



NEWSLETTER OF THE DELTA BRANCH OF THE
B C RETIRED TEACHERS' ASSOCIATION



The Truant

Fall, 2019

President's Message – Fall 2019

Let us give something to each person we meet: joy, courage, hope, assurance, or philosophy, wisdom, a vision for the future. Let us always give something.

-- Daisaku Ikeda

I hope everyone has had a memorable summer filled with activities abounding with good company, much laughter, and great food.

In years past, at this time, we were all gearing up for the start of a new school year and the quote above was often, if not front of mind, what drove us to greet each new batch of students awaiting us. In retirement, let's not get complacent but continue to inspire all around us. Stay involved, stay connected and stay healthy.

In an effort to help you stay connected, the DRTA has organized its annual "No Bells Brunch" scheduled for 10:00 am September 3rd. Our host again this year is the Delta Golf Course in east Delta. The buffet will include Chef Kiran's infamous scones as well as eggs, sausages, bacon, hash browns and a healthy fresh fruit platter with your choice of freshly brewed coffee, selection of teas and juices. We have been able to keep the cost at \$20.00 per person. There will be surprises and door prizes for the lucky who come. Put Tuesday, September 3rd on your calendar. Call (604 943-1817) or e-mail pat.thiesen@gmail.com to confirm your attendance. Looking forward to seeing you there.



The Delta RTA invites you to come to the

DELTA GOLF COURSE for a

NO Bells Brunch

September 3, 2019 @ 10:00 am

**11550 Ladner Trunk Road,
also known as Hwy 10**

Meeting and catching up at the luncheon on May 15, 2019



Val Windsor presenting Pat with a plant in recognition of all her hard work for DRTA



Recognize these happy retired teachers?



See P.11 for the President's Column

The Executive of the DRTA met on August 7, at Delta Manor Education Centre to review the budget and plan for the coming year. Under discussion were the scholarship updates to decide to which deserving students we are going to award a scholarship this year, a review of updates to DRTA Policies and Practices (last reviewed August, 2017). In attendance were Pat Thiesen, Annie Coblin, Della Henderson, Peter Scurr, and Margaret Jensen. Regrets from Lois Wilkinson, Fiona Gray, and Lori Liptrot .

In Summary we discussed:

- Funds available: our balance is down a bit from last year, primarily due to higher printing costs
- Scholarships: some confusion at the school level about processes. This was clarified with Assistant Superintendent Nancy Gordon, so that secondary school counsellors are clear on procedures.
 - A lovely thank-you letter was received from Ellie Shisko, one of last year's recipients. This is printed later in the newsletter.
- Newsletter: members continue to be encouraged to receive The Truant by e-mail rather than hard copy. It was recognized that not all members use e-mail, but printing costs continue to rise.
- Our DRTA President, Pat Thiesen, is campaigning to be a Director with the BCRTA this Fall. Her background and knowledge would be invaluable as part of the decision-making team.

On the weekend of October 3, 4, 5 Pat, Sheila Gair, Peter Scurr and Val Windsor will be attending the BCRTA AGM in Richmond.

If you have not already done so, **please** fill out the BCTF's 2019 Member Survey. It is available at www.bcrta.ca/survey or in the latest Post Script.

Be careful how you talk to yourself because you are listening. Lisa M. Hayes

SENIORS' HEALTH

Good and bad news about [vitamins and cognitive decline](#) according to Dr. Art Hister.

The good news is that in one study, fish oil supplements seemed to improve cognitive function in a group of seniors, (although as always, I'd argue that if supplements work, then the real thing – fishies and shellfishies – would likely work even better).

The bad news in another study that claimed to have reviewed data on over 20,000 people taking B vitamin supplements (including the very popular folic acid) had no benefit on easing cognitive decline or preventing dementia in seniors.

Posted by Dr. Art Hister

Trivia Quiz to keep the brain cells firing!

1. Who is Canada's Head of State?
2. How often does an equinox occur each year – once, twice or 4 times?
3. Where can you find your body's smallest bone?
4. When you put your right foot out and shake it all about, what are you doing?
5. Argentina invades and occupies what British territory in 1982?
6. Who composed and sang "Four Strong Winds"?
7. Who delivered the famous "I have a dream" speech in 1963?
8. What is the chemical "short-hand" for table salt? (iodine not included)
9. What do the letters CBC stand for?
10. At what temperature does water boil? (either F or C scale okay)

DELTA RECREATION CENTRES

For our active members, we are fortunate to have a recreation centre in each of our three Delta communities. From meeting for lunch, to line-dancing, the centres offer a broad range of activities for over 55's.

Kennedy Seniors Recreation Centre in North Delta

Kennedy Seniors Recreation Centre is operated in partnership with the City of Delta and the volunteers of the Kennedy Seniors Society. All those 50+ are invited to visit Kennedy Seniors Recreation Centre. Take a tour and meet our staff and volunteers to discover the wide range of recreation and leisure opportunities available.

Location

11760 88 Avenue, Delta V4C 3C5

Phone: 604-594-2717

Kennedy Centre features

- Large banquet hall with spring dance floor
- Meeting rooms
- Snooker Room
- Lounge with fireplace
- Lawn bowling green
- Woodworking room
- Craft room with 2 kilns
- Café serving hot meals Monday to Friday
- Facility is air-conditioned
- Wheelchair accessible washrooms
- Elevator and automatic entrance doors
- 148 free parking stalls

We'll feature the 2 South Delta Seniors' Centres in subsequent editions.

How do I get there?

There's a Delta Seniors' Bus Program!

The Delta Seniors' Bus program is a free transportation service for seniors 65+ living in Delta. The bus makes curbside stops to pick up and drop off seniors who have booked the service. It offers easy access to local medical services, recreation centres, shopping locations and other community amenities within Delta.

Who Can Use the Delta Seniors' Bus?

The Delta Seniors Bus is an excellent service for seniors who live in isolation, or who rely on others for transportation. Seniors must be able to embark and disembark the bus independently. The bus has several seats and room for walkers, wheelchairs and scooters, and is equipped with an automatic lift. Registration is required prior to using the service.

What are the Days/Hours of Operation?

North Delta: Monday–Friday | 9:30 am–3:30 pm

South Delta: Monday–Friday | 9:30 am–3:30 pm

Currently, the service does not operate on statutory holidays.

How Do I Book a Ride?

For service in North Delta, please call 604-353-6305 on Thursdays between 9am – 4pm.

For service in South Delta, please call 604-358-8765 on Tuesdays between 9am – 4pm.

Also FYI:

Deltassist (604-946-9526) publishes a seniors' services handbook with contact info for a range of services including Income Tax and Pension information, recreation and libraries, legal services, lost identification phone numbers, housing services, health and wellness and a range of other topics. A good place to start if you need help.

My relaxing moment this week: time-lapse video of flowers blooming.

A travel story from one of our members:

Dassies and Runner Ducks : Cape Town, South Africa

By Margaret Jensen

About a year ago we travelled to South Africa, after enjoying 4 days in London, England.

The flight from London to Cape Town takes almost 12 hours. Our guesthouse was fairly close to the Cape Town Stadium, built for the 2010 FIFA World Cup – remember the vuvuzelas? It was a great location for exploring Cape Town and the area nearby on foot. Because we like to walk, we saw and sensed a lot that we would have missed if we'd taken taxis or Ubers in order to explore further afield.

Someone described Cape Town to us in terms of “islands”. Green Point, with its guesthouses, hostels, cafes and shops, is one “island”. The luxurious Waterfront area with its high-end hotels, malls and entertainments is another. The northwest edge of downtown, with its business atmosphere, convention centres and technology offices is the third. When you are within one of these “islands” you are relatively safe – while there could be pickpockets (for which any traveller has to be vigilant), there are unlikely to be muggings and other more serious dangers. But to get from one “island” to another can be quite unsafe. We learned to not be out and about at night – we pushed it one afternoon and almost ran from Waterfront to Green Point as it was getting dark! But, having said this, Cape Town is really beautiful. We met other travellers who did not walk as much as we did and who were quite unaware of the risks, but we became hyper-vigilant.

We took the “Hop on Hop off” buses and tours, one of which went past District Six, a formerly vibrant area of 60,000 people, razed in the 1970s in order to clear the black and coloured residents out for white settlements (most of which were never built), and on to the Botanical Gardens Kirstenbosch. Not much was blooming as it was late Fall there but it was still lovely. Another tour took us to Cape Point and the Cape of Good Hope, with a stop to see the nearby Boulders Bay penguin colony. And of course a wine tour! If you go, be sure that Vergenoegd Wine Estate is included. Pest control there is fascinating – they have a fleet of 800 or so **Indian Runner Ducks** who are released into the fields and gobble up slugs and snails. These ducks don't fly but lay their eggs as they walk. They are released in a “parade” and it's an incredible sight! And the wine is very good.

Table Mountain, of course, has fantastic views if it's not cloudy (i.e., if there's no "tablecloth" covering the flat top of the mountain). The gondola turns as it ascends and descends so that, no matter where you are standing, you have a view. Table Mountain is home to the hyrax, also called "**dassies**". These little mammals are about the size of a marmot but are closely related to elephants and manatees – they even have tiny tusk-like protuberances in their mouths.

Perhaps the most memorable of the tours, though, is the tour of Robben Island, where **Nelson Mandela** was imprisoned. It was definitely worthwhile to have read his autobiography before visiting. The tour of the prison itself was guided by an ex-prisoner. We saw of Mandela's cell, the room where prisoners ate and the yard where they exercised, the quarry where prisoners broke up stones and which, because of Mandela's being able to provide books to prisoners and encourage dialogue, became known as "The University". The sense of isolation from the mainland was haunting. Robben Island is now a World Heritage Site and definitely not to be missed.

It was an expensive trip, no question. The airfare to begin with is a lot, as is the cost of breaking the trip in London, accommodations (like the B&B we stayed in) which are at least CAD\$120 a night. And accommodations were likely considerably more expensive at the Waterfront than in Green Point where we were. But I'm very glad to have visited. South Africa is still sorting itself out; the legacy of apartheid is hard to miss. Incredible poverty and incredible wealth exist -- slums ("Informal Settlements") abound. But despite that, Cape Town is a beautiful spot.

From Cape Town we flew to Johannesburg and on to Victoria Falls. That, however, is another travel story.

Newsletter (new Editor, Fiona Gray) – deadline for submission of articles for inclusion in the next issue of Truant November 14.

Please send your 100 word article about any new experience that impressed you, be it a movie, a painting, travel experience, tip, new skill, or anything else of universal interest to our readers, to deltaretiredteachers@gmail.com by November 14, 2019. Thank you!!

LETTER TO THE PRESIDENT FROM SCHOLARSHIP RECIPIENT ELLIE SHISKO

I hope this letter finds you well. Am writing to give thanks as being chosen as a recipient for the prestigious Delta Retired Teachers Education Award. I wanted to thank you for your innate generosity towards the students within the Delta community and the strides made for the betterment of their post-secondary pursuits.

As of now, I'll be expanding my venture as an incoming freshman at the University of Toronto in Ontario this September 2019. Here, I'll be a student within the faculty of Rotman Commerce, to receive a Bachelors in Commerce. I hope to study under the specialization of management, with a further concentration in both Marketing and International Business. In my future endeavours, I want to utilize the skills and education I've gathered at school to make a broad impact on the society around me. Thanks to you, I will be one step closer to this goal.

With the acceptance of this award, my financial burden has been significantly lightened; in which this allows me to solely focus on the quintessential aspect of school – learning – without any outside hindrances. I promise you that I will work diligently and assiduously towards my studies. I thank you once again for your generosity towards students within the community.

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We are able to contribute to a Scholarship Fund through our luncheons and brunches. We encourage you all to come and catch up with other retired teachers, meet some new friends and help our local students with your purchase of the meal.

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A Moment of Thoughtfulness:

Your mind is a garden, your thoughts are the seeds,

You can grow flowers or you can grow weeds.

Spirit Science

If you have some spare time and would like to volunteer, here are a few suggestions:

Volunteer Opportunities with the City of Delta

- Adopt-a-Rain-Garden
- Adopt-a-Street
- Aquatic Centre Programmes
- Deltassist opportunities year-round
- Delta Community Animal Shelter
- Emergency Social Services
- Museum and Archives
- Parks and Recreation Programmes
- Seniors Centres like Kennedy House
- Special Events like the Tour-de-Delta

Several of our members volunteer with the Delta Hospital Thrift Store, the Stroke Recovery Group, the Animal Shelter among others. We'd love to hear about your volunteer experience. Please send your submission of 100 words or less to deltaretiredteachers@gmail.com to be featured in The Truant.

Answers to Trivia questions:

1. Queen Elizabeth II
2. Twice
3. Your ear
4. The Hokey-Pokey
5. The Falkland Islands
6. Ian and Sylvia Tyson
7. Martin Luther King, Jr.
8. NaCl
9. Canadian Broadcasting Corporation
10. 212⁰ Fahrenheit or 100⁰ Celsius

PRESIDENT'S COLUMN

Tell me and I'll forget, show me and I may remember, involve me and I learn. Benjamin Franklin

In this edition of my column, I'm including some information about the up-coming BCRTA AGM to be held in Richmond as well as information for this year's Federal Election in October.

As Delta RTA's delegates, Sheila Gair, Val Windsor and I will be attending the BCRTA Annual General Meeting and workshops on October 3, 4, and 5. VP Peter Scurr and Editor Fiona Gray will join us for a special computer session on Thursday, the 3rd, as we upgrade our abilities using the internet to disseminate information to you more quickly and with less effort than we do now.

As some of you know, after applying at last year's September AGM, I was accepted to be a member on 2 of the BCRTA Committees each for a 2-year appointment. I have had a great experience learning so much. Early this summer, I received an unexpected phone call from BCRTA President, Gerry Tiede. He asked if I would consider running for the position of Director (from the Lower Mainland) of the Association. I was incredibly honoured but, at the same time, also hesitant about the work such a job might generate. After consulting with both of my boys and a few trusted friends, I decided to put my name forward. The DRTA Executive Committee were, also, very supportive of my decision to run. Results will be in the next Truant.

In the last issue of BCRTA Connections, the history of the BCRTA, with financing and property acquisition information, makes for a good read. For those of us who are new(er) to the Association, finding out details of its inception and all that has transpired since, gives us a good perspective of what tremendous work has been done for our benefit. Due to changes made throughout the past year financially, the predicted budgetary deficit did not occur and more changes will happen as this new year progresses. So, the bottom line for all of us is that your membership fees won't change, at least for another year. Considering all the benefits and "Advantages" offered to you as a BCRTA/DRTA member, your annual fee of \$50.00 is money well-spent.

As you all are aware, the Canadian Federal Election will take place on October 21, 2019. Your polling place will be open from 7:00 am to 7:00 pm. Please remember to take your voter information card when you go to vote. Several issues pertinent for seniors today and in the future will, undoubtedly, be on each political party's platform. Such topics as Improving Pension and Income Security, National Pharmacare and its ramifications, as well as a National Seniors Strategy including establishing a Canadian Federal Seniors' Ministry. Encourage your friends, relatives, and neighbours to get educated about the issues and then go out and VOTE!!!

"Every election is determined by the people who show up." — Larry J. Sabato

More luncheon friends!



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