



# Delta Retired Teachers Association Newsletter

## THE TRUANT

August 2022

**“Action is the fundamental key to all success.” - Pablo Picasso**

**!!! News Flash!!!      !!!News Flash!!!**

**The DRTA is hosting its first Luncheon after more than a 2-year hiatus!**

Come and meet past colleagues, and celebrate “skipping school”.

**Date:** Thursday October 6, 2022

**Location:** River House Pub - 6255 River Rd, Delta, BC V4K 0B2

**Time:** 11:30 am seating. Noon lunch.

**Menu Options:** Main: Turkey Club, Cod & Chips, Garden Burger

Dessert: Cheese cake with strawberry coulis, Apple tarte tatin with butterscotch, Flourless chocolate cake

Tea or Coffee

**Cost:** \$30 – this includes taxes and tips, with a subsidy from the Delta RTA. Other beverages must be paid for privately

- to be paid to the DRTA on October 6 - cash or cheque only, please

**Contact:** Please send your RSVP, and your choices for the Main and Dessert menu to Yvonne at [drtaevents@gmail.com](mailto:drtaevents@gmail.com) before September 15, 2022

**We are limited to only 40 members to lunch, including the Executive.**

**Our Special Guest Speaker is Lisa Hansen** from the BCRTA's Insurance handlers, Johnson Insurance (Johnson Inc), who will speak about the many insurance options offered for BCRTA members. She will gladly answer your questions and concerns.

**!!! News Flash!!!**

**!!!News Flash!!!**

## PRESIDENT'S MESSAGE

As I write my first message as Co-president, I'm wondering how I ended up in this position. Like you, I joined DRTA to continue my connection to other retired teachers. Not only did I reconnect with old friends, I made some new ones. Since there are only three board meetings a year, I became a Member-at-large six years ago and have been able to fit these meetings into my life full of other volunteer work and traveling.

I've greatly enjoyed the collaboration, camaraderie and most importantly, the fun of working with other board members. When Pat stepped down from her ten-year presidency, I decided to fill part of her shoes (which are enormous due to her amazing commitment and contribution), because I wanted to make sure DRTA will continue to be there for all retired teachers for the 3 S's (instead of the 3 R's): support, sharing and socializing.

I would like to conclude my message with gratitude First, I'd like to thank Pat for her ten years as President, and for staying on as Membership Chair, Truant Editor and Past President. Secondly, I'm thankful for the other members of the Board and the various Committees for their time and dedication. I stepped into the role of Co-president knowing they will be generous with their invaluable advice and assistance. Last, but not least, I'm grateful to all of you, the five hundred plus members. YOU are DRTA. I'm lucky to know some of you as friends, and would love to meet the rest of you. Please feel free to email or call me. Better yet, let's meet in person at our upcoming Luncheon (Thursday, October 6) or other future ones. Even better, join our board or one of the committees. Like me, you may rekindle old friendships and develop new ones.

Annie Coblin, Co-president

[acoblin@hotmail.com](mailto:acoblin@hotmail.com)    604-241-3989



**Working as a Team, Annie Coblin and Peter Yang.**

## **DRTA August 2022 Board Meeting**

The DRTA Board met on August 11 at Delta Manor Education Centre. In attendance were Annie Coblin, Peter Yang, Lois Wilkinson, Yvonne Chard, Pat Thiesen and Margaret Jensen.

There was a lot to discuss. We started with the Treasurer's Report. Our finances are in pretty decent shape, given that we have not been able to hold brunches and luncheons for the past several years. We are hoping, of course, to have a luncheon in October – information will be sent out soon about this.

We are also investigating moving the account online with, of course, limited access.

Our AGM took place via e-mail this year, and the results are:

### **The Board**

*Co-Presidents: Annie Coblin ([acoblin@hotmail.com](mailto:acoblin@hotmail.com)) and Peter Yang ([py2010@telus.net](mailto:py2010@telus.net))*

*Treasurer: Lois Wilkinson ([rlwilk@telus.net](mailto:rlwilk@telus.net))*

*Secretary: Margaret Jensen ([sloUGHside@gmail.com](mailto:sloUGHside@gmail.com))*

*Past President: Pat Thiesen ([deltaretiredteachers@gmail.com](mailto:deltaretiredteachers@gmail.com))*

*Member-at-Large: Yvonne Chard ([ycretired17@gmail.com](mailto:ycretired17@gmail.com))*

Also the following, non-elected voluntary positions were confirmed:

*The Truant Editor: Pat Thiesen*

*Communications: Yvonne Chard, Peter Scurr ([petergrantscurr@gmail.com](mailto:petergrantscurr@gmail.com))*

*Social: Yvonne Chard*

*Scholarships: Myrna Webster*

*Membership: Pat Thiesen*

*Heritage: Peter Scurr*

We are working to determine the date for our next luncheon and are currently working on a date in early October. Yvonne Chard will be investigating venues and information will be coming out to everyone as soon as we know when and where we will hold the event. We're hoping to have a speaker who will give us information about the many benefits that the BCRTA offers us through partnerships – it should be very informative and worthwhile! Stay tuned!

*Submitted by Margaret Jensen, DRTA Secretary*

**PS – The date is confirmed as October 6, 2022 at 11:30 am (for 12:00 noon meal) at the River House Pub.**



## 2022-23 Delta Retired Teachers Board

Back Row: Margaret Jensen (Secretary), Yvonne Chard (Member-at-Large),  
Pat Thiesen (Past President), and Lois Wilkinson (Treasurer)

Front Row: Annie Coblin and Peter Yang (Co-Presidents)

### **Treasurer's Report**

<b>Opening Balance July, 2021</b>	<b>\$ 6914.06</b>
Membership income	+4048.00
Expenses for newsletters	-651.11
Christmas cards	- 81.14
President lunch meeting re Facebook	-38.00
<b>Ending Balance June 30, 2022</b>	<b>\$10,191.81</b>



***Members who joined the DRTA between the Summer of 2020 and Now***

Jacquelyn Berger	Marilyn Chapman
Heather Colls	Lynn Crema
Shelley Davidson	Wendy Diomis
Jayne Fenrich	Alka Goel-Stevens
Nicole Grazier	Susan Greenwood
Judy Harms	Karen Hughes
Karen Keogh	Ingrid Lucke
Janet McKenzie-Smith	Douglas McLean
Judith Marshall	Beverly Mason
Jacquelyn Murray	Joanne Peterson
John Powell	Rita Randt
Jane Ratzlaff	Gerry Rietze
Deborah Schofield	Edda Stevens
Joanne Thauli	Marion Thiessen
Marilyn Thomas	Moira Tobin
David Webb	Patrick Whiteley
Fredrick Wilkinson	



## PRESIDENT'S REPORT

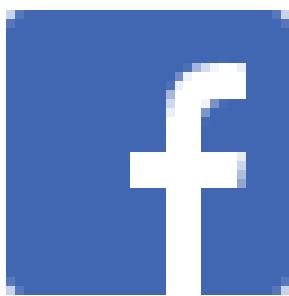
Our Fall Luncheon has been rescheduled from September to Thursday October 6, just before Thanksgiving, a perfect time for a social gathering. The Social Committee is in the process of arranging the venue, speaker and other fun activities for our first in-person social event in two years. So, please mark your calendar and watch for future announcements for further details.

This year, BCRTA Conference and AGM will be held in person at Hilton Vancouver Airport Hotel in Richmond from September 29 to October 1. There will be a meet-and-greet on Thursday evening, the Conference on Friday all day [which can be seen via Zoom for any who are interested in learning more about Aging-in-(the Right) Place], and the Delegates-only AGM on Saturday morning. The three Delta delegates are the two Co-presidents, Peter Yang and me, along with Val Windsor. As a Director of the BCRTA, Pat will also be attending.

The BCRTA Board of Directors met in person for the first time in two years, on April 12 for a strategic planning meeting, and on April 13 for a board meeting. Look for Pat's Report of the Spring Directors' Board meetings in the following pages.

ACER-CART (the National Retired Teachers organization) met in person on June 3 and 4 in Ottawa. At this meeting, the BCRTA Delegates recommended that their priorities for 2022-2023 focus on 1) a continuation of Aging-in-Place, advocating for a health care system that prioritizes care in seniors' own homes for as long as possible, and 2) advocating and monitoring for universal Pharmacare plan.

Annie Coblin, Co-president



**Did you know that the DRTA Facebook page has interesting articles and photos of members doing stuff now and from the past. A great way to keep in touch with your former colleagues. Think about becoming a part of the group. If you are not familiar with linking into a group page, Peter Yang ([py2010@telus.net](mailto:py2010@telus.net)) can help.**

## Scholarship Committee Found Worthy Recipients

Thank you to all members and their families who donated to our scholarship fund for this past year. Our successful campaign raised the needed funds to support 2 of Delta's graduates. As a result, the Scholarship Committee met in May. Each Secondary School submitted applications which were read by all committee members. After considerable discussion, the committee chose **Gagan Mann** from Delview Secondary and **Tavneet Jandu** of North Delta Secondary. We wish both of them successful careers. Included below are Tavneet's and Gagan's thank you letters letting us know their plans for the future.

To the Delta Retired Teachers Association,

Thank you for awarding me the 2022 Delta Retired Teachers Award. I am extremely grateful to be selected as this year's recipient. I will put this money to great use as I begin my studies at the University of British Columbia this fall!

I am an incoming first-year Science student at UBC, intending to major in Behavioral Neuroscience. Upon graduation, I plan to obtain my Bachelor of Education degree to become a teacher and a hopeful school administrator. Thank you for supporting me on my journey!

Thank you kindly,

Tavneet Jandu

North Delta Secondary Graduate of 2022

Dear P. A. Thiesen,

I am sincerely honoured to have been selected as the recipient of the Delta Retired Teachers Education Award of \$1,000.00. As F. Sionil José once wrote, "the influence of teachers extends beyond the classroom, well into the future." Throughout my thirteen years of education, my academic and personal success has been the direct result of the many great teachers I have had the pleasure of learning from.

For my post-secondary education, I hope to attend a post-secondary institution that aligns with both my educational goals and personal values. I have been accepted to attend the University of the Fraser Valley where I will obtain a bachelor's degree in the Health Sciences. Afterwards, I will study to become a Chiropractor to provide on-going medical care to practise

my affinity for wellness and a healthy lifestyle. By engaging and learning from the diverse community at UFV, I know I will become the best version of myself.

I strive to use my skills as a trained First Responder to continue my passion of selfless service far into my future. As an Indian classical music teacher, I know my patience and attention to detail will provide the wisdom I need to achieve my goals. I want to wholeheartedly thank the Delta Retired Teachers Association for their nomination and P. A. Thiesen for their continued support. Once again, thank you for your generosity and vote of confidence, I am certain to make the Association proud of my future accomplishments.

Sincerely,  
Gagan Kaur Mann

## FUNDING OUR SCHOLARSHIPS

*As out-going President, I would like to thank all of you who donated to the Delta RTA Scholarship Fund last year.*

*Your direct assistance is needed again this year. We are asking you to donate to the Delta Retired Teachers' Scholarship Fund. To accomplish this, please send your cheque to the Finance Department at the School Board Office. You could consider this a delayed present to 1 or 2 of Delta's amazingly talented and qualified graduating students. The Finance Department, still, isn't 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 receipt from the District. All donations must be submitted before January 13, 2023 as the application forms go out to students early in February. Once the total amount in donations is known, the value of the scholarship can be indicated.*

*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 2 1 / 2 . Direct your envelope to the Finance Department.*



## From the BCRTA

The work of the Table Officers, Directors and Staff has continued throughout the summer. The Board of Directors held another Zoom meeting on Tuesday, July 5<sup>th</sup>. Caroline Malm, 2<sup>nd</sup> VP and organizer of the up-coming Conference Day, September 30, attached to the BCRTA Annual General Meeting, gave an overview for the day's events. She has planned for any interested members who were not selected as Branch Delegates to join with those who are there in Richmond, to view all of the event on-line. (Further details will be posted on the BCRTA website.) The first of two speakers, Sue Lantz, will talk about "Strategies for AGING-IN-PLACE Transitions" followed by Noel Bentley's "Everyone Has a Story". In the afternoon, information from the out-going President, Grace Wilson, up-dates from Executive Director, Tim Anderson, with Golden Star and Membership Awards handed out, culminating in Zone meetings and reporting back will occur. It will be an interesting and information-crammed day.

The AGM, October 1, will also be made available via Zoom. Elections of a new set of Table Officers and Directors will occur while committee and financial reports are discussed and passed. A couple of new initiatives re Membership fees and office efficiencies will be voted on.

Back to the July 5<sup>th</sup> meeting. The calendar for Committee and Board meetings was presented. Each committee submitted its Budget for 2022-23 based on the goals that were set. Congratulations for the hard work done by each committee were given.

Unexpectedly, another Board meeting was called on August 3<sup>rd</sup>. It had a specific purpose to discuss a proposal to help better stream-line the work done by office staff. A recommendation was made to ask the delegates to the AGM to approve any forthcoming activity and expenditures. It was at this meeting when those Directors not returning to the Board were acknowledged for their hard-work and dedication from which all members benefit.

The BCRTA Conference and AGM will be held at the Richmond Hilton Hotel, Friday, September 30 and Saturday, October 1, 2022. Review of the decisions will be posted later in October.



Pat Thiesen, BCRTA Director

# **Have you ever been in a Concert Band?**

## **The Delta-based Loades of Music Daytime Concert Band is recruiting new members.**

You don't have to be a "pro" but have had some experience playing in a wind or concert band in your lifetime and would like to try doing it again. Any wind instrument you play makes you eligible, and we're especially looking for new flute, trumpet, and trombone players. But don't let that limit you. Saxophone, clarinet, oboe, bassoon, French horn, and mallet percussion players are all welcome. \$20 fee - good until end of January.



Rehearsals are set for Friday afternoons from 12:30 - 3:00 pm at the Cedar Park Church in Ladner, beginning September 9<sup>th</sup>, 2022.

If you are interested in joining us, please contact our conductor, Ellie Loades, at [ellie.loades@gmail.com](mailto:ellie.loades@gmail.com)



## **Polio is back, but who is at risk?**

The plot twist we didn't expect this year: **Poliovirus being found in wastewater samples after almost a decade of being MIA.** (Reminder: poliovirus spreads through saliva or fecal matter and causes polio, a disease that can lead to paralysis in the arms and legs, or even death.) So, what now? Polio \*does\* spread easily, but look on the bright side: The WHO says that **90 percent of folks with polio will experience mild to no symptoms.** However, health officials recommend getting vaccinated as the best way to prevent contracting and spreading the disease (infants as young as six weeks are eligible!).

**If you got your vaccine as a kid, experts say you're still protected.** If you have an increased risk of being exposed to the virus (aka hospital workers, lab researchers, care givers, etc.), the CDC says you're eligible for a booster. Aside from that, you can reduce your risk by washing your hands and avoiding travel to areas with confirmed cases.

# Long-time Delta resident makes major donation to hospital



Long-time Delta resident and retired school teacher Mary Lou Owen has generously more than \$197,000 to the Delta Hospital and Community Health Foundation, Delta Hospital and Community Health Foundation

Long-time Delta resident and retired Delta School District school teacher Mary Lou Owen has generously donated more than \$197,000 to the Delta Hospital and Community Health Foundation.

The money will be used to purchase state-of-the-art Central Monitoring System for Delta's busy hospital emergency department.

Owen has been a resident of Ladner since 1980 and has proudly supported the Delta Hospital Campus of Care for 30 years. As a former member of the Delta Hospital Auxiliary Society, she volunteered in the hospital gift shop and the thrift shop.

*From the files of the Delta Optimist*

## Letter to the Editor

Jan, Annie and I became friends when teaching at McCloskey and have remained friends for almost 17 years. As we are now retired, we try and organize a get-together every few months. In June, Annie invited us to brighten up her backyard fence by painting a flower-themed canvas each. Jan would provide the paints and brushes and her painting skills to help us 'newbies'!

We were fortunate to choose a lovely sunny afternoon and everything was soon set up in Annie's back garden. After the first tentative strokes of the paintbrush and with Jan's helpful suggestions, we relaxed and had fun. For the next few hours we mixed paints, chatted and painted. At the end, we were all delighted with the results. I have attached photos of the paintings now decorating Annie's fence. She says, "we have turned the backyard fence from drab to Fab!"

from Susan Harrison



# ***Recommended Reading for a Rainy Evening***

*From Margaret Jensen*

## **The Museum of Extraordinary Things**, by Alice Hoffman

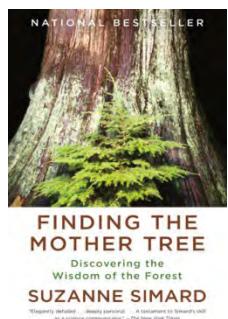
Coralie, only child of a sleazy impresario, grows up in living quarters attached to her father's "freak show" on Coney Island in the early 1900s. At the same time Eddie, having abandoned (and been abandoned by) his father's Orthodox Jewish community, ekes out a living as a photographer. Through a twist of fate their lives come together as they seek freedom and peace. The book is a fascinating glimpse into New York at the time of Luna Park, Dreamland and the Triangle Shirtwaist Factory fire.



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## **Finding the Mother Tree**, by Suzanne Simard

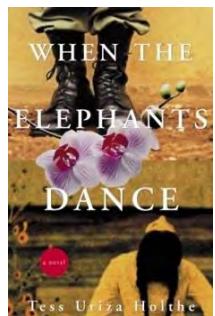
Forest ecology and forestry practices are the basis of this very readable book. Simard, now a professor at UBC, writes of her childhood love of trees and how that led her to a career in forest ecology. She writes of the vast underground communication networks between trees, and of the risks and waste associated with clearcut logging and monoculture tree planting. And also of her own life, her relationships and of the challenges she faced as a woman in a male-dominated job.



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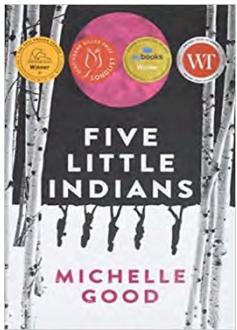
## **When the Elephants Dance**, by Tess Uriza Holthe

"When the elephants dance, the chickens must be careful." So goes the saying that pretty much sums up the lives of civilians during clashes between powerful countries. In this case the elephants are American and Japanese forces and the chickens are people in the Philippine islands, during the final days of World War II. Based on real events, the story tells of a group of villagers thrown together and living in a cramped basement, surviving by cooperating and not losing hope.



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## Five Little Indians, by Michelle Good



A lot has been written about Indigenous children and what they endured in Residential Schools. But this book is about what happened after, when the children, now teenagers, finished their time at the schools and were sent away. Many, without support and with no other options, ended up in the Downtown Eastside of Vancouver, where they had to fend for themselves. Emotionally gripping, this is a story of friendship, betrayal and survival.  
(Winner of CBC's Canada Reads, 2022)

*From Pat Thiesen and various on-line recommendations*

## Touch and Go by Lisa Gardner

This is the second in the Tessa Leone detective mystery series. After Tessa is hired by a large company to ascertain restoration costs following a home break-in, she becomes embroiled in a no-ransom kidnapping investigation. Switching from the victims as they struggle to survive to the investigative and recovery teams, the action is continuous and nerve-wracking.

## ***Other novels I'm eager to read or listen to from my Audible account:-***

People We Meet on Vacation (Emily Henry)

The Four Winds (Kristin Hannah)

The Midnight Library (Matt Haig)

Seven Days in June (Tia Williams)

Velvet Was the Night (Silvia Morena-Garcia)

The Last Thing He Told Me (Laura Dave)

On Gin Lane by Brooke Lea Foster

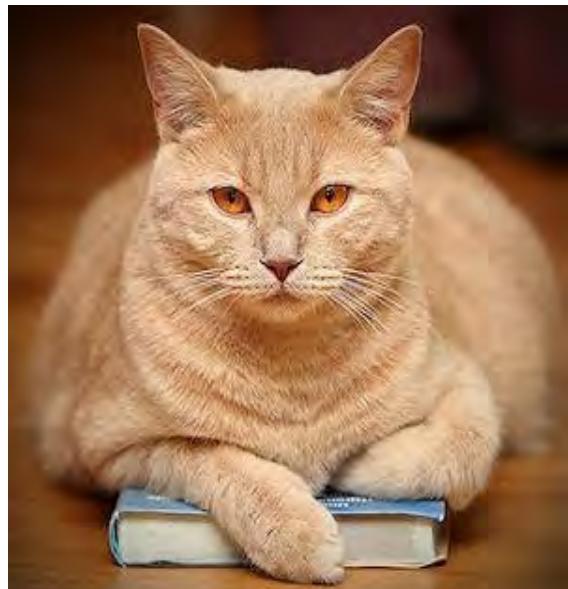
The Diamond Eye by Kate Quinn

Gilt by Jamie Brenner

Shoe Story by Jane Rosen

By Her Own Design by Piper Huguley

The Caretakers by Amanda Bestor-Siegal



*I'll share if you read to me.*

## *In Memoriam*

We sadly lost these members over the last 2 years. Dates given are when the BCRTA was notified by TPP or family member.

Wendy Woodward	January, 2021	Irene Bisbee (age 104)	March, 2021
Reidun Seim	June, 2021	Scott Vannatter	September 2021
Ed Thorstenson	October, 2021	Cheryl Steinhauer	November, 2021
Marilyn Webb	November, 2021	Roy Nosella	January, 2022
Jacquelin Wright	January, 2022	Lynette Baldock	April. 2022
Wendy Perry	May, 2022	Philip Hague	May, 2022
Neil Londry	June, 2022	Marion Atkee (age 93)	July, 2022



### The Rainbow

*by Christina Rossetti*

Boats sail on the rivers,  
And ships sail on the seas;  
But clouds that sail across the sky  
Are prettier far than these.

There are bridges on the rivers,  
As pretty as you please;  
But the bow that bridges heaven,  
And overtops the trees,  
And builds a road from earth to sky,  
Is prettier far than these.

## A Few Web-Sites you might be interested to access

1. [www.mcmasteroptimalaging.org](http://www.mcmasteroptimalaging.org) – presents articles intended to help seniors with more productive and healthy lives
2. [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) – from the University of Victoria's Institute on Aging and Lifelong Health. The information is on workshops available in person, by telephone or on-line to help and support people with on-going health conditions.
3. [www.healthyagingcore.ca](http://www.healthyagingcore.ca) – promotes on-line sessions on Promoting Health and Well-Being for Older Adults
4. Use <https://www.seniorsadvocatebc.ca/> to keep up to date with the research and reports concerning and for all BC's Seniors.

### ***Change of Address or Circumstance***

Email or other change of address? Here's what to do...

1. Online at BCRTA.ca.
2. BCRTA Email: [laurie@bcrtta.com](mailto:laurie@bcrtta.com)      Phone: 604.871.2260
3. DRTA Email: [deltaretiredteachers@gmail.com](mailto:deltaretiredteachers@gmail.com)      Phone: 604.943-1817

**Reminder: 2022 General Local Elections will be held on  
Saturday, October 15, 2022  
Mayor, Council and School Board Trustees**

Advance Polls, Absentee and Mail-in Ballots information available at  
[election@rdffg.bc.ca](mailto:election@rdffg.bc.ca) or 250-960-4400.

**--- Members Write ---**

**From former Truant Editor, Sheila Gair –**

***A room with a view?***

I had dozens of ideas flip through my head when I read that request for Truant fillers, and figured nobody wanted to hear the heartfelt moans of an eighty-three-year-old, with a dozen health issues, and as many pills and inhalers and mobility issues like our monarch!.

This morning, paper in hand, I sat for five minutes and watched a small bird take a bath on my deck, six feet from my comfortable chair. We had moved the planters from their saucers and put them into the shade and then we got the rain. And I won't complain about that!

Looking out I have often counted my blessings, and my grandson pointed out to me one day that I have an 'estate' - an exaggeration of course as all his pals live in homes with a small yard. I have nobody to block my view, and the trees surround me. In the fall and winter months I can see the freeway, and at night the lights.

Now greenery surrounds me, and the yard is full of trees, shrubs and perennials. This morning my Hibiscus has bloomed for the first time, and the Magnolia is having a second go round. My wonderful silk tree has a cap of fluffy pink and yellow fan shaped flowers that sit on top - I waited so long for them.

In one corner my daughter has planted wild flowers, and the evening Primroses have grown so tall.

We have wildlife too, though I have mixed emotions about that. My son built me a birdhouse/table when I moved in, and I can sit and see it from my chair, and my bed, if truth be told! The birds are a constant source of pleasure, from the Stellar's Jays that spend months dropping in, and the Flickers and mourning doves and now the smaller fry, the chickadees and finches, one of which has a rosy head, and has been named Rosy!

The other visitors are the squirrels and I quietly curse them each day as they clean off the bird seed, squabble and fight on the table, and push each other to the deck - sometimes leaping from the roof of the bird table to the awning over the deck and thus to the house roof.

One day my daughter came in to say a skunk was under the shed, She went out and bought home black pepper and spread it all over - no sign since of any black and white animal! We have had the odd raccoon visit, and last year a couple of coyotes tracked down the road and across my yard, but kept moving.

On the grass we have rabbits, the scourge of my gardeners who built a netting fence around part of the vegetable garden - two were caught in a trap and escorted to the park below us, but it did catch two birds, and yesterday a rat!

Now is harvest time and I have chopped rhubarb for the freezer and a whole basket of beans - which my family prepared for the freezer, and they have gathered the oddest ball shaped zucchini and the bright yellow marrows.

There are trays of seeds sprouting for the fall - I lean over the deck and admire all the gorgeous flowers that I can see, but only because of my family members who certainly pull their weight. I cannot count the number of times I count my blessings, and as a last line I should like to thank all the Delta teachers who have taken the time to write me. A wonderful group of friends who keep me going - and I hope will continue.

**From David Webb, new BCRTA Associate member**

## **Living With a Terminal Illness**

My journey began early in 2021, when I was diagnosed with liver cancer. I was prescribed a drug that targeted the tumours to slow their growth. It wasn't until April when it was confirmed that surgery or a liver transplant was not an option due to the progression of the tumours. When I discussed the situation with my oncologist in April, she gave a guesstimate as to what to expect in the future. The news wasn't great. Her prognosis for me was one year. In my mind, this gave me time to get my affairs in order. I am a person who likes to be organized so this was a goal to work towards.

During this time I was also continuing to be the primary caregiver for my wife, Marilyn, who had severe rheumatoid arthritis as well as other mobility issues. She had taught at Richardson Elementary in Delta her whole career. We now had to plan for her future care needs once I was not able to help her anymore.

The drug I was taking was effective to a point. In September, however, I stopped taking it because the treatment was losing its effectiveness. In addition, there were numerous negative side effects. As a result, I am now no longer on any cancer related drugs.

I continued caring for my wife. However, to everyone's shock she passed away suddenly at the beginning of November of 2021. This left an enormous void in my life. However, I soon realized the person that I now needed to care for was me. To that end, I try to live each day to the fullest and I am doing things that I enjoy. I look back with fondness on the many wonderful memories that I have travelling with my wife and exploring various parts of the world but I also look towards the future.

I told someone recently that this January 1st was a good day for me because I survived 2021 and I am looking towards 2022. One of the highlights was in the late spring after one (of many) CT scans, my GP told me the tumours had stabilized. I asked him if I was fit enough to travel and he said as long as I don't overdo it. I immediately booked a trip to Iceland, Norway and Scotland to see relatives in those three countries. My aim was to personally thank them for their support and kindness after Marilyn's passing. Since then I have been to Vancouver Island a number of times, visited other relatives in Williams Lake and finalized plans for a getaway to Salt Spring Island and a short trip to Ireland in October. April has come and gone and I am still here. My GP says having a positive outlook on life, no matter how long you have to live goes a long way to good health. However, as the lottery advertisement says, "I know my limit and play within it." I realize that at some point this will come to an end but in the meantime, I rejoice in still being here and I make plans for the future and celebrate my daily accomplishments. I also feel fortunate to have wonderful support from many friends and family and that brings comfort to me. It also enables me to look towards the future on a positive note. What more can you ask for? Yes, I occasionally have an "off day" but overall, I take life one day at a time and enjoy each day to its fullest and look forward to the future ... as the journey continues.

**All our best wishes as you continue your journey, David.**

## **Do You Remember?**

I watched a video on TV the other day, promoting safety in today's schools given that COVID has continued to be a concern. Seeing the classroom with no chalkboard on the wall, desks set far apart, and everyone masked up, got me remembering what it was like in my classroom and the school environment when I was an active teacher (back in the 70's into the 2000's). Here is a list of remembrances of a few things from those days in 2 parts – mine from an elementary school and the other from Brian Outerbridge's recollections.

### Part 1 – from my perspective in no order whatsoever

- Field Trips all over the Lower Mainland
- The District introducing Computer Labs into the schools
- Seeing Elementary and Secondary School plays with amazement
- Taking the class to Deas Slough for Canoe lessons for "new" PE
- Grade 7's skiing on Cypress (Hollyburn) or Grouse, Seymour and maybe Whistler Mountains
- Regional and District Track Meets
- Thermo-Fax negative/positive copiers; Ditto machines and the purple ink!

- Remembrance Day Assemblies
- FSA's for Grade 4's, 7's and 10's
- School-based Accreditations – A year-long agony
- The miracles of Christmas and Year-end Concerts and Dave Leach's musicals
- Illegal picketing for better Teacher Pensions
- Enduring Elementary Band Rehearsals at 8:00 am – no in-school compensation
- Writing Report Cards before Computers
- District initiatives with International Students and ESL
- Gun-toting Police Liaison Officers giving lessons on Bike safety and Illicit Drugs
- Introduction of Learning Assistants (known as S.E.A.'s)
- Organizing Sports Days and the annual arguments over "participation" ribbons
- Monthly Staff Meetings until 5:30 pm with little substantive outcomes

## Part 2 – from Brian's Secondary Perspective

- *Cafeteria supervision*
- *Smoking areas in staff rooms*
- *Gestetner machines/ limited use of photocopiers and Oh the fax machine!*
- *Chalkboards, overheads and transparencies*
- *Parent teacher interviews that weren't scheduled - parents waited in a queue to see teacher*
- *DTA job action meetings at the Town & Country and North Delta/Seaquam theatres*
- *Only phones for staff to use were in staffroom or teacher workroom*
- *Telephone call for \_\_\_\_\_ on Line 1*
- *Locker clean out at year's end*
- *Using your calculator to calculate marks*
- *Bubble sheets for marks and attendance*
- *Dot matrix printers and Apple II*
- *Middle school experiment with TJS - Grades 7-9*
- *Delta Manor was an elementary school*
- *Resource centre in portable classrooms*
- *The old school board office next to DSS*
- *NDSS was 11-12, Seaquam and DSS were 8-12, SDSS was 10-12 and then the Junior secondaries - all schools had different timetables*
- *No international students*
- *Administrators were part of DTA (can't remember when this changed)*
- *Staff meetings with Julius Pokomandy, Dick Young, Peter Bohmert, Rob Colquhoun*
- *One superintendent and 2 assistant supers*
- *Letraset and an IBM Selectric typewriter for doing titles and text for the yearbook .... And then with computers' 10" floppy disks!!!!*

## ***Using Your Brain – The Puzzle Pages***

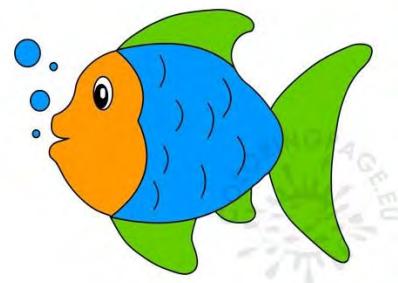
### **Trivia Quiz - End of Summer**

1. What does SPF stand for?
2. Where is it customary to celebrate summer solstice with a midnight baseball game?
3. Which country gives students 12 weeks school break for summer?
4. Which three zodiac signs are summer signs of the Zodiac?
5. Where is the biggest water park in the world?
6. Which summertime smell is said to elicit happy memories in humans?
7. What was the most traditional way to make pink lemonade?
8. If you're "caught" while playing a game of '1-2-3 Red Light', what happens?
9. Who wrote and sang the 1972 hit "Summer Breeze"?
10. A "barrel roll" is a trick in Canada's national summer sport. What is that sport called?
11. Canada is the world's largest exporter of what fruit?
12. Which Canadian city is known as the "Slurpee Capital of the World"?



### **Follow the Directions**

1. Print the phrase FISH STORY, omitting the space.
2. Double the sixth letter.
3. Delete the first letter.
4. Switch the fifth and sixth consonants.
5. Insert an L in the fourth position.
6. Insert an E just after each T.
7. Repeat step 3.
8. Switch the second vowel with the second consonant.
9. Delete the letter that comes latest in the alphabet.
10. Insert an L at the right end of the row.
11. Repeat step 3.
12. Insert an A at the right end of the row.
13. Insert a B at the left end of the row.
14. Delete the eighth letter.
15. Reverse the order of the last 3 letters.
16. Reverse the order of the first three letters.





## **Strike it out**

Strike out words in the table below according to the instructions. When you are finished , the remaining words will create a quote when read form left to right, top to bottom.

1. STRIKE OUT - NHL teams in Rows 1 and 4.
2. STRIKE OUT – words that each give a different meaning of “fair” in Columns B and D.
3. STRIKE OUT – parts of the body in Rows 3 and 8.
4. STRIKE OUT – birds in Columns A and C.
5. STRIKE OUT - words with exactly two A’s in Column C and Row 8.
6. STRIKE OUT – Towns in BC in Columns A and E and Row 8.
7. STRIKE OUT – citrus fruits anywhere in the chart.
8. STRIKE OUT – words that rhyme with “trite” in Column B.
9. STRIKE OUT – fish in Column D and Row 7.
10. STRIKE OUT – anagrams of “weather” in Column E.

	A	B	C	D	E
1	SHARKS	TANGERINE	ACCURATE	PENGUINS	THE
2	GROUSE	IMPARTIAL	UNIVERSE	IS	YAKH
3	FULL	BYTE	LEMON	PALM	CALF
4	HORSEFLY	ATTRACTIVE	ISLANDERS	BARRACUDA	OF
5	MAGICAL	THINGS	ORANGE	HALIBUT	WHEREAT
6	MASTHEAD	SITE	PATIENTLY	EXHIBITION	MEATBALL
7	BASS	WAITING	QUAIL	FOR	TELKWA
8	OUR	IRIS	SMITHERS	RIB	WITS
9	CARDINAL	TIGHT	TO	GROW	WREATHE
10	SAVONA	SHARPER	BALANCE	PLEASANT	LIME

# Linking Words

Can you go from one word to the target word in the fewest steps as possible, by changing just one letter at a time? For example COAT to SHOE: COAT -COOT- SOOT-SHOT-SHOE.

- a) PACK→MULE      b) NECK→LINE      c) ACID→RAIN      d) DUST→PANS      e) MAIN→ROAD  
f) LAND→BOOM      g) JUMP→ROPE      h) LIFE→SPAN      i) FAIR→PLAY      j) JUNK→BOND



**Individual Scattergories** – Give yourself no more than 30 Seconds to complete each category.

- |                                     |       |       |       |
|-------------------------------------|-------|-------|-------|
| 1. Countries beginning with “N”     | _____ | _____ | _____ |
| 2. Three adjectives for “big”       | _____ | _____ | _____ |
| 3. Former Olympic host cities       | _____ | _____ | _____ |
| 4. Signs of the Zodiac              | _____ | _____ | _____ |
| 5. BC Mountain Ranges               | _____ | _____ | _____ |
| 6. Sports that don’t use Balls      | _____ | _____ | _____ |
| 7. Parts of the Car                 | _____ | _____ | _____ |
| 8. Neighbouring Municipalities      | _____ | _____ | _____ |
| 9. Delta Elem. Schools              | _____ | _____ | _____ |
| 10. Royal Titles other than Queen   | _____ | _____ | _____ |
| 11. Canadian Islands                | _____ | _____ | _____ |
| 12. Kitchen hand tools              | _____ | _____ | _____ |
| 13. Pink flowers                    | _____ | _____ | _____ |
| 14. Jobs done in the woods          | _____ | _____ | _____ |
| 15. Doctor specialities             | _____ | _____ | _____ |
| 16. Spices from Africa              | _____ | _____ | _____ |
| 17. Brands of cough syrup           | _____ | _____ | _____ |
| 18. Types of fiction writing        | _____ | _____ | _____ |
| 19. Movie actors from the ‘50’s     | _____ | _____ | _____ |
| 20. Style of single detached houses | _____ | _____ | _____ |

## ANSWERS

### End of Summer Trivia

1. Sun Protection Factor
2. Alaska
3. Italy
4. Cancer, Leo, Virgo
5. Germany
6. Freshly cut grass
7. Add in a few drops of **beet** juice
8. Go back to the start line
9. Seals and Crofts
10. Lacrosse
11. Blueberries
12. Winnipeg

### Follow the Directions

FISHSTORY → LOBSTERTALE

**Strike it Out** – “The universe is full of magical things, patiently waiting for our wits to grow sharper.” (Eden Phillpotts)

### Linking Words (Other solutions are possible)

- a) PACK → PACE → PALE → MALE → MULE (4 steps)
- b) NECK → NICK → LICK → LINK → LINE (4 steps)
- c) ACID → ARID → GRID → GRIN → GAIN → RAIN (5 steps)
- d) DUST → LUST → LAST → LASS → PASS → PANS (5 steps)
- e) MAIN → LAIN → LOIN → LOAN → LOAD → ROAD (5 steps)
- f) LAND → LANK → LACK → LOCK → LOOK → BOOK → BOOM (6 steps)
- g) JUMP → RUMP → RUMS → RIMS → RIPS → RIPE → ROPE (6 steps)
- h) LIFE → LIFT → SIFT → SOFT → SOOT → SPOT → SPAT → SPAN (7 steps)
- i) FAIR → HAIR → HEIR → HEAR → FEAR → FEAT → FLAT → FLAY → PLAY (8 steps)
- j) JUNK → BUNK → BANK → BAND → BOND (4 steps)

**Individual Scattergories** – Either you managed or you didn’t. No way to tell if you were correct. I hope you enjoyed the activity. Let me know what you liked and make suggestions for future Truant Puzzle Pages. ([pat.thiesen@gmail.com](mailto:pat.thiesen@gmail.com)). I leave the Crosswords and Sudokus to the PostScript.

Your Truant Editor – Pat