

President's Report-We have an outstanding speaker joining us before our luncheon on February 21. Linda Fawcus is the founder of a non-profit society that helps older adults figure out today's technology. She will be speaking to us about your data and how to protect it. Her presentation will focus on how to keep your passwords, financial, and personal information safe and protected from intruders and cybercriminals. Guests will also receive a complimentary copy of an accompanying eBook that outlines best practices for protecting devices from threats. There will also be time for questions. The one-hour presentation is free and will start at 10am. Light refreshments will be provided. You will be asked to RVSP.

We also invite you to stay for lunch. Each year, during our February luncheon, we honour members who are turning 85. Besides receiving a complimentary lunch for themselves and a guest, we present each with a bouquet of flowers and the opportunity to talk about a memorable experience from their teaching years.

There may be times when some might believe that our current health care system isn't working. You may have found it difficult to find a family doctor, you may have had to wait a significant time to see a specialist, or you may have had to wait for elective surgery. Because someone in my family had a medical emergency during this past week, I've had the opportunity to observe our health care system in action. I'm more than thankful for our health care professionals and our public health care system. I really believe that one doesn't realize how good things are until you really need help. In many ways my experience this past week was overwhelming, but I felt reassured by the people in our health system that we sometimes take for granted. Everyone, from the lady who took our 911 call, firemen, ambulance paramedics, and the doctors and nurses in the emergency room, the intensive care unit, and the general ward were kind, caring and supportive. Other than crowing from the mountain tops, I'm not sure how I could thank all the individuals who helped.



Hurry, do something! Your robot vac is going after the cat again.

EXECUTIVE MEETINGS-10:00 a.m. (2019), February 7, April 11, October 3, November 21.

LUNCHEON MEETINGS- Feb. 21, April 25, Oct. 17, December 5.

BURNABY RTA EXECUTIVE

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Editor-Dave Carter. **Production**-Elizabeth Beer **Distribution**-Ilse Armanini, Marguerite Henderson

ANOTHER READ-

Lying in Wait-Liz Nugent-Simon and Shuster-2016

The State of Africa-Martin Meredith-Simon and Shuster-2005

LUNCHEON UPDATE: Hello members: Here's your invitation for our upcoming luncheon and speaker.

DATE/TIME/PLACE: Thursday, Feb. 21, 2019 at the Scandinavian Centre

10:00 a.m. Speaker Linda Fawcus: "Your data and how to protect your personal information".

This session is free, but I need your name so we have enough seating.

12:00 noon-Luncheon Penne pasta, meatballs, garlic bread, salad, dessert. Cost: \$25

Reminder that the lunch must be preordered and is a commitment. Payment is at the door.

At the luncheon, we will also be honoring our members who have turned 85 this year.

Bring a book, take a book table. If you are able to attend the speaker session and/or the luncheon, please send me your name by **Friday, February 15.**

Thanks, and Happy Valentine's Day-Ilse (ilse_armanini@telus.net)

BRTA TREASURER'S REPORT-February, 2019-Marguerite Henderson

Christmas Luncheon-\$2010.00 Event Insurance-\$108.00

Membership Fees \$5110.00 Interest \$1.97 Poinsettias-\$497.28

Debits-Scandia Rental-\$564.50 Catering-\$2388.75 Flowers-\$22.39

Newsletter-Printing- 114.50 Andante Honorarium \$100.00

Balance-January 31st 8381.01 Balance-October 31st \$5314.54

WITH SADNESS-no longer with us-Streb Collins, Dena Alden and Anna Maria Bernbach (Barb)

R.R. SMITH MEMORIAL FUND FOUNDATION

Each year R.R. Smith receives grant applications for educational projects in BC and around the world. Many of the projects supported have been member initiatives. If there is an educational project needing support in the Burnaby community and it meets the funding criteria, an application is welcome. For more information go to the R.R. Smith website www.rsmith.ca.

Enjoy "The Journey" which has an affinity plan with R.R. Smith is again offering a \$100 voucher for a member who travels on any Enjoy trip. The winner last year was Audrey Dunkley from Surrey. To enter, let Enjoy know you are a B.C.R.T.A. / R.R. Smith member. Each time a member travels with Enjoy their name is entered in the draw which is held at the December Board of Directors meeting. Search <http://www.enjoytourandtravel.com> to find fun adventures for 2019. Why not book another Burnaby Branch trip!



From time to time, R.R. Smith receives legacy donations from members. The Board is grateful that members show their support of education and are willing to help fund it. Donations can be made to R.R. Smith at any time by going to Van City Foundation <http://www.vancitycommunityfoundation.ca> click on FUNDS at the top of the home page, put R.R. Smith in the Search bar, click on R.R. Smith Community Fund, and then Give to this Fund. Fill in the information required. A tax receipt will be issued if the donation is over \$20.00.

BURNABY SCHOOL BOARD 1. Indigenous students at Alpha Secondary are creating a piece of art to greet all who come to their newly rebuilt school. Students are carving a Story Board under the guidance of Squamish elder and artist, Latash Nahanee, whose nation generously donated a 400-year-old cedar log for the project. It weighed roughly two thousand pounds and had to be transported by crane.

Students carefully planned what they would put on the Story Board. Each animal and symbol was chosen for its meaning, including representation for wisdom, leadership, teacher, friendship, and the joining of cultures. Additionally, Alpha has welcomed elementary students from within their catchment into the woodshop to help work on the art for their future secondary school. The finished Story Board will be displayed at the front entrance as a symbol to everyone that Alpha stands for inclusivity, acknowledges the Coast Salish land on which it stands, and welcomes all who come to the school. In addition to the Squamish Nation, the project is also being supported by ArtStarts, the Burnaby Firefighters Union, Unitech, and Alpha's PAC.

2. Students at École Seaforth Elementary spent a week on a cardboard box-based project that was a "magnificent thing." The school-wide project was inspired by the book *The Most Magnificent Thing* by local author Ashley Spires. In it a little girl takes random parts, uses her imagination, and creates something wonderful. Students from Kindergarten to Grade 7 were tasked with creating something out of nothing, with the only stipulation that most of it had to be cardboard. Principal Wendell Hiltz said at first the kids were a little daunted by the openness of the assignment, which was intended to stimulate creativity and imagination.

"When we said to the kids 'you're taking a box and turning it into anything' we got some blank looks at first, but they embraced it, ran with it and the results were amazing." Students created everything from a mini-classroom to animals and robots. Grade 7 student, Kai, took the project to another level with a working water dispenser that connects to a wireless plug and is operated through an iPad.

"I learned to be creative," said Kai, while demonstrating how water flows through his invention. "At first I thought 'how can I make a drink dispenser?' Then I decided to make the box frame, connect it with tubes and an air mattress pump - which was loud, so I insulated it. And I put it all together with hot glue."

Grade 4 student Alyson said it was "super fun," and she explained that her creative choice was inspired by necessity. "We don't have a foosball table at home, and I always wanted one," she said. Principal Hiltz credits the timing of the project with contributing to its success.

"I thought it was going to be insane collecting this amount of cardboard, and it certainly was. But the timing ended up being perfect because right after Christmas, what does everyone want to do with those boxes? Get rid of them. So, we put out the letter request to families just before the holiday break, and it couldn't have worked out better."

The project took a week to complete. It began with an assembly on Monday and culminated with a "gallery walkthrough" of all the classrooms on Friday, so students and parents could see the creations. The idea came from Grade 4/5 teacher Robyn Scott, whose daughter had done it with her own class, and was so excited that she inspired her Mom. Scott also shared a resource package with her colleagues. It was created by literacy specialist Adrienne Gear for teachers who want to inspire their students to create with cardboard.

"I just felt that we do so much pen and paper work, and this is a really good chance for kids to build a number of skills," said Scott. "So, while we're building community within our school the students are learning communications skills, problem solving and team work. To me, that was the most important thing: developing those skills and the process behind it, rather than the end result."

Nevertheless, the end result is also a most magnificent thing. See for yourself.

Letter to the Editor: Dear Sir or Madam,

I take my pen in hand today so that your readers may avoid the pitfalls that I have encountered concerning a miracle discovery, “Unicorn Drops, Liquid or Tablets”, which can be ordered by anyone on-line. I should have suspected something when I read the fine print on my first bottle, “If you can’t read the warnings, do not use this product”, “In pill form these may become a choking hazard so don’t administer to children under the age of two” and “Do not take this drug if you become pregnant.”

I had been suffering from a bit of a ‘leakage problem’, PSB, (Peanut Sized Bladder) for months. Besides the normal physical manifestations, e.g. bulky Depends (especially the ones called Sponge Bob Square Pants) and having to wear a “Postman’s Friend” for any walk over two blocks, there were verbal clues from my First Wife. “I still love you moist of all” and “I am changing my pet name for you from ‘Cuddles’ to ‘Puddles.’”

It is no wonder that when I read the computer ad about this new product, Lactulose-Brethine-Atorvastation (LABRAT) I was intrigued! Talk about an elixir, ambrosia, a liquid of the Gods! Although it had not been approved by the FDA, it had been clinically tested on Bearded Vultures who only experienced two side effects; depilation and itchy bug bite. An extra benefit was the claim, “May also reduce the pain of having your veins too close together” (Very Close Veins) and reduce the swelling of the common STD, “Moby Dick”.

The company’s headquarters were in Witzwil, Switzerland, which helped explain the comment, “This product may cause the uncontrollable desire to yodel”. Because it was illegal to sell this drug in Canada, my monthly ration always arrived inside a cuckoo clock. The name of the company was WMD (Wannabee Medical Doctors) and their sales manager was MacDonald Berger who flogged Carter’s Little Liver Pills for most of his career.

The brochure that accompanied my first “shipment” included a testimonial from a dehydrated Frenchman, Pierre Knightly and listed “possible side effects” which included: Asthma Related Death, Walking Corpse Syndrome, Erotomania, Sleep Driving, Boanthropy, Speaking with a Foreign Accent, Crippling Indecision, Alien Hand Syndrome and Growing a Tail. The good news is that I did not experience any of these symptoms, the bad news is that I contracted a plethora of other problems that were individual to me.

The minor inconveniences included: crushing chest pain, a desire to make prank phone calls, thundering diarrhea, dry heaves, fetid pustules, a constant craving for Ding Dongs and Ho Hos, hair turning green and seasickness accompanied by lockjaw. The single most terrifying manifestation was that my normal superiority complex became exacerbated. I now live in my own reality; I spin “Alternative Facts”, I support the “Divine Right of Kings”, I charge everyone I dislike with spreading “fake news”, I am a misogynist and I binge-watch Duck Dynasty. I also go out at night and create ‘crop circles’, cheat at Scrabble, consume enormous quantities of fish paste and am designing a wall that I want to build between Burnaby and Vancouver to keep out the “street people”. I am concerned that some of these proclivities may not be normal!

The obvious question people ask me is, “Why don’t you just stop taking this snake-oil”? The fact is that I am totally hooked!!!! For the longest time, I couldn’t understand why I was dependent on this product. I discovered the answer the first time I gave blood at a Red Cross Clinic and they had to send half of it back to Seagram’s.

It is too late for me to be saved but I pray your readers will heed my warning and stop drinking, smoking, taking drugs and having sex so that their days “may be long upon this land”. Failing that, consider this letter to be an invitation to anyone who wishes to join me in a life of bacchanalian debauchery every Monday, Wednesday and Friday evenings after Book Club.

Drew P. Drawers

BURNABY SCHOOL BOARD

In our November issue, we accidentally left off six Burnaby Elementary schools with the list of their Administrators. This is because the Editor has thousands of brain cells dying every minute! Mea Culpa!

Suncrest	Lori Druissi	University Highlands	Mark Harding
Taylor Park	Hal Wall	Westridge	Mary-Ann Brown
Twelfth Avenue	Eva Young	Windsor	Navdeep Aujula

Literacy Week

Many schools participated in Literacy Week in January. This week was celebrated with nurturing the love of reading and created great enthusiasm around books! Some schools, like South Slope, enjoyed a picture book school wide, and students responded to the book in a variety of creative and thoughtful ways. South Slope chose to read “Drawn Together”. This is a touching story about a grandfather and a boy who have nothing in common until they learn that they both share a love of drawing.

Second Street’s primary students created poems and kept them in their pockets! This tradition at Second Street is called “Poem in my Pocket”. At different parts of the day, students got to share their special poems!

Students at Aubrey enjoyed reading with their buddies. Older students read to their younger buddies, and vice versa, and this built a sense of community and belonging for all learners.

Brentwood Park celebrated their fourteenth year of Read-a-Thon! This long-time tradition not only raises money for the school’s library, but it is something the students look forward to. Students read in the gym and commit to reading for an hour that day. Parents are invited to read in the gym as well. This is a special tradition that the entire community looks forward to.

Literacy Week is such a special time to celebrate books, reading, and learning. We can’t wait to see what schools come up with next year!

BURNABY SOUTH SECONDARY SCHOOL CLASS OF 1979 - 40 YEAR REUNION

Come and join your former students as they celebrate 40 years since graduating their alma mater - Burnaby South Secondary School - home of the REBELS.

When: September 14, 2019

Where: Metrotown Hilton - Grand Ballroom

Time: 6:30 p.m.

Any retired teaching staff, administrators etc. from 1978 or 1979 are welcome to join us at no charge. Please RSVP to Sandra.wade@burnabyschools.ca if you are planning to attend so we can include you in our total number of attendees!

Thank you.

Christmas Outreach 2018

Burnaby Retired Teachers began a tradition of Christmas visits to our 'senior' members in the 1980's. When Joyce Robinson started the program, the volunteers took gifts of home baked goodies. Later, in 1991, when Frank and Jill Alder took over, they started taking a gift of a poinsettia. Each year since 1991, Jean Gettle, The Flower Jeanie, has supplied these large beautiful flowers that are so much appreciated by our seniors. .

This year our volunteers got an early start in the Christmas Spirit on December 3 as they visited and delivered the colourful poinsettias to our 37 'elderly' seniors. We greatly appreciate the dedication and Christmas joy spread by our drivers:

Jane Allen
Marilyn Bullock and Ruth Nicholson
Mike and Linda Coutts
Pat Greenfield and Donna Polos
Marguerite Henderson and Loretta Mclaughlin
Fran Holmes-Green and Jack Green
Jim Lauck and Ray Marsh
Gail MacDonald and Dorothy Mills
Louise Meville
Jennifer Murn and Myrna Ziola
Maureen Olofson and Ivan Holmes
Leddy and Graham Stokes (Mr. and Mrs. Santa Claus)
Jackie Walker

We have received many cards and telephone calls from the seniors expressing how much they have appreciated the visit, the flower, and Dave Carter's very touching poem "Forever Thankful".

Forever Thankful

You put my little hand in yours when I began to fall,
And made me feel important each time I felt so small
And filled me with the courage so I could conquer all.

My Teacher

Those times I disappointed, you never said "You're wrong",
But told me every failure, would help to make me strong,
You lifted up my spirits, when I felt I didn't belong.

My Teacher

This poem is just to tell you, all the things you meant to me,
The inspired words you gave me, "Be the best that you can be".
No greater present, ever, underneath my Christmas tree.

My Teacher

Dave Carter 2018

Request for Volunteers: If you would enjoy chatting with very interesting seniors and would like to spread a little Christmas joy, please think about joining our team. We could use some help with organizing (on computer and by phone calls) and/or with driving. Please call or email Joan Lee (604 926-4494, j1996lee@gmail.com). Thank you to everyone involved-Kate Evans and Joan Lee

Hearing Loss in the Older Adult and Why is it Important?

What is age-related hearing loss?

Age-related hearing loss is the loss of hearing that gradually occurs in most of us as we grow older. It is one of the most common conditions affecting older and elderly adults. According to Statistics Canada, approximately two in three people in the Canada between the ages of 65 and 74 have hearing loss. Having trouble hearing can make it hard to understand and follow a doctor's advice, respond to warnings, and hear phones, doorbells, and smoke alarms.

Hearing loss is an important health concern which is often unrecognized and undertreated. Older adults may become withdrawn and socially isolated which can lead to depression. Also, adults with unmanaged hearing loss are at an increased risk of cognitive decline and developing Alzheimer's disease and other forms of dementia. Age-related hearing loss most often occurs in both ears, affecting them equally. Because the loss is gradual, if you have age-related hearing loss you may not realize that you've lost some of your ability to hear.

Why do we lose our hearing as we get older?

Many factors can contribute to hearing loss as you get older. Many older people who experience hearing loss have a combination of both age-related hearing loss and noise-induced hearing loss. [Noise-induced hearing loss](#) is caused by long-term exposure to sounds that are either too loud or last too long.

There are many causes of age-related hearing loss. Most commonly, it arises from changes in the inner ear as we age, but it can also result from changes in the middle ear, or from complex changes along the nerve pathways from the ear to the brain. Conditions common in older people, such as high blood pressure or diabetes, can contribute to hearing loss. Medications that are toxic to the sensory cells in your ears (for example, some chemotherapy drugs) can also cause hearing loss.

What should I do if I have trouble hearing?

The most important thing you can do if you think you have a hearing problem is to seek advice from a health care provider. There are several types of professionals who can help you. You might want to start with your primary care physician, an otolaryngologist, or an audiologist. Each has a different type of training and expertise. 90% of age-related hearing losses can be treated with the use of hearing instruments.

Can my friends and family help me?

You and your family can work together to make living with hearing loss easier. Here are some things you can do:

- Tell your friends and family about your hearing loss. The more friends and family you tell, the more people there will be to help you cope with your hearing loss.
- Ask your friends and family to face you when they talk so that you can see their faces. If you watch their faces move and see their expressions, it may help you to understand them better.
- Ask people to speak louder, but not shout. Tell them they do not have to talk slowly, just more clearly.
- Turn off the TV and the radio when you aren't actively listening to it.
- Be aware of noise around you that can make hearing more difficult. When you go to a restaurant, for example, don't sit near the kitchen or near a band playing music. Background noise makes it hard to hear people talk.