



Ridge Meadows Retired Teachers' Association

June Newsletter 2021

From the desk of the President ~ Julie Zoney jbz@telus.net

I hope that you are all keeping well, keeping fit, staying active and still connecting with friends and family while we are still in very difficult times. On a more positive side, given our age I think we have all received our first vaccination. However, as Dr. Henry said, we still have to follow the rules and keep wearing our masks, staying 2 metres apart and limiting our numbers to 10 in a group..

Be safe!! As it is still not safe to get together in large groups at this time, but do connect in small safe groups when it is allowed!!

Our 2020-2021 Executive:

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LIBRARY BOOKS...it was great to see the excitement of the teachers at One Way Community



Update from Ken Holmes:

RMRTA sent a letter of support for two of Ken Holmes projects. Ken received funds of \$1500.00 from the R R Smith fund for his Love Guatemala Project and \$1500.00 for his Step International Project.

Protecting yourself from COVID -19 Frauds and Scams

(Information provided by Seniors First BC, formerly BC Centre for Elder Advocacy and Support) <http://seniorsfirstbc.ca/news/protecting-yourself-from-covid-19-fraudds-and-scams/>

What are the most common COVID-19 frauds and scams?

According to Seniors First BC, the six most common COVID-19 scams targeting the public are phone calls, text messages, phishing (fraudulent) emails, door-to-door canvassing, fake charities, or websites, and social media and online shopping.

What should I do if a scam or fraud is suspected?

Seniors First BC recommends not responding back to any attempted communications and always take precautions. Do not answer the door if you are not expecting a visitor or package, ensure you are purchasing from reputable websites, and do your research before shopping online. Do not click on website pop-ups and close the page immediately if one appears on your screen.

How can fraudulent activity be identified?

Official organizations will not send threats, errors, or warning messages. They will explain a situation in a reasonable and calm manner, will not demand the immediate resolution of a problem or a speedy payment and will never give you a reason to panic unnecessarily. Scammers have ways of making themselves appear extremely legitimate. They may impersonate well-known organizations, taking advantage of official symbols or logos. They may even pretend to be your bank or the police. Seniors First BC recommends keeping calm and reviewing the situation. Ask

yourself: how would legitimate organizations behave with their customers or the public?

How can I protect myself from scammers?

Never give out personal information such as credit card numbers, banking information, passwords or social insurance numbers, unless you have contacted someone for services and verified their identity first.

If in doubt, research before providing money or any personal information. Scammers will often tell you not to call family members or the police but to deal only with them. It is important not to listen to this advice. Reach out to a family member, trusted friend, or call your local police department if you are concerned.

How do I report fraudulent activity?

Suspected frauds and scams can be reported to:

- The Canadian Anti-Fraud Centre at antifraudcentre.ca or 1-888-495-8501
- Your local police department by filing a non-emergency report (do **not** call 911)
- Your local bank/financial institution and credit card company
- The National Credit Bureaus to place a fraud alert on your credit reports (Equifax Canada 1-800-465-7166 or TransUnion Canada 1-800-663-9980)
- The National Do-Not-Call List at lnnte-dncl.gc.ca or 1-866-580-3625

Where can I learn more?

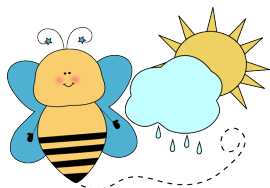
Visit Seniors First BC's [Frauds and Scams Resource List](#) to learn more about COVID-19 frauds and scams.

Connect with Seniors First BC

Seniors First BC operates the [Seniors Abuse and Information Line](#) (SAIL), a BC-wide program with trained intake workers ready to talk to you in confidence about abusive situations of any kind involving older adults. Seniors First BC also provides [free](#)

legal services to older adults age 55+ who cannot afford a lawyer.

To connect with Seniors First BC for the SAIL line or to book legal services, call **604-437-1940** or toll-free at **1-866-437-1940**, available 7 days a week (excluding holidays) from 8:00 a.m. to 8:00 p.m. Language interpretation is available Monday to Friday from 9:00 a.m. to 4:00 p.m.



Some of us enjoyed a Zoom session with author Naomi Lane a retired French Immersion Special Education teachers.

Naomi Lane writes relatable tales of growing older, and changing relationships. A Maple Ridge retiree has been keeping busy by penning a pair of books in her downtime. Naomi Lane, who wrapped up a career as a special education and French immersion teacher in 2018, has long been interested in writing.

"I knew I had it in me," she said.

"It was something I always wanted to do, but was just too busy with work."

Her first book – *The Ultimate Cat: A Baby-Boomers Guide to Retirement* – was published by Tellwell Publishing in December, 2020.

She said it is an autobiographical account of her transition from working life to retirement.

"There was so much change all at once, and it was pretty overwhelming," Lane pointed out, but went on to note she wanted the self-help book to be funny.

Initial response to the book has been positive.

"People I know who have read it have texted me and said they couldn't put it down, and thought it was hilarious," Lane said.

You can subscribe to her blog: naomiplane.com.

Copies of her two published books can be found at Black Bond Books in Valley Fair Mall, and Tomes and Tales in Pitt Meadows.

Looking for a good read??? Executive Picks:

Don Sears recommends: *The Cross and the Switchblade* by David Wilkerson. David founded "Adult & Teen Challenge" in New York in the early 60's. Since I now volunteer at the local site of A&TC, I wanted to find out how this organization started. An amazing story how his faith in God directed him in every step of the way to form what is now a worldwide organization. A short and inspiring read.

Nell Plotnikoff recommends: Louise Penny, Canadian author, writes a crime series with its main character Armand Gamache of the Surete du Quebec. "These are not just suspense stories, police procedurals, or crime novels...The series is deep and grand and altogether extraordinary." Penny's latest novel is "All The Devils Are Here" but I suggest that if you haven't read any of her books in the series, start from the first one and transport yourself to the lovely village of Three Pines and become one of the Gamache extended family.

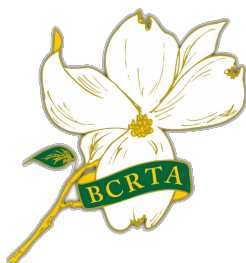
Ken Grieve recommends: I suggest two authors: Tana French who writes top notch murder mysteries and Philip Kerr who writes excellent crime noir.

Updated Pensions information is available at
<https://tpp.pensionsbc.ca/>

As a member of BCRTA you are able to use
BCRTA Members' Advantage visit:

<https://bcrt.ca/members-advantage-program/>

Help us grow - invite a friend.



Check out the BCRTA website:

<https://bcrt.ca>

The BCRTA is celebrating its 75th
Anniversary this year!!

Ridge Meadows Retired Teachers' Branch is
trying to compile the history of our local
schools. We need your help. Pick a school and
let me know which one and search through the
school site, the museum, and other places and
see if you can gather the info. Send your
results back to me (Julie) at jbz@telus.net.

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Asking for help??

My name is Bob Parsons and I am the Acting
Principal at James Cameron School. As you may (or
may not) know James Cameron School is a small
independent school located in Maple Ridge solely
chartered to work with students who have been
diagnosed with specific learning disorders. The
reason that I am reaching out to the RMRTA
organization is to let you know that JCS is seeking
retired teachers who may wish to enlist as TOC's with
our school for the 2021/2022 school year. Those
interested can contact Bob at the school.

In Memoriam



The RMRTA regrets to announce
the passing of the following District #42
colleagues. We extend heartfelt condolences to
their families and friends.

Lance Rossington Jan. 2021

Sid Peacock Feb. 2021

Betty Pasqualotto Dec. 2020

Helen Casher March 2021

Donna Deane Freeman March 2021

Jean Webb

Roger Williams

Al Blakey (BCTF Pres. 1979-81) May 6/2021



You are invited to a free webinar:

Thursday June 3
10:00 PDT

Register at: www.acer-cart.org/june3event

Presenters: Dr. Samir Sinha

With 40,000 Canadians on waiting lists for Long Term Care, Dr. Sinha will explain how clear policy options exist that would enable ageing in place and the overall sustainability of our health care system. But will those policies be enacted?

Dr. Steve Morgan

From University of BC's School of Population and Public Health

A compelling case for why Canada needs a national Pharmacare program, how it would improve our health and save money that could be directed to provide other health needs.

One of ACER-CART 2020-21 priorities is ***to advocate for regulations governing Retirement and Long-Term Care Homes with emphasis on improving patient respect, working conditions, staff training and staff wages.***

There is a survey that is collecting information to help develop standards for these homes.

<https://longtermcarestandards.ca/your-input>

June 1, 2021 has been declared "Intergenerational Day". This is a day for you to connect with someone who is a generation older or younger than you. Give them a phone call. Have lunch with them (social distancing). Send them a card of encouragement.



Here is the latest news from the Teachers' Pension Plan. Fund returns for the year 2020 came in at 10.5%. Annual returns from March 31, 2020 to March 31, 2021 were estimated to be between 16% and 17%. Our 5-year average is 8.1%, ahead of the 6% required for our pensions to be fully funded. So the news at this time is outstanding, especially considering all the uncertainties of the past year.

Of course, this can give rise to pension envy, with folks complaining that we are living high on taxpayer dollars. Just remind them that your pension is based on **your** contributions over the years, including employer contributions made in lieu of higher salaries. Your pension is also funded in great part by investment returns, and we are all so fortunate to have a pension plan which is so well managed. Of that, others can rightly be envious!



So we're into our 13th month of this pandemic... (from Cosco Highlights)

These various quotes made me laugh!

1. So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap?
2. *Is it too early to put up the Christmas tree yet? I have run out of things to do.*
3. When this virus thing is over with, I still want some of you to stay away from me.
4. *If these last months have taught us anything, it's that stupidity travels faster than any virus on the planet, particularly among politicians and bureaucrats.*
5. Just wait a second – so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right?
6. *People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.*
7. If you believe all this will end and we will get back to normal just because we reopen everything, raise your hand. Now slap yourself with it.
8. *Another Saturday night in the house and I just realized the trash goes out more than me.*
9. Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic.

Looking for something to do to pass the time??

Boomerang is an organization based in Toronto that offers workshops on a variety of topics They offer over 300 workshops from cooking to yoga to jewelry making.

Some of the workshops charge a fee, usually between \$5-\$10 but there are a whole lot more that are free..

Sign up is free, click the link and go in and browse through the offerings.

goboomerang.com

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A note of interest:

BCRTA Conference - scheduled for the morning of September 30th featuring 3 speakers:

Linda Fawcus Gluu Technology looking at Frauds and Scams - Cyber Wellness.
Dr. James McCormick - UBC Dept Pharmacy - Food and Nutrition
Brian Minter - Master Gardener - reconnecting us to nature and our gardens.

Free to all those that register on the BCRTA website.

As we are opening up in B. C., look for more info on a possible Sept. 7th THWTB Breakfast Coming soon!!