



## Greetings from the Executive of the Mission Retired Teachers Association

We had a great turnout to our “To Hell With the Bell” meeting September 6th at Heritage Park. Thank you to all who attended! It was great to visit with colleagues and find out what retired teachers are doing. After consulting the weather forecast, MRTA will be meeting again on October 12<sup>th</sup> at Heritage Park and providing free coffee, tea, donuts and muffins. Invite a fellow retiree and bring a chair if you can; table seating is limited.

Since this is the month of Thanksgiving, we can recount the things for which we are grateful. From a neuroscientific point of view, having an attitude of gratitude releases positive neurotransmitters called dopamine, that make us feel good. Positive neurotransmitters enhance our immune systems and our sense of well-being.

Making thankfulness a daily routine has been proven to improve both emotional and physical health. Also, recent research reveals that exercising every day for only 15 minutes can improve our lifespan and help deter dementia. If you are reluctant to get up and exercise, make a pact with a spouse or friend to regularly walk, swim, or exercise together. It is harder to convince yourself that today is not a good day for exercise, if you will let your exercise partner down. We wish you a wonderful holiday with plenty of thankfulness and good company!



### Next Coffee Gathering:

Wednesday, October 12<sup>th</sup> – 11:00 a.m.

At Heritage Park covered picnic area.

Refreshments provided!

## *In Memoriam*

Nina Marie Dobbyn, who last was a teacher-librarian at West Heights Elementary, passed away September 21, 2022. Nina was born March 17, 1958. She was a committed teacher, with a gentle spirit and a kind soul. To write on her remembrance page, go to:

<https://www.dignitymemorial.com/obituaries/courtenay-bc/nina-dobbyn-10939497>

### CURRENT EXECUTIVE

(with changes to come!)

President: Kate Patten      [kate.e.patten@gmail.com](mailto:kate.e.patten@gmail.com)

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Members-at-Large: Sonia Elliot, Roberta Gladwin

