

BRTA MATTERS

Volume 67 Newsletter of the Burnaby Retired Teachers' Association February 2024

••• President's Message •••

Luncheon Invitation

We are pleased to announce that our first luncheon for 2023 will be held at the Burnaby Golf Course restaurant on Thursday, February 29th. Doors will open at 11 and lunch will be served at 12:00. You're invited to come early and visit with friends. The price for this luncheon will be \$35. The price for non-members is \$50.

It's really important to know if you will be joining us for lunch. We would appreciate getting an email as soon as possible. Please email Jim Reid at jreid03@telus.net or Ilse Armanini at ilse_armanini@telus.net. We look forward to seeing you!

Please take the opportunity to invite some retirees to join you for the luncheon. *The more the merrier!*

Birthday Celebration

Our February luncheon will be honouring members who are turning 85 this year. Besides receiving a complimentary lunch for themselves and a guest, we present each with a token our appreciation. Each of the guests will also be given the opportunity to talk about a memorable experience from their teaching years.

Future Luncheon Prices

The Burnaby Golf Course Restaurant has informed us that prices will be increasing this year and next. We will try to keep prices as low as possible but there is a limit. Each year the provincial association provides each local with a grant. We use this grant to subsidize and reduce luncheon prices by at least \$15. If the restaurant charges us \$50, we charge our members \$35. There will be no change in price for February, but there will be increases in the future. We have had great support at our luncheons and we hope to continue seeing your support into the future.



EXECUTIVE MEETINGS- Feb. 8, April 4, September 19, November 14

LUNCHEON DATES- February 29, April 25, October 10, December 5

BURNABY RTA EXECUTIVE MEMBERS

Rennie Maierle	President	294-3570	rmaierle@telus.net
Jim Reid	Vice President	294-8049	jreid03@telus.net
Marion Hartley	Well-Being Committee	434-0486	mdhartley@telus.net
Marilyn Bullock	Director	929-1919	stumare@telus.net
Dave Carter	Newsletter Editor	469-0263	goodguys1@shaw.ca
Janet White	Director	433-4373	jwhite@telus.net
Ruth Nicholson	Director	526-9222	rdtoffee@gmail.com
Ilse Armanini	Phone Coordinator	762-2756	zoepoodle3878@gmail.com
Elizabeth Beer	Sunshine, Condolences	524-1507	ebeer@hotmail.com
Marguerite Henderson	Treasurer		
	Scholarship Treasurer	544-2611	margueritehenderson23@gmail.com
Gail MacDonald	Secretary	524-8716	hgmacc@telus.net
Barb Stoliker	Christmas Outreach	319-2690	barbstoliker@gmail.com
Leslie Lennox	Director	298-3776	lesliejlennox@gmail.com
Jennifer Murn	Chair-Scholarship	754-4755	j.murn@cloud.com
Elizabeth Wilson	Director	522-2384	helliwily@gmail.com
Merv Magus	Cartoon and Artwork		

No longer with us-Elizabeth Ward, Ross Hepburn, Marg Fitch, Rozellen Saunders, John Scott, Marg Goldstone, Brad Smith and Jackie Walker

David Thomas Pollard peacefully passed away on Friday, June 30th at the 100 Mile House Hospital at age 84. Throughout his career spanning 33 years in the Burnaby School District, Dave distinguished himself as an exceptional educator and school principal, leaving an indelible mark on both his students and colleagues. He dedicated himself to his profession and nurtured young minds with immense care and expertise.

A Celebration of Life will be held in Burnaby on February 24, 2024 from 12:00 - 3:00 at [6888 Station Hill Drive, Burnaby, 1 block](#) from Edmonds Skytrain Station - street parking available.

RSVP at the following email address by February 15th.
DavidThomasPollardMemorial@gmail.com

Burnaby Retired Teachers' Association-Treasurer's Report-February, 2024

Balance as of October, 2023 \$4866.15
Income-Luncheons \$3 105.00 Membership Fees \$4 820.00
Expenses-Burnaby Mountain Golf Club \$3 591.29 Stamps and Envelopes \$125.68
Newsletter-Printing \$69.53 Poinsettia Project \$410.29
Total \$4 196.79 Balance as of January 31, 2024 \$8 596.79

Burnaby Retired Teachers' Scholarship and Bursary Foundation

c/o Burnaby School District, 4054 Norfolk St, Burnaby, B.C, V5G 0C3

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

Andante Christmas Season Thank You's, Updates, and an Invitation

We wish to thank the BRTA for their support and enthusiastic participation at the December luncheon. We not only love to sing for an audience but also with our audiences.

Performances at other venues this season included "Homes for the Holidays" at Cecil Green Park House, Lougheed Mall, Derby Manor, Swedish Canadian Home, George Derby Care Centre, Buchanan Lodge, and Deer Lake United Church. It was a busy and rewarding season.

Andante rehearsals will take place from mid-March until May. We rehearse on Tuesday afternoons, from 1-3, in the sanctuary at Deer Lake United Church. We are a non-auditioned choir, seeking sopranos, altos, tenors and basses. Our concerts are usually scheduled for afternoons in late May and in June.

If you think this would be a good fit for you, please contact Dorothy Mills at dmills@shaw.ca. She will put you on our mailing list and you will receive emails with all the information you will need to join us. With any musical questions feel free to contact me at hgmac@telus.net. Wishing you all a song in your heart for 2024.

Musically speaking, Gail MacDonald Director of Andante

An invitation to visit and join the 55+ Confederation Seniors Centre

If you have a need for socializing and being active, Confederation could be the place for which you are looking. The CSA has a wide variety of Groups & Clubs for all interests. New members and ideas are always welcome. A full list of times and days is available from the office.

Book Club, Bridge – Social, Briscola & Scala, Crafters, Coffee Bar, Karaoke Knitting/Crochet, Mah-Jong, Monday dance, NBRS. Poker, Quilting, Scrabble SAKHI, Snooker, Ukulele, Woodcarving, Walking Club

A CSA membership (\$20.30) per year is required -- \$50.75 to cover all 4 centers. Some clubs require a small fee. For more information drop by the centre or e-mail confed.seniors@gmail.com 55+Confederation Community Centre 4585 Albert Street 604-294-1936

Explore the new online registration system WebReg on how to register for the Tuesday-Friday City Seniors' lunch service and City activities. Get on the mailing list to receive the CSA Newsletter and keep up to date on a wide range of activities. BRTA Newsletter, lifestyle lectures, fees, contacts Online, Registration System flea markets, lunch program, CSA groups and clubs

411 Senior Center on Fraser and East 19th Avenue is looking for a volunteer to teach basic English (ESL), one hour a week to immigrant seniors. There is someone there to assist you as well. If anyone is interested, please call Winola Chu at 604 872 1859 (wderechu@hotmail.com) or phone the 411 Senior Center.

Luncheon News & Lost/Found We're aware that several people are not receiving our online newsletters, and the luncheon messages sent out by Marguerite. It only seems to affect some members with Shaw email addresses, and it happens only with our large mailouts. Why it happens is a mystery: spam settings, slow/old equipment, slow internet speed? The emails do not appear in the recipient's junk mail folder, and there is no notice of non-delivery sent to Marguerite. However, if notices are sent individually, the emails get delivered without problem. If you know of a solution to this, please send me or Marguerite an email. Also, if you know of a member who is not receiving their online newsletters or luncheon notices, please let one of us know. Next luncheon is Thursday, Feb. 29.

Lost: Both Judith Parkes & Marion Hartley left their umbrellas at the Christmas luncheon. A staff member thought that one of our guests might have retrieved them. If you know anything about this, please let me know. Ilse Armanini

Fraser River Recovery Centre-The Fraser River Recovery Centre is looking for volunteers to assist as School Program leaders to help students experiment and discover the Fraser River through hands-on activities. Contact Petra Maior pmaior@fraserriverdiscovery.org for more details regarding this exciting opportunity.

Notice from the BRTA Executive-Cariboo Zone Elementary Reunion-Each luncheon we highlight one zone to try to encourage retired teachers from those schools to reconnect with old friends and colleagues. The Thursday February 29th luncheon focusses on The Cariboo Zone. The schools are Armstrong, Edmonds, Cameron, Forest Grove, Stoney Creek, Twelfth Avenue and University Highlands. Phone any member of the BRTA Executive (page 2 in this Newsletter) with the names of those who plan to attend. Hope to see you there!

Merry Christmas to all of our poinsettia Santas, -Barb Stoliker BRTA

The Burnaby Retired Teachers' Association, headed up by Rennie Maierle, sponsors a number of events for our retired members in Burnaby. Every year we try to honour our colleagues who have turned 85 at a luncheon and we like to pay them a visit and deliver them a poinsettia at Christmas. We call this our Christmas Outreach.

With your help we delivered 29 poinsettias to former teachers who are 85 or more. I also sent out another 38 cards with the poem to all the retirees who live further away. Thanks to Ilse Armanini for hosting us at her home. It is a nice central location to meet and pick up your poinsettia and a card for your senior along with an original 'teacher' poem written by Dave Carter. We will also be sending a donation to Burnaby Childrens' Fund as part of this Christmas Outreach program.

Thank you once again for helping to make this happen! All the best to you in 2024!

Every year in December a team of Santa's elves gather in Burnaby and deliver a poinsettia to a senior colleague who is 85+. If you are able to volunteer to deliver a poinsettia next December to visit a former teacher please contact me...Barb Stoliker barbstoliker@gmail.com. We aim to match you with someone who lives near you and that you may have worked with in the past. You can team up with a friend and do this together or do this on your own.



Quotes From Burnaby Retired Teachers

You know when you're getting older when the candles cost more than the cake.

I'm not getting older; I'm becoming a classic.

When I get a headache I take two aspirin and keep away from the children just like the bottle says.

Today's three year olds can switch on laptops and open apps. When I was three, I ate mud.

I don't feel old. I don't feel anything until noon. Then it's time for a nap.

Old age is coming at a really bad time.

Aging gracefully is just pretending you're not as sore as you really are.

You don't need anger management. You need people to stop irritating you.

The cardiologist's diet. If it tastes good, spit it out.

I remember being able to get up without sound effects.

I don't drink or use drugs. At my age I get the same effect just standing up too fast.

I am not a vegetarian because I love animals. I'm a vegetarian because I hate plants.

Age is something that doesn't matter unless you're a cheese.

Even duct tape can't fix stupid-but it sure muffles the sound.

Lately I've noticed that people my age are so much older than I am.

Becoming an adult is the dumbest thing I've ever done.

Age is just a number that changes depending on who's asking.

You know you're getting older when your childhood toys are now collectibles and antiques.

You're only young once but you can stay immature forever.

By the time you're old you've learned everything. Now if you could only remember it.

So I drive across town to walk on a treadmill.

My people skills are just fine. It's my tolerance for idiots that needs work.

If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.

"On time" is when I get there.

I hate it when I can't operate my iPad and my tech support guy is asleep. He's five and it's past his bedtime.

BURNABY SCHOOL BOARD

GOODBYE AND HELLO BURNABY NORTH SECONDARY

The holiday season was bittersweet for students and staff as they held honoured traditions one last time in the old **Burnaby North Secondary** buildings. The move from the old school took place over Winter Break. To help orient people in their new building, **North's** student government prepared a virtual tour. The new school, built with energy efficiency in mind, also includes spaces for childcare and adult education.

FAMILY LITERACY WEEK FUN AND LEARNING

While literacy is a year-long focus, many schools – such as **Kitchener Elementary** – choose a week for joyful and community building activities. The story *I Hope* by Monique Gray Smith served as a powerful theme, with the week culminating in a Celebration of Learning Assembly. **Westridge Elementary** students had fun with a magical Harry Potter theme. **Second Street Community School** had a book swap, reading in the dark, and a visit from the Burnaby Public Library. In addition to creative school activities, **Twelfth Avenue Elementary** sent home “literacy bingo,” and used a read-a-thon as a fundraiser.

STUDENT PLANNING FOR THE NEXT SCHOOL YEAR

Students are in the early stages of planning for the 2024-25 school year. Among the options at both the elementary and secondary level are district-wide Programs of Choice. This includes everything from Advanced Placement, such as this AP Biology course, to sports academies and exposure to careers, such as Early Childhood Education. To help youth and their families make informed decisions, Student Planning Nights take place at each high school sharing student options and requirements. The one at **Burnaby Mountain Secondary** drew nearly 550 people. An information session for those interested in the District's **Mandarin Language Arts** program was held this month with approximately 50 people at **Forest Grove Elementary**. Grade 7 students also get invited to a session to learn about course selection for their first year of high school. At the one at **Cariboo Hill Secondary**, students sampled the **DigiPen Game Development Academy** – a Program of Choice offered at the school – and electives such as band and drama. More than 700 people attended an evening about District-wide **Career Education** options, which range from trades to technology programs.

STUDENTS IN THE NEWS FOR THEIR SKILLS AND INITIATIVE

A Grade 6 student at **Armstrong Elementary** was featured by Global News for her work helping people experiencing homelessness. This is the fourth year that **Keanna Lai** has raised funds through projects such as a lemonade stand and yard sale. She was able to hand out \$500 worth of food tokens. Our basketball teams are well represented in the Top 10 rankings. **Burnaby Central Secondary's** senior girls basketball team is sixth in the Quad A rankings. In the boys' league, **Burnaby South Secondary's** senior team is also sixth in the Quad A rankings, and **Byrne Creek Community School's** senior boys are sitting at number 5 in the Triple A rankings. A group of **Moscrop Secondary** students and their teacher were featured by CBC News for their work on a model railroad. Since 2019, successive students have been adding to it. Students in the class learn basic electricity, problem solving, design, woodworking, sculpting, and painting, along with innovation skills. The art class is thought to be the only one of its kind in Canada.

BC Seniors Advocate Isobel Mackenzie has released results from the second provincewide survey of thousands of long-term care residents and their family members.

The survey covered 297 publicly subsidized care facilities in B.C. and received responses from over 10,000 residents and almost 8,000 family members and close friends. Just over 500 British Columbians volunteered to assist residents to complete the survey. The questions and design parallel the 2016/17 survey allowing reliable comparison to previous results.

The survey results show there has been little improvement in areas such as frequency of bathing, help at mealtimes, meaningful activities, engagement with staff and other residents and the overall ratings of quality remain relatively unchanged. Despite these shortcomings, residents continue to give high marks to long-term care home staff for their skill, compassion and ability to treat residents with respect.

Highlights from the survey include:

- 54% rated the overall quality of the care and services received in the home as ‘excellent’ or ‘very good’
- Almost 80% of residents felt they could express their opinions ‘always’ or ‘most of the time’
- 81% of residents decide how to spend their time
- 85% of residents felt their privacy was respected during care ‘always’ or ‘most of the time’
- 95% of residents reported they have never been treated unfairly by staff due to their race or cultural background, and 97% reported they have never been treated unfairly due to their sexual orientation
- 88% of residents feel safe when they are alone ‘almost’ or ‘most of the time’
- 87% of residents reported they trust staff to take good care of them and staff treat them like a whole person ‘always’ or ‘most of the time’
- 48% of residents feel their care home ‘sometimes’, ‘rarely’ or ‘never’ feels like home
- 51% of residents said staff only ‘sometimes’, ‘rarely’ or ‘never’ make time for a friendly conversation or ask how to meet their needs
- 50% of residents reported they ‘sometimes’, ‘rarely’ or ‘never’ had the same care aide most weekdays
- 33% of residents report that they only ‘sometimes’, ‘rarely’ or ‘never’ get help to eat when needed
- One-third of residents only ‘sometimes’, ‘rarely’ or ‘never’ get to decide when to get up
- 29% of residents only ‘sometimes’, ‘rarely’ or ‘never’ get help right away if needed although 79% report they could get the services they need ‘always’ or ‘most of the time’
- Almost two-thirds of residents only ‘sometimes’, ‘rarely’ or ‘never’ find enjoyable things to do on evenings and weekends, or find opportunities to explore new skills or interests

The report includes the following 8 recommendations:

1. Increase staffing levels in all care facilities to the nationally recommended 4.1 hours of direct care per resident per day
2. Increase flexibility of scheduling
3. Increase social connections for residents by creating more meaningful activities to improve resident engagement
4. Improve food and mealtime experience to meet residents’ preferences, including nutritional and culturally-specific dietary needs
5. Implement compulsory professional education for all care home staff in cultural safety and emotional health and well-being of residents
6. Allow all residents (or substitute decision maker, if appropriate) to name their “essential visitor”
7. Work closely with the Independent Long-Term Care Councils Association of BC to raise awareness and increase the function of resident and family councils at all long-term care facilities in B.C.
8. Improve community-based services, in particular home support, to ensure seniors are not required to seek long-term care unless their care needs cannot be met in the community