

INTOUCH

InTouch is the
semiannual newsletter of the
Abbotsford District
Retired Teachers Association
and is published
in August and January.

ABBOTSFORD DISTRICT RETIRED TEACHERS ASSOCIATION NEWSLETTER JANUARY 2016

PRESIDENT'S GREETINGS



Having snow a few days before Christmas and then again on Boxing Day gave a special feeling to the holidays. We still have snow on our lawn and in the woods which are carpeted with large maple leaves rimed in frost, sparkling and twinkling in the sunlight. The North Shore mountains with their dusting of snow were absolutely surreal in the mauve twilight. A living Christmas card. I wish you all a Happy New Year.

The first half of our school year began with the breakfast in September at the Phoenix Lounge. We had the best turn out ever, about 70 retired teachers, the meal was delicious and the Trivia game was fun. The "Smarties" won Smarties. We viewed a video downloaded from You Tube which was a spoof of "I Dreamed A Dream" from Les Miserables done by the staff of a school in the U.S. It was excellent and it makes you wonder how much time the teachers spent during the holiday, rehearsing.

The October Field Trip to the Museum of Anthropology went well and the November potluck and Antarctica presentation by Rick Guenther were

informative and enjoyable. Gloria and Doreen did their magic and gave us a lovely Christmas Luncheon, again at the Phoenix Lounge. The games they come up with are always fun and Leona Oren, provided rhythm instruments for the executive who led some Christmas Carols, accompanied on guitar by Diane Shepit's husband, Dennis. (obviously not rehearsed)

We thank Karen Hamilton, Leona Oren, Gloria Adam and Doreen Petersen for their enthusiasm, creativity and work in organizing our events and field trips.

That reminds me that we have clarification on lifetime memberships. You



must be 85 to be considered a life-time member.

As an executive, we have a lot of fun at meetings and laugh a lot. We surprised Roy Daly with a birthday cake as it will be his last birthday as an executive member. Roy will be with us until May when we have elections. We have had a member step forward

and offer to stand for Vice-President. If anyone else, wishes to get involved, please contact me in February. At the same time, we also celebrated our success recruiting new retirees. The province is divided into categories by size, and in Category 2 we won first prize for the most new members. We must be doing something right. We won two bottles of champagne. Ten of us shared one at a meeting, crystal goblets and all, along with the birthday cake and pulled names out of the hat for the second one. Secretary, Judy Dahl, won that. Judy provides us all with home baked goodies at our meetings so we think she deserved it.

The Bursary Fund has been supported by member donations and any monies from a 50/50 draw. Information
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Upcoming Events

At the February 9th meeting, St. John's Ambulance will make a presentation about "Earthquake Preparedness."

The social committee has been considering a few topics but haven't made any firm decisions as yet, due to some unforeseen circumstances.

Some ideas that may be of interest to you are a trip to Abe Suderman's collection of vintage cars and other collectibles and a woodcarving presentation.

These have not been organized as yet, but you will receive an email poster or phone call when these events have been decided.



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received from the BCRTA and a few members has caused us to apply for a gaming license even though we do not make much money from the 50/50, it would enable us to think bigger about fund raising activities if we needed to.

This newsletter contains information about temporary employment from the Census Manager of Stats Canada and about volunteering for the BCRTA Retirement Workshops for those wishing to retire in 2016. You can also help out with Teachers' Pension Plan Seminars. Teachers seem to enjoy volunteering and helping in their communities. There is also information about a Conference on Ageing for Seniors. For those who like to travel, there was an article in "Postscript" about Let's Go Tours that may be interesting for some of you.

We are all looking forward to the New Year. We wish all of you good health and good adventures.

Lois Wilson



Bursary Funds by Erin Quast

Thank you to our members for their generous contributions to the Bursary Fund. We will be able to provide two \$750 bursaries to Abbotsford students this coming June. Last year we had enough for only one.

At the Christmas Luncheon we received \$700 in donations and the raffle earned us \$385. Thank you Vick Coutu for collecting all of the items for the gift basket. At present our balance in the Bursary Account is \$3044.68 which means we can not only provide for the bursaries in June of 2016 but are pretty solid for two bursaries for 2017.

The Abbotsford Foundation likes to have the funds in hand before offering these bursaries to Abbotsford Secondary schools. Usually we send the money in the early Spring. We will have a bit of a breather before we have to send the money for the 2017 bursaries but will have to start fund raising for 2018 in the fall of 2017.

Our executive has made it a goal to track down some of the Bursary winners and invite them to a meeting to speak about how they were able to benefit from the \$750.



Travelling This Year? by Vicki Coutu

Do you have any toiletry items or samples that you don't need? These items are much needed and appreciated by the Women's Resource Society of the Fraser Valley, in taking care of some of our most vulnerable women.

I would be happy to collect any items at upcoming RTA social events or call Vicki at 604-820-3301 for alternate arrangements. Thank you, in advance, for your help.



Oh, the Joys of 65! by Vicki Coutu

Oh, the joys of 65
I'm so glad to be alive
Lots to do and lots to see
Many deals that now are free!

I.C.B.C. sent a letter
Told of a rebate
What could be better?

"To be eligible for ICBC's seniors' rate class savings:

- the person who owns or leases the vehicle must be age 65 or older, and*
- the principal operator (the person driving your vehicle the majority of the time during the policy term) must be age 65 or older, and*
- the vehicle is used for pleasure only (can't be used to drive to or from work)."*

Riding B.C. ferries
Is cheaper, you'll see
Monday to Thursday
With your new I.D.

At 65, get your new B.C. Service Card. Present it when riding B.C. Ferries, Monday to Thursday. As a passenger or walk-on, you pay half-price.

For credit courses
At U.F.V.

You may now find
They'll wave a fee.

*Apply to be a student (pay the \$45).
When you register for a credit course, you may now find that the course is free.
(There are certain stipulations, especially if auditing a course, and acceptance may be limited to availability.)
This does not apply to Continuing Ed. courses.*

Look for Senior Discounts
Wherever you go.
You could save a lot
If you're in the know.

My husband and I recently saved over \$100 just by asking for the senior discount at Lanka Jewellers and with Paul's Moving.

Like Playland rides?
Someone told me
Now I can ride them
Absolutely for free.

So, check the world out
Have fun and by chance
You may find more bargains
Just learn the "new" dance.



Pension plan and retirement seminars

If you are interested in volunteering to participate as an organizer or presenter in either of these seminars, you could contact the ADTA office 604-854-1946 or the BCRTA 1-877-683-2243 for further information.





Aging Together Abbotsford 2016 Conference: A Conference for Baby Boomers and Seniors

Dates: Friday, February 12 and Saturday, February 13
Location: Seven Oaks Alliance Church, 2575 Gladwin Road, Abbotsford

Conference Topics Include:

- healthy lifestyle
- volunteerism
- pre-retirement and retirement
- stress and aging
- medical misinformation
- and much more

Costs: Early Bird, before January 20

Friday, February 12: \$25.00
 Saturday, February 13: \$25.00
 For both days: \$45.00

After January 20 the costs will be:

Friday, February 12: \$30.00
 Saturday, February 13: \$30.00
 For both days: \$50.00

There will be educational workshops, keynote speakers, vendors and exhibitors, and networking opportunities!

The keynote speakers are the WiseQuacks, Dr. Dave Hepburn and Dr. Rob Sealey, who are best known for hosting the popular national radio show Wisequacks. This is a fun and informative upbeat health show heard nationally across Canada and the States every Sunday. This is a live call-in show allowing the callers to ask the doctors any medical question. What makes this show so much fun are the doctors' responses done in a humorous informative manner. They have presented many keynote speeches to corporate audiences across Canada.

Another speaker is Isobel Mackenzie, Seniors Advocate of BC. She has over 20 years' experience working with seniors in home care, licenced care, community services and volunteer services. Isobel led BC's largest not for profit agency, serving over 6000 seniors annually. In this work she led the pioneering of a new model of dementia care that has become a national best practice. Isobel has many accomplishments and has been recognized for her work by being named BC CEO of the Year for the Not-for-Profit Sector and nominated as a Provincial Health Care Hero.

Day One Seminars include:

- Role of the Seniors' Advocate
- Advance Care Planning
- Financial Planning
- Successful Ageing
- How to Die Young at an Old Age (Keynote speakers, the Wisequacks)
- Questions and Answers with the Doctors
- Driving Safety
- Intimacy through the Years

Day Two Seminars include:

- Resilient Bodies and Minds (Keynote speakers, The Wisequacks)
- Questions and Answers with the Doctors
- Financial Planning
- Family Caregiving
- Heads up for a Healthy Brain
- Healthy Smoothies
- Intimacy through the Years

For more information, contact:

**Katy Walls at 604-308-2963 or
katy.walls@abbotsfordcommunityservices.com**

Census jobs

The 2016 Census is staffing 35,000 jobs across Canada

Period of employment:

early March to end of July 2016
(start date varies by assignment)

Rate of pay:

\$16.31 to \$19.91 per hour plus authorized expenses

Hours of work:

flexible, but must commit to at least 20 hours per week

Requirements:

must be 18 years of age or older and eligible to work in Canada



Apply now / tell a friend
www.census.gc.ca/jobs

1-877-325-2016

TTY (a telecommunications device for people who are deaf): 1-866-753-7083



Census jobs	Emplois au recensement
census.gc.ca/jobs	recensement.gc.ca/emplois
1-877-325-2016	1-877-325-2016
TTY/AIS: 1-866-753-7083	TTY/AIS: 1-866-753-7083

Census jobs	Emplois au recensement
census.gc.ca/jobs	recensement.gc.ca/emplois
1-877-325-2016	1-877-325-2016
TTY/AIS: 1-866-753-7083	TTY/AIS: 1-866-753-7083

Census jobs	Emplois au recensement
census.gc.ca/jobs	recensement.gc.ca/emplois
1-877-325-2016	1-877-325-2016
TTY/AIS: 1-866-753-7083	TTY/AIS: 1-866-753-7083

VOLUNTEERING

by Elise Woo

Last August, I was asked if I would take a voluntary position as an assistant to the cello teacher at The Bakerview Music Academy. I have always wanted to be a bit more involved in our own community, so I said, “yes” to this wonderful opportunity.

Bakerview Music Academy is a non-profit, charitable society that provides FREE music programs for under privileged children. It has a board of directors, a program director, a team of professional-minded teachers and an extensive network of volunteers. BMA relies entirely on donations from individuals, local business and foundation to run its programs.

This school year, there are almost 70 children enrolled in the BMA music program.

The students attend the after school music program, twice a week from 3:00–5:00 at the Bakerview Church on Clearbrook Road. They start with a nutritious meal, followed by 40 minutes of choir, 40 minutes of percussion and 40 minutes of the instrument of their choice (piano, violin or cello). The future growth includes a string orchestra in September 2016.



The BCRTA offers its members a number of ways to access savings and reduce costs on a variety of goods and services. Please see the BCRTA website's "Affinity/Advantage" section for more detail concerning specific items.

These members' benefits are in addition to those offered by the BCRTA official insurance provider, Johnson Inc. and by Blue Cross and Blue Advantage.

Canadian Public Employee Acquisition Club: An exclusive program for Canadian public employees or retirees. Many goods and services are offered. Access by going to the website, cpeac.org.

Collette Vacations: Offers extensive travel opportunities. BC representative, Tom Maclean is available to speak at BCRTA branch meetings. Call Tom at 866-537-1925. See the Collette website for further information: gocollette.com.

Globus Travel: offers special travel deals that members can arrange through local travel agents. They also offer some "specialty travel tours". See the Globus website at www.globusjourneys.ca.

Worldwide Travel Discounts: offers private label discount hotel booking services. See the website www.bcrta.ca/exclusive-hotel-discounts.

Bestway Tours & Safaris: offers 'special interest' tours including such themes as culinary, textile, world heritage, photo safaris, etc. BCRTA members receive 5% off the lang costs from scheduled non-private tours. See the website at www.bestway.com. Local representative is Mahmood Poonja at 10800-663-0844.



Enjoy Tour And Travel - RR Smith affinity plan: Offers day trips and short multi-day trips for groups. For each booking, the RR Smith Charitable Foundation of the BCRTA receives a benefit. Local contact - Troy Oppen (604 630-2434). See the website at www.enjoytourandtravel.com.

Cruise Plus: A cruise specialist company headquartered on Vancouver Island. Cruise Plus will offer discounts to BCRTA members. Dave Fronton of Cruise Plus has ads in most issues of the Vancouver Sun. Contact Dave and his associates through their website: www.cruiseplus.ca.

Park 'N Fly Airport Parking: Offers BCRTA members discounted rates. See the BCRTA website for further infor-

mation. See www.parknfly.com.

Perkopolis: provides BCRTA members with access to various discounted products and services including tickets, hotels, car rentals, gasoline, home services, etc. See www.perkopolis.com.

Endless Savings and More: offers a variety of goods and services discounts from hundreds of merchants through your smart phone. Members tap an icon on their smart phone to view the savings and 'redeem' offers by presenting the offer on their smart phone at the store, etc. Toll free phone number: 877-514-2723. Watch *Liaison Priorities* for current information. By using this service, members generate income for the BCRTA.

Digital Rabbit Cellular: Offers discounts on cell phone unlocking and repair. See website at www.DigitalRabbitCellular.com

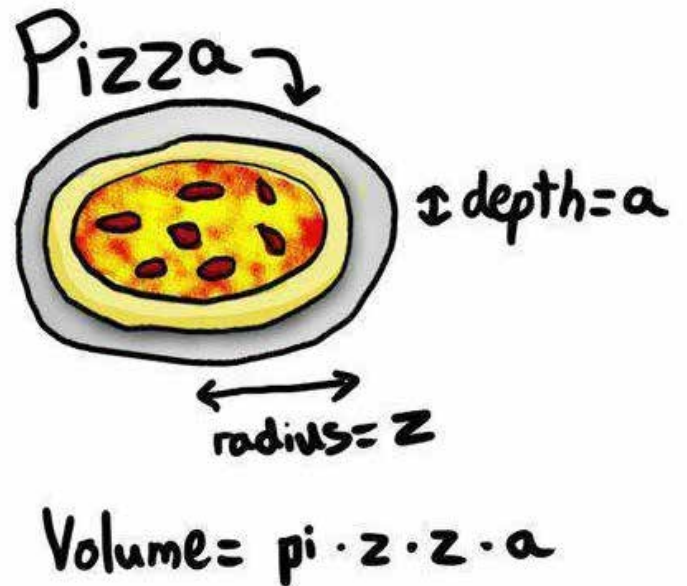
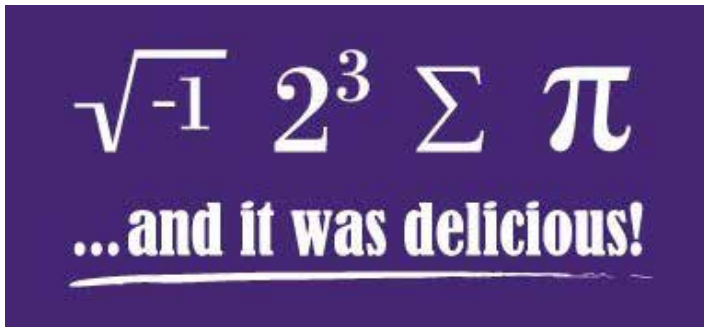
Staples Canada: Discounts available on presentation of a "teacher card" from any jurisdiction. Teacher certification cards are recognized for life.

Dignity Memorial & First Memorial Funeral Services: Offers registered BCRTA Members' Advantage members to a 10% discount on funeral services and cemetery property as well as a number of other services including a Personal Planning Guide. Our BCRTA representative is Susan Stern who welcomes all to make an appointment. Susan can also provide group Prearrangement & Estate Planning information sessions with Will & Estate lawyers. Contact Susan at 604 346-7778; messages at 604 415-2477. Email: susan.stern@sci-us.com.



Get it?

The root of negative 1 is an imaginary number symbolized by **i**
2 cubed is eight
The third symbol is the sum of or the whole
and of course the last is pie



ADRTA Executive:

