



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

# THE TRUANT

## **President's Message**

*You have within you, right now, everything  
you need to deal with whatever the world can  
throw at you. – Brian Tracy, author*

In all our many years here on Earth, we have never experienced what the world is going through right now. I am sure all of us know the potential dangers to our health and lives from the novel coronavirus, COVID-19. I am sure too that you are practising those safety actions that will eventually stem the devastation currently on us. My best wishes for your continued good health and happiness.

The DRTA, following the instructions of the Provincial Association, and common sense, has cancelled any meetings, gatherings or group celebrations until further notice. Our planned Spring Luncheon and Annual General Meeting has been cancelled outright. Your Executive has agreed to carry on until we can have elections to renew and/or replace those "retiring". Hopefully, we will have a chance to get together on September 8<sup>th</sup> for our Brunch and AGM at the Delta Golf Course. The

decision to go ahead with the Brunch will be made later in August and you will be informed as best we can (by e-mail or Newsletter) of the plans. When asked if we should award our 2 DRTA Scholarships for this year, it was given approval. Selection of the winners will take place in late May utilizing the safest method for collaboration.

Fiona Gray, our Truant Editor, has put together this newsletter with lots of new ideas. In addition to her new version of Trivia, I asked her if I could add some quiet word activities for you to keep your gray cells functioning at a higher level. Call it Pat's Enrichment Activities for DRTA members.

I want all of you to continue taking care of yourselves, family and community by doing the best you can to follow the guidelines of physical and social distancing. Please keep in touch with those you don't get to see often as well as your dearest friends and relatives. Stay safe and healthy, please.

Pat

# Learning with music can change brain structure

Using musical cues to learn a physical task significantly develops an important part of the brain, according to a new study.

People who practised a basic movement task to music increased structural connectivity between the regions of the brain that process sound and control movement.

The findings focus on white matter pathways- the wiring that enables brain cells to communicate with each other. The study could have positive implications for future research into rehabilitation for patients who have lost some degree of movement.

## The Experiment

Thirty right-handed volunteers were divided into 2 groups and charged with learning a new task involving sequences of finger movements with the non-dominant left hand. One group learned the task with musical cues, the other group without music.

After four weeks of practice, both groups of volunteers performed equally well at learning the sequences, researchers at the University of Edinburgh found. *Using MRI scans, it was found that the musical group showed a significant increase in structural connectivity in the white matter tract that links auditory and motor regions on the right side of the brain. The non-music group showed no change.*

Researchers hope that future study with larger numbers of participants will examine whether music can help with special kinds of motor rehabilitation programmes, such as after a stroke.

The interdisciplinary project brought together researchers from the University's Institute for Music in Human and Social Development, Clinical Research Imaging Centre, and Centre for Clinical Brain Sciences, and from Clinical Neuropsychology, Leiden University, The Netherlands. The results were published in the journal *Brain & Cognition*.

Dr. Katie Overy, who led the research team said: *"The study suggests that music makes a key difference. We have long known that music encourages people to move. This study provides the first experimental evidence that adding musical cues to learning new motor tasks can lead to changes in white matter structure in the brain."*

(Source: Emma Moore, Rebecca S. Schaefer, Mark E. Bastin, Neil Roberts, Katie Overy *Brain & Cognition*, doi: 10.1016/j.bandc.2017.05.01, published online 12 June 2017.)

For those of us former teachers who utilized rhythm, maybe with rhyme and melody, helping students learn, with raps or chants, their multiplication tables or new vocabulary, this is not news. But now there is scientific proof! 🎵



## **What song would you like to hear again?**

We all have a soundtrack of songs that defined what we were going through at various times in our life. Just like a scent, we can hear a song and be transported back to a time and a memory. Recently, I had walked into a store and heard Lobo's "I'd Love You to Want Me". Turns out, it was playing on a satellite radio station called "Love". Aren't we fortunate to have the internet to be able to recreate a moment in time?

What song are you now going to find and listen to, with your eyes closed and a broad smile on your face?

**Write to Fiona at [dancingfeathers@icloud.com](mailto:dancingfeathers@icloud.com) and let her know which songs you especially like to hear again and often. Let's create a virtual time capsule of our favourite artists and their music.**



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***Shout out to all our essential services and to all those who would like to be at work but are maintaining social distancing. Be Safe.***



# They're after your money again!

This time their hook is COVID-19 related. Any way they can attract you with promises that you could help others, receive money from some government agency, or offering personal COVID-19 testing services is out there right now. Buyer beware has never been truer. Activate those "Spidey Senses". **Be critical, verify, double-check** with family and friends before agreeing to do something that could have you give up your most treasured possession – your identity.

The rise of scams that play on fears related to COVID-19, include, but not limited to:

- Using seemingly legitimate COVID-19 related websites or links to introduce malware to your device
- Recommending you download COVID-19 related apps or software through a website or email
- Recommending medical advice and offering fake products claiming to treat and prevent COVID-19

Criminals may also take advantage of the current situation to use old scam tactics, including:

- Telephoning you and claiming to be from:
  - a. Your financial institution requesting your banking information
  - b. A health or government agency, like Health Canada, World Health Organization or a local hospital, requesting your personal information (unless you've been tested)
- Impersonating essential services such as:
  - a. A utility company (e.g. Fortis or BC Hydro) or service provider (e.g. Telus or Rogers) to ask for funds due to a late or unexpected charge
  - b. The CRA or RCMP demanding immediate payment through cryptocurrencies like Bitcoin, getting gift cards, or sending money through a wire transfer
- Taking advantage of the present situation by impersonating:
  - a. Small business suppliers requesting a payment, or providing updated payment instructions
  - b. A charity or organization asking for a donation

The communication can be through phone call, text or email. Make sure you understand the nature of the communication before responding and providing any personal or banking information. If you're not sure, research the company, the phone number and the person or organization contacting you. Ask for delays for processing and/or a number to call them back giving you time for verification. Make sure they are legit. Be skeptical. Use your intuition.

Always remember, your financial institution will have your personal information on file and won't ask you to share such information. **Never share your personal information**, including your Social Insurance Number (SIN) or banking information, like your PINs or passwords with anyone.

To find out more information on protecting your personal security, research at **<https://www.antifraudcentre-centreantifraude.ca/index-eng.htm>**

# President's Column, April, 2020

In previous editions of the Truant, this space is where information from the provincial BCRTA gets disseminated to you. As all future Committee and Directors meetings will be now conducted on-line and any previous meetings were cancelled, there isn't much to report to you.

I'm taking this opportunity to give you 2 new brain stretching activities to mull over as we continue with this pandemic experience. Doing activities like these is one of the ways I pass some of the time I have while here at home. Let me know what you're doing to keep your mind occupied these days.

[deltaretiredteachers@gmail.com](mailto:deltaretiredteachers@gmail.com)

## Brain Teaser 1

### Connect Words

Connect the first word to the other by substituting in letters, one at a time, still making a real word. For Example: Dog to Cat (in 3 steps) *DOG – DOT – COT – CAT* or Tent to Camp (in 7 Steps) *TENT – TINT – TILT – TILE – TALE – TAME – TAMP – CAMP*.

Here's a list of 12 pairs with unknown steps to complete. The goal is to try to get as few steps as possible while maintaining simple English words in the chain. There are many ways to solve each pair.

<b>POT – RUG</b>	<b>EYE-LID</b>	<b>FOOL→SAGE</b>	<b>ARMY - NAME</b>
<b>RUG – HAT</b>	<b>CAT – DOG</b>	<b>BATS – MOON</b>	<b>MILK – PAIL</b>
<b>FIRE - HEAT</b>	<b>CLOCK - CLOWN</b>	<b>GREEN – GRASS</b>	
<b>WHEAT – BREAD</b>	<b>*** <u>DIFFICULT ONE</u></b>	<b>KNOWS – THINK</b>	

After solving these, create your own and challenge your friends to solve them.

Give yourself extra credit for solving a chain in fewer steps than they can.

## The Brain That Changes Itself – Norman Doidge, M.D.

### ***A book report by Dee Turner***

“Now man is beginning to wear his brain outside and his nerves outside his skin.” Marshall McLuhan expressed this electronic extension of the nervous system and the self in the comic terms some years ago. This is what makes this book so fascinating and engrossing as it explores the new science of **neuroplasticity**.

Dr. Doidge, an eminent psychiatrist and researcher, describes with clarity and compassion his personal experiences and stories of his interviews with scientists and their research, and their participants who were willing to share their own stories of courage and determination.

These stories provide insight from which we can all benefit. They illustrate that **the brain is a dynamic organ which is malleable and can be trained to rewire itself** under certain conditions. It has astonishing implications in many aspects of our lives from psychiatry, education, rehabilitation of injuries, and neurological diseases.

For instance, in the chapter on education and learning, the old teaching method of **rote memorization** of poems, facts, math tables, etc. **was found to actually influence and improve reading ability and fluency**.

There are also examples of rejuvenation of the brain’s functions – use it or lose it – and exercises and skills that have proven successful.

Dr. Doidge also explains in easy-to-understand terms how electronic media influences and is so effective at altering the nervous system. We have all seen how the younger generations seem to intuitively know how to use the media so effectively and become so reliant on it for most of their communication. This is an intriguing and enlightening book on so many levels.

Read this book. Your brain will thank you.

## So .... how are you entertaining yourself during self-isolation?

Write to Fiona at [dancingfeathers@icloud.com](mailto:dancingfeathers@icloud.com) with your anecdotes. I'd like to have a regular **"Readers' Page"** in each issue.

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Many of you have found that this time has allowed you added time to read books that you have been putting off.

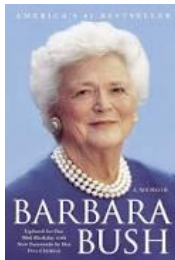
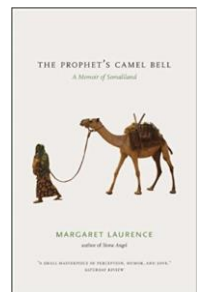


Here is a list of interesting books you might enjoy.



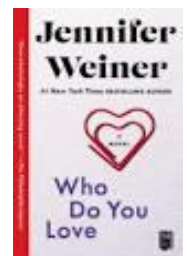
1. **The Terminal List** by Jack Carr. This fast-paced action thriller has Lt. Commander James Reece and his team in Afghanistan on a top-secret mission that quickly turns into an ambush, leaving all his men save two, dead. The Navy insists Reece is culpable. Then it gets progressively worse.

2. **The Prophet's Camel Bell** by Margaret Laurence. In 1950, as a young bride, Margaret Laurence set out with her engineer husband to what was then Somaliland, a British Protectorate in North Africa few Canadians had ever heard of. Her account of this voyage into the desert is full of wit and astonishment.



3. **Barbara Bush: A Memoir** This memoir is a perfect blend of autobiographical information in the Bush political life, and the characteristic humor that defines the former First Lady.

4. **Who Do You Love** by Jennifer Weiner is a sweeping, warm-hearted and extraordinary novel about the passage of time, the way people change and change each other, and how the measure of a life is who you love.





## Remembering our last gathering

Photos by Peter Scurr







## Fiona's Trivia Quiz

1. What part of a garment do epaulettes decorate?  
a) hem                      b) sleeves                      c) shoulders                      d) waistband
2. Which term is used in both fashion and hairstyling to describe a gradual change from light to dark?  
a) ombre                      b) rainbow                      c) dyeing                      d) shading
3. What does a bear market mean for stock market values?  
a) a rise                      b) a fall                      c) evens out                      d) a holiday
4. What are darts used for on garments?  
a) to hold up a hem      b) instead of sewing      c) tailor a garment      d) adding colour
5. What is a peplum on a garment?  
a) a frill around the waist      b) a frill around the hem      c) a shoulder pad  
d) something sewn on to decorate
6. Of which country is Leo Varadkar the Prime Minister?  
a) England                      b) Ireland                      c) Belgium                      d) Croatia
7. What was the most recent pandemic to affect Canada?  
a) SARS                      b) H<sub>1</sub>N<sub>1</sub>                      c) Spanish Flu                      d) Measles
8. Who wrote the song "Lose you to love me"?  
a) Justin Bieber      b) Bruno Mars      c) Gordon Lightfoot      d) Selena Gomez
9. Approximately, how many litres are in a gallon?  
a) 8                      b) 14                      c) 4                      d) 2

### Executive Board Members

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Member-at-Large	Lori Liptrot	<a href="mailto:lliptrot@me.com">lliptrot@me.com</a>

Della and Lori will not be continuing in their positions when we next meet for an AGM. If interested in applying to work for other members of the DRTA, please contact Pat Thiesen [deltaretiredteachers@gmail.com](mailto:deltaretiredteachers@gmail.com).

## **Visiting your Physician or Walk-in Clinic is easier now than ever!**

B.C. Physicians are using telephone or video appointments during the COVID – 19 pandemic in addition to providing in-person care when necessary. Following is a list of some pointers when accessing local medical support.

1. If you require a refill of your regular medications, you don't need to visit your doctor for an updated prescription. Instead a pharmacist can provide a refill or an emergency supply. This also applies to some controlled drugs.
2. Many physicians are now starting to use virtual care (e.g. e-mail, video, phone) to help provide care during these times. To begin this process, phone the doctor's office. The receptionist will ask you for your BC Care Card number and explain that your own doctor or a colleague will phone you back shortly. Be sure you have a list of your medications, as well as details of your health history on hand.
3. For the Walk-in Clinic Phone the office first. Have your BC Care Card ready and give a brief description of your concern to the receptionist. You will then be advised of who is the Doctor-on-Call and given an approximate time when the doctor will call you back. Again, it's very important to have a list of your medications and health history handy.

Health Services continue to be available but the process to access them has changed.

## ***Keeping Fit***

Staying active has proven to be one of the most beneficial things we can do to stave off Frailty.

This is a list of videos, designed by the Toronto Rehab (LEAP Service) therapists for people with mobility issues and/or pain. These videos of Gentle Movement can be done sitting or standing. Variations allow you to select the challenge that is most appropriate for you.

\* Gentle Chair Yoga (10 min.)

<https://www.youtube.com/watch?y=XMps5PIJHA>

\* Gentle Chair Yoga (20 min.)

<https://www.youtube.com/watch?y=KEjiXtb2hTg>

\* Gentle Chair Yoga (30 min.)

<https://www.youtube.com/watch?y=1YHjBYcqJ5c>



## Brain Teaser 2

### **COMPOUND WORDS CHALLENGE**

In this maze you may travel one box at a time – up, down, left, or right, but **not** diagonally.

The catch? You may only move between boxes if the words in those boxes form a compound word. For example, you could move from a box with PAPER to a neighbouring box with the word WEIGHT, since PAPERWEIGHT is a compound (but you can't move from WEIGHT to PAPER because WEIGHTPAPER isn't).

Move HOUSE from the upper left to the HOUSE in the lower right.

HOUSE	WORK	BOOK	WORM	SIDE	KICK	OFF	SET
FLY	PAPER	BACK	HOLE	WAY	WORK	HAND	BAG
LIFT	WEIGHT	GROUND	WATER	PARK	BRIDGE	SPRING	PIPE
OUT	WASH	HOG	SHED	BALL	FOOT	STEP	LINE
DOOR	HORSE	SAW	DUST	POINT	TENDER	SISTER	UP
STOP	OVER	SEE	PAN	HANDLE	BAR	COACH	STAGE
WATCH	OFF	SIDE	CAKE	WOOD	WIND	MAN	POWER
BAND	OFF	WALK	OUT	BOX	MILL	MAD	HOUSE

*Find the Answers to all puzzles somewhere within.*




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## In the Time of COVID-19



Dick and Jane BOTH  show early  symptoms.


Jane STAYS HOME , gets rest  and awaits her results.

Dick goes to work , stops for a quick drink  at the local bar, pops by his parents' house, hits the gym , begins to feel worse (eh,

 but even if he does have  it, he's healthy , so he'll recover quickly  ).

Dick finally decides to get tested. Both Dick and Jane get  positive

test results. Jane  infects no one, once she  started to show symptoms.

Dick potentially infected dozens, if not hundreds,  by his selfish behaviour.

Be like Jane.  Don't be a Dick. 

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### Answers - Fiona's Trivia

1. Shoulders 2. Ombre 3. A rise 4. Tailor a garment 5. A frill around the waist  
6. Ireland 7. Spanish Flu of 1918 8. Selena Gomez 9. 4

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### Connect Words

These answers are only suggestions. Can you get different ones?

**POT**→PUT→PUG→**RUG**

**EYE**→LYE→LIE→**LID**

**FOOL**→POOL→POLL→POLE→PALE→PAGE→**SAGE**

**ARMY**→ARMS→AIMS→DIMS→DAMS→DAME→**NAME**

**RUG**→BUG→BAG→BAT→**HAT**

or

**RUG**→RUT→RAT→**HAT**

**CAT**→COT→DOT→**DOG**

or

**CAT**→COT→COG→**DOG**

**BATS**→BASS→BOSS→MOSS→MOOS→**MOON**

**MILK**→MILL→MALL→MAIL→**PAIL**

**FIRE**→HIRE→HERE→HERD→HEAD→**HEAT**

**CLOCK**→CROCK→CROOK→CROON→CROWN→**CLOWN**

**GREEN**→GREED→TREED→TREES→TRESS→CRESS→CRASS→**GRASS**

**WHEAT**→CHEAT→CLEAT→BLEAT→BLEAK→BREAK→**BREAD**

**KNOWS**→SNOWS→SHOWS→SHOES→SHIES→SHINS→THINS→**THINK**

### **Compound Words Challenge – Solution**

Housefly→Flypaper→Paperback→Background→Groundhog→Hogwash→Wash-out→Outdoor→Doorstop→Stopover→Oversee→Seesaw→Sawdust→Dustpan→Panhandle→Hand lebar→Bartender→Tenderfoot→Football→Ballpark→Parkway→Wayside→Sidekick→Kickoff→Off hand→Handbag→Bagpipe→Pipeline→Lineup→Upstage→Stagecoach→Coachman→Manpower→Powerhouse

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### **Letter from the Editor**

As I wrestle with the question of what is the value of our newsletter, I would value your input. First, do people even read it? If not, why not? How can we make it entertaining as well as informative? What do you readers want to know from us, apart from Branch policies and events?

As such, I have included some opportunities for you to respond to specific topics, but would also like your ideas and comments so that we can better address what members want.

Please e-mail Fiona ([dancingfeathers@icloud.com](mailto:dancingfeathers@icloud.com)) with comments, articles, nuggets of interest and inspiration which you would like to share with other retired teachers.

Fiona Gray, Editor