

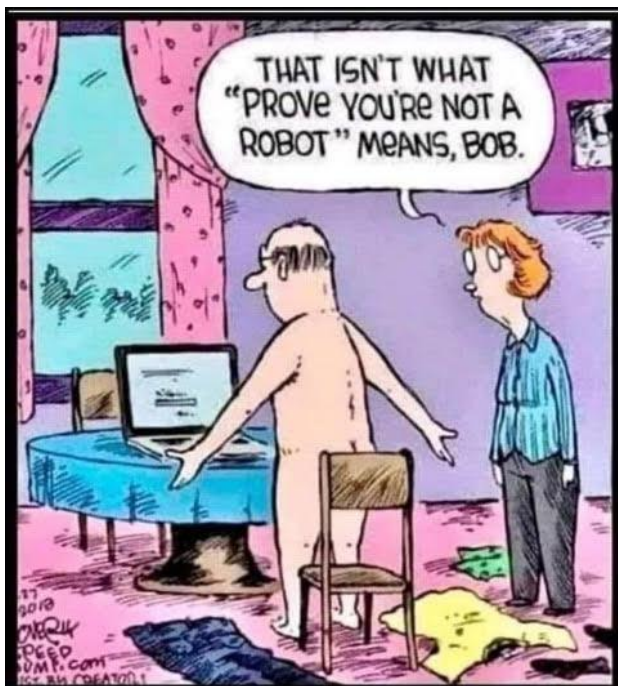


Greetings from the Executive of the Mission Retired Teachers Association

It's the time of year when we don't relish the weather. It seemed more difficult to dig up bulbs and "put the garden away for winter" this year, perhaps because it seemed like summer was going to last indefinitely. On another note, I have been thinking of many parts of Europe who may have colder homes due to the energy crises this winter, as a result of Putin's war on the Ukraine.

November is a time of remembrance of those who suffered, and for some who gave up their lives for the peace we have enjoyed in Canada for many decades. While we may be tempted to avoid the news about Ukraine, it is important not to forget the places in the world where people are fighting and suffering for peace and the rights we can too easily take for granted. As I dropped my friends off at the airport last weekend, I was reminded that they are headed to Turkey with the hopes of meeting there with family from Iran. We watch with heavy hearts as we see the people of Iran pay the price for rising up against the religious regime under which they struggle.

It is important that we savour the freedoms and privileges we enjoy; that we treasure our family and friends, that we take time for self-care. Buy yourself some special coffee or tea to enjoy with friends. Write a note or card to people who are far away, just to let them know you care about them and think about them. It's more personal than sending an email or posting on social media.



CURRENT EXECUTIVE:

President: Kate Patten kate.e.patten@gmail.com
Vice-President: Bill Elliot william_elliott@telus.net
Sec.-Treasurer: Bruce Gladwin bglad@shaw.ca
Members-at-Large: Sonia Elliot, Roberta Gladwin



On-line Coffee Gathering

Our apologies for our last gathering. Zoom crashed and we could not meet.

Mark December 17th on your calendar. You will be sent a Zoom invitation by Aaron Malks. Hope to see you online at 11:00 a.m. It's always fun to catch up!

In Memoriam

Please let a member of the executive know if a colleague has passed away so we can acknowledge their service as an educator and advise our members about where to send condolences or attend services.

Neuroscience News Not enough sleep is linked to a variety of illnesses as we age. Click link for article.
https://neurosciencenews.com/sleep-health-aging-21669/?fbclid=IwAR2_nNyRXMkwMx_a0Tw1vzThzdIXa3ToJFX6o5jN0qaJfOFDLDOi-X1TtVw

Word of the Month: *Scurryfunding*: rushing around cleaning up your house in a hurry