

Presidents Message-

I would like to take this time to congratulate the authors of *'Inkwells to Internet ... A History of Burnaby Schools'*. Janet White, Dave Carter, Rosemary Cooke, Harry Pride and Gail Yip did a masterful job. We also need to thank the City of Burnaby for their support with editing and publishing. The City was particularly interested in the book because the history of Burnaby schools relates to the historical development of the City of Burnaby.

The book shares the experiences of students and staff in everything from one-room schools in 1894 to present day. It provides a fascinating chronicle that showcases the rich history of the school district, the City of Burnaby, and the growth of public education. The book includes histories of every school in Burnaby, along with many photographs and anecdotes shared by former staff, teachers, and students.

The City of Burnaby used the book to launch their annual Heritage Week in February. They also provided each public library and school with both hard and electronic copies of the book. Copies of the book are currently being sold at the Burnaby Village Museum. Janet White has also written an article about the development of the book which will be published the next Postscript magazine.

The book has proven to be quite popular. In just a few weeks during the Fall, we sold almost 100 copies. By Canadian standards, we could consider the book to be a best seller.

The Executive is planning to hold an Annual General Meeting on Thursday, May 20. We will be doing this through Zoom. We are in the process of gathering all the information needed to make our meeting successful. We will be sending out information related to how (if you haven't done so already) to download the Zoom

application and how to launch the application on the meeting date. You are going to need a computer or smartphone with a camera, microphone and speakers to join in on the meeting.

We are also considering holding a Christmas luncheon. The Covid virus might be under control if we can believe that most people will be vaccinated by the end of summer. We have no definite plan at this time but more information will be forthcoming in the not to distant future. It would be great to have the opportunity to visit and listen to stories about this past year.

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This is the "park and ride" isn't it?

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No longer with us-Jim Lauck, Brian Rocksborough-Smith, Salma Nuraney, Ruth Archer, Howe Lee and Margaret Horlacher

Burnaby Retired Teachers' Scholarship and Bursary Foundation

c/o Burnaby School District, 5325 Kincaid Street, Burnaby, B.C, V5G 1W2

Yes, I would like to support the Burnaby Retired Teachers' Scholarship and Bursary Foundation. I understand the money will be used to support graduating students in their future studies.

Enclosed is my cheque for \$25 \$50 \$100 other

A tax receipt will be issued

Signature

Address

Name (Please Print)

City Province Postal Code

BRTA TREASURER'S REPORT- February 2021

Balance as of November 16 th , 2020				\$13 201.62	
Income	Membership Fees	\$0.00	Expenses	Christmas Donation	\$1 093.16
	Lunches	\$0.00		History Book	\$4 725.00
	Bank Interest	\$0.00			
	Book Sales	\$4204.80		Balance as of January 30, 2021	\$11 588.26

History Book -Inkwells to Internet

To those who might have missed it: If you want to see the ZOOM launch of our Inkwells to Internet: A History of Burnaby Schools, you can use this link: <https://fb.watch/3LHKeRm0vY/> or <https://www.facebook.com/194924933854786/videos/434958831155218>

To buy a copy of 'Inkwells to Internet: A History of Burnaby Schools', contact Burnaby Village Museum, at 604-297-4565. Cost is \$45 + tax, pick-up at Museum office desk.

-To view an e-copy of the book, go to heritageburnaby.ca and look under RESEARCH and type in 'Inkwells to Internet: A History of Burnaby Schools' in the box (at the left) and hit the Q button, OR

Google: <https://search.heritageburnaby.ca/permalink/museumlibrary7551>

*Note: A copy of the book was sent to EVERY school in Burnaby and \$13 from each sale will go towards our Scholarship and Bursary Funds (confirmed by Lisa Codd).

PUNS for the Pundemic:

1. Coffee-the person upon which one coughs.
2. Flabbergasted-appalled over how much weight you have gained.
3. Abdicate-to give up all hope of ever having a flat stomach.
4. Esplanade-to attempt an explanation while drunk.
5. Lollygag-choking on a sweetie in England.
6. Negligent-describes a condition in which you absentmindedly answer the front door in your nightgown.
7. Lymph-to walk with a lisp.
8. Gargoyle-gross, olive-flavored mouthwash.
9. Flatulence-emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash-a rapidly receding hairline.
11. Paradigms-twenty cents.
12. Melancholy-a dog who likes fruit.
13. Forbid-after a three bid.
14. Anew-one wildebeest.
15. Dispatch-where I grow my vegetables.
16. Indispose-just sit the way you are.
17. Tete-a-Tete-two Asian holidays.
18. Guise-more than one guy.
19. Pique-a friend of Abu.
20. Yearn-it's not mine.

Zooming Around-Marion Hartley

During this last year of the pandemic, I have been using Zoom at least three times a week. I am on committees of several different groups that meet on Zoom. I must admit that sometimes it is much more convenient as there is no travelling to and fro. You also have the bonus of wearing your pyjamas to the meeting. (That's not me – I'm the one wearing sweatpants.) You do have to provide your own coffee or tea and muffins. The real downside is that you only see people's faces and it simply isn't the same as meeting with "real" people.

I have been taking part in workshops, webinars and even choir practices and book club via Zoom. If it weren't for the organizations I belong to I would not be aware of such a variety of choices to keep me informed and educated. I attended a presentation given by David Roche who at 40 decided to become a stand-up comedian. He lives with a visible "disability" which is a severe facial disfigurement. But his message was that almost everyone has something that "disfigures" them. It could be Dyslexia, skin colour or body shape. As we age, we have a whole new set of things that cause self-judgement e.g., balding or wrinkles. His message is that we need to deal with self-doubt and shame otherwise the "predators" will get you. He gave us an uplifting webinar filled with humour and motivation.

I attended another workshop given by Cicely Belle Blain called an Introduction to Racial Justice. One of the questions she gave us was "How can we develop a safer space?" She made it clear that uncomfortable is not unsafe. One of the challenges was to make a collective commitment to anti-racism. Start with becoming an ally who recognizes and affirms the struggle against racism. Then become an advocate who lobbies on behalf of a racialised group. Finally, become an accomplice who consistently stands in solidarity with the group. She believes it is important to tell the truth to youth, so they understand what racism is and means. I am participating in monthly communication workshops. The last was how to communicate through challenges affecting seniors. Some of those stressors are grief and loss, Dementia, and loss of hearing and/or vision. I listened to a presentation about the challenges of finding low-cost housing. Did you know that 35% of seniors who rent have an income of less than \$18,000 per year?

Just recently I participated in a day long workshop on seniors' isolation. This was planned and sponsored by LOVE Community Response Network. The speakers were too numerous to mention but they were all qualified to provide research and data about senior's isolation especially during the pandemic. Seniors' isolation and long-term care have been priorities of Isobel MacKenzie, Seniors Advocate since she was hired. In a survey, 18% of Canadians feel that they have no one to count on for support. Creating more opportunities for social interaction, teaching seniors how to use the internet and pet therapy were all suggestions to alleviate the problem. However, there are gaps that need to be addressed. Engaging older men is difficult. Access to internet service for people who don't have it or don't want it is a challenge. Cell phone training seems to be an answer for many seniors who are resistant to technology. The UK has a Minister of Loneliness to tackle social and health issues caused by isolation. Japan has just appointed a Minister of Loneliness in response to the high suicide rate of seniors.

I took part in a webinar given by a doctor from St Paul's' Hospital who gave us interesting data about the various COVID 19 vaccines. Her message was "It doesn't matter which vaccine it is, just get it." I have mentioned only a few of the webinars and workshops I have attended. There is a large variety offered every week and I encourage you to try one or two if you haven't already. The topics vary and some that are not serious at all. It beats watching Netflix all the time.

If you are interested in finding out about some of the webinars and workshops going on in the Lower Mainland you can contact Andrea at andreak@mofg.org and she can get you onto the South Vancouver Seniors Network list. You can also contact tcseniorsactionsociety@gmail.com or Ken at 604 949 0599 to get on the list for the Tri-Cities Action Society newsletter. It lists many webinars and provides some links to other things like virtual parties and exercise programs. You do not have to live in those areas to participate. Finally, for those of you who have been doing your share of Zooming around, did you know there is something called ZEF (Zoom Exhaustion and Fatigue?) Here's a link www/news.stanford.edu/202/02/03/four-causes-zoom-fatigue-solutions Also, in case you hadn't heard, the number of plastic surgeries has increased dramatically during the pandemic because people are not happy with how they look on Zoom. Really?

Burnaby School Board

LITERACY WEEK IN BURNABY SCHOOLS- Every year throughout the District, schools participate in Literacy Week, which is currently underway across BC. “Reading in the Dark” at Montecito Elementary is just one example of the many ways schools focus on activities surrounding literature for Literacy Week. In other years, guest readers are invited into classrooms. But with the pandemic, some schools are hosting virtual visits, instead – such as with Kiana Sosa, who is doing online readings of her book for students in Burnaby schools. The Brentwood Park Elementary student published it during the last school year, as an extension of a “passion project” classroom assignment.

BLACK SHIRT DAY IN BURNABY SCHOOLS- Many of our schools participated in the first Black Shirt Day on January 15. In addition to raising awareness of the challenges faced by Black and racialized Canadians, it provided an opportunity for many classrooms to extend the learning around anti-racism. At Marlborough Elementary Kindergarten students learned about social justice through the story of Canadian civil rights activist Viola Desmond. Seaforth Elementary was one of many schools to study Martin Luther King Jr, whose birthday was chosen by organizers as the date for Black Shirt Day. Research on BIPOC leaders, art projects – including this poster project by students at Burnaby North Secondary – books, daily announcements and classroom conversations are just some of the many ways students throughout the District explored learning. The grassroots efforts of students and staff were also seen widely in the media, including interviews featuring Grade 7 Marlborough Elementary students Jacqueline Luong and Jayden Henwood, as well as Board Chair Jen Mezei, and Beth Applewhite – the District Vice-Principal of Equity, Diversity and Inclusion, who works with students and staff facilitating learning around anti-racism. Students from Buckingham Elementary shared their thoughts and learnings – some of which are captured in this video

CELEBRATING LUNAR NEW YEAR -The traditional vivid colours and wishes for good luck were evident throughout the District, as students celebrated the “Year of the Ox.” Examples at Forest Grove Elementary – home of the District’s Mandarin Language Arts program – included writing Chinese characters, decorating a Ming vase, and creating colourful dragons for a puppet show. Students at Confederation Park Elementary had a virtual visit from a parent who shared what Lunar New Year means in her family. And Kindergarten students at Taylor Park Elementary performed a traditional dance in the hallway. Members of Burnaby North Secondary’s Cantonese Club made decorations, as did others seen on display at Burnaby South and Burnaby Central secondary schools. At Edmonds Community School a class took it outside – performing their lion and dragon dance for each of the school’s learning groups.

THINKING ABOUT THE WELL-BEING OF OTHERS- Students and school staff have been finding multiple ways to build and support community. At Brentwood Grade 2 and 3 students created heart-shaped clay “ornaments of hope” for residents in Long Term Care homes. The intention was to show residents that people are thinking about them during these challenging times. Valentine’s Day Cards by the hundreds were made by students at Inman, Nelson and Kitchener Elementary schools. This group of local seniors reported that they were thrilled to receive them! Some cards went with deliveries for Burnaby Meals on Wheels. At Confederation Park Elementary, students collected new and washed blankets, gloves, scarves, and toques to donate to the Blanket BC Campaign. Over at Westridge Elementary, students made Valentine’s Day cards and care kits for women and children living in shelters. Students at Twelfth Avenue Elementary were busy fundraising for the Burnaby Hospital Foundation – doubling their goal for a total of 650-dollars. And the student Sports Executive at Moscrop Secondary started an online apparel store to both elevate school spirit and give back to the community. They raised 200 dollars for the Food Bank by sharing proceeds from school-branded face masks.

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DEAFBLIND STUDENT PUBLISHES ACCESSIBLE CHILDREN’S BOOK- A deafblind student in Grade 10 at École Alpha Secondary has written a children’s book with large text that is accessible for people who are visually impaired. While becoming a published author is a major accomplishment for anyone, when Scott Mallinson arrived at Alpha in Grade 8, he struggled to communicate his thoughts. In addition to being deafblind, cerebral palsy makes sign language a challenge for Scott. He had a major communication breakthrough nearly two years ago when he developed the ability to type on an iPad. And now he has published a book. While Scott enjoys seeing how much children like his published story, Scott says A Bee’s Journey is more than a book to him and that it represents the start of his future. The magical illustrations for the book were created by Burnaby Mountain Secondary student and family friend Rachel Gsponer – the two have known each other since they were babies. While all credit for the book goes to Scott and Rachel, his parents believe staff at Alpha influenced Scott’s trajectory, citing their support of his learning and confidence in him to succeed.

I READ CANADIAN DAY IN BURNABY SCHOOLS- Students, such as these seen here at Stoney Creek Community School and South Slope Elementary explored some of our country’s rich literature on I Read Canadian Day. Now in its second year and held on February 17, the day encourages people to read books by Canadian authors. This class at Brentwood Park Elementary is seen holding some of their favourites. Participation in the national day was unanimously endorsed by Trustees last year.

RECONCILIATION THROUGH A PROJECT OF THE HEART- Students from South Slope Elementary and the BC School for the Deaf came together in the Fall, with health and safety protocols in place, to learn about reconciliation with members of the Tla’amin Nation. They met outdoors with Indigenous community leader Laura Ward, who is also the Chair of the District Parent Advisory Council – along with her daughter Hailey, a Grade 8 student at École Cariboo Secondary. Students learned about the devastation of the residential school system. After reflection and meaningful classroom discussion, they went to work on a reconciliation project in the form of a mural. Each student created a tile of hope and love for survivors. The finished art installation is displayed at the school as a symbol of their commitment to reconciliation.

BLACK HISTORY MONTH: CELEBRATING AND LEARNING- Across the District students are participating in Black History Month. There are a variety of activities inside schools showcasing the proud heritage of the Black community, their joy, struggle, contribution, and achievement. This is the 25th year of Black History Month in Canada and 3000 students had an opportunity to hear directly from the person who brought forward that historic legislation – the Honourable Jean Augustine. The first Black woman elected as a Member of Parliament; she provided the official address at the Lifting Black Voices Youth Conference last week. It was put on in partnership with four other school districts and the National Congress of Black Women Foundation. Burnaby School District staff organized the virtual event in celebration of Black History Month. Many students, such as these seen at Alpha Secondary, watched as a group.

VIRTUAL SESSIONS ASSIST STUDENT PLANNING FOR NEXT FALL -Each year at this time, students begin their planning for the next school year. Registration for priority placement for most of the District’s Programs of Choice takes place in February. Options include a focus on technology, sports, trades, career training, and educational enrichment such as French Immersion and AP Capstone. In preparation for students to make their course and program requests, each year all eight of our high schools host information sessions. This year everything to support students and their families with planning for the Fall is virtual, due to the pandemic. Kicking off the sessions, hundreds of families attended a live virtual evening held earlier this month by the Career Education Department.

Understanding Debt

Borrowing money can work for you or against you, depending on how you handle it. If you borrow wisely, debt can be a valuable tool that helps you manage expenses over a period of time. But if you use debt carelessly, it can threaten your financial future.

Making Smart Debt Choices-Making wise decisions when borrowing money can help you build on your current or future financial goals. Taking on too much debt or borrowing money just because it's available to you may not be the best decision. Poor debt habits can put a strain on your financial health and can hold you back from reaching your goals. Making smart debt choices means understanding when it makes sense to borrow. Borrowing can help you acquire something useful – like a house or an education – that could add to your net worth. It can also help you acquire items like a car that you can't easily save up for in a timely way. Poor debt habits and a lack of understanding in what it means to borrow can lead you to financial trouble. Examples of poor debt habits include overspending (beyond your budget) using high-interest credit cards, making late payments, and not having a plan in place to pay off debt.

Before You Borrow When looking to borrow, it's important to understand that while debt can help you achieve short-or long-term goals more quickly, your debt payments will reduce the amount of money available for investing or other financial goals. Remember, debt can be expensive over time, so your best financial strategy is usually to pay it off as quickly as possible. The faster you pay off the principal, the less interest you'll pay. If you miss a payment, your interest rate could go up and you could damage your credit rating. Making smart financial decisions will help build your credit rating, which will help you in the long run.

Maintaining Your Credit Rating-The better your credit rating, the more likely financial institutions will be willing to lend you money and the more likely you will receive a low interest rate. If you have a poor credit rating, you may be charged a high interest rate or refused a loan. Before financial institutions extend credit, they assess your credit rating. This is a review of your ability to repay a debt, based on your character, income, economic history (employment, previous financial records, etc.), and assets (savings or other property). Financial institutions often check with credit bureaus for information about your history with other companies, like telephone companies and banks. You can request a copy of your own credit report and you can have the credit bureau correct any errors in it. The two main credit bureaus in Canada are [Equifax Canada Inc.](#) and [TransUnion Canada.](#)

Tips to Manage Debt-Debt can be a useful financial tool. It can help you buy a car or home. If you use credit cards, there can be added benefits like travel points or extended warranties. But, if you have too much debt, it can limit your financial options, make it difficult to save money, and lower your overall financial health.

Consider the following tips to help manage debt:

- Identify your debts.
Start with identifying what you owe, and create a list of all your debts. For each debt, list the total amount you owe, the minimum monthly payment, and the interest rate. Debts can include mortgages, car loans, credit card balances, lines of credit balances, taxes you owe, and more.
- Review your budget.
A budget is a plan that helps you manage your money. It will help you figure out how much money you get, spend, and save; balance your income with your regular expenses; and guide your spending to help you reach your financial goals. Use this [Budget Planner](#) to find out where your money is going.
- Create a strategy.
Once you've created a list of all your current debts, begin your plan. The types of debt and the amount of debt you owe will affect your strategy for paying them off. Choose a timeframe to pay off debt that is reasonable, yet affordable. If your timeframe is too long, you may lose focus due to a lack of progress. You'll also end up paying more money in interest. If your timeframe is too short, you may not be able to keep up with your payments. You may start to feel it's unrealistic to continue. Decide which debts to pay off first. Depending on the type of debts you owe, it may be best to pay off certain debts first, such as debts with high interest rates or debts with the lowest balance.

A Little Humour to Help You Through the Pandemic

1. I had my patience tested. I'm negative.
2. I'm out of toilet paper and had to start using old newspapers. Times are tough!
3. I washed my hands so many times, I found the answers to my Grade 8 Social Studies test.
4. There will be a minor baby boom in 9 months, and then one day in 2034 we will witness the rise of the quaranteens.
5. To me, 'drink responsibility' means don't spill it.
6. The quarantine made me realize I have no real hobbies besides going out to eat and spending money.
7. I tried to make my own hand sanitizer, and it came out as rum and coke.
8. Now is not the time to surround yourself with positive people.
9. Finland has just closed its borders. No one will be crossing the finish line.
10. Is there a tax I can pay to stop Covid, or does that only work for climate change?
11. Anyone else's car getting 3 weeks to the litre at the moment?
12. I'm so over being part of a major historical event right about now.
13. Amazon just got approved for drone delivery. We now have skeet shooting with prizes.
14. I'll tell you a coronavirus joke, but you'll have to wait two weeks to see if you got it.
15. It's the start of a brand new day, and I'm off like a herd of turtles.
16. When you do squats, are you your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
17. The World Health Organization has announced that dogs cannot contract Covid. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.
18. I need to get out of bed, I'm late for the couch.
19. So many Coronavirus jokes out there. It's a pundemic.
20. Due to the quarantine, I'll only be telling inside jokes.
21. It's like being 16 again. Gas is cheap and I'm grounded.
22. There's nothing like a little tomato soup to soothe the soul. Even if it's cold, over ice, with a celery stalk and vodka.