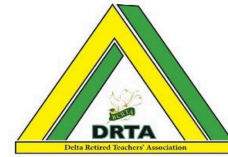




A Newsletter from the
Delta Retired Teachers
Association



THE TRUANT

Winter, 2020

"Autumn arrives in early morning, but spring at the close of a winter day."

Elizabeth Bowen

President's Message

I'm sitting here at my computer, hoping that you are all doing well, staying warm, sane and safe. These wishes come on the heels of more announcements from Dr. Bonnie Henry as she hopes everyone in B.C. and especially those of us in the Vancouver Coastal and Fraser Health Regions realize the severity of the recent spike in new cases of COVID-19. For many of us, that means continued isolation from our friends and relatives. It has been tough up to now with the on-going restrictions and just as we were hoping to have a few celebrations centering around the Christmas season, that possibility seems more remote than ever. This situation also means the third previously planned DRTA event, our Christmas Luncheon, has had to be cancelled.

In spite of its cancellation, and due to expectations placed upon us to proceed as a not-for-profit association, the DRTA Annual General Meeting will be conducted on December 8th, 2020 at 10:30 am with Special Guest, the new BCRTA President, Grace Wilson. We will also elect a new Executive Board to complete the rest of the "school year", to accept the financial report for 2019-20, set the Branch fees for 2021-22 and to discuss the plan to fund the DRTA Scholarships for graduating students this school year. This meeting will be held using Zoom. If you can join us for that meeting, please find the information on how to participate in a separate, well marked article. Thanks to Tim Anderson, Executive Director for the BCRTA, who has been very helpful in putting this process

together for us. I hope that you will join us so we can continue to function during this difficult time.

This is the slate for the DRTA Executive positions. We really need you to become involved.

President	Pat Thiesen
Vice-President	Peter Scurr
Treasurer	Lois Wilkinson
Secretary	Margaret Jensen
Member-at-large	Annie Coblin (+ Peter Yang)
Truant Editor (app't)	Fiona Gray
Scholarship Chair (app't)	Myrna Webster

Please consider helping the other executive members make decisions about the future of this Branch. As we no longer have a phoning Committee, but I would like to add a Sunshine sub-Committee to Membership to help us keep in touch with members who are no longer able to get out of their homes to visit with friends and former colleagues. Also, if you are interested in Delta History or Heritage, there is renewed interest to establishing a Heritage Committee with Peter Scurr as its Chair. Let us know if you would like to join the group. Hopefully the committee can continue and expand on the work Peter has begun.

I am pleased to announce that Peter Yang represented the Delta RTA during the BCRTA AGM in October. We can never have enough newly-retired people learning how to contribute to this organization. Remember, this is my last year as President.

I wish all of you a very cheerful holiday season and the most positive hopes for your continued good health throughout 2021. See you on December 8th. Pat

Invitation to Delta Retired Teachers Association AGM

The Delta RTA Annual General Meeting
will be held online via Zoom on
December 8 at 10:30 AM.

All members are invited to attend.
To register fill in the registration form at
<https://bcrt.ca/delta-agm/>

PRESIDENT'S REPORT November 2020

Even as we stay isolated within our small “bubbles” of friends and family, the work of the BCRTA has quietly continued through the summer months and into the new school year.

Things ramped up for the highly anticipated BCRTA Conference and AGM (Annual General Meeting) held on-line using Zoom on Friday, October 2, 2020 and Saturday, the third. Delta's representative, Val Windsor and Peter Yang, along with more than 150 BCRTA members, heard from three speakers on Friday talking about actions taken and also needed during this stressful time in our history.

THE CONFERENCE on Friday

BC's Seniors' Advocate, Isobel Mackenzie, spoke about **the impact COVID-19 has had on seniors** whether living in Long-Term Care (LTC) facilities or remaining in their own homes. She cited how the restricting of visits to LTC facilities as a result of the 200+ deaths attributed to COVID-19 and the isolation and loneliness was unacceptable. During the same time, more than 4500 other LTC seniors died from other causes, alone, isolated and un comforted by loved ones.

Additional effects from Public Health rules meant that most, if not all, services to the general public were severely curtailed. Closure of fitness, swimming and recreation facilities, seniors centres, libraries and adult day programmes have all led to fewer opportunities for socialization often contributing to mental health struggles. She predicted that the return to “normal” could, unfortunately, last up to another year.



The second guest speaker, Dr. Steve Morgan, a Health Economist from UBC, addressed the issue of **Canada's National Pharmacare inaction**. His main point is that Canada is way behind other western nations for its lack of a plan. He compared our system delivering medication to other western countries saying the lack of a pharmacare plan was a national cause of embarrassment. As an economist, he firmly feels that Pharmacare would keep all costs down (to Health Canada and to individuals), provide better access to medications (even newer, more costly ones), and leave households, employees and employers with no

financial risks. He urged us all to continue the fight/advocacy for a **National Universal Plan** advising that this period provides a window of opportunity.

Dr. Roger Wong, the third Guest Speaker, specializes in **Geriatric Medicine** from UBC. (He writes a column for us in the PostScript.) Dr. Wong spoke about his journey learning about **COVID-19 and what its effects have been on Canadian seniors**. An over-riding effect is social isolation and the inherent loneliness which Advocate Mackenzie identified in her talk.

Dr. Wong corroborated the SA findings about the systemic issues embedded in and exacerbated by the pandemic and the action now being taken by the National Task Force on Long-Term Care. As an advocate for involvement, part of his teaching job at UBC, is working with students and seniors to help prevent their social isolation using small technology tablets, music, and conversation. He spoke about how grandparents were having difficulty balancing their safety against their need to be socially engaged but with no one-size-fits-all solution. He too, believes that as educators we need to continue to educate politicians on understanding the problem and then to finding a willingness to take needed action.

He said that throughout his journey of discovery about COVID-19, he notices that the virus affects patients differently with **the elderly suffering disproportionately** to their percentage of the population and this coronavirus mutates with many different genetic signatures. He will continue research how breathing, the lungs, the heart and circulatory system are adversely affected over the years following and if there is a correlation to worsening of confusion and/or delirium in patients.

Interspersed with the speaker sessions, BCRTA Committees handed out their awards. The Excellence in Public Education Committee presented the **Golden Star Awards** for programs that bring students and seniors together to Tecumseh Elementary in Vancouver and to the one-room, multi-grade school, Thetis Island Elementary. Well deserved, indeed. The Branch Membership Growth Awards acknowledged 9 Branches in the province based on the percentage growth each had experienced over the year. Not us, this year.



Pat



THE ANNUAL GENERAL MEETING



On Saturday, the morning began with the AGM for the RR Smith Fund Foundation. They reviewed the Budget and elected their Board of 8 Directors who work with the 2 BCRTA Board appointees.

Presiding over the BCRTA AGM was favourite moderator, Mr. Pat Brady. Several of the standard meeting by-laws were suspended for this meeting only as we using ZOOM.

The annual election of the Board of Directors resulted in the following being elected for 2020-2021.

President:	Grace Wilson
Past President:	Gerry Tiede
1st Vice-President:	Arnie Lambert
2nd Vice-President:	Caroline Malm
Directors (Inside the lower Mainland):	Barb Mikulec, Dave Scott
Directors (Outside the lower Mainland):	Janice Androsoff, Harriet Helene McGall

Other Director positions as well as the ACER/CART representative are in the middle of two-year terms.

Leaving the Board are retiring Past-President Patricia Clough, who was presented with a BCRTA Honorary Life Membership for her considerable service to the BCRTA, and Sterling Campbell.

Gerry Tiede spoke to his report as out-going President, Executive Director, Tim Anderson reported on financial considerations between BCRTA and sister organizations, Grace Wilson as Chair of the Finance Committee, led us through the 2019-2020 financial documents, the 2020-21 Budget and the election of Accounting Company MNP as the new auditors. This was followed by Committee Reports.

The meeting concluded with new President, Grace Wilson, thanking the entire membership for their continued support and she pledged to continue the on-going work of moving forward as an organization whose chief goal is to support its members, and advocate for the rights and needs of Canadian seniors.

FRASER-METRO ZONE MEETING



Attending the November 16th meeting were representatives from Chilliwack RTA, Abbotsford RTA, Ridge Meadows RTA, Langley RTA, Surrey RTA, Coquitlam RTA, and the Delta RTA with Exec members Fiona Gray and Annie Coblin.

Discussions centred on issues surrounding Scholarships, Member Well-being, commenting on changing e-mail addresses, recruiting and welcoming new RTA members, newsletter do's and don'ts along with suggestions as to add interest to them, and ways to better stay in touch using more tradition means as not all members have e-mail. My thanks to both Fiona and Annie for their time, as I was involved with the South Vancouver Island Zone meeting at the same time. Fiona also volunteered to take the minutes of the meeting.

FUNDING THE SCHOLARSHIPS

As with everything else that has gone on this year, funding for the DRTA Scholarships has to be changed, if we are to continue supporting our Graduating students. The Scholarship Committee, led most ably by Myrna Webster, has been fine-tuning the students' application form so we are able to select the one who best exemplifies leadership, volunteerism and monetary need from amongst the applicants.



This year, we are asking for your help to donate to the fund we have with the School District. Unfortunately, the Finance Department at the SBO isn't yet set up to accept e-transfers or credit card donations, so please use **cheques or hand-delivered cash**. Any donations over \$25 will receive a **tax receipt** from the District. All donations must be submitted before January 29 as the applications go out to students early in the next month letting them know the amount of the scholarship. **Thank you in advance for your generosity. Send your cheques to the Delta School District @ 4585 Harvest Dr., Delta, BC V4K 5B4 with a notation that the funds are for the DRTA Scholarship 20/21.**

EXTENDED HEALTH AND TRAVEL PLANS

Several members have been asking about the differences between the Teachers Pension Plan (TPP) that uses Green Shield Canada as their EH plan and the option available as a member of the BCRTA. Through our partner, Johnson's Inc., the Prestige Plan is available. A comparison of the 2 plans can be found on the BCRTA web-site, bcрта.ca, in the section called "About Us". This is one of the Benefits you have access to as a member. If you have a MEDOC travel insurance package, you will have received some new information about the changes caused by the effects of COVID-19. MEDOC extended the coverage to the end of 2020 at no extra cost, and will be renewing your policy until the end of August 2021. The Prestige travel option is similar. For more clarity, sign up for one of the BCRTA Pre-Retirement on-line workshops to help you decide whether to stay with the TPP option or to move over to Prestige.

BREAKING NEWS – Johnson's has not been selling travel insurance over the pandemic but have begun to sell it under new policies. COVID treatment will be covered but is excluded from trip cancellation, delay, etc. Talk directly to Johnson's if you are planning a trip to see what is covered, as things are changing constantly. Prestige premiums will increase 19% starting in December.



PENSIONS UP-DATE

The TPP now has over 100,000 members – as active teachers and retirees. The number of contributors (1.4) is less than those receiving pensions (1.6). never the less, our pension fund is robust, with a 13% return on investments in 2019. To date this year, the interest has only been 1.9% but the 5-year annualized figure is 8%. We only need 6%. As the Consumer Price Index rose by 0.5%, so we can expect our cost of living increase to be 0.5% in January.

Pat

We encourage feedback and member input in our newsletter.
We'd love to hear from you:

President:

Pat Thiesen

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Vice-President:

Peter Scurr

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Truant Editor:

Fiona Gray

dancingfeathers@icloud.com



DRTA Executive Meeting Notes:



The Executive Committee of the DRTA met on November 10, 2020 via Zoom. In attendance were Pat Thiesen (President), Peter Scurr (Vice President), Annie Coblin (Member-at-Large), Fiona Gray (editor, The Truant) and Margaret A. Jensen (Secretary). Also in attendance were Marilyn Webb and Peter Yang (BCRTA delegate from Delta).

In Summary, we discussed:

Funds available and what they can be used for. With the exception of printing costs associated with The Truant, we have spent very little this year. And we will be receiving funds from the BCRTA, for memberships, later this month.

Heritage Project:

Our Vice President, Peter Scurr, is engaged in a Heritage project as twenty of our schools will be having their 50th Anniversaries this decade. Peter is collecting photos and plans to create a link to our website once this is complete. For a general idea of what this will involve, check out the Langley Heritage site: <https://www.langleyrta.ca/history-of-langley-schools/index.html>

The Scholarship Committee has reformatted our Application document. There is an issue of how to raise funds for Scholarships, as these are usually generated through our luncheons. Membership funds cannot be used for Scholarships and so members are invited to **send your cheques to the Delta School District @ 4585 Harvest Dr., Delta, BC V4K 5B4 with a notation that the funds are for the DRTA Scholarship 20/21.**

Unfortunately, our Christmas luncheon has had to be cancelled. We are all so looking forward to this pandemic being over! Margaret



The DRTA welcomes our newest Members

Marilyn Chapman
David Davies
Marianne d'Souza
Jayne Fenrich
Susan Greenwood
Christine Johnson
Ingrid Lucke
Lucinda (Cindy) Malone
Cynthia Martin
Janet McKenzie-Smith
Susan Olsen
Gary Rietze
Jean Rollins
Joanne Thauli
Peter Yang

and re-upping for Linda Wesley Hoem and Rita Spearman

Sometimes you have to admit



that it's time to retire

Anosognosia

(anosognosia - a lack of insight or awareness about one's dementia.)

In the following analysis, the French **Professor Bruno Dubois** Director of the **Institute of Memory and Alzheimer's Disease** (IMMA) at La Pitié-Salpêtrière, Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families
2. I do not remember where I put some things

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease.

The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys

...After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory." but "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

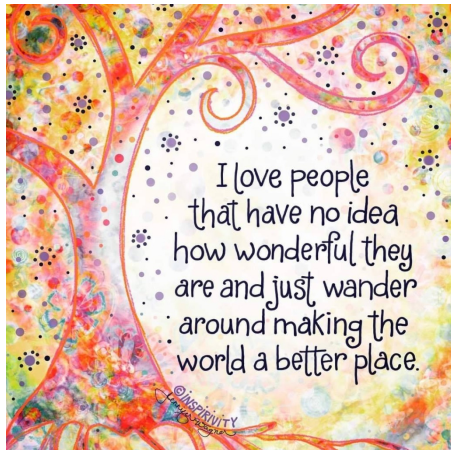
(<https://www.neurodegenerationresearch.eu/board-member/bruno-dubois/>)



In Memoriam



Unfortunately,
we lost some of our dear friends and colleagues this year. Those we know
about are listed below. I'm sure you'll take a few minutes to remember
happy or funny moments with those you knew.



Buchan Buttar
Roland Chapman
Sonja Davis
Shelley Hack
Terry Hiduk
Claire Maynard
Marilyn McKee
Mary O'Donnell
Charles Roberts
Margaret Ross
Bill Stebbings,
Dave Swan
David Threlfall

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December 8 at 10:30 AM.

All members are invited to attend.
To register fill in the registration form at
<https://bcrt.ca/delta-agm/>

Fun(ny) Fill-ins

Instructions: Fill in the needed word to make a list. When complete, put your words into the spaces needed to complete a very funny story which you can find on a later page.

- | | |
|-------------------------------|-------|
| 1. Adjective | _____ |
| 2. A number | _____ |
| 3. Something alive | _____ |
| 4. A noun | _____ |
| 5. A plural number | _____ |
| 6. Name of bad guy | _____ |
| 7. A noun | _____ |
| 8. Adjective | _____ |
| 9. A noun | _____ |
| 10. A colour | _____ |
| 11. A noun | _____ |
| 12. Name of person you admire | _____ |
| 13. A plural noun | _____ |
| 14. A different colour | _____ |
| 15. A noun | _____ |
| 16. A room in the house | _____ |
| 17. A plural noun | _____ |



Christmas Cryptograms

A|B|C|D|E|F|G|H|I |J|K|L|M|N|O|P|Q|R|S|T|U|V|W|X|Y|Z
T Z U C I J

1.

EKCGMIWHM GM H MLHMX P BXC NGPVAGPT IKL BG
CL BXC KXMDGHAGIS GP IKL KHAA, IKL TLPGHA BAH
WL XB EKHCIGI GP IKL KLHCI.

2.

G KLHCV IKL QLAAM XP EKCGMIWHM VHO
IKLGC XAT, BHWGAGHC EHCXAM DAHS, HPV
YGAV HPV MYLLI IKL YXCVM CLDLHI XB DLHEL
XP LHCIK, TXXV-YGAA IX WLP!

3.

EKCGMIWHM WS EKGAV, GM AXFL GP HEIGXP.

Christmas Trivia - Dec. 2020

1. The name of Scrooge's dead business partner is _____ .
2. Christmas Island can be found in _____ Ocean.
3. What Christmas food is made from "marsh-whorts"?
4. What was the original title for The Little Drummer Boy?
5. Who were the two male co-stars in Holiday Inn?
6. In what direction does the star lead the three kings?
7. In what movie was "Have Yourself a Merry Little Christmas" introduced?
8. What Christmas carol does Melanie Wilkes sing at Tara's melancholy Christmas in ***Gone with the Wind***?
9. What is Frosty's nose made of?
10. According to superstition, what traditional food will bring good luck?
11. What song associated with Christmas was written to celebrate Thanksgiving?
12. What Christmas related item was first used in Canada?
13. Who delivered the first Royal Christmas Address?
14. Who wrote that 251-word speech?
15. In Victorian times, what were mince pies made with?

Isn't it weird that we have one hand that knows how to do everything & then one hand that just sits there like "idk how to hold a pencil"

teenager-posts.com

What if your pillow could collect your dreams and when you wake up you could plug it into your computer and watch them over again?

Selecting A Tree

Use the list you created previously in the Truant to complete your hilarious story about the right tree for the season. Share the fun, and make your own to fit family and friends.

No Christmas season can be really _____1_____ unless you have a/an _____8_____ tree in your _____16_____. If you live in a city, you will see many vacant _____5_____ filled with hundreds of _____13_____ for sale. If you live in the country, you can get your own _____7_____ right out of the forest. Go out with a/an _____15_____ and _____11_____, and when you see a/an _____9_____. Then you can use it for _____2_____ years. To make sure your tree is fresh, shake the branches and see if the _____17_____ fall off onto the _____4_____. And make sure the tree is very _____14_____. Nothing looks worse than a/an _____10_____ tree. Just follow these directions and you can have a perfectly beautiful _____3_____ in your front room for weeks. Remember, poems and fill-ins are made by fools like _____6_____. but only _____12_____ can make a tree.



Christmas Cryptograms - Answers

1. Christmas is a season for kindling the fire for hospitality in the hall,
the genial flame of charity in the heart. Washington Irving

2. "I heard the bells on Christmas Day their old familiar carols play,
And wild and sweet the words repeat of peace on Earth, goodwill to men."
Henry Wadsworth Longfellow

3. "Christmas, my child, is love in action." Dale Evans Rogers

Christmas Trivia – Answers

- | | |
|---------------------------------|------------------------------|
| 1. Jacob Marley | 9. A Button |
| 2. Indian | 10. Mincemeat Pies |
| 3. Cranberry Sauce | 11. Jingle Bells |
| 4. Carol of the Drum | 12. A Christmas postal stamp |
| 5. Bing Crosby, Danny Kaye | 13. King George V, in 1932 |
| 6. Westward | 14. Rudyard Kipling |
| 7. Meet Me in St. Louis | 15. Beef and spices |
| 8. Hark, the Herald Angels Sing | |

Merry Christmas and Happy Holidays!
even if we have to be socially distant this year.

