

President's Report- April 2016

The Burnaby Retired Teachers Association established a bursary and scholarship foundation in 1994. The Foundation is a registered charitable organization that is able to provide tax receipts for donations. Over the years, the fund has grown because of the hard work of many retired teachers. Money has been collected through raffles, draws and donations. The interest income from the money raised is enough to provide a student in each Burnaby secondary school with a \$600 scholarship.

Recently, the Burnaby Retired Teachers Association Scholarship and Bursary Fund received a large contribution from the estate of Wynn (Winnifred) Richmond. Wynn Richmond was an elementary teacher in Burnaby from 1964 to 1985. She taught at Armstrong, Confederation Park and Clinton. Her estate left the Burnaby Retired Teachers Association Scholarship and Bursary Foundation with over \$600 000.00. Her will asks us to provide Burnaby Secondary students who plan to become teachers and study at a BC university to receive a scholarship in her name. The proceeds from her estate, starting in 2017, will be of great benefit to students in Burnaby.

Moving into the future, we will have scholarship and bursary foundation and a bursary fund. One is named the Burnaby Retired Teachers Association Scholarship and Bursary Foundation and the other will be named the Burnaby Retired Teachers' Association Wynn Richmond Bursary Fund. Donations are always appreciated.

I would like to share the sad news of the death of Laurie Lynds, who for many years was a Director of the Burnaby Retired Teachers' Association and editor of the Newsletter. He will be missed.



"My password for everything is "incorrect". If I forget, I type in anything, and the answer comes back, "Your password is incorrect".



MEETING DATES

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Executive Meetings-10:00 a.m. May 12, September 22, November 17.

Luncheon Meetings-Scandinavian Centre, April 14, May 26, October 6, December 1

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BURNABY RETIRED TEACHERS' SCHOLARSHIP AND BURSARY FOUNDATION

C/O Burnaby School District 5325 Kincaid Street Burnaby BC V5G 1W2

Yes, I would like to support the Burnaby Retired Teachers' Scholarship and Bursary Foundation.

Enclosed is my cheque for: \$25 \$50 \$100 \$_____ Date_____

Please send me a tax receipt for income tax purposes. Receipt #_____

This money is to become an endowment and only the interest is to be used for awards.

Signature

Address

Name (please print)

City

Province

Postal Code



March 2016- **BRTA TREASURER'S REPORT**-Ross Hepburn

Balance as of June 2015. \$5864.02-as audited by the B.C. Retired Teachers' Association

ASSETS: Lunch Deposits 102.00 Membership Fees 5270 Interest 4.26 Total Assets \$11 240.28

DEBITS: Scandia Rental 1816.50 Postage 275.69 Printing 661.74 Outreach 1623.85 Total Debits 4377.78
Balance \$6862.50

BRTA LUNCHEON/CONTACT COMMITTEE-Ilse Armanini

Luncheons: If you've been attending our luncheons this past year, we hope you've enjoyed them: meeting up with friends and past colleagues, enjoying the meal, the presentations and the occasional entertainment. As we start to plan for the next year (September of course, can we ever get past that?), we'd like to have some input from our members. Here are some items to consider:

The Venue, the Food, and the Cost: We try to break even on the luncheons, as we have no other income to offset the costs. The price per person includes our rental fee for the Scandinavian Centre, our liability insurance and the cost for the caterer. Our liability insurance has recently been downloaded to us, and our caterer's costs have gone up. We have looked at other venues to rent, but have not found any that are lower than our current one. Remember we need a space that is private, and enables us to present our speakers, choirs, etc. We have also checked prices for several other food sources, and again, the prices are similar, or much more, if we look at using a room at a restaurant facility such as Burnaby Mountain. Our caterer's cost, per plate, includes the setup fee, china service, clean up, gratuity, and GST. We could go slightly cheaper if we went to a cold menu such as sandwiches and paper service. We welcome your comments on both food and venue.

The speakers or entertainment: We try to present topics that are of interest to you, be they related to education, social concerns, just fun, or traditional events such as our recognition of members that have reached 85 years of age, the Christmas choir, the Grade 7 public speaking winners. What would you like to see or hear at the luncheons?

The number of luncheons: Historically we've had 5 luncheons per year. Would you like to see us remain with that, or should we consider reducing the number?

I know we can't please all of our members all of the time, but we'd really like to please as many of you as we can. So again, send me, or any other member on the executive, your comments or your requests. We'll do our best to make each luncheon an interesting outing for you.

You can contact me at: ilse_armanini@telus.net (preferred) or at 604 762 2756

ANOTHER READ-Arthur J. Olyslager-“The Reason You Walk” Wab Kinew Viking 2015

WITH SADNESS-if you have any information about one of our members passing away, please notify a member of the Executive and the name will be listed in the next Newsletter. No longer with us are Jean Martin, Dave Milne and Laurie Lynds.

BURNABY VILLAGE MUSEUM We are excited to be part of the *Burnaby Festival of Learning* from May 1-7, 2016. During the weeklong celebration of learning there are over 50 free events that will inform, engage and spark creative conversations. Join us for one, or all, of the opportunities. More information at burnabyvillagemuseum.ca/learning

BURNABY SCHOOL BOARD

Events that have taken place or are to take place:

Burnaby's Got Talent- April 5th in the Michael J. Fox theatre

Deaf Connections Week- April 4-6 at South Slope Elementary

Public Budget Meeting April 6 at Burnaby Central Secondary

Arts Alive 2016-Burnaby Art Gallery-April 8

Burnaby District Grade 7 Public Speaking Challenge-March 9- Congratulations to the winners, First Place, Kai Bhardwaj from Capitol Hill Elementary, Second Place, Allyzza Alonzo from Windsor Elementary and Third Place, Emily Ma from Brentwood Park Elementary. These students will be speaking at the Burnaby Retired Teachers' Luncheon on Thursday, April 14.

Words Writing Project-May 19 at the Michael J. Fox Theatre

District Retirement Dinner-to honour all staff retiring this school year-June 2

BRTA Luncheon Meeting-Thursday, April 14

This meeting will highlight presentations by the three winners of the Burnaby District Public Speaking Challenge. The Executive is requesting an amendment to Policy L2 in Policies and Procedures that for 2017, the AGM take place at the April meeting. This amendment will be presented at the luncheon meeting (AGM) on May 26, 2016.

BC Securities Commission

March was Fraud Prevention Month across Canada and so the BC Securities Commission decided to do something unique, clever and fun to celebrate. Take a minute to look at www.befraudaware.ca/FPM. It is worth a look!

April 5, 2016-Happy Tomb Sweeping Day!!!

Avoid Divorce! Read the Label! A Modest Proposal

Besides dedicating my life to self-abnegation and sacrifice, I have committed myself to solving many of the scourges that plague mankind, the latest being divorce. It is my opinion that there is not enough transparency leading up to the ‘nuptials’ as it is human nature for prospective brides and grooms or even those planning a life as “pelvic affiliates” to “be on their best behaviour” and to make a concerted effort to hide their “warts and pimples” from future mates. When the truth comes out-divorce!!! This could all be avoided if my advice is followed.

I believe that all persons considering ‘wedded bliss’ should be required to undergo a battery of tests including physical, social, intellectual, emotional and spiritual. An MRI (Marriage Reconnoitring Institute) should be created to be responsible for this critical evaluation to slot individuals into one of the following categories:

- A. One In A Million
- B. Marginal
- C. What Were You Thinking?

These tests would culminate in ‘labels’ being assigned which would then become legal obligations for presentation before courtship and marriage. Rather than create new designations, there are already hundreds of acceptable words and phrases on products we wear, ingest and use. Besides these descriptions, a ‘best before date’ would be mandatory.

The most desirable individuals would be “delicious and 100% fat free”, “the quick-picker-upper”, “mmn! mmn! good!”, “sparkling”, “fresh”, “lean”, “contents hot”, “no added preservatives”, “good to the last drop”, “between love and madness, lies obsession”, “premium quality”, “new and improved” and “super”. Labels such as “imitation”, “ersatz”, “substitute”, “previously frozen”, “baked”, “corned”, “rolled” or “more than 5% alcoholic content” might warrant a second look. Other warnings that might ring alarm bells are, “for external use only”, “do not use while sleeping”, “don’t turn upside down”, “artificially bleached”, “100% pure yarn”, and “for use by trained personnel only”. I would also wonder about “keep refrigerated”, “product which smoke or smoke flavor was added”, “contains harmful bacteria”, “keep hands clear”, “known to cause aggressive behaviour”, “may cause an allergic reaction”, “genetically modified”, “fermented” and “contents under pressure-do not shake”.

To help the reader to understand how this proposal would work, I have created the warning label that would have been mine prior to my inept courtship fifty-five years ago.

“Consumption of alcohol may cause serious rug burns on forehead and chin area”, “fragile”, “takes a licking and keeps on ticking”, “may cause drowsiness”, “contains small parts”, “mostly harmless”, “wholesome ingredients” and “low energy”.

Quote: “Don’t marry the person you think you can live with; marry only the individual you think you can’t live without”. James Dobson

The most important way to begin this process is to have a discussion with family and friends about your values and wishes and what kinds of things are important to you. In a calm and quiet environment talk about concerns you have if you should get sick. Are there medical treatments that might be too much for you? What are the spiritual, philosophical, religious or cultural beliefs that are influencing your decisions? If you are no longer able to make decisions because of consciousness or mental competency, indicate those people you trust to carry out your plan for a good end to your life.

Make clear your wishes concerning staying at home, moving to a residential community, living with a relative if hired caregivers could be provided, etc... If your doctor has indicated you have only a short time to live, talk about issues such as hospice care, physician-assisted suicide and procedures such as CPR, feeding tubes, surgery, breathing machines and antibiotics. Choose one of three levels of care: life prolonging care, limited medical care or comfort care. After talking with your family and friends, film yourself using your cell phone or tablet telling your loved ones what is most important in your life regarding medical care. Revisit this discussion periodically as situations change.

On TED Talks there is a wonderful segment by Judy MacDonald Johnston, “Prepare for a good end of life”, which deals with topics such as: choosing an advocate, the mortality awareness event, 5 practices that can be downloaded online and hospital readiness.

FUND R.R. SMITH MEMORIAL FOUNDATION

On March 8, 2016, the R.R. Smith Memorial Fund Foundation directors approved grants totaling \$21 200.00 to 19 applicants. Requests for grants were \$62 000.00. The Directors (Burnaby is represented by Steve Bailey and Dave Carter) wish to express their appreciation for the donations from individuals, local BCRTA associations and the \$1.00 per member grant from the BCRTA.

Successful applicants were: Afretch, For the Love of Africa Society, Decoda Literacy Foundation, Canadian Harambee Education Society, Jericho Road Children’s Project, Families for Children, Vancouver Opera Guild, Seeds of Hope, Children’s Care International, Start UP! Your Class Cooperative, One Girl Can, Betty Huff Theatre Company, Days for Girls Canada, Umoja Operation Compassion Society of B.C., Nepal One Day at a Time, B.C. Learning Centres for Children with Dyslexia, LOVE Guatemala, STEP Ministries and The Olinda Children’s Association.

ACTUAL APRIL HOLIDAYS YOU MAY WISH TO CELEBRATE (or not!)

April 6 Plan Your Epitaph Day	April 16 National Librarian Day
April 7 No Housework Day	April 17 National Cheeseball Day
April 8 Draw a Picture of a Bird Day	April 19 National Garlic Day
April 11 Barbershop Quartet Day	April 22 National Jelly Bean Day
April 13 Scrabble Day	April 25 World Penguin Day
April 14 Look up in the Sky Day	April 30 National Honesty Day

Rules For a Good Old Age-Anon

1. Use the money you saved up.
2. Stop worrying about the financial situation of your children and grandchildren.
3. Keep a healthy life.
4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.
5. Don't stress over the little things.
6. Regardless of age, always keep love alive.
7. Be proud, both inside and out.
8. Don't lose sight of fashion trends for your age, but keep your own sense of style.
9. Always stay up-to-date.
10. Respect the younger generation and their opinions.
11. Never use the phrase: "In my time". Your time is now.
12. Spend your time with positive, cheerful people.
13. Do not surrender to the temptation of living with your children or grandchildren.
14. Don't abandon your hobbies.
15. Even if you don't feel like it, try to accept invitations. Get out of the house.
16. Be a conversationalist.
17. Pain and discomfort go hand in hand with getting older-accept it.
18. If you've been offended by someone - forgive them.
- 19..Live true to your beliefs.
20. Laugh a lot.
- 21.Now is the time to be at rest, at peace and as happy as you can be!

“Old age is ready to undertake tasks that youth shirked because they would take too long.” Somerset Maugham

Startups Aim to Help Seniors 'Age in Place'

Shari Cayle, 75, called "Miracle Mama"; beat back advanced colon cancer seven years ago and is still undergoing treatment and living alone. "I don't want my grandchildren to remember me as the sick one; I want to be the fun one." She is testing a device that passively monitors her activity. "My family knows what I'm doing and I don't think they should have to change their life around to make sure I'm OK."

She is using a product that monitors her front door, reminds her to when to take her medication and can alert her family if she falls. As more seniors plan to remain at home rather than enter a nursing facility, new startups and some well-known technology brands are connecting them to family and healthcare providers. One company has developed a rectangular hub, roughly the size of a tissue box, that passively monitors things like blood glucose readings and when they open the refrigerator. There is also a wristband that can be pressed for help in an emergency. "The advantage of it is that the patient doesn't have to worry about hooking it up and doing stuff with the computer, their family do that,"

These non-invasive devices sit in the background as users go about their normal routine. Through Bluetooth technology they are able to gather information and send it to family or doctors when, for example, a sensor reads that a pill box was opened or a wireless medical device such as a glucose monitor is used.

Monitoring devices for the elderly started with products like privately-held Life Alert, which leapt into public awareness nearly 30 years ago with TV ads showing the elderly "Mrs. Fletcher" reaching for her Life Alert pendant and telling an operator, "I've fallen and I can't get up!" The challenge is that older consumers may not be ready to use the technology and their medical, security and wellness needs may differ significantly. There are also safety and privacy risks.

There are other devices which connect patients with doctors from a mobile device, checks how they are feeling and lets them know when it is time to take a health reading. Another device collects information from sensors and connects to a smart watch that tracks customers' footsteps, daily routine and can even call emergency services. It will soon connect with medical devices, send data to physicians and enable video consultations that can replace some doctor's appointments.

In the smart home and health space today there are still a lot of single purpose solutions that don't offer a full connectivity platform, like a smart watch or pressure sensor in a bed, but companies are creating that connectivity. A study showed that seniors want activity monitors to have more relevant sensors to monitor health conditions and 89% cited difficulties with set up. "They (companies) have great technology, but when you can't open the package or you can't find directions, that's a problem."

These products may help doctors keep up with a growing elderly population. It is estimated that in the next 40 years, one-third of the population in developed countries will be 65 years or older, thus making it impossible to keep everyone who needs care in the hospital.

The Enhanced 11th Edition of the B.C. Seniors' Guide

This guide is now available in print, PDF and new e-book formats, as well as on the 'Aging Well' website. It includes information on Fair PharmaCare, MSP premium assistance, the Home Adaptations for Independence program, Shelter Aid for Elderly Renters, the bus pass program and the B.C. senior's supplement. It covers a range of topics, from transportation to housing, health services and healthy living. There is also a comprehensive directory including telephone numbers and website information and frequently used resources. Chinese, Punjabi and French versions will be ready in the spring.