



Kamloops Lake View Towards Kamloops - Photo Credit: Jeff Ross

KTRTA Bulletin

We are your local branch of the BCRTA. We are a non-profit, volunteer-driven association of retired educators enjoying our “awesome years” together! We look forward to experiencing the pleasure of loving, caring, laughing, and sharing as we make meaningful social connections and learn something new at our get-togethers.

Join us for our *Lunch & Learn* on Friday, February 23

You are cordially invited to join us for our *Lunch & Learn* on Friday, February 23, 11:30-1:30 at the historic **Knutsford Community Hall**. It's conveniently located only a couple minutes up the Old Merritt Highway (Exit 368 - Highway 5 A to Merritt) from Aberdeen Mall, turn off onto Long Lake Road and then make an immediate right into the hall's parking lot. To RSVP, email onlineoffice.ktrta@gmail.com by Tuesday, February 20. Once we receive your reservation, you will receive a confirmation email within 24 hours. We are looking forward to seeing you at this event.

The Knutsford Hall has a great space for us to use, with recent renovations giving the building a fresh new look: new exterior siding, roof, windows and doors. The hall has lots of parking available and it is wheel chair accessible with a ramp and stairs to the main entrance. The bathrooms are in an separate adjacent building with fresh, nicely decorated pit-toilets, reportedly “the nicest you have ever seen!”

Lunch

For lunch, there will be an assortment of salads, sandwiches, two types of soup and desserts, tea and coffee. It will be yummy!

Learn

Rosemarie Stoltze, our KTRTA Program Chair, has arranged for presenter Lisl Barnes, from Kamloops Salvation Army, to share information about their program for teenage girls called *BRAVE*. The focus of *BRAVE* is to help girls, especially those girls who live in vulnerable high-risk situations. The ultimate goal of the Salvation Army *BRAVE* program is to teach girls how to avoid becoming victims of sexual exploitation and human trafficking.



Knutsford Community Hall - view from highway at Long Lake Rd. Photo Credit: N. Bunney



This is the main entrance of the Knutsford Community Hall at the end of the building beside the flag pole. Photo Credit: N. Bunney



Bathrooms at the Knutsford Community Hall are in an adjacent building. Photo Credit: N. Bunney





Information about our *Lunch & Learn* Get-Togethers

Who? KTRTA members. We all played a role in education, so we all are connected. Bring a friend!

What? It's all about getting together for visiting and then learning something new - *Lunch & Learn*! After lunch, we offer a wide variety of presentations. Rosemarie Stoltze, KTRTA Program Chair, finds interesting presenters and each one is unique. Rosemarie has organized speakers on many topics- everything from uplifting and inspiring programs about world travel, gardening and health to much deeper topics such as this month's program about how the Salvation Army *BRAVE* program empowers and protects girls from becoming victims of sexual exploitation and human trafficking.

Where? Our usual gathering place is the North Shore Community Centre, but frozen pipes in January did a fair bit of damage, so our meeting room is not available for us to use at this time. Our February 23rd *Lunch & Learn* will be held at the **Knutsford Community Hall** - Long Lake Road, Knutsford, just a couple minutes from Aberdeen Mall. (Exit 368 Highway 5 A to Merritt)

When? Seven Fridays (September, October, November, January, February, March, April), at the end of the month. The doors open at 11:30 a.m. for socializing, lunch is served at about 12:30 p.m., the program begins at 1:00 p.m.

Why? To have some fun and build camaraderie while promoting the interests and welfare of our members.

How? RSVP is required. Email onlineoffice.ktrta@gmail.com to reserve your spot. Within 24 hours of your lunch reservation, you'll receive a confirmation email. **Cost?** \$25; Pay by cash or cheque at the door.

Need to Cancel Your Reservation? Please let us know, so that we can cancel your lunch order and save on unnecessary expenses.



Photo Credit: Fung Loy Kok Institute of Taoism

Last Month we Celebrated the Lunar New Year and had a Taoist Tai Chi® Demonstration

January's *Lunch & Learn* featured a delicious Chinese buffet followed by a presentation by a group of Taoist Tai Chi® participants. They demonstrated many Tai Chi movements while sharing information about the health benefits for this form of exercise. Tai Chi is often described as a moving meditation that involves slow deliberate movements that help the body, mind, and soul. One member commented that this program was one of the best we have ever had! Audience participation was encouraged at the end of the presentation and many of our members enthusiastically joined in. If you are interested, Taoist Tai Chi® sessions in Kamloops are Tuesdays from 1:15-2:45 pm at the Heritage House, 100 Lorne Street. For more information: website: www.taoist.org phone: [250-542-1781](tel:250-542-1781) email: bcinterior@taoist.org



Sunshine Committee

We always welcome hearing about one of our KTRTA members who is needing a bit of extra sunshine added to their day. Please let Mary Ellen or Anne know; they will send a note of good cheer to help brighten someone's day. Please phone Mary Ellen Patterson at [250-372-1762](tel:250-372-1762) or Anne Brogden at [250-374-6105](tel:250-374-6105) or contact them via email at onlineoffice.ktrta@gmail.com.

THE BRIDGE Newsletter

Our [Fall/Winter 2024 issue of The BRIDGE](#) newsletter is posted on our Kamloops Thompson page on the BCRTA website - bcrrta.ca - scroll down to look for our newsletters, under the heading *Branches, Kamloops - Thompson*. We now want your articles for the Spring/Summer 2024 issue. Topics include projects, local activities, health, gardening, books, travel, hobbies, history, creative writing, adventures, artwork, poetry and photography. Please submit your articles (max.1500 words) and photos to Donna Sharpe, Editor, *THE BRIDGE* Newsletter, via onlineoffice.ktrta@gmail.com. Or, contact Donna at [\(250\) 376-2806](tel:(250)376-2806).

Next Month's Lunch & Silent Auction

Mark your calendar for our March get-together - it's a *Lunch & Silent Auction* on Friday March 22, 2024. Every year we welcome the KTRT Club to hold their annual fundraiser for the Kamloops Thompson Retired Teachers' Bursaries for TRU Faculty of Education students and funds to the Canadian Harambee Education Society. Members enjoy this fundraiser so much! Start thinking of items you want to donate to the auction! More information about the silent auction will be available in early March.



Click here to hear a [Mountain Bluebird](#) Photo Credit: Glenn Dreger



KTRTA Executive 2023-24

President - Marney Bethell

Vice President - Betty Karpuk

Membership - Noeleen Bunney,
Troylana Manson

Treasurer - Sandy Baird

Programs - Rosemarie Stoltze,
Suzanne Legault

Pensions, Benefits & Member
Wellbeing - Sheila Park, Troylana
Manson

Sunshine - Mary Ellen Patterson,
Anne Brogden

THE BRIDGE Newsletter - Donna
Sharpe, Editor

Heritage - Cora Jones, Mary Ellen
Patterson, Sheila Park, Marney
Bethell

KTRT Club Executive 2023-24

President - Pat Petley

Past President - Bev Maxwell

Vice President - Sheila Park

Secretary - Suzanne Legault

Treasurer - Sandy Baird

Directors of TRU Bursaries - Glenda
Miles

Director of CHES - Marlene Olineck

Members-At-Large - Donna Walsh
Chiara Anselmo, Donna Sharpe, Laurie
Dahlgren

NorKam 50th Reunion

On Saturday, June 22, 2024 ~ 4:00pm to 12:00am. The reunion organizers would love to see all former NorKam teachers and students there. North Shore Community Centre RSVP Jack Isenor at [250-319-6694](tel:250-319-6694) or email jackisenor16@gmail.com



Click here to hear a [Mountain Chickadee](#) Photo credit:
Glenn Dreger

Pensions and Benefits

For the third consecutive year, inflation remains high and increases in the cost of living are at top of mind for retired members. We think you'll be happy to learn that the Teachers' Pension Plan (TPP) was able to provide you a full cost-of-living adjustment (COLA) effective January 1, 2024. The COLA of 3.8 per cent matches the annual change in

the Canadian consumer price index (CPI) in the 12 months up to and including September 30, 2023. It is a priority for the BC TPP to provide sustainable COLAs so your pension maintains its purchasing power!

Once granted, COLAs become part of your basic pension and, if applicable, your bridge benefit and temporary annuity, for as long as you receive them.

In Closing,

Warmest regards, from our KTRTA and KTRT Club Executive Members,

Marney, Sandy, Betty, Sheila, Troylana, Noeleen, Rosemarie, Suzanne, Mary Ellen, Anne, Cora, Donna S., Pat, Bev, Glenda, Marlene, Donna W., Laurie and Chiara.

In Kamloops, we acknowledge that we are located, live, work and play on Tk'emlúps te Secwépemc territory, situated within the unceded ancestral lands of Secwépemc Nation.

The information in this KTRTA Bulletin is not dispensing legal, medical or financial advice.

Opinions presented are always those of the writers.

