



Happy New Year!
from the Executive of the
Mission Retired Teachers Association

Welcome to 2023! Here's hoping that you enjoyed a festive and rejuvenating holiday, with good eats, good treats, and good meets. As we look to a new year, we can celebrate that we made it; despite new versions of COVID, influenza, colds, and the new RSV (respiratory syncytial virus). While Christmas storms prevented some families from gathering at Christmas, some members are planning trips abroad this spring and summer, to them we wish "happy trails"! One big difference about being retired, is that we don't feel joyous when snow means canceled school: we gloat! The biggest change in 2023 is that we now have an (almost) entirely new executive. Thanks to the 4 new members of the executive who stepped up to replace members who have long served on the MRTA executive. Thanks to Bill and Sonia Elliot, and Bruce and Roberta Gladwin for their many years of service! The new executive is reaching out for ideas for meetings, outings, and information sessions, which could take place in person or online. Please send your ideas to members of the executive, who would like to have more members participate in our gatherings and to gather more frequently. Email addresses are at the bottom of the page.



On-line Coffee Gatherings

Jan. 19, Feb. 16, Mar. 30 at 11:00 a.m.
A great way to re-connect with colleagues.
Email invitations will be sent out to join.

Health Related Links:

Researchers have been able to create eye biotissue that could be used to correct macular degeneration:

https://neurosciencenews.com/bioprinting-eyetissue22131/?fbclid=IwAR0z8dPEfwmBrWfH AjeWLIflCawD6P_99Cod_Gs3g8xwBERDxRTma q3MLc

More good news to remind us to hydrate, something we didn't do well while teaching. Drinking lots of fluids is related to ageing well:

<https://neurosciencenews.com/hydration-aging-22156/>

MEMORIUMS: Please notify us if you know of the passing of a colleague, as we would like to acknowledge his/her/their contribution to education and let members know where they can post condolences.

MRTA Executive:

President: Aaron Malks
Vice-President: Maja Malks
Sec.-Treasurer: Carryl Koe
Members-at-Large: Candice White, Kate Patten
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