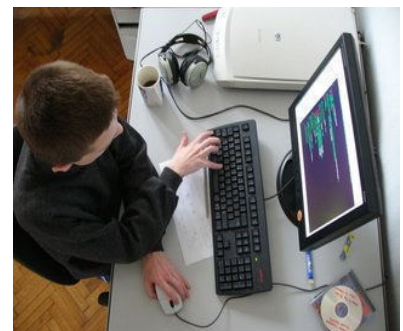


**President's Report-Technology Presentation-**Our guest speaker before the February luncheon was outstanding. The presenter, Linda Fawcus, has 25 years of experience working in the technology sector. She is the founder of a non-profit society that helps older adults deal with today's technology. Her thought-provoking presentation covered a wide range of topics. She was very engaging and the audience asked many questions. There's no doubt that we will invite her back again.

One of her discussion points was related to how robots (bots) are controlling a lot of the internet. She talked about how, for experimental purposes, a New York newspaper used a robot to write a column during the Rio Olympics. Key facts were entered into the computer and the robot 'wrote' the column. Apparently, people were unable to detect that the column was not written by a human. The latter, to me, was frightening considering what has transpired during the past few weeks.

Her presentation helped me understand the Facebook and Cambridge Analytical scandal and how politicians, companies, and countries use the internet to manipulate our thinking. Google, Facebook, etc. track the information we search for. What we don't know is who receives that tracked information. The internet and social media, with the use of robots, can filter our personal information and tailor what we see and read. Her presentation helped me understand the dark side of social media and the internet.

**Luncheons-**From time to time, I receive questions from our members about luncheons. During the past few weeks, I've taken the opportunity to ask neighbouring Retired Teachers' Associations about their luncheons. Every Association, except one, charges between \$25 to \$35 for buffet-style luncheons. Vancouver charges \$45. A few Associations have lower prices for very specific functions (pot luck, barbeques, build-your-own sandwich). As is the case in Burnaby, most Associations subsidize their luncheons. Subsidies can range from \$5 to \$15. Keep in mind that our luncheon costs include catering, gratuities, venue rental, liability insurance, and audio/visual equipment.



**EXECUTIVE MEETINGS-10:00 a.m.** (2018), Oct. 4, Nov. 15.

**LUNCHEON MEETINGS**-Scandinavian Centre, Apr. 26, Oct. 18, Nov. 29.

### **BURNABY RTA EXECUTIVE**

Rennie Maierle	President	294-3570	<a href="mailto:rmaierle@telus.net">rmaierle@telus.net</a>
	Vice President		
Marion Hartley	Well-Being Committee	434-0486	<a href="mailto:mdhartley@telus.net">mdhartley@telus.net</a>
Marilyn Bullock	Secretary	929-1919	<a href="mailto:stumare@telus.net">stumare@telus.net</a>
Dave Carter	Newsletter Editor	469-0263	<a href="mailto:goodguys1@shaw.ca">goodguys1@shaw.ca</a>
Janet White	Director	433-4373	<a href="mailto:jwhite@telus.net">jwhite@telus.net</a>
Ruth Nicholson	Director	526-9222	<a href="mailto:rdtoffee@gmail.com">rdtoffee@gmail.com</a>
Ilse Armanini	Phone Coordinator	762-2756	<a href="mailto:ilse_armanini@telus.net">ilse_armanini@telus.net</a>
Elizabeth Beer	Sunshine, Condolences,	524-1507	<a href="mailto:ebeer@hotmail.com">ebeer@hotmail.com</a>
Marguerite Henderson	Treasurer		
	Scholarship Treasurer	544-2611	<a href="mailto:tmhenders@shaw.ca">tmhenders@shaw.ca</a>
Gail MacDonald	Director	524-8716	<a href="mailto:hgmacc@telus.net">hgmacc@telus.net</a>
Barbara Hart	Scholarship Chair	437-4149	<a href="mailto:blhart9@gmail.com">blhart9@gmail.com</a>
Joan Lee	Christmas Outreach	926-4494	<a href="mailto:j1996lee@gmail.com">j1996lee@gmail.com</a>
Kate Evans	Christmas Outreach	431-8282	<a href="mailto:katevan@shaw.ca">katevan@shaw.ca</a>

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

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**TWO VETERANS “RETIRE” FROM THE EXECUTIVE** - Long-time executive members **ROSS HEPBURN** and **HAROLD WRIGHT** have decided to retire from the Burnaby Retired Teachers Executive. Ross was the Treasurer, attended many Annual General Meetings on our behalf and greeted folks at the door. Harold was instrumental in establishing the 50/50 draw that contributed to the Scholarship fund. We will miss their attendance at our Executive meetings but look forward to seeing them at our luncheons. We would love to see some new retirees take their place on the committee. **Op-ed**-Everyone who has ever worked for the Burnaby School Board leaves behind a legacy either large or small but these two giants have left an indelible footprint that will be visible for a very long time. Few have made a contribution to the Burnaby School system as memorable as Harold Wright and Ross Hepburn. Thank you!

### **ANOTHER READ**-Art Olyslager

**Derailing Democracy in Afghanistan, Elections in an Unstable Political Landscape.**

Noah Coburn and Anna Larson. Columbia University Press, N.Y. 2012

**Fractured Lands, How the Arab World Came Apart.**

Scott Anderson. Signal, 2017

**How to Think, A Survival Guide for a World at Odds.**

Alan Jacobs. Currency Publ. 2017

**419** Will Ferguson. Penguin Canada 2012

## **BRTA TREASURER'S REPORT-March 31-2018-Marguerite Henderson**

**Credits-Luncheon- 1375.00 Interest 1.91**

**Debits-Scandia Rental- 446.25 Catering- 1859.26 New Cheques 131.03**

**Newsletter-Printing- 106.77 Postage- 81.49 Tech Talk 100.00 (Honorarium) Food 178.91**

**Balance-January 30<sup>th</sup> 8381.01          Balance-March 31<sup>st</sup> 6854.21**

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**WITH SADNESS**-no longer with us-Cliff Humphry and Peter Barrett

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**BURNABY SCHOOL BOARD**-Hat's Off Day Parade - Saturday, June 2 - Hastings Street- Join the community fun with the Burnaby Board of Education and the Burnaby North Marching Band. 9 a.m to noon.

It's that time of year again! The Words Writing event will take place May 17, at 7:00pm, at Michael J Fox Theatre. The district is proud of this literacy tradition that began in 1985. To our knowledge, this project is unique to Burnaby and it celebrates the best in student writing and promotes literacy in our schools.

The Words Writing Project invites students district-wide, from kindergarten to grade 12, to submit original stories and prose. Judges select which entries will be published in a limited edition anthology that is distributed to Burnaby public libraries and schools. At the event, we publicly recognize our young authors. Each student receives a certificate of achievement, a copy of the anthology and a gift card from Chapters. Several students are chosen to read their literacy pieces at the podium, and after the ceremony there is a dessert reception.

For most of these young authors, the Words Writing Project is an introduction to the published world. Thoughtful, confident students have gone on to successful careers and become community leaders, with many crediting their success and recognition in the Words Writing Project as an inspirational milestone. We hope to see you there!

**APRIL LUNCHEON-Date/Time/Place:** Thursday, April 26, 2018 at the Scandinavian Centre at 12:00 noon, doors open at 11:30

**Menu:** Build your own **Grilled Chicken Cobb Salad**, dessert squares, punch, coffee, tea

**Activities:** Grade 7 Public Speaking Finalists: the three winners will present their speeches on the topic 'My Hero'. We'll also have a short AGM, a Scholarship update, and our "Bring a book and/or take a book" table.

**Cost:** \$25 - Please let your contactor know **by Friday, April 20** if you will be attending so we can order a lunch for you.

If you're not on a contact list, please email or call me. Ilse Armanini-(604) 762 2756 ilse\_armanini@telus.net

## NEW COMMITTEE OF THE BCRTA-Marion Hartley

You may have noticed that we no longer have a Social Concerns contact person for the BRTA. The BCRTA has made a change and the BRTA is following that lead. Two former BCRTA committees have been amalgamated into a new committee with a new name. Thus the former Social Concerns Committee and the Health and Housing Committee have become what is now called the Wellbeing Committee.

The following is the mission statement for the Wellbeing Committee, a brief synopsis of its responsibilities, and the objectives for this year. The Well Being Committee works to support the objectives and goals of the BCRTA in promoting and advocating the positive health and welfare of its members.

Wellbeing is defined as the interconnected dimensions of the physical, mental, material, emotional, social and spiritual health of the members of the BCRTA including awareness of developments and issues relating to the wellbeing of retired teachers and seniors in general. The focus for this year is Universal Pharmacare.

### Responsibilities to promote wellbeing:

- Provide research on issues affecting members
- Provide information and advice on such issues
- Inform the Board and members on the issues
- Advocate for members
- Assisting branches in meeting needs of members
- Focus on one issue each year

The focus for this year is Universal Pharmacare.



He bought a tank of gas yesterday, but the prices dropped today. Now he wants to take back the unused portion for a refund!



## Resource Guide for Older Adults and Caregivers

This resource guide accompanies the BC Guideline *Frailty in Older Adults – Early Identification and Management*.

This resource guide includes information on the following topics:

<input type="checkbox"/> <a href="#">Physical Activity</a>	<a href="#">2</a>	<input type="checkbox"/> <a href="#">Managing Chronic Conditions</a>	<a href="#">3</a>
<input type="checkbox"/> <a href="#">Fall Prevention</a>	<a href="#">2</a>	<input type="checkbox"/> <a href="#">Help at Home (Medical and Non-Medical Support)</a>	<a href="#">4</a>
<input type="checkbox"/> <a href="#">Nutrition</a>	<a href="#">3</a>	<input type="checkbox"/> <a href="#">Caregiver Support</a>	<a href="#">4</a>
<input type="checkbox"/> <a href="#">Social Connections</a>	<a href="#">3</a>		

### DO YOU HAVE A HEALTH QUESTION FOR A NURSE, PHARMACIST, DIETITIAN OR EXERCISE PROFESSIONAL ?

☐ [Contact HealthLink BC - \[HealthLinkBC.ca\]\(#\)](#)
☐ [\(toll-free\) 8-1-1](#) | [\(hearing impaired\) 7-1-1](#)

Provides **non-emergency** health information and advice.  
You can speak with a:

- ☐ **Nurse:** 24/7, 365 days of the year
- ☐ **Pharmacist:** every night from 5 p.m. to 9 a.m.
- ☐ **Dietician or Exercise Professional:** weekdays from 9 a.m. to 5 p.m.

**Interpretation services** are available in over 130 languages. Call ☐ **8-1-1** and state the language you need.

### DO YOU NEED HELP FINDING HEALTH AND COMMUNITY SERVICES OR PROGRAMS IN YOUR AREA ?

☐ [HealthLink BC - \[HealthLinkBC.ca\]\(#\)](#)
☐ [\(toll-free\) 8-1-1](#) | [\(hearing impaired\) 7-1-1](#)

A **health services navigator** can help you find health and community services 24/7, 365 days of the year.

☐ [BC211 - \[www.bc211.ca\]\(#\)](#)
☐ [\(toll-free\) 2-1-1](#) | [\(hearing impaired\) 604-875-0885](#)

- ☐ **Online directory of BC community, government and social services.**
- ☐ **Information and referral services** available through online chat across BC, and by phone and text in Island Health, Fraser Health and Vancouver Coastal Health regions. Phone available 24/7, 365 days of the year. Text, online chat, and hearing impaired line are available 8 a.m. to 11 p.m.

### ARE YOU HAVING TROUBLE ACCESSING HEALTH CARE OR ARE CONCERNED ABOUT THE CARE YOU RECEIVED ?

☐ **Seniors Health Care Support Line**
☐ [\(toll-free\): 1-877-952-3181](#)

[www.seniorsadvocatebc.ca](#) Phone line available weekdays 8:30 a.m. to 4:30 p.m.

### ARE YOU CONCERNED THAT YOU OR ANOTHER OLDER ADULT ARE BEING ABUSED OR MISTREATED ?

☐ **Seniors Abuse and Information Line (SAIL)**
☐ [\(toll-free\) 1-866-437-1940](#)

[seniorsfirstbc.ca](#) ☐ [\(hearing impaired\) 1-855-306-1443](#)

Those concerned about abuse or mistreatment can speak with trained staff and volunteers, including staff who can answer legal questions. Available Monday to Friday from 8:30 a.m. to 4:30 p.m.  
Interpretation services available from 9 a.m. to 4 p.m.



**R.R. SMITH**-Grants for 2018-The R.R. Smith membership fee of \$2.00 provided support to the following organizations in B.C. and around the world. Grants totalled \$30 000.00 this year. B.C. Retired Teachers are known for their generosity.

1. **For the Love of Africa**-for bursary funds for poor students to attend Dodoma Technical Institute in Tanzania.
2. **Vancouver Opera Guild**-to provide bursaries for Summer Opera camp for three disadvantaged students.
3. **One Girl Can**-to fund four high school scholarships for girls in sub-Saharan Africa.
4. **North Shore Crisis Society**-funds for the Adolescent and Children's Empowerment Program.
5. **Canadian Women for Women in Afghanistan**-for upgrading a library in a Teachers' Training College.
6. **Decoda Literacy Foundation**-resources for Science, Technology, Engineering, Arts and Math.
7. **Families for Children**-school materials for students in the Dhaka School in Bangladesh.
8. **Canadian Harambee Education Society**-for school supplies and mosquito nets for girls going to Secondary School.
9. **Multi-National Missionary Foundation**-library books for Little Belize Christian Fellowship School Library.
10. **Love Guatemala Canada**-new books for nine libraries already established.
11. **Betty Huff Theatre Company**-to purchase microphones and curtains.
12. **Bright Beginnings Foundation**-part of the tuition fee to fund one needy student in Surrey for one year.
13. **Umoja Operation Compassion Society**-books and bursaries to support students going into high school.
14. **African Canadian Continuing Education Society**-post-secondary scholarships for two students in Kenya.
15. **Kenya Education Endowment Foundation**-tuition fees and library books.
16. **BC Learning Centres for Children with Dyslexia**-the cost of a projector and screen.
17. **Good Cents for Change**-sewing equipment and exam fees for nine girls in Zambia.
18. **Children's Care International**-school supplies for ten girls liberated from slavery in India.

## **Burnaby Retired Teachers' Association Scholarship and Bursary Foundation**

Again this year the Foundation will be able to provide two awards at the Commencement Ceremonies of each Burnaby Secondary School. From the BRTA Scholarship Fund an award of \$1000 and from the BRTA Wynn Richmond Bursary Fund an award of \$3000 will be offered. At total of \$ 32 000 for deserving students. The awards will be presented by members of the Executive and Scholarship Committees.

A previous recipient from Burnaby Mountain Secondary wrote:

"Thank you very much for selecting me as the recipient of the Burnaby Retired Teachers' Wynn Richmond Bursary. I cannot express how appreciative I am, and what huge difference this Bursary will make in achieving my goals. Over the past five years of High School I have volunteered at multiple family events, children summer camps, and have begun working as a swim instructor, as well as babysitting since grade 6. For as long as I can remember I have loved interacting with children and sharing knowledge. When my name was called at my graduation ceremony that I had won this award, I was ecstatic beyond comprehension!"

## How to avoid a scam on the internet

### By the BC Securities Commission (BCSC)

The internet can be a quick, easy, and cheap way for scammers to find potential victims for their investment scams. Often these scams play on peoples' interest in short-term investment options, new business or investment opportunities, or ways to make money from home.

**How online investment scams and promotions work** -The two examples below are focused on investing, but there are other scams on the internet and social media that go after bank accounts or personal information.

**Online searches and websites** -Be careful when searching for ways to make money online. Online investment scam websites can look as professional as legitimate financial services websites. What starts with a simple "easy ways to make money" search can lead to discovering a fraudulent investment. Be wary of websites that openly ask you to invest online, whether it's for their business or for another company. Consult a registered investment advisor, lawyer, or accountant if you find an opportunity that appeals to you because sometimes scams look like the real thing. Seeking a second opinion from a professional independent of the investment is always a good practice.

**Email scams** -Email scams often start as an unsolicited message in your inbox. The sender may even try to look like a company or person you know. As with any investment communication, be wary of content that pressures you to act fast, put your money offshore, or invest funds with a "sure-thing" or "exclusive opportunity." You may also see testimonials from people talking about how much money they earn from home, how easy it is to make a lot of money quickly, or how much their life has changed since starting the investment. Be careful; if it is a scam, these testimonials could be fake or a warning sign of a Ponzi scheme. Investment email scams may also be phishing scams. Phishing happens when someone tries to steal information using fraudulent emails. Clicking on links in a phishing email can result in malware being put on your computer, which can result in identity theft or your computer being taken over by hackers.

**How to avoid an online scam** -Just as you would in an offline setting, be cautious of people who approach you with a "hot tip" or news report about an investment or company.

- Never give out your personal information online, including your home address, phone number, full name, or banking information.
- Don't expect to get rich quick or make a lot of money fast.
- Don't fall for claims that say this information is only for certain people.
- Research opportunities and the person offering you the investment before making a decision.
- Install anti-spam software.
- Don't reply to emails from people you don't know and never click links or download attachments in unsolicited emails.

**BURNABY VILLAGE MUSEUM**-Burnaby Village Museum Spring Updates—Our re-launched Drug Store space was a huge hit during Spring Break. Visitors enjoyed the new access to the shop and all the new hands-on activities. Many folks correctly figured out that, in the 1920s, often the cure was worse than the disease. The garden in front of the Love Farmhouse is undergoing a large expansion to accommodate a new demonstration market garden. For over a century, Chinese Canadian market gardeners have been growing produce on small plots of land in South Burnaby. Many of these early farmers came from the Guangdong province in China. This spring, students from a UBC Asian Canadian and Asian Migration Studies course are visiting Guangdong to study traditional agricultural practices and learn more about how they were adapted to farms here. In July and August, visitors to the Museum can wander this new demonstration market garden, and talk to the students about their research.

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**ENJOY TOUR AND TRAVEL**—After a stimulating trip to Salt Spring Island last October, the BRTA Executive thought we would like to host another trip this spring or fall. With that in mind, we have selected four possibilities from the **Enjoy Tour and Travel Catalog**. All tours include bus transportation round-trip from the Bill Copeland Centre.

**1. Tuesday, June 5<sup>th</sup> Museum of Anthropology - \$129**

This would include admission to the Museum of Anthropology with guided tour, Admission to Bill Reid Gallery, and lunch provided by the Secret Garden Tea Company. The day would be from 8:00 am to 5:00 pm

**2. Monday, September 10<sup>th</sup> Indian Arm Luncheon Cruise - \$139**

This would include a 4-hour cruise, escorted boarding, buffet lunch on the MV Harbour Princess. The day would be from 9:30 am to 4:15 pm.

**3. Saturday, September 15<sup>th</sup> Bard on the Beach – As You Like It - \$129**

This would include Bard on the Beach Shakespeare Festival, picnic table lunch by Emelie's and entrance to the play. The day would be from 12:00 pm to 6:15 pm

**4. Tuesday, October 16<sup>th</sup> Royal BC Museum – Egypt: The Time of Pharaohs - \$149**

This would include ferry fees, admission to the Royal BC Museum, legislative dining room lunch, and free time in Victoria's Inner Harbour. The day would be from 7:00 am to 7:45 pm

**If you are interested in any one of these trips, please contact Marguerite Henderson at [tmhenderson@shaw.ca](mailto:tmhenderson@shaw.ca) by Saturday, May 5<sup>th</sup>. We are hoping that one of these tours will be our next big adventure!**

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**NEW WEST LAWN BOWLING CLUB**—We are inviting interested teachers of the Burnaby RTA and the Coquitlam RTA to join us for a lawn bowling event on June 7, 2018. The New West Lawn Bowling Club gets underway in May, so we will send out an announcement/invitation in early May with more details. If you are interested in joining, please contact me. Sharon Yeadon ([sharon.yeadon@gmail.com](mailto:sharon.yeadon@gmail.com))