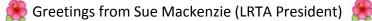


Fall 2020



I would like to extend a special thanks to one of our members, Deb Taylor, for sharing her photographic talent with us.

Deb took these amazing shots of a furry visitor enjoying a snack in their yard; one of the many reasons B.C. is such a great place to live.





We are well into Fall, and our shortened days, along with colder temperatures, could be encouraging more at-home activities and ways to keep busy. I think many of us thought we would get a lot of unfinished projects completed and perhaps manage to tackle a few new ones. I know that was my plan, but somehow the months go by and I continue to procrastinate over those jobs I am least enthusiastic about. Those are usually the ones that involve sorting and cleaning.

The COVID-19 pandemic continues to loom heavily over us and caution continues to be a way of life when outside of our homes. However, it would seem, from all reports, that a vaccine is close at hand and we might be able to see some relief in the early part of spring. The treatments have improved the prognosis for those who are diagnosed and there is a sense of optimism, if we can just get the numbers down and the curve to flatten out.



With Christmas fast approaching, we know this year will look different for most of us. Hopefully everyone can find different ways to connect safely with those we care about and find ways to relax and perhaps enjoy a peaceful and safe way to celebrate, in spite of the challenges.

We have tried to keep all our members informed about the available presentations offered by **COSCO** (Council Of Senior Citizens of BC) and the **Langley Seniors in Action** that you can watch on your computer or tech device. We hope many of you managed to watch some of the presentations that were made available through the latest BCRTA. Connections email.



Gluu Technology Society (Linda Fawcus) has made all their tech videos available to seniors who registered for the iPad or iPhone Essentials account. Although it is not possible to get together in person yet, we are looking forward to doing so in 2021.

Time to get out the winter tires, gather up a few good books, maybe pick up some eggnog, and settle in for some relaxation time.

Thinking of all of you and hoping you remain healthy and content, while we continue to think of our working colleagues in school and the amazing job they continue to do.

LRTA EXECUTIVE for 2020-2022

President	Sue Mackenzie	Website	George Main	
Vice President	Gail Chaddock-	Newsletter/Membership Maureen Wilson (Past		
	Costello		President)	
Treasurer	John Salmon	Member-At-Large:	Heather Anderlini	
Secretary	Annette O'Connor	Member-At-Large:	Judy deVries	
Program	Jan Bryce	Member-At-Large:	Maureen Pepin	
Sunshine	Jacquie Hollybow	Member-At-Large:	Yole Prosperi-Porta	

	TREASURER'S REPORT ~Submitted by John Salmon~				
\$	Abbreviated Financial Statement July 1, 2019 - June 30, 2020 Bank Balance July 1,2019 Receipts Payments Bank Balance June 30,2020	\$10,139.62 8940.00 <u>7820.93</u> \$11,258.69			
Ψ	Interim Report July 1-Oct 31, 2020 Bank Balance July 1, 2020 Payments Bank Balance Oct 31, 2020	\$11,258.69 577.15 \$10, 681.54	Ψ		

COMMUNICATIONS COMMITTEE REPORT ~Submitted by Maureen Wilson~



Invitations have been sent out this past year for our brunch and luncheons by email or phone. Due to COVID-19 restrictions, we are suspending any future luncheons, at this time. As soon as we are able, we will contact you regarding any upcoming events that are 'safe'. If you are interested in helping out with the phoning, please contact Jan Bryce at <jcmbryce@gmail.com> or phone her at 604-854-1582.

RETIRED EDUCATORS' SCHOLARSHIP FUND



Thank you to *LRTA members* who continue to donate to the *Retired Educators' Scholarship Fund*!

For any donation of *\$25.00* or *more*, you will receive a receipt for income tax purposes. You will recall that Service Canada rules do not permit the LRTA to donate monies received from members' fees. In addition, fundraising by the LRTA is not permitted. Your personal donations to the fund are therefore greatly appreciated! It is so easy to do and makes a real difference in the lives of the students who receive the scholarships each year. Simply mail a cheque to:

Langley School District Foundation c/o Maureen Pepin 25323 12th Ave, Aldergrove, BC V4W 3N2

Please make cheques payable to 'Langley School District Foundation'. Include your email address for tax receipts as they are only sent via email.

BCRTA CONFERENCE OCT. 2 & AGM OCT. 3, 2020

Three Langley delegates: *Gail Chaddock-Costello* (vice president), *Yole Prosperi-Porta* (member-at-large), and *Sue Mackenzie* (president), attended the virtual BCRTA conference on Friday, October 2nd and the AGM on Saturday, October 3rd. Each reported on one of the guest speakers that were featured at the conference.

Guest Speaker - **Dr. Steve Morgan**Submitted by Gail Chaddock-Costello

It was my privilege to attend 'virtually' the 2020 BCRTA CONFERENCE and AGM as one of three delegates from the Langley Retired Teachers' Association. The three speakers at the Conference on Friday, October 2nd



all had valuable information to share regarding seniors' concerns but I was particularly taken with **Dr. Steve Morgan** from UBC (Steve.Morgan@UBC.ca). He spoke to the urgent need for a universal pharmacare system in Canada and the fact that we are the only 'first world' country that has implemented a universal medicare system without a complimentary Universal Pharmacare system. There is a patchwork of private care systems available to various subgroups of Canadians of different ages/employment/health status. Sadly, these are inadequate and result in Canadians paying higher prescription drug costs/premiums/copays to the cost of 15 billion dollars per year. His full video is easy to watch and full of relevant, well-researched information. You can view it at:

https://bcrta.ca/pharmacare-2020-conference-presentation-by-steve-morgan/

PostScript Awards: The awards' recipient list and video will appear in the next issue of Connections. Please sign up online at www.bcrta.ca for your email copy, if you are not yet on their list. Here's a sneak preview: See the awards at https://youtu.be/SZYvyasTUyc

2020 PostScript Excellence Awards

- 1. Best Personal Experience Article (Sheila Gair Award) Finding the Fourth David Sackville Winter 2019
- 2. Best Travel Article On the Chemin de St. Jacques Christine Sanders Spring 2019
- 3. Best Art or Photograph (a tie)
 - Routes des Vins Lorrie Williams Fall 2019 AND
 - "Zoe in the Forest" Kathryn Bourdon Cover of Fall 2019

Of special note to our Langley members is the recognition for 'Best Personal Experience Article' awarded to David Sackville! He is a retired teacher who taught in SD 35, including for more than twenty (20) years at DW Poppy Secondary, alongside his friend, Derek Bennett. The poignant article speaks to the grief of losing a close friend and the challenges of moving forward. You can read David's article "Finding The Fourth" in the 2019 Winter Issue of PostScript, online at the BCRTA website. Congratulations to David from all of your fellow LRTA members.

Guest speaker: Isobel Mackenzie

Isobel Mackenzie has over 20 years of experience with senior home care, licensed care, community services and volunteer services. Her work has led to the implementation of a national 'best practice' model for dementia care, and the first safety accreditation of homecare workers. Isobel has been widely recognized for her work and was named *B.C. CEO of the Year* for the not-for-profit sector and nominated as a *Provincial Health Care Hero*.

Using modelling charts, graphs and statistics related to seniors in BC, Isobel's presentation at the BCRTA AGM provided an informative and revealing assessment of current practices of the following:

- Long Term Care
- Coordinated community services
- Home supports
- Support for family caregivers
- More choice and affordability in Acute Living

Isobel emphasized the need for improved government incentives and oversight, to ensure both 'for-profit' and 'not-for-profit' care homes meet a set standard that provides a quality relationship-based care to our seniors. Financial reporting issues, a lack of transparency, and inconsistent requirements between Health Authorities has led to varying levels of care within the Long Term Care facilities. For example, in 'not-for-profit' care homes, approximately 59% of revenues are spent on direct care; however, in the 'for-profit' sector, it is only 49%, which has led to lower wages for care aides, and an ongoing problem with retention and recruitment. This contributed to the extensive outbreaks of COVID-19 in these facilities.

Isobel also suggested that, to better meet the needs of our seniors in LTC, a shift from "complex care" to "relationship care" in these facilities would better serve all residents. The complex care system, (first introduced 25 years ago), which places seniors with polar cognitive abilities within the same facility has made it more difficult to provide quality care and service to all. If 60-70% of the residents have extreme cognitive limitations, what happens to the remaining residents? How does LTC provide the opportunity for meaningful relationships and a dignified way of living to all residents?

Relationship-care, which includes daily interactions and conversations among staff and clients, is recognized as a superior model for providing care within the LTC facilitates. Daily conversations among staff and clients, leads to connections and relationships, that brings meaning to life. The success of this model, within a facility, relies partially on ensuring enough revenues are dedicated to wages that attract and retain staff able to provide this valuable care. There needs to be a standard for how the revenue from the province to these facilities is spent. The LTC system in BC is not perfect but, during this pandemic, it has faired better than in other provinces. Increased funding, greater accountability and increased inspections can lead to needed improvements.

In addition to LTC recommendations, Isobel also highlighted the need for better supports for home care and to family caregivers. Family caregivers experience stress at the best of times, but this has been exacerbated during COVID-19 restrictions. Community programs, adult day programs are no longer available or restricted, increasing the demands on the family caregivers. BC seniors count on family members to help them stay at home and manage health conditions. In April 2020, as part of the BC emergency COVID-19 response, the Provincial government announced an increase of funds to the Family Care Givers of BC, a 'not-for-profit' organization to help support both caregivers and seniors.

COVID-19 has placed a spotlight on seniors and highlighted the challenges faced by our seniors on a daily basis. Low income, lack of community supports, limited home care supports, LTC challenges, lack of choice and affordability in assisted living, all need to be addressed to allow for a dignified way of living for all seniors. Seniors have been disproportionately impacted by COVID-19 especially in LTC. Going forward, how do we maintain public support and political commitment to improve seniors' care in BC and Canada? What can the BCRTA do to help bring about change in Long Term Care and support our seniors?

BCRTA GOLDEN STAR AWARDS



Tilia Prior and Marion Collins, teachers at Tecumseh Elementary School (Vancouver) implemented the *Intergenerational Program Project* involving grade 5 and 6 students and seniors from Shannon Oaks Seniors' Home

Genny Redman, teacher at Thetis Island Elementary School (Thetis Island) implemented the *Intergenerational Learning Program* involving students from K to grade 6 and seniors from the Thetis Island community.

These programs exemplify the rich interactions and outcomes that can occur when students and seniors interact. A powerpoint presentation at the AGM, highlighted the school programs and the student projects portraying what they learned about the seniors they interviewed. Some students wrote poems or stories, and others created portraits of the seniors. Pictures and articles for both winners will be published in the PostScript Magazine. A summary of each program will be posted in the Golden Star Archives on the BCRTA website.

A cheque, in the amount of \$1500, has been set to each school.

Guest speaker: **Dr. Roger Wong**Submitted by Sue Mackenzie



Faculty of Medicine UBC -- **Dr. Wong** is the Vice Dean (Education) in the Faculty of Medicine at UBC, and a geriatrics specialist, who may be known to our members for his regular column on health in BCRTA's Postscript magazine. Dr. Wong spoke on the effects of social isolation and loneliness on seniors and presented some of the research that has been done in this area. He looked at the challenges facing multigenerational households during the pandemic along with other work he has done as a geriatric specialist.

AGM - OCTOBER 3RD

President's Report: Gerry Tiede



BCRTA President, **Gerry Tiede**, welcomed the delegates to the AGM and mentioned the growth of provincial membership to be over 17,000. He acknowledged the efforts and contributions of all Board and committee members who have worked hard to adapt to the COVID-19 situation. He also expressed appreciation to the staff who had to transition to working from home and looking forward to getting back into their office space. Gerry mentioned the opportunities they have had to re-examine and change some of their practices, such as delivering Pre-Retirement workshops using Zoom, therefore reaching everywhere in the province and not limited by costs

and time. Everyone misses the 'in-person' Board and Committee meetings, but they acknowledge the benefits as well. Gerry mentioned the collaborative and creative ways branches are reaching out to support their members.

R.R. Smith Report: Barb Mikulec



R.R Smith Foundation president, **Barb Mikulec,** presented the 'R.R. Smith' report. Barb explained the history of the grants that are available to universities, and how they came about from a 2006 court decision giving funds directly from the BCTF to R.R. Smith and enabled 6 universities to share the \$150,000 and set up bursary programs in their education/PDP programs. Grants are awarded to charitable groups working in BC or internationally. Contributions to R.R. Smith can be made through Vancity, producing tax-receipts for contributions over \$20. The membership in R.R. Smith is \$2.00 yearly per member and has an 'opt-out' option. They have also

produced a 2- sided postcard that explains its purpose, grants to universities, and literacy grants in BC and internationally.

Their proposed budget was passed.

Executive Director's Report: Tim Anderson



Tim Anderson, BCRTA Executive Director, provided an interesting report on "Staying Connected Despite The Times" focusing on *BCRTA Connections* - the email news updates available to all members. To receive "Connections" emails write to connections@bcrta.ca with subject **SUBSCRIBE**. All members receive the *Postscript* quarterly magazine. It has been highly appreciated by members for articles and contributions "for members by members".

One of Tim's key messages was about the "rebalancing act" direction of the BCRTA, to look at ways to build financial stability from relying almost entirely on member fees to expanding non-fee revenue Tim states, "A growing and diverse resource base means

our association can provide services and advocacy at levels far beyond what member fees along would support". Tim ended by reflecting on the importance of our association's mission: to support the well being of retirees, advocate for pension security and to support public education.

Finance Committee Report and Draft Budget - Finance Committee

BCRTA changed providers for the Liability Insurance, including insurance, for branch venues and an increase in coverage to 3 million.

COVID-19 restrictions resulted in changes to the way BCRTA did business. There is a \$136,000 budget surplus for the 2019-2020 year primarily due to online meetings and a reduction in expenses associated with meetings (travel, accommodation, food, etc). Setting a budget for 2020-2021 was a challenge, due to the unpredictable nature of future COVID19 restrictions. The proposed budget "moves to support our staff's workload as well as to hire needed consultants in our continuing move towards a professional standard for office and reporting." The proposed budget projects a surplus of \$47,995 for the 2020-2021 year. BCRTA membership fee will be \$42.00 as decided at the 2019 AGM.

Special thanks to office staff, *Kristi Josephson* and *Laurie Boyd*, as well as Executive Director, *Tim Anderson*, was expressed by the committee.

The motion to accept the proposed budget was passed.

ACER-CART Report



Two resolutions that passed, reflect key BCRTA concerns:

- 1. That ACER-CART commit to pursuing all avenues for the federal government to improve the standards of care in seniors care homes.
- 2. That ACER-CART advocate for universal coverage for all vaccines for seniors.

REPORTS AVAILABLE FROM OTHER BCRTA COMMITTEES

Due to space restraints, **Sue Mackenzie** can send you copies of the reports submitted by the following committees. Please email her at: lrta.suem@gmail.com

Communications	Excellence in Education	Member Well-Being	Pension & Benefits
Committee	Committee	Committee	Committee
Advocacy Committee	Heritage Committee	Membership Committee	Personnel Committee

BCRTA EXECUTIVE ELECTION RESULTS

President - Grace Wilson

1st Vice President - Arnie Lambert

2nd Vice President - Caroline Malm

Directors
Inside Lower Mainland and Fraser

Valley Regions (2 yr terms)

Directors
Outside Lower Mainland and

Fraser Valley Regions (2 yr terms)

• Barb Mikulec

• Dave Scott

There were a number of delegates nominated and elected to attend the BCTF AGM in March 2021.



Building an Educational LegacySubmitted by Gail Chaddock-Costello

It's been a year of learning for me as the new Vice President of R.R. Smith. I have long admired the work of this committee, supporting the advancement of public education in B.C. and internationally. When teachers in B.C. retire, they now have a choice to 'tick a box' and join R.R. Smith by making an annual donation of \$2.00 per year to this worthy cause. If you are not sure whether you are a member, you can email Laurie Boyd @ laurie@bcrta.ca and she can confirm your membership, or assist in creating your membership.

This year the Committee once again awarded eight scholarships to worthy students studying in educational programs within B.C (see the Summer issue of PostScript for details) as well as awarding \$40,000 to educational initiatives within B.C and Internationally (see the Spring issue of PostScript for details).

Recently we received several very appreciative responses from grant recipients – I'm including a few samples:

- **CHES Canadian Harambee Education Society** -Kenyan students taking the usual 4 years will now find it takes 5 years to complete secondary school (due to COVID). Very grateful for support from R.R. Smith. Included was a letter from a student, Faith O, who reports she is continuing to study at home and her marks show her to be ranked 18 out of a class of 158 students.
- A letter from *Bright Beginnings Foundation* saying 'the timing of your R. R. Smith gift could not have been better, as due to COVID-19 we have had to cancel three important fundraisers for our bursary fund." They report three students are studying in SFU's Criminology program, Music Diploma program /Teaching, and another student is becoming a Red Seal Professional Chef.
- A letter from 'Seeds of Hope' celebrating their 25th anniversary about their international work in many areas.

Anyone interested in the R.R. Smith PowerPoint presentation shown during the BCRTA AGM may request it from me, as it is currently not yet posted on the www.bcrta.ca or www.rrsmith.ca websites.



HERE'S YOUR CHANCE -- ONE YEAR FREE MEMBERSHIP!

Join the BCRTA, and receive your first year FREE!!

Here is a direct link https://bcrta.ca/join/ (you can copy and paste the URL into your browser window). This offer is for anyone who has never joined the BCRTA, not only for new retirees. So, if you know a teacher who has retired in previous years, but has not yet joined the BCRTA, please let them know of this unique opportunity.

SUNSHINE/SHOWERS REPORT ~Submitted by Jacquie Hollybow~



The LRTA sends cards to members who are experiencing a significant illness and to the family of members who die. Our '85 years plus' members also receive a Christmas card.

Please contact Jacquie Hollybow (604 888-7020; e-mail: <u>jhollybow@hotmail.com</u>) if you are aware of a member who fits either of these criteria



Often we have former colleagues who pass away while they are either still actively teaching, or who have retired, but have not chosen to join the LRTA. Because many of our members may have taught with them, we report on their passing, as well. Such is the case with **Judy Dallin**, who was a much loved and well-respected member of the Aboriginal program family, having

been the program coordinator for 14 years prior to her retirement in June 2007. Sadly, Judy passed away on November 12th.

MEMBERSHIP/BCRTA WEBSITE LIAISON REPORT ~ Submitted by Maureen Wilson~



The Langley Branch of the BCRTA is one of the largest and most actively supported branches in the province. This year, we have a total of 486 members. We are pleased to welcome those who have joined us this past year.

Our branch is represented on the web at www.bcrta.ca and on our very own web page at http://www.langleyrta.ca

By investigating these sites you will be able to find an abundance of information about our branch! All executive members' names and contact information are listed on both sites. As Membership chair, I encourage both members and non-members to contact me with any membership questions or concerns at Irta.35@gmail.com.

This year all retired teachers who have not yet joined the BCRTA, should fill in a registration form in order to receive a year of free membership in both the BCRTA <u>AND</u> Langley branch. Here's a direct link to the BCRTA membership page - http://www.bcrta.ca/membership - where you can either *download* a BCRTA membership application, fill it out and mail it in, or fill one out *online* and e-mail it to laurie@bcrta.com Don't forget to note that you would like to join the BCRTA <u>AND</u> the Langley Branch.

Belonging to the BCRTA provides us all with benefits and privileges that would otherwise not be possible. Yearly dues are necessary to support the effort of those that advocate for the rights and interests of retired teachers. At the branch level, the yearly fee is important as it allows the executive to plan luncheons, pay speakers and organize special activities. In addition, the Langley School District Foundation provides \$750 scholarships each year to Langley school graduates planning a teaching career.



We are trying to be environmentally aware, as well as save on printing and mailing costs, by sending electronic copies of our newsletters, wherever possible. If we do not have your current e-mail address and you would like to be part of our 'green team' and receive your newsletter via e-mail, please let us know by e-mailing us at: <a href="https://linear.org/li

Thanks,

Maureen Wilson ~ editor of 'Open Road', the LRTA newsletter



The following was included in the latest issue of 'A weekly roundup of activities, learning and ways to connect', a newsletter put out by *Langley Seniors in Action*

To access the more information about this group's activities, please visit their website at: https://www.langleyseniorsinaction.ca/



On Nov 6th, 2020, local writer and poet, Jim McGregor gave a wonderful presentation called 'Remembering The Fallen - A Soldier's Perspective'. With his permission, the Langley Seniors in Action included one of his stories and the poem that goes with it.

Going to Meet Grandpa's Friends

Her delicate youth stood out on this cold grey November morning. The crowd was predominately older generations that had come to the Cenotaph to pay respects for other generations that had given us so much on other grey November mornings.

Her bright yellow jacket seemed out of place amidst the blues and the blacks, the somber uniforms and the solemn faces. She was taking it all in as young children do, watching the old timers, listening to the hymns, pointing upward at the fly past and holding on tight to Grandpa.

As she looked around, she absently played with the poppy on her Grandpa's lapel, spinning it, taking it off and putting it back on.

I wondered if she was too young yet to realize the significance of the day. Just underneath her Grandpa's poppy were a line of ribbons and medals. Did she know the significance of those? Maybe not yet, maybe it was too early to tell her all those terrible stories but the fact that she was here today, was a significant step indeed, for that is where the hope for all changes begin, with the next generations.

Take a few moments to say thanks. We are not given November 11th off to sleep in.

J.S McGregor, Langley

Grandpa's Friends

Grandpa pinned a pretty poppy
On his big black coat today,
He always stands up straighter
When he wears that coat that way;

He was humming to his friends again So soft, that no one hears, But I think he knows I'm listening And he lets me see his tears.

He was talking to his friends today! I heard him when he prayed Now we're going to see them At my Grandpa's big parade.

I sit high on Daddy's shoulders And try to catch my Grandpa's eye But he's looking at the Maple Leaf And he salutes as he walks by.

I ask if I can meet his friends So he takes me for a walk; We kneel beside a list of names All written on a rock. He tells me they were left behind In cold and distant rain, He can only talk to them in prayer They can't come home again.

'We had to pay the price', he says To bring war to an end;' I think Freedom's pretty costly If you have to pay with friends.

'Why did you do all that for me, I wasn't born yet?' He held me close and whispered 'I don't want you to forget.'

'I did it for my Mom and Dad,'
Then his eyes began to water
'I did it for your Dad, and you
And for your son and daughter."

So I'll always pin my poppy on, Take my grandkids on parade; Kneel underneath the Maple Leaf, To thank the friends my Grandpa made.

J.S McGregor, Langley





MEALS TO GO PROGRAM

The 'Meals To Go Program', sponsored by the *Langley Senior Resources Society*, may be something that some of our members may wish to partake in. The following is their meal schedule from Nov 10th until December 3rd.

Meals To Go Program

Fresh and Frozen Meals: \$6
Frozen Soup \$5 half litre; \$10 full litre
Desserts—Various

Cash or Credit/Debit accepted on pre-paid orders over \$50

Pre-order the day before by 12:00pm and pick up between 10:00am—1:00pm on the days as per menu below. Pick up is at the east side door of the Langley Seniors Centre. Orders accepted starting Tuesdays for the following week.

Call 604-530-3020 ext. 315

Tuesday, November 10—Beef Lasagna or Chicken Cordon Bleu Thursday, November 12—Sweet & Sour Pork or Breaded Lemon Sole Friday, November 13—Fried Chicken or Beef Brisket

Tuesday, November 17—Turkey or Beef Liver
Wednesday November 18—Roasted Beef or Cabbage Rolls
Thursday November 19—Chicken Neptune or Salmon

Tuesday, November 24—Beef Ravioli n' Meat Sauce or Pork Stew Wednesday, November 25—Beef n' Broccoli or BBQ Chicken Thursday, November 26—Turkey Meatloaf or Chef Special

Tuesday, December 1—Perogies or Haddock Wednesday, December 2—Ham or Ginger Beef Thursday, December 3—Roasted Pork or Salisbury Steak

Langley Senior Resources Society 20605-51B Avenue—east side entrance 604-530-3020 ext. 315



Want to Try Something New?

Attention Kombucha Lovers

Would you like to make your own Kombucha?

To learn how, go to Kick Ass Kombucha on the internet.

I have been making Kombucha and have a "scoby" to share with anyone interested in making this delicious drink.

Contact Judy de Vries, Member-at-Large 604 530 7103 or devriesj@telus.net



Are You Wearing Your Mask Correctly????

