ideas for stories come from? In my case, I was visiting McLean Mill about three years ago with my two-year old twin grandsons and family. The boys saw the rabbits. Then the rabbits were gone into the woods. The story idea came to me as I watched their disappointment. That evening I wrote the first draft of the story. I thought about how to illustrate it. I decided on photos because I wanted to show the actual mill site. I realized the twins couldn't help with the photos for the story until they were older.

I waited and waited for two whole years. Last August, when the twins were four, I read them the story and asked if they were willing to be in the photos. They co-operated well for their

age but Erica Watson, our photographer, did need to take many more photos than the twenty-four used for the story.



Chance said, "But Grandma, that never happened."

Carter piped up, "We weren't lost." So rest assured that no children were harmed in the making of the book. It is truly a work of fiction.

Here is what Rhonda Hayter, editor, writes about the book. "This is just gorgeous. The photos of the beautiful surroundings with the adorable boys' adventure are absolutely stunning. Meanwhile, the simple text and the dramatic shots of the children lost in the wilderness are packed with age-appropriate drama that will keep young readers on the edges of their seats."

Books are available from Friesen Press or Chapters Indigo for about \$12-\$14. Enjoy a good story with your young ones.



The Last Train to Leningrad by David Funk

When Franz Funk purchases the large West-Siberian estate Lyubimovka, Village of Love, he thinks he has found the perfect place for his family to put down roots and flourish. It isn't long, though, before the Bolshevik revolution, civil war, and communism turn his family's pastoral world upside down. As years pass under Stalin's oppressive rule, life becomes increasingly unbearable for the Funks. Emigration seems their only chance for survival. They must risk their lives and their children's futures as they decide whether it is better to hold on to everything they know and love, or to join a spontaneous migration to Moscow of thousands of people united in the desperate hope they will be allowed to emigrate to the country of their dreams, Canada.

"The Last Train to Leningrad" is not only one family's story. It is a part of a collective story that spans centuries and continents. It is the story of people who choose to become refugees because life as they know it has become impossible. It is the universal story of people

The Last Train to Leningrad

David Funk

seeking a place where they may live peaceably and worship their God in freedom. The Last Train to Leningrad speaks to anyone who has ever sought a safe place to call home.

Available on Amazon or from the author: TheLastTraintoLeningrad@yahoo.ca

A SCHOOL IN RUINS Nepal's Forgotten Children

BY: PATTI SHALES LEFKOS, VANCOUVER RTA



As we enjoy summer weather here in British Columbia, the monsoon season has begun in Nepal. Thousands of school children are attending class under tarps and makeshift tin roofs. Former Vancouver teacher and administrator Patti Shales Lefkos visited Aaprik village in the Gorkha area in April 2014. Almost exactly one year later every building in the village, four km from the epicenter of the earthquake, has collapsed.

Since 1961 the Himalayan Trust, founded by Sir Edmund Hillary, has supported schools in Nepal's Solo-Khumbu Everest area. Monasteries in the wealthy areas of Asia send financial assistance for the education of young monks all over Nepal. But in Gorkha, many schools have been forgotten. Devi Jal Kumari School, in remote and seasonly inaccessible Aaprik Village, is one of them. Only a few km from the epicenter of the recent earthquake, all buildings in the village collapsed, several people were killed and many injured.

Dark-eyed students leaned back on narrow shared benches to peer up through cracks between rough-hewn boards from their main floor classroom at Devi Jal Kumari school. I returned their gaze from the second storey room where we stood. School attendance was never meant to be life threatening, but in this derelict mud and stone building in earthquake territory in Gorkha, Nepal, it is.

Dust motes danced in shafts of sunlight streaming between gaps in the ceiling above. Stones and timbers littered the floor of the room, resting where they had fallen. Heavy slate tiles precariously supported by sagging rafters and splitting beams weighed heavily on the 53-year old mud and stone structure. In this school, umbrellas would be the classroom accouterment of choice, during the monsoon season.

Volunteer Teaching

I visited the school on my day off from volunteering as an English teacher in Bhairabi School, a six-hour drive away in Ratmate village. That school, Bhairabi School, while still a world away from the privileged, book-laden, technology driven classrooms of the West, now seemed like a state of the art educational facility by comparison. Five years before Bhairabi students had also practiced the art of balancing an umbrella over their shoulder while scribbling answers in damp workbooks, monsoon rains dribbling through an inadequate roof.

Enter the Australians: businessman Allan Waldon, mathematics lecturer Dr. Anne Prescott, Club Wahroonga Rotarian Richard Jackson and founder of Local charity Sambhav Nepal and Mount Everest Rotary Club member, Prem K Khatry. A new school was built. Australian educators visited to offer teacher

training and a toilet block was erected. Now, the school that appeared dismal and woefully inadequate by Western standards when I first arrived, seemed almost palatial.

One school taken care of. Too many more on the wait list.

Arrival in Aaprik Village

I stepped down out of the Mihendra four-wheel drive onto the patchy grass, rarely flattened by vehicle tires. After pressing his palms together in the traditional Nepali Namaste greeting, a slender man, about 40 years of age, extended his hand to assist me. "I am Hari Sharma, school principal," he said.

A slightly younger man slipped from behind him to echo the welcome. Dimples formed at the edges of his wide grin and his eyes crinkled against the searing sun. More casually dressed than his boss, the sleeves of his blue shirt were rolled up two folds to display muscled forearms. A silver-toned watch encircled one wrist. Two ballpoint pens, one red, one blue, rested in his shirt pocket suggesting official educational status. "Welcome. My name is Kumar," he said, his eyes seeking to determine my expression behind my dark trekking sunglasses. Kumar would escort me to their village school. I would be the first foreign visitor. Later introduced as the vice-principal, Kumar extended his arms over my bowed head and gently placed a grass malla necklace.

A sea of sky blue school uniform shirts and blouses lined the barely metre wide tramped earth pathway winding away from the road. Kumar and Hari led our party of three, including my guide Raj Neupane and Raj Khatry, representing Sambhav Nepal. The students' blue shirts, still clean and pressed despite the hot and dusty hour's walk to school, contrasted with the dusty ochre and acorn-toned surroundings. We passed haystacks towering over the tallest students as we stepped up stairways created by massive stones. We caught glimpses of mud and stone walls corralling buffalo, gray and almond-coated goats and squawking shiny bronze-feathered chickens next to single storey hand built stone and timber homes.

We had left Ratmate Village on foot at 7:30 am. The night before two vehicles, a green gaily painted and



fringed passenger bus, with a rusted yellow bulldozer lumbering along behind had passed on the single track dirt road below the village in a symphony of rattling metal and a cloud of ochre dust. Our day had started with a frantic cell phone communiqué from our driver. He sat perched on the rough milled boards of the porch of the tiny shop sipping milk tea a tenminute walk down the road. He had a good view of the bulldozer grumbling back and forth carving out a more relaxed route on a semi- corkscrewed hairpin turn. He could drive no further. Our collection and departure time would be have to be delayed, but not to worry as the bulldozer would be finished in about an hour. Raj mumbled something about Nepali time and we set off down the hill on foot.

Ten minutes later we elbowed our way through throngs of villagers gathered at the turn: moms wrapped in rainbow hued saris, men smoking Nepali Shikhar Filter King cigarettes, and dirty kids mountaineering on fresh dirt piles, all mesmerized by the spinning bulldozer. Keshar, our 25-year-old driver fired up the rusting white four-wheel drive and Raj ushered me into the front seat. Keshar had the tousled inch long, thick wavy hair of a disco singer and an engaging grin. A shiny red Adidas T-shirt with a couple of silver lines stretched across this slender chest above dark gray pin-striped dress pants and silver flip flops. Driving for two years only, Keshar had purchased the 2009 Mihendra, Jeep wannabe, truck, used, for \$16,000.

Within minutes every surface in the car, including ourselves, was covered in dust; the locals call it Nepali powder. To raise his window to avoid the dust from an oncoming vehicle, Keshar grabbed a pair of black and red pliers from the pocket in the driver's side door and

used them to rotate the stub of a metal post where the window handle had once been.

The first section of road was barely wide enough for one vehicle. The two-foot high bushes growing along the centre gave the impression the road didn't see a lot of vehicle traffic. A few of the sharpest hairpin turns required Keshar to back up a couple of times to make it around. I tried not to look forward over the precipice or too obviously grip the overhead hand grip. No seat belts or guard rails in site. At several terror inducing corners a row of two-inch thick slate rocks, each about four feet high and two feet wide, stood as sentinels forming a hastily adapted guardrail, seeming to me more like prescient headstones predicting the fate of those who missed the turn. Further along a row of sapling sticks indicated the abyss.

When the road was too deeply rutted to continue, Keshar's friend, his second in command, leapt out, moved a couple of rocks into the ruts and filled the gaps with sand with his bare hands as Keshar yelled directions from the cab. His sidekick jumped back on as we rumbled past.

Two terrifying hours of downhill driving to the local centre, Arughat, an hour of rolling with the flow along the Stull Khola riverbed, then another three hours of uphill. Six steamy hours later the Mihendra behemoth rattled up to the trail leading to our destination: Devi Jal Kumari School in the village of Aaprik.

The first foreigner to visit the school, I received royal welcome. Students heaped flowers on my cupped

hands, until the mound formed an unmanageable pyramid. Blossoms avalanched down all sides.

That was when I saw the school. Some main floor classrooms still being used despite a crumbling second storey. Kindergarten students crowding into an inappropriate grade four classroom with older siblings. Hastily constructed mud and stone rooms housing the remainder of the 223 students.

The welcome was obviously designed to make a lasting impression. Kumar really knows how to work the room. Still, I can tell he is caring, sincere and very determined. But why me? I feel like an imposter. I don't deserve this attention. How can a person like me make any difference in their lives?

I recognized the look on his face. He wants more for the students in his charge. He's determined to make the best of this opportunity to meet a foreigner who might understand and be willing to make the effort to help. It was the exact look I used to have on my face when I welcomed potential donors and corporate sponsors to Admiral Seymour School, scene of my first principal's position in an inner city elementary school in Vancouver's downtown east side, the lowest socioeconomic neighbourhood in Canada. Thousands of kilometers and continents away I found in Kumar a like-minded colleague.

My job was cut out for me. I wouldn't let them down. I would be the one to spearhead the fundraising campaign to help them build a new school.

For more information contact: pattilefkos@shaw.ca



ATTENTION BCRTA PHOTOGRAPHERS!

Your submissions are wonderful BUT to blow up a print for the cover we need certain specifications

– 3 MB or larger and 300-600 dpi or higher. I want to use your photos rather than stock commercial ones!

- Sheila Gair



by Wayne Gatley, Vancouver RTA member

The gears of poverty grind down dreams from generation to generation. Illiteracy is its linchpin.
- Carl Sagan.

Fine red powder coats the dashboard, floor and seats of the Toyota Ipsum as our team of twelve Vancouverites bounce along the rutted road from the Rwandan border to Kabale. Terraced, fertile fields and banana palms dwarf the one-room, mud houses that cluster at crossroads. They looked charmingly rural.

"Their homes have no electricity, no water, no bathrooms," My son, Darren, says. "Most people in Kabale are poor and unemployed. They abandon their children if they can't feed them, or the little guys run away to beg and steal their food. Tyler and Michelle built Humura homes for those boys. You'll meet them after lunch."

Darren's tall frame is tucked under the low ceiling of the van. "Tomorrow," he says, "training starts and you'll meet the girls from the Akanyijuka orphanage/school."

During the two years since Darren's first trip to Uganda, he has pulled together this disparate team to partner with local youth and run three-day camps for young children. We are a typical Vancouver mix: five Chinese, three Phillipino and three Caucasian. The youngest are fifteen and I am the oldest at 71.

"Here we are," Darren shouts, as the Ipsum swerves hard right and climbs the short distance to the Albertine Graben Tourist Resort Hotel, where Tyler and Michelle have booked rooms for us. It's colonial style with white pillared colonnades along both floors. The roof is peaked with ochre dormers.

After lunch we drive through Kabale. Pink walls and rainbow patio umbrellas draw my attention to God's Mercy Unisex Salon and nearby, the Jesus Saves Salon. Christianity is expressed openly and in perplexing ways to my Canadian mind.

Fields of cabbage, plantain and potatoes blanket the valley. We leave the road at Bubaale, a small village with just a few tin-roofed mud-brick houses and turn onto a narrow, dirt road that winds upward through the terraced hillside. During daylight, people live outdoors. Women in patterned dresses and head wraps walk to the creek or the village spigot for water. Even small children carry a yellow jerry can.

Near the top of the hill, we drive through the open gate to the Humura homes. The vehicle lurches and pounces into the compound. A few boys stand and watch. Older teens shoo goats and chickens out of the way as they approach the minivan. The two handsome residences are concrete-block, painted a red-earth colour with white trim. They overlook the dusty, smoky valley. The site lives up to the meaning of Humura: lifted up and dusted off.

When I step out of the van, a teenager, taller than myself, slim and with a happy smile opens his arms wide and calls out, "Papa Dan!" He reaches his long arms around me and pulls me close. The boys can't articulate Darren's name, so they call him Dan. Hence, I am Papa Dan. Arophat spent ten years on the streets of Kabale where he foraged for food from garbage bins and was beaten by police. In his two years at Humura, he has completed Grade Seven and will go to High School next year.

The boys entertain us with African dance, songs and feats of strength: chins, pushups and backflips. They tell

me that their tribe, the Bukiga, are strong men and if you hire them, they work hard.

That evening, Michelle takes our Canadian team to dinner at Customer's Joint off Garage street, the dirt road frequented by homeless boys and drug addicts. "Guys," Tyler says, "Look after the girls."

"Yeah," Jessica says. "When I was in the market in 2012, a man proposed. "Marry me, I can give two cows for you."

Tyler says, "I told him, 'I am her guardian. Two cows are not enough."

Tyler parks in front of the restaurant beside a hitching post. The server takes us through a room containing four tables and a bar. Behind that, we step down to a sunken floor and crowd around a table with bench seats. A steamy, pasty smell emanates from the courtyard behind the restaurant where a woman stirs a large pot of something sticky and grey-white. The shed behind her is cluttered with cooking implements and sacks of corn meal and potatoes. Another woman washes clothes in a deep metal basin.

The choices are poshoe (mashed corn), Irish (potatoes), Matoke (cooked and mashed, starchy plantain), beans and chicken. For beverages, we choose from Fanta, Stony and Coke. Stony is an African ginger-ale that I find pleasantly spicy and thirst quenching. Michelle orders everything on the menu and we serve ourselves. Not fancy, but filling.

The next day, we meet the Humura boys and Akanyijuka girls at White Horse Inn, high above the city where the air is clear and fresh. It's a premium accommodation in Kabale, situated next to the local golf course. The Inn and its pyramid-roofed cabins surround a grassy expanse where we'll do the training.

The first session feels dry and clinical, but while we wait for lunch the girls skip with double ropes, boys ride piggy-back and they all compete in a limbo dance.

Frances, the Humura goat-herder, climbs a tree and ventures out so far on a branch that it breaks and he falls to the ground. The laughter and open-spirited play dissolves inhibitions and produces powerful bonding within the team.

Our second day of training is at Lake Bunyonyi Eco Resort, on Kyahugye Island. Our driver, Boaz, parks close to a precipice that drops to the lake and the dock where two large, motor driven dugouts wait to take us to the Island, just five minutes away.

Our young leader-trainees laugh and joke as we cross – it's a race, it's a carnival ride, it's great fun.

"There are no fish in this lake," Boaz says. "Too shallow, but people swim here. It is the only lake in Africa free of Bilharzia. Makes you very itchy."

On the island, we climb the hill to Lake Bunyonyi Eco resort. The guesthouse, a pavilion partly open on the sides could accommodate a good sized banquet. The massive thatch roof stretches over the entire floor space.

The full-service, island resort accommodates tourists in view bungalows or hotel suites. The open air restaurant and bar provide quality meals and drinks, including local specialties such as Louisiana red swamp crayfish, cooked with organic herbs and spices. They are not imported, but fresh from the lake which was stocked in the Seventies.

After the training, we take the nature trail around the island's free-range animal park. Just outside the pavilion, we see a De Brazza monkey with its arc shaped brush of top hair, close set brown eyes and white beard. As the only monkey on the island it carries the distinguished title, 'President of the Island.' The water bucks, zebras, crested cranes, and Ugandan kob, an antelope emblazoned on the country's coat of arms, seem tame, but we keep our distance just the same.



The training is so successful that on the third day of camp, when we arrive late, the Bukiga volunteers have started the program. About 250 children sing, make crafts and play games that illustrate the lessons, which I give in English and Bruno, the smallest Humura trainee and part pigmy, translates. At noon, the children devour a hot, filling meal, likely their only food for the day.

In the second week, we take the program to a school in the hills and close to 300 children come.

We had invited the village of Bubaale to come to Akanyijuka Primary School for a carnival on the last Saturday. A large, white gazebo is raised and a loud-speaker system prepared for speeches. Hundreds line up for poshoe and beans, but just as the last few are served, a torrential storm drives everyone into the buildings or away to their homes, ending the carnival. We crowd into one of the old wood-plank, school classrooms and bid a tearful goodbye to our strong, Buchiga trainees.

The night before leaving, Our Canadian team has

dinner at White Horse Inn. In a large room with a towering, pyramidal, thatched roof, we savour a buffet of sautéed vegetables, poshoe, tilapia, roast chicken, rice and French fries.

After dinner, I wander the grounds and breathe in the cool fresh air. Lights from homes across the valley dot the hillside and fuse into a soft glow from Kabale. It's one of those magical moments that give the impression that all is right with the world and the future is bright for this small city in the hinterland of Uganda, the jewel of Africa.

'Literacy is a bridge from misery to hope.' Kofi Anan

Contributor's Bio:

Wayne Gatley is a retired Vancouver high school administrator and university instructor. He has taught in Canada, England and Germany. He believes that education is the world's most powerful tool for change. After this trip, six of the twelve Buchiga volunteers graduated from primary school and went on to further studies.

REGIONAL HERITAGE

FAIR SHOWCASE

A Regional Heritage Fair Showcase was held recently in Vancouver and included students from grade 3 to 7 presenting displays of their Canadian heritage projects.

The public celebration of Canadian heritage was held at a Community Centre when the winners received certificates and book awards. The top students are invited to the provincial finals in Victoria in July. The organizer for the Vancouver regional fair is Janet Morley jamor@telus.net She said that visiting the local schools to help students choose their projects was inspiring. Topics included Canada's most famous explorers, pioneers and unsung heroes. Students presented their poster boards and art projects. Their creative efforts were adjudicated by retired teachers.

The motto is 'learn about historical events, explore famous landmarks, discover something new from Canada's past and present at the Heritage Fair'.

Each year more schools are involved, including French Immersion schools. The winner of the French language award is Illmani Mendoza-Mayrs of Kerrisdle Elementary School. She is in grade 6, and Illmani said the Fur Trade was crucial for opening Canada for trade and settlement. She completed an art project of a trading fort.

Another student used the enquiry question Has Sir Fredrick Grant Banting received more credit than he really deserves? In conclusion he reported that the other scientists were equally important in the discovery of Insulin.

Evan Chipperfield, a grade seven student at Cavell Elementary School said Bauer made the first fixed skate with a tube skate. Bauer hockey helmets have anti-concussion lining to protect the player's head from injury.

I was impressed with the students' knowledge of their topic, and their creativity in presenting their poster boards and art project, while learning about diverse topics of Canadian Heritage.

Barb Mikulec, Heritage Committee Member





A Vision for Canada

WORKING TO ACHIEVE A CARING, CONSULTATIVE AND COMMITTED CANADIAN PARLIAMENT

ACER-CART has been in existence since 1991. It is the national voice of retired teachers. It is a national bilingual association of member associations representing over 128,000 retired teachers from Canada's ten provinces and Yukon Territory.

ACER-CART wants to ensure that each political party and its candidates are fully engaged in communications with seniors.

ACER-CART is committed to providing appropriate support to its member associations and their retired teachers to engage the candidates and their political parties. The post-election Parliament must be committed to providing leadership and support to the provinces and territories so that their constitutional responsibilities are carried out in a coordinated, consultative and unified manner. In this way Canada can realize a truly efficient and effective approach to responding to the needs and realities of seniors.

ACER-CART believes that health care for Canadians should be publicly administered, publicly funded and publicly delivered, nationally universal in coverage and accessibile, comprehensive, and portable.

ACER-CART urges that the Parliament assembled after the next federal election initiate a new era of negotiated agreement, through a

health accord endorsed by the federal, provincial and territorial governments, that would protect, transform and strengthen Medicare, thereby providing stability and cohesiveness to the Canadian health care system.

ACER-CART believes that Canadians deserve the security of a continuum of community-based integrated services that includes a universal system of home care, home support, long-term care services, and hospice and palliative care; and that this

ACER-CART urges that a newly elected federal government collaborate with the provinces and territories to facilitate the establishment of a national seniors care plan that coordinates care for seniors.

ACER-CART believes that access to adequate medication is an essential component of a national health care program.

ACER-CART urges that the next federal government convene a meeting of the Ministers of Health to seek to mediate a consensus among the provinces and territories to work together and to offer a willingness to accept the authority from them to act on their behalf to establish a

regulatory agency so that the price of generics is stabilized across Canada, resulting in substantial savings to provincial and territorial governments and to patients.

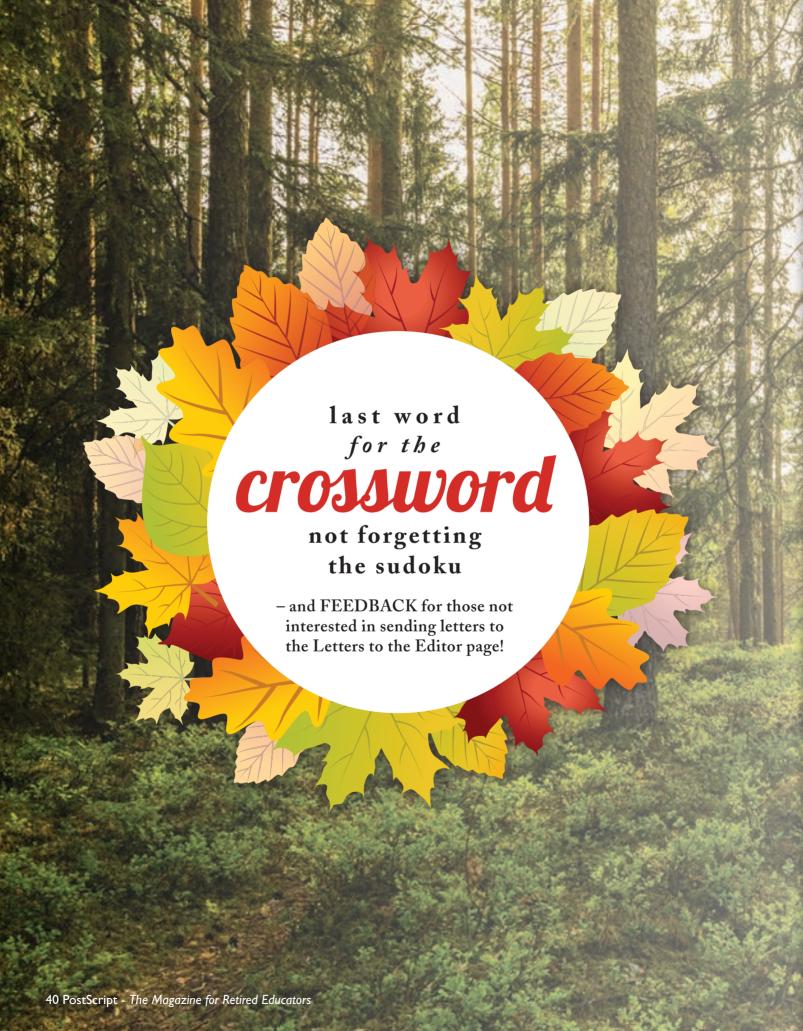
ACER-CART believes that all employed persons deserve to ontribute to a defined benefit pension plan and that the allowances be fully adjusted in accordance with the Consumer Price Index.

ACER-CART believes that all working Canadians deserve secure and reliable federal pension and retirement income programs. These are crucial also to the well-being of all provincial, territorial and federal budgets.

ACER-CART urges the next Parliament and Government to work with the provinces and territories to exercise leadership, commitment and cooperation to strengthen the conomic future of all retired persons, taxpayers and citizens of Canada by ensuring comprehensive and coordinated pension and retirement income programs.

ACER-CART urges that the focus be on the enhancement of the Canada Pension Plan (CPP), a defined benefit plan providing Canadians with the greatest pension income security in retirement

This information is intended to assist members in ensuring that all candidates seeking a seat in Canada's Parliament and offering to participate in formulating laws and policies are aware of the voice of ACER-CART and its member associations, are responsive to the relevant issues, and are committed to work on behalf of Canadian seniors now and in the future. For more information visit



"Winners' Circle" this time, after 121 entries were received, has Rose Kwiatkowski (Saanichton), Glenn Parker (Comox) and Leona and Eric Skovgaard (Richmond) as winners. For the Sudoku enthusiasts we have John Newman (Keremeos), Wesley Kool (Nanaimo), and Pearl Wong (Surrey). Your cheques will be in the mail.

Now for the FEEDBACK!

Chris P:Thanks for doing a bang up job on the magazine. We are looking forward to learning about the newest travel insurance when the material comes. I like the 'personal touch' articles and get a lot out of the informational ones, but my favourite pages are those with the beautiful photos sent in by readers. Thanks again – looking forward to the next issue (and perhaps finally being a winner for Sudoku or the crossword) – 16 years retired now and doing the puzzles since they began, Sincerely Kelowna RTA.

Donna: I do enjoy the crossword so thank you. For the winners do you just pull names out of a hat for the three winners? (all of the incoming mail is stashed in a box and I take the box next door to the BCTF office and have the receptionist pull six envelopes. I never pull them, but do open every one afterwards.)

Barbara A. My first one – having fun learning to do Sudoku.

Margaret T.To all of you at Postscript - have a good day.

Susan B. I get such a lift to open our mailbox and see Postscript. Yes the Sudoku and crosswords are first placed in a mailing envelope before reading it cover to cover.

Bev P. Just a note to thank you for introducing me to Postscript Sudoku and then pointing me to www. fiendishsudoku,com. I'm hooked! Great fun! Bev's note says 'everything I am I owe to chocolate.'

Lois C. Many thanks to all of the hardworking volunteers who keep this magazine (puzzles, news etc.) looking great in its final print.

Merrilyn L.There were definitely some brain teasers in this issue's puzzle. Thanks for the challenge. And then of course there was the challenge of just getting the pages. I guess that is one way to get us to go to the online issue. I'm glad for the option of going there.

Lois M. Thanks for a superb magazine.

Gary M. My wife and I enjoy both the magazine and the

puzzles. Thanks to yourself and the others involved the many hours spent on behalf of the retirees.

David A. Thanks for the puzzles – they are the highlight of the Postscript. Had a good chuckle over the reference to politicians and newts in the President's Message – I do feel sorry for the newts also.

Cecilai S. Wasn't quite sure how to remit these but I did have fun for the first time in a long time.

Margaret K. I enjoy the puzzles very much. This month the Postscript arrived on June 19th so didn't have a lot of time to get in mail before deadline. Sudoku took five minutes but had to use the computer to finish the crossword. I do prefer a paper version to reading it on line. Thank you — happy summer. (We will extend our deadlines from now on.)

Linda F. Many thanks for all that you do to keep Postscript coming. I, like you, cannot bring myself to love reading off a screen. I try to assuage my guilt with the thought that producing paper creates jobs (hopefully) in the BC economy. Printing too. I imagine an editor's job can be trying and thankless, so please know it is appreciated. (while some may be trying and thankless this one is far from that!)

Gordon H. Had lunch with Bob and Diane Taverner at Prince George with other retirees.

Joe B. Thank you Sheila for another excellent puzzle. I'm in week three of a 'hip replacement rehab 'so really appreciated the puzzle.

David G. Thank you for the cheque I received as a crossword winner in your Spring edition. There were two David's mentioned and one was definitely not me. (For privacy reasons I don't use last names and as you can imagine there are dozens of Davids who have been teachers.)

Nelson W. Sends good wishes to all!

John N.I look forward to the print copy of our magazine each season. I am often away all winter so usually have two copies to peruse on my return. This time I get to send in a puzzle. Wish me luck! The crossword was a doozer this time but with help from and active brain, google and a crossword dictionary I found the answers and learned a fair bit to. Worked in the garden all morning and hot as blazes as I sent these puzzles off.

Sheila Gair, Editor

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TO SOLVE SUDOKU PUZZLES:

Fill in the grid so that every row, every column and every 3×3 box contains the digits I through 9.

SEND COMPLETED PUZZLES TO:

100 – 550 West 6th Avenue, Vancouver BC V5Z 4P2

FOR MORE ONLINE SUDOKU PUZZLES:

www.fiendishsudoku.com

DEADLINE FOR SUBMISSION IS: September 30th, 2015



POSTSCRIPT IS NOW AVAILABLE VIA EMAIL. SEND YOUR EMAIL TO KRISTI@BCRTA.COM

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ACROSS

- I. ROCK BAND GEAR
- 5.TIC
- 10. PUB BOARD
- 14. FERTILE SOIL
- 15. SOFT DRINK
- **16.AUSSIE BIRDS**
- 17.VOLCANO
- 18. ENDURES
- 19. MONASTERY DWELLER
- 20. SMILING CAT
- 22. SHORELINES
- 24.TITFER
- 25. CAP AND
- **26. EVERYONE ELSE**
- 29. YEARS WAR
- 33. RAINBOW MAKER
- 34. LAUREL
- **36. EQUAL MANAGEMENT**
- **OPPORTUNITY**

- 37.A LONG TIME
- 38. GREGORIAN
- 39. A LITTLE WOMAN
- 40. SILENT YES
- 41. DALAI
- 42. PRECIOUS GEM
- 44. FIRST IN SPACE
- 47. HAIR GEL
- 48.ABODE
- 49. RAINBOW SHAPE
- EASTON
- 53. DUBBED A 'SIR'
- 58.AUSSIE HARRIS
- 59. LOCOMOTIVE
- 61.ALL ROADS LEAD TO IT
- 62. IDIOT
- **63. ROMANTIC EPISODE**
- 64. GREAT LAKE
- 65.WOE IS ME!
- STENGEL
- 67. ORGANIZE

▼ DOWN

- GUINESS
- 2.WOOL EATER
- 3. WINDOW GLASS
- 4. PUNCHES OUT WINDOW
- 5. GYMNAST MOVE
- 6. FRUIT
- 7. CHURCH SECTION
- 8. FAST JET
- 9. POOR ADDITION
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- II. _AND ANDY
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- 23. BUY TO KEEP
- 25. AFRICAN COUNTRY
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- 27. ARMY SECTION
- 28. SHIVA DEVOTEE 30. RAISES CHILDREN

- 31.VANARDS (TV)
- 32. HOLMES CREATOR
- 34. SHUDDER
- 35. SCOTTISH HAT
- 38.WEATHER INFO
- 42.TENNIS BJORN
- 43. CARD GAMEVERB
- 45. BURGLARIES
- 46. FRENCH NO
- 47. FOR THE MOST PART
- 50. SP.TITLE (ABBRE)
- 51. COYOTE SOUND
- 52. ESSAY WRITER
- 53. AFTER 'J'S
- 54. RIVER OF EGYPT
- 55. SPANISH BULL
- 56. MID EAST TITLE
- **57. BUG REPELLANT**
- **60. ROYAL DANCE ACADEMY**

-CLASSIFIEDS-



THE ALZHEIMER SOCIETY OF B.C. - Vancouver & Richmond areas are seeking volunteer support group facilitators for our caregiver support groups.

Are you interested in making a real and profound difference in the lives of people caring for a family member with Alzheimer's disease or related dementia? This is a wonderful opportunity for someone who is retired and looking for a meaningful & rewarding volunteer position.

Come join our team of dedicated support group facilitators.

Our support groups operate on an information and mutual aid model and are based on the philosophy that people with similar issues are in a unique position to offer support to others on the same journey. The objective of our groups is to strengthen the coping abilities of caregivers and reduce the impact of dementia on the community. Excellent training is provided.

A minimum one year commitment is required along with a time commitment of 3 to 4 hours per month (determined by group schedule).

Initial training will require 3 hours per week while attending other support groups and educational workshops.

- Mature personality and excellent listening and interpersonal skills.
- · Comfortable facilitating group discussions.
- Basic understanding of the issues surrounding caring for a person with dementia and a willingness to learn more.
- · Able to speak clear and fluent English.
- Basic computer skills an asset (email; MS Word, Excel).
- · Satisfactory criminal record check upon acceptance to the position

If you are interested, please e-mail Julie at: jcameron@alzheimerbc.org

COWICHAN SENIOR SECONDARY SCHOOL (Duncan, B.C.)

Class of 1965 (50th) Reunion September 5, 2015

To be held at:

Arbutus Ridge Golf Club/Resort (just South of Duncan)

'Meet and Greet' at 4:30

Dinner: 6pm. till 11:30 pm. approx.

Contacts: Gillian (Sutherland) Muir: gmuir03@gmail.com

Joy (Glover) Sheldon: jkmax9@shaw.ca (mainland) (Vancouver Island) or register Online at classmates.com

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TRUSTWORTHY NEPALI TREKKING COMPANY

Heading for a trekking adventure in Nepal? Interested in volunteering in a classroom or helping to rebuild a school? Longing to trek the Annapurna or Everest Circuit or visit the mystical forbidden kingdom of Upper Mustang? For singles (male or female), seniors, couples and groups have a look at Kathmandu based Apex the Asia Holidays. Having spent a total of six months with Head Guide Rajendra Neupane we fully recommend their services. Raj is experienced, knowledgeable, fun and well versed in handling any emergency. Go to www.apextheasiaholidays.com.

CUBA - 'Spanish Studies in Cuba' (Havana),

\$2,870.00 CAD for 4 wks. Hotel with breakfast and dinner, tuition fee. (Air fare not included).

250.478.0494 ssic@telus.net | http://spanishstudiesincuba.ca

QUEEN ELIZABETH SECONDARY 75TH ANNIVERSARY CELEBRATION

October 15, 2015 3:30 - 8:00pm

Surrey, BC - May 22, 2015 – Queen Elizabeth Secondary is celebrating its 75th Anniversary on Thursday, October 15, 2015. All past and present students and staff are welcome to attend.



The theme for this alcohol free event will celebrate the decades! Tickets starting at \$6.00 are available online at:

https://www.picatic.com/event14301815218356471

Complimentary parking will be available at the school and across the street at 99 Nursery. There will be a food concession on site. Come and join former students, staff and friends of QESS celebrate the school's 75th birthday!

3:30 to 6:15 pm - Activities/Performances/Showcases of current QE Students

 $3{:}30\ to\ 6{:}15\ pm$ - Meeting and Photos with people from your decade

6:30 to 8:00 pm - Official Ceremony

8:30 to 11:30 pm – After Party @ Central City Brew

HOME OF THE ROYALS

Contact

Queen Elizabeth Secondary School

Telephone

604-588-1258

Email

qe75th@gmail.com

HAWAIIAN HOLIDAY THIS FALL!

Maui: October 31/15--November 15, 2015

Enjoy 15 nights in a gorgeous waterfront one bedroom, one bathroom condo at Papakea Resort--situated on the quiet end of the highly popular Kannapali Beach.

Condo has a queen bed, wall sofa bed in living room, full kitchen with dishwasher, and in-suite washer/dryer. Sleeps four, no more.

Free parking included. No smoking in units or on lanais~ fines apply. No pets.

The cost is \$1680US and includes the reservation fees. Two government taxes (\$35.70US) and resort fees (\$150US) totalling \$185.70US are payable to the resort directly, at the time of your stay. These mandatory vacation fees include free parking; free local phone calls; free wi-fi; free use of all facilities and barbecues, free use of tennis courts. Resort fees are common and accepted practices in West Maui and in Hawaii in general.

Oahu: November 15--21/15 Enjoy 6 nights in a one bedroom, one bathroom corner condo at Royal Kuhio in Honolulu. The cost is \$ 785US. Accommodation taxes of \$16.48US are payable to the resort at the time of your stay. Sleeps four. Pool; barbecues; free parking; N/S; N/P; Airport shuttle for a fee.

Soak up some sunshine! Kindly email: newcarol@shaw.ca or 250-389-2295

PALM SPRINGS RENTALS

2 different homes each has 2 bedrooms, 2 baths located in Tri Palms Resort. Resort has 2 pools, 2 golf courses, tennis, shuffleboard and much more. Cable, phone and internet included. Spotless and well looked after. N/S - Home # 1 allows a small pet.

Home # 1 - Nov 1 - Dec 19/15 - \$1500 per month (Dec \$50 per night) - small pet allowed

Home # 2 - Nov 1 - Dec 31/15 - \$1500 per month

Or email bgrundy47@shaw.ca

CUBA1TOURS - PERSONALIZED SMALL GROUPTOURS TO CUBA (20 max)

Tour the most spectacular, interesting, historic areas of Cuba with your personal guide and driver throughout. All tours are paced for a leisurely experience and you will get to know the REAL Cuba.

Tours operate through Square1travel of Courtenay, a BC licensed travel agency. Early booking is VERY important.

Visit www.cuba1tours.com or you can contact Tom Robertson at tom@cuba1tours.com

THE FOREVER YOUNG 8K WALK/RUN FOR SENIORS 55+

Sunday, September 13, 2015 Garry Point Park 9 AM

Our goal is to honour seniors who keep fit through walking or running.

We believe this is the first event of its kind in Canada.

Medals and T-shirts for all participants.

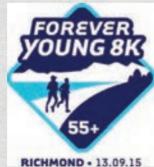
This is a not for profit event. All extra dollars go to the BC Arthritis Society

The event is sanctioned by BC Athletics.

As this is an inaugural event our cut-off is just 250 participants. Register today.

For more information and registration please see... www.foreveryoung8k.ca





Faculty of Education

Dean of Education, Dr. Blye Frank, and the Faculty of Education are pleased to announce the Year of Alumni starting September 1, 2015 and running until August 31, 2016.

As part of the Faculty's The Year of... initiative and in conjunction with the University of British Columbia's Centennial, the Faculty of Education will focus on five main goals:

- Recognize the outstanding contributions of 100 UBC education alumni. The full list of alumni, Education's 100, will be announced on September 2, 2015 at educ.ubc.ca.
- · Build on current professional development resources to increase accessibility and applicability to today's career climate.
- Expand networking opportunities through online forums and social events.
- · Develop greater links between current education research and practice through communication, programs and events.
- Enhance awareness of innovative developments in the Faculty to enhance the experience of students and future educators.

Please join us by participating in our programs and events starting in September for Year of Alumni!

For more information go to: educ.ubc.ca or email education.alumni@ ubc.ca

17th ANNUAL ENERGY PSYCHOLOGY CONFERENCE: VICTORIA!

Delta Victoria Ocean Pointe Resort and Spa, Victoria, B.C.

Main Conference: Friday, October 2, 2015 to Sunday October 4, 2015 (also a 2-day option)

Pre-Conference Workshops: Thursday, October 1/15; 9a.m.- 5 p.m. Post-Conference Workshops: Monday, October 5/15; 9a.m.- 5 p.m.

Featuring Dr. Bessel A. van der Kolk, MD (author of The Body Keeps the Score) with a keynote presentation that bridges the gap between conventional and alternative therapies: Changing The Score The Body Keeps: The Power of Energy Psychology

*This landmark conference is the conference of the year and in our own backyard! Outstanding presenters include Bessel van der Kolk, Donna Eden, David Feinstein, Fred Gallo, Joyce Hawkes, Helen Folsom and Lee Pulos, plus dozens more. A rare opportunity to meet and learn from the best of the best in the field of Comprehensive Energy Psychology! The conference is open to anyone interested in their own healing and personal growth, as well as professionals and students.

Brought to you by the Canadian Association for Integrative and Energy Therapies.

To register: www.epccanada.ca

OBITUARIES



Location listed is the area given as "last taught"

ALLISON, Barbara, North Vancouver

ANDERSON, Helen, Surrey

ARNELL, George, Langley

ATKINS, Robert A., Peace River North

BERGSMA, Marshall, Coast Mountains

BOTHAM, Peter E. M., Kamloops

BROLIN, Anne K., North Vancouver

BROWN, Fred W., Vancouver

BURNS, Harry, Surrey

COCHRANE, George, Comox Valley

DOYLE, Donald Jackson, Coquitlam

FELTHAM, Helen, Comox Valley

FLORIO, Mary C., Burnaby

GOODMAN, Carol G., Central Okanagan

GRANT, Mary Lois, Mission

GREFFEN, Gordon, Central Okanagan

KELLEY, Don K., Burnaby

KOWALUK, Shirley Anne, Peace River North

LESLIE, Karen J., Nechako Lakes

MacDONALD, Fern L., Not given

Mac DONALD, Norman G., Vancouver

MacMILLAN, Peigi (Margaret), Central

Okanagan

MacQUARRIE, Lorna G., North Vancouver

McMORLAND, L. Vaughn, Beneficiary

NORBERG, James W., Chilliwack

OKA, Chieko, North Vancouver

PETCH, Isabel, Alberni

QUALTIERI, Joseph, Cranbrook

RAHRICK, Donald, Vancouver

RUTLEDGE,. John, Chilliwack

THIBODEAU, Keith S., North Vancouver

WHITTLES, Marie, Nanaimo

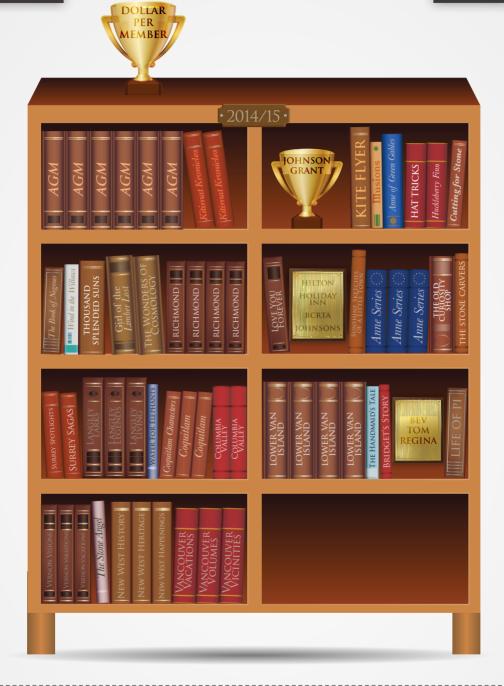
WOODS, Edna, Cowichan

STEMO, Verne C., Burnaby

VEY, John W., Campbell River

WHITE, Arline P., North Vancouver

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