



Great Grey Owl Photo Credit: Glenn Dreger

# 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 Lunar New Year Chinese Buffet and Taoist Tai Chi® Demonstration

You are cordially invited to join us on Friday, January 26, at the North Shore Community Centre. For lunch, we will be serving a Chinese buffet catered by Moon Wok. To RSVP, email [onlineoffice.ktrta@gmail.com](mailto:onlineoffice.ktrta@gmail.com) before Wednesday, January 24, 2024. Once we receive your reservation, you will receive a confirmation email within 24 hours. We are looking forward to seeing you there!

## February Program

A group of Taoist Tai Chi® participants will demonstrate many of the movements while sharing information about the health benefits and a passion 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. Audience participation will be encouraged, so if you plan to join in, consider wearing comfortable shoes and clothing.

## Information about our *Lunch & Learns*

**Who?** KTRTA members. We all played a role in education, so we all are connected. You're always welcome to bring a guest.

**What?** It's all about getting together for visiting and learning something new - *Lunch & Learn!* After lunch, we have our presentation.

**Where?** North Shore Community Centre, 730 Cottonwood Avenue, Kamloops.

**When?** Fridays, seven times per year

(September, October, November, January, February, March, April). The doors open at 11:30 a.m. for socializing and 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](mailto:onlineoffice.ktrta@gmail.com) to reserve your spot. Within 24 hours of your lunch reservation, you'll receive a confirmation email. When you arrive, please proceed to our KTRTA meeting room, purchase your lunch ticket, put on your name tag, choose a seat at a table, and you are ready to mingle!

**Cost?** \$25; Pay by cash or cheque at the door. Or, \$5.00 for tea/coffee if you prefer to not have lunch. You are welcome to bring your own lunch.

**Need to Cancel Your Reservation?** Please let us know as far ahead of the Friday event, as possible, so that we can cancel your lunch order and not be charged by the caterer or the North Shore Community Centre for your reservation.







Photo Credit: Donna Sharpe

## Our Festive Christmas Luncheon

Late last November the tables were festively decorated, complete with Christmas crackers. The food was delicious. We had wrapped Christmas gifts! Marion got us all in the Christmas spirit with songs of the season. And what a perfect Santa! He truly was a jolly old St. Nick as he and his elves delivered Christmas treats to all who attended. The gingerbread was the best. It was a wonderful start to the Christmas season.

Each of us received a beautifully wrapped gift. It was placed at our table spots. Thank you to Marney Bethell, Noeleen Bunney and most notably, photographer, Glenn Dreger for making the lovely desk calendars that each guest received.

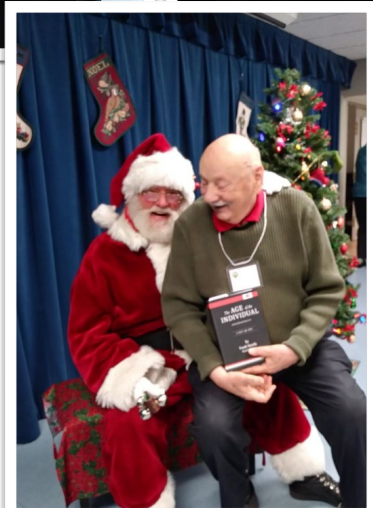
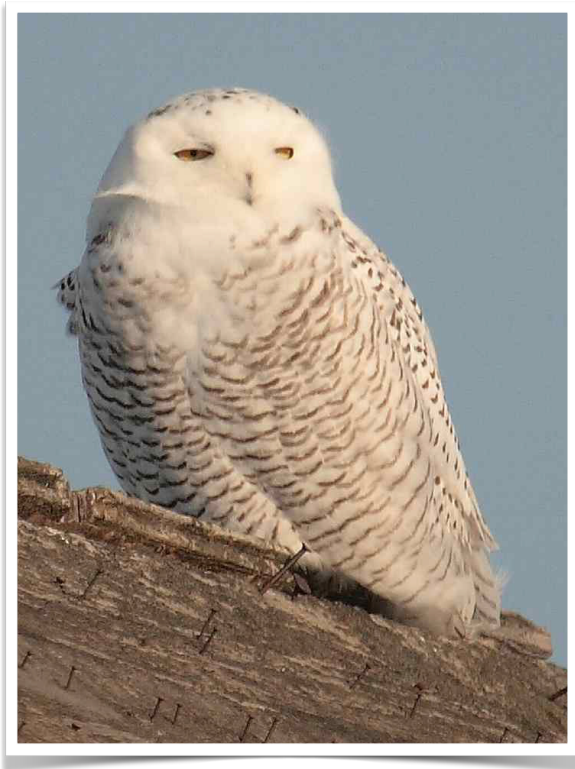


Photo Credit: Donna Sharpe



3 Photos Above: Rosemarie Stoltze



Snowy Owl Photo Credit: Glenn Dreger

## 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 at 250-372-1762 or Anne at 250-374-6105 or contact them via email at [onlineoffice.ktrta@gmail.com](mailto:onlineoffice.ktrta@gmail.com).



Northern Hawk Owl Photo Credit: Glenn Dreger

## THE BRIDGE Newsletter

Our Fall/Winter 2024 issue of *The BRIDGE* newsletter will be on our Kamloops Thompson page at the BCRTA website [bcрта.ca](http://bcрта.ca) very soon - look for it and other recently archived newsletters, under the heading *Branches, Kamloops - Thompson*. Thanks to members who contributed articles, poetry and photos for our Fall/Winter 2023-24 newsletter. We are now accepting 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](mailto:onlineoffice.ktrta@gmail.com).





## KTRTA Executive 2023-24

President - Marney Bethell

Vice President - Betty Karpuk

Membership Online Office -  
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

## Next Month's Lunch & Learn

Mark your calendars for our February *Lunch & Learn* on Friday February 23, 2024. Lisl Barnes from Kamloops Salvation Army will be presenting a program called *Brave* about empowering girls.

## In Closing,

We look forward to seeing you! Warmest regards, from all 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.

## KTRT Club Executive 2023-24

President - Pat Petley

Past President - Bev Maxwell

Vice President - Sheila Park

Secretary - Suzanne Legault

Treasurer - Sandy Baird

Directors -TRU Bursaries - Glenda  
Miles; CHES - Marlene Olineck

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



Northern Pygmy Owl Photo Credit: Glenn Dreger



The information in this KTRTA Bulletin is not dispensing legal, medical or financial advice.<sup>5</sup>

Opinions presented are always those of the writers.