

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
April 2021



Trapp Technical School
Photo from Historical Data Base NW Library
Accession Number 992

The Executive's Comments

by Kerry Babiuk Communications Officer

Life during the past year can best be described as a ride on a roller coaster. One day things are on the upswing and the next everything is headed downhill. January of 2020 started with the usual resolutions to do better in life, with students going back to school after the Christmas break, and with snowbirds looking forward to their winter hibernation sites. Then people began getting very ill, first in China, then the Middle East, Europe, and USA and then a pandemic was declared. Canada seemed to be doing okay and we were feeling pretty good about ourselves. Then "hotspots" began to appear in different parts of the country and with it came measures to protect one's health - small bubbles, social distancing, and masks in public. As the virus continued its spread around the planet, many countries undertook more serious measures, such as lockdowns and curfews. Ironically, on the slow ride uphill, the environment responded by fish appearing in Venice canals,

mountains being visible with less smog in the air, and dolphins, crabs, and birds began appearing in places where they had not been seen for years. We learned to work from home and to have friend and family gatherings via Zoom. The euphoria of what our planet could be didn't last too long as we began to see businesses close due to a lack of customers, no toilet paper as people began to panic, and with everybody cooped up at home domestic violence began to increase. Then it was the ride uphill and the efforts people were putting into being careful began to pay off and the numbers of infections and deaths began to decrease. Unfortunately that ride up the hill didn't last too long and as people began to relax the rules and socialize more the numbers began to rise and then there was the appearance of variants. But wait - there was good news that vaccines were being approved for use and once again we began to feel better about our lot. People began holding out their arms, getting their jabs, and once more people began to feel that an end was in sight. However, as restrictions began to lessen and social gatherings increased, the number of infections, from the variants, began to outstrip the rate of inoculations. So once again we took that ride downhill into more restrictions.

Right now those who have been vaccinated can breathe a small sigh of relief and can contemplate such things as: travel, family gatherings, and a somewhat normal life. However, we can't lose sight of those who have not yet had their vaccination, the problems with variants, and the economic recovery of our country.

I will leave you with this thought, " Life is like a roller coaster - just learn to handle the hardships that drop into your life, learn to laugh and enjoy the rides uphill, and you will survive."

Trapp Technical School

(Opening photo)

In 1919, the government decided to lease the Provincial Jail to the city of New Westminster. The following year the city opened the Trapp Technical School. Unfortunately, the building wasn't particularly useful as a school, so a new school was built next to it in 1928. The Technical School operated until 1955, when it was replaced with the Lester Pearson High School. The Technical School was then converted to the John Robson Elementary School. For further information about the school, check the following link (Ctrl and click):

<https://tinyurl.com/yeyvpr85>

2020 - 2021 NWRTA Meetings

February Friday 5th

Show Me that Bottle of Wine

This was an exciting Zoom meeting with an eclectic group of wine aficionados. We discussed, and of course, tasted a variety of wines and interesting places to eat and visit for wine tastings. I have attached a list of most of the wines we discussed that evening.

April

The best walking, hiking, or biking trails

Where: at home on Zoom

Focus: sharing with members the best trails to walk, hike, or bike.

This Zoom meeting will be led by Jenni Lynnea, David Scott, and Mariam Soet.

Date: April 28, 2:00p

Because this is a Zoom meeting I will need an RSVP from those of you who are interested in attending so I can send an invitation for you to join the meeting.

May

This will be another Zoom meeting with either Chef Sydney, author Roxsane

Tiernan, columnist Daphne Braughm, or a speaker on health/fitness, or on gardening.

June

Depending on Covid restrictions this will either be a picnic or another Zoom meeting. This meeting will focus on electing a new Executive, so put on your thinking caps and decide which position you would like to hold. I will be sending out declarations of nominations in May and at the beginning of June.

Sakura

Lessons about acceptance and change

by Jenni Lynnea

It's flower watching time; the time that we would normally take part in Hanami parties throughout Metro Vancouver. The blossoms are beautiful because of their impermanence. They can teach us about the fragility of life and the beauty. The lessons are: love the life you have, love for the brief time you are privileged to have it, and love for being able to appreciate such moments of beauty. It also celebrates spring and the renewal of life. The blossoms wilt and fall, (sakura snow) return to soil, and are reborn again. It will be particularly popular this year, as it will give us a chance to explore the outdoors close to home.



The season is at the end of March to May, depending on the species. The Cherry Blossom Festival also celebrates plum and

magnolias blooms, although the Japanese traditionally only celebrate cherry blossoms. The best places to view blossoms vary with the species. But all species have only a week or slightly more in their prime. Once you start noticing the blossoms, you find them everywhere. Plan a walk, bike or drive and enjoy!

Best resources to plan Sakura:

<https://www.vcbf.ca/> (haiku invitational, walking tours, virtual tours and more)

<https://604now.com/cherry-blossoms-new-westminster-2021/>

This also has links to other locations.

<https://dailyhive.com/vancouver/where-to-see-cherry-blossoms-vancouver-map>

<https://www.vcbf.ca/blooming-now> Depends on the species what's blooming when.

Bike-the-Blossoms map, done 2019, April 20th

<https://www.vcbf.ca/community-event/past-events/bike-the-blossoms>

Instagram link: Cherry blossom Madness

Love is Alive and Well in New Westminster

by David Scott

Ever wondered what you would do if you wanted to do something special to celebrate your wife's 50th wedding anniversary? Well, a trip to a foreign country (France), to a lovely and scenic romantic city (Paris), travelling first class by plane (None Flying), or ship (no cruise-lines operating) would be the ultimate, but unfortunately not at all possible during these Covid times. So what do you do for your high school sweet-heart who was three lockers down from you and you needed a prom date in 1966.

Well, there was our 1977 Boler trailer, named "Bernice", and it was the only form of accommodation, travel, romance, and scenery that I could imagine was possible and legal to make my special anniversary present work. Unfortunately, when checking

the weather predictions in and around BC and the Lower Mainland – average was anywhere from -10C to a balmy +3C.



Bernice, the Boler, doesn't do well in cold weather – no insulation and we don't like sleeping with a propane heater, and the loo is quite small and lots of camping sites have no water.

Eureka! Rent a motorhome! Done. I have always wanted her to try a motorhome (a step up from the Boler for sure) and I found it was possible. Then came the planning, as this had to be a surprise or she might never do it. So in mid January (see, men can plan ahead on occasion - the anniversary was in February). I rented a 28 foot motorhome and reserved a spot at Porteau Cove Provincial Park, on the road between Horseshoe Bay and Squamish, where we have camped numerous times before.



The Planning

1. To hide the 5 day rental cost, as she would see the amount on the Visa, as she checks the banking almost every day – my daughter agreed to let me use her Visa card

to rent the motorhome and to pay for the campground - all on line.

2. I couldn't tell her on the day of the anniversary, it would be too much and she'd freak having to get ready so quickly, especially since it wasn't overnight, but five days!!! The plan was to surprise her a day ahead of the anniversary date.

3. I had to tell all our kids, so if they had plans they had to hold off or do something earlier (they were great – the day before they zoomed, bought and delivered a great and fancy dinner, and also gave us a video with congratulatory messages from many other people they had secretly contacted way ahead of February 5th).



The Scavenger Hunt

To make it a worthy gift, a milestone in giving, I decided to have her hunt around various places to find out what the “surprise” would be. I put together clues that followed one another all around the apartment with suggestions for “What you would need if you were going on a trip”. She had to go to her PJ drawer, the bathroom for toothbrush, her closet for shoes, the kitchen for snacks, fridge for water bottles, the patio for an extension cord, and finally into the storage locker downstairs, in the tower basement, to find stuck in a camper cooler the reservation receipt for the motorhome and campground! That was the day before we left!! It turned out fabulous, starting with a congratulatory bottle of wine sitting on the table of the motorhome when we arrived at CanaDream RV Rentals in Richmond.

The weather was cool but sunny, but we arrived in time to walk the beach, enjoy an anniversary barbecue of splurged tenderloin medallions with a pretty good wine, and snuggle into our thermostatically controlled heated home with a DVD player for old movies.....and 5 days later she agreed it the best anniversary ever!!



THE TOP 10 BOOKS OF ALL TIME:

1. In Search of Lost Time by Marcel Proust
2. Ulysses by James Joyce
3. Don Quixote by Miguel de Cervantes
4. One Hundred Years of Solitude by Gabriel Garcia Marquez
5. The Great Gatsby by F. Scott Fitzgerald
6. Moby Dick by Herman Melville
7. War and Peace by Leo Tolstoy
8. Hamlet by William Shakespeare
9. The Odyssey by Homer
10. Madame Bovary by Gustave Flaubert

This list was compiled by

<https://thegreatestbooks.org/>

Do you agree with this list or are there books missing like: Brothers Karamazov, Wuthering Heights, Anna Karenina, The Grapes of Wrath, Huckleberry Finn, or even To Kill a Mockingbird? Do any of these deserve to be in the top 10? Email me your thoughts on which books should have been included in this list and I will forward them to our literary critic, Linda King.

DINING WITH PATRICIA

by Patricia Tanaka

The New Westminster Farmers Market Is Open!

The popular Farmers Market opened on Thursday, April 1st(no joke)! It will continue to be open from 3:00 pm - 7pm on Thursdays at 315 Queen's Avenue in Tipperary Park. The first 30 minutes from 3-3:30 are reserved for those who have special needs, such as walkers or wheelchairs.

This is a residential area, but there is ample street parking. It is very well organized with markings for keeping the correct physical distance and entry is controlled to keep a safe number of people in the shopping area. It was very pleasant and easy to find your favourite vendors.

I can recommend the fresh pesto from Pastaggio and the spicy beef empanadas from Hibiscus. The empanadas are frozen and come in packs of 4 but only take 20 minutes to heat in the oven.

I plan to return often to sample the other goods from baked treats, wings, honey, fresh produce, and other tempting items.
Happy Eating!

THOUGHT FOR THE DAY

Gloria Vanderbilt's response to Anderson Cooper. She quotes William Wordsworth "The rainbow comes and goes." She then adds, " I find it reassuring knowing the rainbow comes and goes. It helps me accept the way things often are... In every life, you have moments of blinding beauty and happiness, and then you land in a dark cave and there is no colour, no sky... "Then the rainbow returns, sometimes only briefly, but it comes back... Nothing is meant to last forever...We are not meant always to be happy, and who would want to be? Happiness would become meaningless if it were a constant state... If you accept that, then you will not be surprised when something bad occurs, you will not gnash your teeth and ask, 'Why me?'... It has happened... because that is the nature of things. No one escapes. The rainbow

comes and goes. Enjoy it while it lasts... There is so much to be joyful about, so many kinds of rainbows in one's life..."



WORKSHOPS

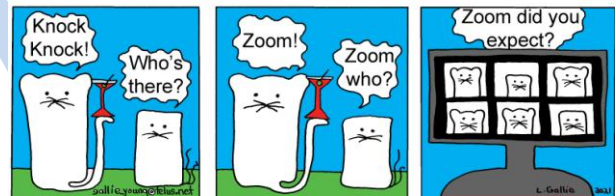
Here are some upcoming online workshops at Century House:

Advocacy - Join a Cosco, Seniors' Health and Wellness Institute Facilitator and Century House staff for this virtual workshop. This workshop will take place on Zoom.

Friday, 10:30 am, April 30

Register in advance:

<https://ca01web.zoom.us/meeting/register/u5lvceGqrjsiGdEGwMVTBr8elz6kmfNkqP9T>



Cartoon by Louise Gallie (see www.klarue.weebly.com)

Android Photos - This workshop will include: information on creating your own photo albums and taking and editing photos on your device or any device that uses the Android operating system. Tablets included. Did you know you could change the colour of the photo you've taken, crop it, plus so much more? Facilitators: Gail Craft and Valerie Ross

Tuesday, 1:30 pm, April 27

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZUyc-GpqTMsGdBwKy_VVZq8otz7n6BEatub

...Edition#3.2

The purpose of these articles is two-fold: to show you those other types of music (other than what you normally listen to) may be worth a second chance; and that the composer is only the *start* of the production – the arranger has a lot to do with the final experience. Now, we had planned to bring you, *Our Parent's Music Had NO Innuendos or Silly Lyrics*; but, with Covid still here, your editor and I thought it more important to review some of the ways we can ensure we FINALLY rid ourselves of this pandemic. I'm going to try and squeeze four tunes in, so unfortunately there is less time for crass editorial comments. First up, someone named Jones (at least I think that's who it is) is going to tell us about social distancing:

Now, we bring you some suggestions about when to wash your hands. This quartet of young men have some great harmony, but with those haircuts, I doubt they'll go anywhere in the music world.

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Not to forget our American cousins, some thoughts on how to catch this insidious virus (I think the message here is NOT to do these things!):

Spoiler alert: a little gross in places, but keep in mind we are dealing with American culture now.



"Have The New Jab" - "Hallelujah" adapted
by the Marsh Family - YouTube

Well, I hope you were able to laugh and learn from this article as much as I did researching, then deleting some great tunes to get down to four, and finally drafting the report. What's next in the series, you ask? It depends. If publication date is late June/early July, it'll be the **Canada Day Special**. Got some great tunes about some interesting people!

Love to hear your comments and suggestions, Seedy.

CAMINO de SANTIAGO de COMPOSTELA

Ted and Sharon Yeadon's Trek
April 13 - May25, 2011



One beautiful day in New Westminster, Ted and I were contemplating our "next journey" and I suggested we walk the El Camino in Spain. Ted's response was, "What's a Camino?"... so began the journey with daily training--long trail walks, packs on our backs, hats donned, walking sticks moving! We organized and purchased our needs for this long trek, read books like Tony Kevin's Walking the Camino; Hape Kerkeling's, I'm Off Then, and the MUST HAVE: A Pilgrim's Guide to the Camino de Santiago, by John Brierley.

We flew out of New West on April 13th and landed in Madrid on the 14th, my birthday! The next day we bused to Roncesvalles. This is not the true starting place of the ancient pilgrim path known as Camino Frances, but the site of registration and our record-keeping Credentials for the Camino--our passport. With the aid of Brierley's guide and maps, we were able to chart out our route each day; we booked, two days in advance for each night's stay.

We averaged 22kms a day. The shortest day was 19.7 kms, and the longest day 30.1 kms. One's stamina builds over time and a walking rhythm becomes a constant companion. Some time is spent chatting, but a great deal of walking time is spent in quiet reflection, moments of humility and gratitude. As Lao Tzu said, "The journey of a thousand miles begins with one step."

Every walking day had as its reward, a night's rest. The weather through April and

May was beautiful, with only two or three day's total rain. We did extend our time in both Burgos and Leon. Those stays were for rest, relaxation, sightseeing and enjoying delicious Rioja & Ribeiro wines....that's not to say we didn't enjoy a cold beer or glass of wine at every day's end, but there's something to be said for sampling wines grown within their region. The route is well marked with yellow and blue arrows and scallop shells; way markings, as they are referred to by locals and pilgrims.



We had the pleasure of meeting new people on the trail every day, sharing journeys and "trail tips" as well.



One of many beautiful cathedrals we attended, and this was extra special because our walk has ended and we have been awarded our Certificates of Completion--Las Compostelas!

John Brierley recommends that before every pilgrim exits this corner of the earth, they visit the end of it, *Finis Terre*. "Finisterre is one of the great hidden treasures amongst the many Caminos de Santiago." JB

We couldn't pass up the opportunity, just as we walked the way of the bulls (minus the bulls) in Pamplona, attended some noon masses in many great cathedrals, appreciated the Holy Week Easter processions in every Spanish city we

travelled, and used our Spanish at every opportunity.



Finis Terre --the end of the earth.

Walking the Camino de Santiago is a journey of heart, mind and body. It can be an opportunity for true immersion into the culture, economy, religion, politics, food and language of a country--life in Spain. The walk is whatever each pilgrim brings to it and takes away from it; a give and take of the practical, the creative. We're so happy to have made this trek; in fact, two years from this one, 2013, will mark our second journey, a trek across France...stay tuned!

Meanwhile, as we pilgrims say to one another on the trail: *Buen Camino!*

KERRY'S TOONIES WORTH

or

One Step Away from Relevance

Happy belated Easter !!

A man is driving along a highway and sees a rabbit jump out across the middle of the road. He swerves to avoid hitting it, but unfortunately the rabbit jumps right in front of the car. The driver, a sensitive man as well as an animal lover, pulls over and gets out to see what has become of the rabbit. Much to his dismay, the rabbit is the Easter Bunny, and he is DEAD. The driver feels so awful that he begins to cry. A beautiful blonde woman driving down the highway sees the man crying and pulls over. She steps out of the car and asks the man what's wrong. "I feel terrible, I accidentally hit the Easter Bunny with my car and KILLED HIM." The blonde says, "Don't worry." She runs to

her car and pulls out a spray can. She walks over to the limp, dead Easter Bunny, bends down, and sprays the contents onto him. The Easter Bunny jumps up, waves its paw at the two of them and hops off down the road. Ten feet away he stops, turns around and waves again, he hops down the road another 10 feet, turns and waves, hops another ten feet, turns and waves and repeats this again and again and again and again, until he hops out of sight. The man is astonished. He runs over to the woman and demands, "What is in that can? What did you spray on the Easter Bunny?" The woman turns the can around so that the man can read the label. It says..

"Hair Spray - Restores life to dead hair, and adds permanent wave."



New Element

Oxford University researchers have discovered the most dense element yet known to science. The new element, Governmentium (symbol=Gv), has one neutron, 25 assistant neutrons, 88 deputy neutrons and 198 assistant deputy neutrons, giving it an atomic mass of 312. These 312 particles are held together by forces called morons, which are surrounded by vast quantities of lepton-like particles called pillocks. Since Governmentium has no electrons, it is inert. However, it can be

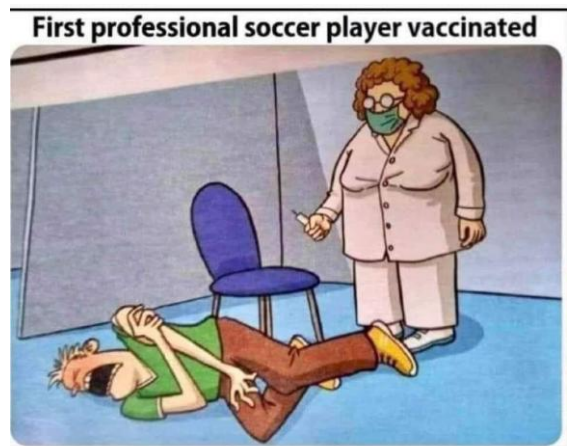
detected, because it impedes every reaction with which it comes into contact. A tiny amount of Governmentium can cause a reaction that would normally take less than a second, to take from 4 days to 4 years to complete. Governmentium has a normal half-life of 2 to 6 years. It does not decay, but instead undergoes a reorganisation in which a portion of the assistant neutrons and deputy neutrons exchange places. In fact, Governmentium's mass will actually increase over time, since each reorganisation will cause more morons to become neutrons, forming isodopes. This characteristic of moron promotion leads some scientists to believe that Governmentium is formed whenever morons reach a critical concentration. This hypothetical quantity is referred to as a critical morass. When catalyzed with money, Governmentium becomes Administratium (symbol=Ad), an element that radiates just as much energy as Governmentium, since it has half as many pillocks but twice as many morons.

Getting older

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
8. I don't mean to interrupt people. I just randomly remember things and get really excited.
9. My luck is like a bald guy who just won a comb.

Vaccinations

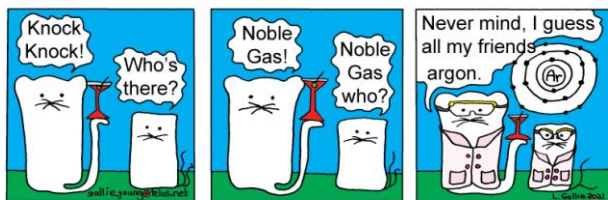
Our age group, for vaccinations had arrived and Orrie booked our appointments. On Monday we went to the Anvil Center to get our shots. The place was abuzz with volunteers everywhere and the whole process was incredibly easy and quick. There was only one glitch and it occurred as we were waiting our 15 minutes(to make sure that we were suffering any side effects) when I noticed this man getting his shot.



Fun with the English Language

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. Two silk worms had a race. They ended up in a tie.
4. Time flies like an arrow. Fruit flies like a banana.
5. Atheism is a non-prophet organization.
6. Two hats were hanging on a hat rack in the hallway. One hat said to the other, "You stay here, I'll go on a head".
7. When the cannibals ate the missionary, they got a taste of religion.
8. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.

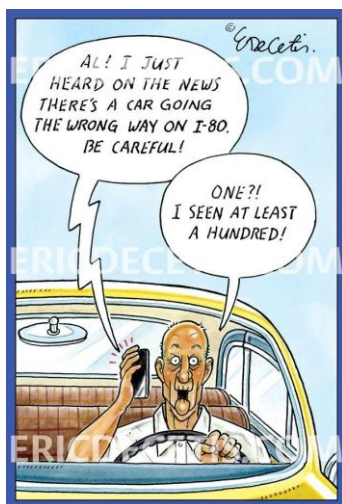
9. Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes, I'm positive."



Cartoon by Louise Gallie (NWRТА member)

PRIORITIES

I've sure gotten old! I have outlived my feet and my teeth. I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine. I take 40 different medications that make me dizzy, winded, and subject to blackouts. I also have bouts with dementia. I have poor circulation; can hardly feel my hands and feet anymore. I can't remember if I'm 85 or 92. I have lost all my friends. But, thank God,
I still have my driver's license.



The Fight was on

She was outside pulling weeds on a hot summer day when her husband walked up and asked her what they were having for

dinner. Irritated by the thought of him sitting in the air conditioned house while she laboured away on the weeds, she snapped, "I can't believe you're asking me about supper right now! Pretend I'm out of town, go inside and make dinner yourself!" So he went back in the house and fixed himself a big steak, potatoes, garlic bread, and a tall beer. His wife walked in just about the time he was finishing up and asked, "Where's my dinner?"

"Huh? I thought you were out of town," he replied. And the fight was on..

R.S.V.P. Walking/Hiking/ Biking
Trails

Just a reminder, if you are interested you need to email me at:

kgbabiuk@gmail.com

Bits and Pieces

To have knowledge is to be armed. I have attached a missive from Deb Schulte, Canada's Minister of Seniors regarding scams and frauds.

On a much lighter note, I have attached a list of the wines that was sampled at the NWRТА Zoom, "Sip and Tell" meeting in February.