

**SRTA**

# *Chatter*

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Newsletter of the Surrey branch of the *BC Retired Teachers' Association*  
2018 Spring Edition



# President's Report

Greetings. I hope this issue of CHATTER finds you well and enjoying all that retirement has to offer. A few items for your consideration:

## SRTA Survey

A reminder to those who have not yet completed and returned the SRTA survey to please do so by June 30, 2018.

## Zone Meeting

Karen Bentzen, Bernie Froebel and I will be representing the SRTA at the BCRTA Zone Meeting in Langley on Wednesday, April 11. Gerry Tiede and Floyd Smith - two SRTA members serving on the Executive of the BCRTA - will host the meeting. Agenda items include: 1) Strategic Planning initiatives; 2) Updates on BCRTA office staff, current initiatives, and upcoming events; and 3) Pension and Benefit Committee issues and report. We will report out to members following the meeting.

## Enjoy Tour and Travel

R.R. Smith's Judy Devries asked me to bring the following information to your attention:

"I am writing to make you aware that through R.R. Smith's affinity plan with Enjoy Tour and Travel we have created an opportunity for your members to be involved in fun activities [and] to raise funds for either R.R. Smith or an educational project that your branch would like to support.

How does this work?

For 2018, if a branch books and promotes an exclusive trip (not one already scheduled in the catalogue) with Enjoy Tours, then the branch could use the donation income as either designated funds for an educational project or the funds would remain in the R.R. Smith grant fund. Enjoy Tour and Travel donates 10% for Day Tours, 5% for Multi Day Tours and \$100 for Vacations in support of R.R. Smith Memorial Fund Foundation. Last fall, Burnaby planned an exclusive trip for 20 members and earned around \$250.00.

In addition, Enjoy Tours and Travel has the following promotion: Each time a BCRTA/R.R. Smith member attends a day tour, multi-day tour, or vacation the members' name will be included in a year-end draw for a \$100 Enjoy Tour and Travel gift certificate.

How does a branch organize this?

[SRTA's] Karen Kilbride is the R.R. Smith Representative for branches south of the Fraser and up to Hope. She is ready and willing to help you organize and make this happen for your members. Contact information is [kkilbride@telus.net](mailto:kkilbride@telus.net)."

## Twining and Mentoring Project

BCRTA office staff asked me to bring the following information to your attention:

"LAFRACB (the Francophone Assembly of Retirees and Elders of BC) is implementing a Twining and Mentoring Project between seniors having French as their mother tongue or identifying themselves as francophones and French Immersion or Core French Teachers having French as their second language."

"The main objectives of this program are to help these teachers improve their French and/or make them more fully acquainted with the French culture and community in BC. Afterwards, they can pass this knowledge onto their students. As for seniors, this project will enable them to actively participate in the expansion of the Francophone culture for their region with younger teachers.

I believe some of the retired French Immersion and/or FSL teachers would qualify and would be interested in participating in this project Jumelage et Mentorat."

Thérèse Guillemette

Coordonnatrice (Coordinator)

Projet Jumelage et Mentorat (Twining and Mentoring Project)

AFRACB (Francophone Assembly of Retirees and Elders of BC)

[www.afracb.ca](http://www.afracb.ca) Email: [projets@afracb.ca](mailto:projets@afracb.ca) 778.747.0138

## 30-Year Reunion?

In July 1988, a group of Surrey teachers was selected to visit parts of China. If you were part of this group and would like to share your memories of the trip with others in this group, please contact me at [al@yournexthouse.ca](mailto:al@yournexthouse.ca) by June 30, 2018.

If there is sufficient interest, we'll organize a reunion for some time in the fall of 2018.

I'll end with a famous quote from a favourite author.

Regards,

Al Balanuik

You're off to  
**GREAT PLACES!**  
Today is  
**YOUR DAY!**  
Your mountain  
**IS WAITING**  
So...get on  
**YOUR WAY!**

· DR SEUSS ·

# Spring Luncheon & AGM

**\$25.00/person (Cheque or Exact Change Please)  
Thursday, May 10<sup>th</sup>.**

**Doors open at 11:00 / Buffet lunch at noon  
Hazelmere Golf and Country Club  
18150 8th Ave, Surrey**

**On the menu this year a baked wild salmon and grilled chicken  
and a vegetarian dish.**

**And don't forget the amazing desserts.**

**Reserve your space now. We must have accurate numbers for  
Hazelmere.**

**Click the link to email Karen Bentzen:**

**[kbentzen@telus.net](mailto:kbentzen@telus.net)**

**or Phone: (604) 572-5783**

**Please reserve before Sunday, May 6<sup>th</sup>**

**Make sure to give the names of those for whom you are  
making reservations.**

## **Cancellations**

**If you have booked, but at a later date find you are not be able to attend  
please be sure to call Karen B. (even the morning of the luncheon) to cancel  
your reservation.**

**If we don't make the number change with Hazelmere, there could be a  
charge.**

# NOMINATE NOW!

The SRTA's Annual General Meeting will be held immediately following the May 11th. Luncheon. On the agenda is the election of the 2018-2019 Executive Committee.

We need members to step up and help to run the association. Serving on the Executive Committee is not a huge job, nor is it time-consuming. There are 6 meetings throughout the year, most of which are held at the STA office. Each meeting generally lasts for about 2 hours.

Without an executive there would be no luncheons, no workshops and no CHATTER. We ask that you consider running for a committee position. If you wish to nominate someone (with their approval) or submit your name, please contact an executive member. Nominations will also be taken from the floor at the AGM.

Positions up for election are:

Vice-President.

Treasurer.

Secretary.

Newsletter editor.

Membership/Data-base.

CHATTER Mail-out.

Heritage Chair.

Sunshine.

Surrey Cares Rep.

COSCO Rep. (1)

Workshops Co-ordinator.

Director-at-large. (2)

Thank you for your consideration.



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## **BCRTA Member Advantage Program**

Don't forget that as BCRTA members you are able to take advantage of fine offers from our Member Advantage Program. Learn all about it at the BCRTA website or click on the image links below.

**[www.BCRTA.ca](http://www.BCRTA.ca)**



You can help the SRTA support Surrey students who are pursuing a career in education. The SRTA gives two scholarships each year.

The Surrey Retired Teachers' Association Scholarship Fund is managed by Surrey Cares. Donation cheques, such as 'In Memory Of', can be made out to 'SRTA Surrey Education Fund' and mailed to:

Surrey Foundation  
PO Box 34089  
Surrey BC V3S 8C4

A tax receipt for amounts over \$20 will be mailed to you.

Questions?

Contact Karen Susheski 604 307 2694 or  
[susheski29@gmail.com](mailto:susheski29@gmail.com)

# Delta

The City of Delta would like to invite members of Surrey Retired Teachers to volunteer for the fourth annual Delta/Surrey Regional Heritage Fair on April 28th and 29th at the Harris Barn (4140 Arthur Drive, Delta, BC). I would appreciate it if you could please pass this email on to your members.

The two-day Heritage Fair event showcases research projects on Canadian history from students across Delta and Surrey. These students participate in a full-day program of field trips, workshops, and other activities (much like a history education conference or science fair). On Student Fair Day (Friday, April 27th), participants are interviewed about their projects and take part in heritage excursions, activities and performances. On Public Fair Day (Saturday, April 28th), the Fair is open to students, family members and friends, and to the public. Family-friendly activities are scheduled throughout the day, which culminate in a Closing Awards Ceremony starting at 1:00pm.

Volunteers are needed to help adjudicate student projects, run activity stations, monitor projects, work with student groups, provide information to visitors, help with set-up and clean-up and much more. Interested volunteers can sign up and view volunteer opportunities at: <http://btrr.im/779at>. Volunteer positions are available for all ages and abilities. French-speaking volunteers are especially needed to help adjudicate projects.

Warm regards,

**Stephanie Haddaway** |

Education Coordinator

Parks, Recreation and Culture - Delta Museum | City of Delta

p. 604.952.3838 | c. 778.231.0441 | [shaddaway@delta.ca](mailto:shaddaway@delta.ca)

## Heritage Report: Mud Bay



Mud Bay School 1803-1921

Built and furnished for \$950.00 It is now a private residence and stands at the corner of King George Boulevard and 44th Avenue.

“Almost one hundred years ago a well dressed man was standing in the Mud Bay school yard hollering his head off. He was surrounded by a pack of savage dogs. The teacher ran out to see what all the fuss was about and saw to her horror that the man was the Government School Inspector from Victoria, who had arrived to make an inspection. She was not afraid of the savage hounds because they were the children’s guard dogs and she knew them all and soon restored order, but just a minute, how come guard dogs were needed a hundred years ago?

Well, most of the children came from heavily forested areas and it was easy enough for them to follow a forest trail to school. They preferred of course to

come on horseback but there were bears and cougars in the forest and horses would bolt at the smell of a bear, so the kids walked to school along the trails and brought their dogs for protection.”

Guildford Town Crier, August 1982

‘A History of Schools in the Surrey Area’ by Bill Hastings page 19

Heritage Committee

Margery Allen  
Karen Bentzen  
Karen Susheski  
Alice Tiles

[margeryallen@shaw.ca](mailto:margeryallen@shaw.ca)  
[kbentzen@telus.net](mailto:kbentzen@telus.net)  
[susheski29@gmail.com](mailto:susheski29@gmail.com)  
[feenx2@gmail.com](mailto:feenx2@gmail.com)

## Sunshine Report

**Mollie Hedley** has been a tireless volunteer for the SRTA

Mollie has been moved to Mountain View Manor at Delta Hospital. If you remember Mollie please send her a note.

Make sure Mollie’s name is part of the address.

5800 Mountain View Boulevard

Delta, B.C. V4K 3V6

If you know of any SRTA members who could use some sunshine in their lives due to illness or loss in their family, please let our Sunshine Chair, Ann Bayfield know.

Please contact Ann Bayfield:  
[abayfield@shaw.ca](mailto:abayfield@shaw.ca) or 604-353-1834.

## Change of Address or Circumstance

Email or other change of address? Here's what to do... Call/email BCRTA and SRTA.

BCRTA Email: [laurie@bcrtc.ca](mailto:laurie@bcrtc.ca) Phone: 604.871.2260

SRTA Email: [srta@shaw.ca](mailto:srta@shaw.ca)

## Important Luncheon Date

## To Hell With The Bell Brunch



Tuesday, September 4<sup>th</sup>

**Surrey Golf Club**

7700 — 168<sup>th</sup>. Street, Surrey

You can enter the parking lot coming from either the South or the North.

Doors open at 9:00 a.m. / Brunch Buffet at 10:00 a.m.

**\$15.00 per person**

MENU

Salad, Eggs Benedict, Hash browns, Scrambled eggs,

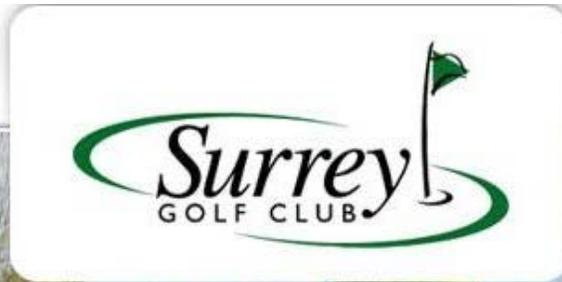
Bacon, Sausages, French toast,

Muffins, Fresh fruit, Coffee, Tea, Juice and Pop

**NEW LOCATION**

**You must pre-register and pre-pay by cheque (made out to SRTA) by August 25<sup>th</sup>.**

Fill out the form below and send it in with your cheque.



## To Hell With The Bell Registration

Name: \_\_\_\_\_

Others coming with me: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail cheque for **\$15.00/person**

made out to **Surrey Retired Teachers' Association** to:

K. Bentzen

#4 - 6537-138th Street,

Surrey, B.C.

V3W 0C2

# Computer Security Basics

A lot of talk and even more confusion.

If you are reading, this you have a computer and it is connected to the internet.

Are you as secure as you should be?

## Basic Premise:

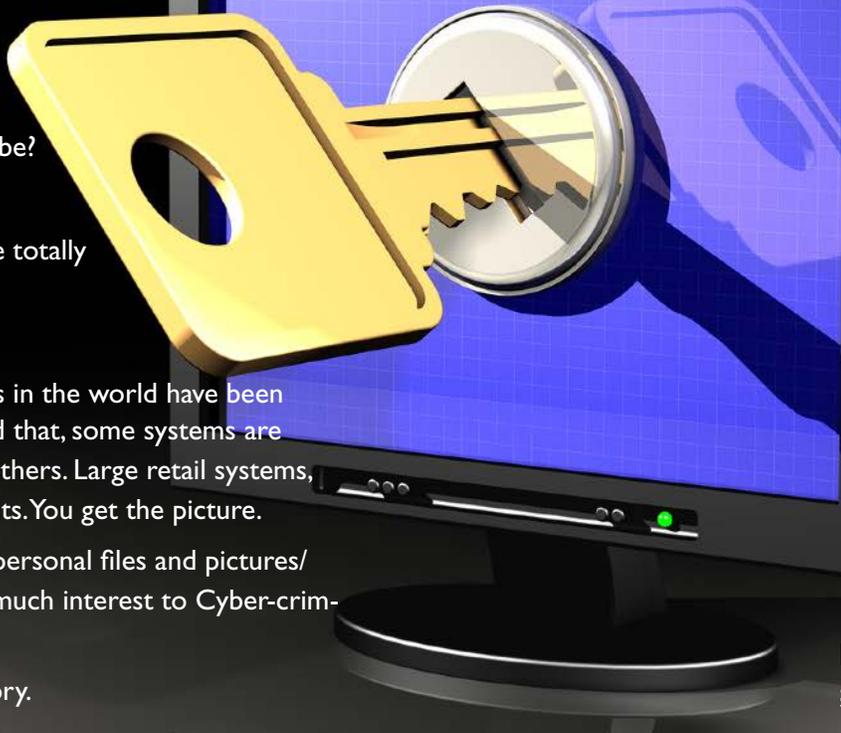
No computer system will ever be totally secure.

## What Now...

Most of the best secured systems in the world have been hacked at some point. Having said that, some systems are more desirable to hackers than others. Large retail systems, large social networks, governments. You get the picture.

Your single computer with your personal files and pictures/movies/music is probably not of much interest to Cyber-criminals.

Your personal data is another story.



Floyd Smith  
[srta@shaw.ca](mailto:srta@shaw.ca)

There is some danger to your personal information and data. The amount of risk you take is up to you. Life is full of risks and all we can do is try to minimize them. The actual risk that your personal information will be compromised is small, if you take common sense precautions. So, fasten your seatbelts, check your airbags and antilock brakes and lets go...

Personal computer or portable computer, there are subtle but rapidly vanishing differences. Let's break it down.

## Personal Computer, Desktop or Laptop



The choice of which operating system you use, Mac or Windows, tends to be set way back in your working career.

General wisdom is that Macs

are more secure. Both, however, are vulnerable, but Macs are not as easy to exploit as Windows.

Read this [British Study](#)

## Best Protection

Stay up to date. **Always** have the most recent version of the Operating System (OS) software installed.

## Malware vs Viruses

There is a lot of jargon, but this linked article breaks it down. [Learn About it Here.](#)

## Windows

Windows OS now has excellent virus protection built in to Windows 10 and it should always be active. Click the link below for more options:

[Best aftermarket Windows Antivirus Software](#)

## Macintosh

Mac has no built in virus protection and has not had much need for it, but as time progresses and the installed base of Macs increases the threat becomes real.

[Best aftermarket Mac Antivirus Software](#)

Malwarebytes was recommended to me by an Apple Genius Bar Technician. It works for Windows, Mac and Android. I use the free version.

[Malwarebytes.](#)

## Portable Systems: Tablets and Phones

### Google's Android

By its basic nature, the Android OS is very vulnerable to attack. Click and read a recent [Computerworld](#) study. Other studies suggest that more than 90% of all malware attacks happen to the Android operating system. This is because the operating system is **open** and easily modified. The other problem is that it is difficult to keep an Android phone up to date with the most current OS and that is compounded by users reluctance to update. Click the links below for more information.



[Best Android Virus/Malware Protection.](#)

[Be Aware: Caution is Necessary!](#)

### Apple's iOS

Apple's mobile OS is a **closed** system and the only way to get software onto your iPhone or iPad is to get it from the Apple App store. The Apple App Store places strict requirements on all apps and an app must pass all before it gets into the App Store.



That makes the iOS system much more secure. Customers can buy with confidence and the app they get from the App store will be safe to use.

The other advantage is that most users update to the newest OS as soon as it comes out.

### Online Shopping

You can shop online with confidence! Check with your kids/grandkids to see where they shop.



The danger comes from your data being vulnerable to an attack on the servers of the merchant you are shopping at. The threat is real, but probably lower than going out shopping and having your car broken into.

Stick with reputable merchants and you will be fine.

Always look for free shipping deals.

Never give out information online to a website that does not have a web address URL (Universal Resource Locator) that begins with [https://www...](#) the emphasis is on the 's' in https. That s stands for secure connection.

Never, ever give personal information to a web site that does not have the 's'.

### Online Banking

A great convenience and as secure as anything is these days. There is no reason why you should not take advantage of this service. All bill paying and managing of money can happen in this way. There is always a 'paper trail' record of your transactions. Have your bank help you set it up.

### Internet Presence and Home network.

You no doubt have a home connection to the internet that is probably wireless.

The wireless section of your router should have a secure connection that requires a password and have its firewall turned on. If you can't answer yes to both those questions you need to contact your ISP (Internet Service Provider) and ask for help.

### Social Presence

If you are on the internet you probably have some social network presence. Facebook, Instagram and a plethora of others are waiting for you.

Your responsibility, is to keep your presence as locked down as possible. Read [10 Tips to Stay Safe](#).

The capability of computer nightmares like [Cambridge Analytica](#) is just starting to become evident. You need to pay attention and learn some of the lingo like [data-scraping](#) and learn how with a couple of likes on Facebook 'they' can tell your age, gender, political allegiance, faith, ethnicity. The list goes on...

This data can be exploited by so called bad-actors to change history. There is evidence that by targeting specific users in critical areas using 'scraped data' the US election results were shifted to allow the current situation to arise.

Read this list of things to do to secure your presence: [Top 10 Tech Security Basics Every Person Should Follow](#)

### Password Protection Software

This is not an option, you must do this.

You have heard the stories and they are true. A lot of people have their most sensitive passwords on a slip of paper in their purse or wallet. Dumb, just dumb.

The solution is simple, have software that manages all your passwords.

Modern password managers are (click the link to learn about) fully [end to end encrypted](#). You can think of a modern password manager as being a very secure, virtual safety deposit box that you can access 24/7/365 from any place in the world on any device that has a **secure** internet connection.

What you can store is only limited by your imagination. On my password manager, I store passwords and logins to all the web sites I regularly use and critical informa-

tion like credit cards, online banking logins, wills, passport and nexus card information. This information is shared with my wife and available on all our devices.

The kids don't get a note and the key to the safety deposit box they get a note with the password to our manager.

From personal experience and years of use I can easily recommend [iPassword](#).

There are newer products out there.

Read the reviews: [Best Password Managers](#)



## National Pharmacare

Canada is the only industrialized country in the OECD with universal healthcare that does not have universal pharmacare.

Read the Entire article in the current issue of your Postscript Journal. Click the image to link to the on-line version.



## Grey Matters: Be Wary Of Buying Into Some Homeopathic Claims

**Wanda Morris**

Many of us hear references to the snake oil salesmen of old and smile indulgently at how gullible people used to be. Unfortunately, we're still exposed to snake oil, or a modern version of it, and too many of us are buying it.

One particular example is the acceptance of some questionable homeopathy practices. Some homeopathic supplements are manufactured using a process called homeopathic dilution: an active ingredient is repeatedly diluted in alcohol or distilled water. Dilution typically

continues well past the point where no molecules of the original substance remain.

While it isn't illegal to sell infinitesimal portions of an active ingredient as a cure for what ails us, the ethics of some companies has drawn scrutiny. In 2015, the federal government promised to crack down on false claims made for homeopathic products, but it's now 2018 and these products and their claims are still on retail store shelves. What's more, these products are labelled as

“homeopathic medicines.” That’s like describing Cheetos and popcorn twists as health foods.

In his beat poem, Storm, Australian comedian Tim Minchin describes homeopathic products this way:

“If you show me  
That, say, homeopathy works,  
Then I will change my mind ...  
I will run through the streets  
yelling  
It’s a miracle! take physics and  
bin it!  
Water has memory!  
And while its memory of a long  
lost drop of onion juice is infinite  
It somehow forgets all the poo it’s  
had in it!”

But why do people continue to buy these products if they are nothing more than sugar pills? It’s down to the well-documented phenomenon known as the placebo effect.

Placebos are treatments (medications, injections or surgeries) that provide no medical benefit, yet may still improve the condition of the patient. In some cases, placebos work because we perceive our condition has improved. For example, asthma patients given a placebo reported an improvement in their conditions, even though objective measurements showed no changes.

In other cases, placebos have actually brought about physiological changes; for example, placebos administered to Parkinson’s patients have been shown to release dopamine (a chemical that often leads to a pleasurable sensation) in the brain, and individuals thinking they were drinking a caffeinated coffee had an increase in dopamine in the part of their brain called the thalamus.

Not all placebos are created equal. Studies show that placebo effects tend to be stronger among those who

expect them to work. Evidence also shows that bigger pills produce a stronger placebo effect than smaller ones, and that coloured pills tend to work better than white ones. Cost matters, too. A new term, “pricebo,” has been coined to reflect that the more a treatment costs, the higher its placebo effect tends to be.

So if placebos can improve our health, or make us feel better even when our health doesn’t improve, where’s the harm?

First, there’s harm to our pocket books. When companies sell questionable homeopathic products, they are taking our hard-earned cash for a product with no medicinal or therapeutic value. They’re not just taking a small chunk. According to Transparency Market Research, annual global sales of homeopathic products amounted to \$488 million CDN in 2015.

There’s also danger to our health. If we rely on a placebo instead of availing ourselves of the best available evidence-based medicine, we can end up much sicker as a result. For example, if we forgo a flu shot and tell ourselves we can instead take an unproven supplement if flu symptoms occur, we could end up in the hospital with pneumonia.

That’s why it’s critical to take the time to question product claims and do some research.

Finally, there’s a better alternative. Recent research shows that, even if a patient knows they are taking a placebo, the placebo can still be more effective than doing nothing. So let’s proclaim chocolate as a medicine. If we’re paying for sugar with no medicinal value, it may as well taste great!

Reprinted with permission from:

Wanda Morris, VP of Advocacy for CARP  
[wanda@carp.ca](mailto:wanda@carp.ca)

and Post Media

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## Do You Have A Computer And Use Email?

We need your help!

We spend a large amount of *your* money and our time putting out the print version of the Chatter.

We also send out many emails during the year, about upcoming events and emergent events that happen between issues of the Chatter. When we don’t have your email, you miss out on all of those important announcements.

Please help us out and send your email to:

[srta@shaw.ca](mailto:srta@shaw.ca)

## This Year's Executive

### Table Officers

President	Al Balanuik	778-321-0757	<a href="mailto:al@yournexthouse.ca">al@yournexthouse.ca</a>
Vice President	(position vacant)		
Past President	Pummy Kaur	604-536-1394	<a href="mailto:whatwould_gandhido@yahoo.ca">whatwould_gandhido@yahoo.ca</a>
Secretary	Karen Bentzen	604-572-5783	<a href="mailto:kbentzen@telus.net">kbentzen@telus.net</a>
Treasurer	Bernie Froebel	604-530-1678	<a href="mailto:b.d.froebel@shaw.ca">b.d.froebel@shaw.ca</a>
Membership Coordinator	Floyd Smith	604-379-4818	<a href="mailto:srta@shaw.ca">srta@shaw.ca</a>
Newsletter Editor	Floyd Smith	604-379-4818	<a href="mailto:srta@shaw.ca">srta@shaw.ca</a>

### Directors

Canada Post Mail-out	Karen Susheski	604-307-2694	<a href="mailto:susheski29@gmail.com">susheski29@gmail.com</a>
COSCO Rep	Al Balanuik	778-321-0757	<a href="mailto:al@yournexthouse.ca">al@yournexthouse.ca</a>
	Richard Bury	604-531-0216	<a href="mailto:dickbury@telus.net">dickbury@telus.net</a>
Heritage	Alice Tiles	604-535-0573	<a href="mailto:feenx2@gmail.com">feenx2@gmail.com</a>
Shut-Ins	Mollie Hedley	604-531-2079	
Sunshine	Ann Bayfield	604-353-1834	<a href="mailto:abayfield@shaw.ca">abayfield@shaw.ca</a>
Surrey Foundation	Richard Bury	604-531-0216	<a href="mailto:dickbury@telus.net">dickbury@telus.net</a>
Workshops	(position vacant)		

Happy Spring from your

**SRTA**

