

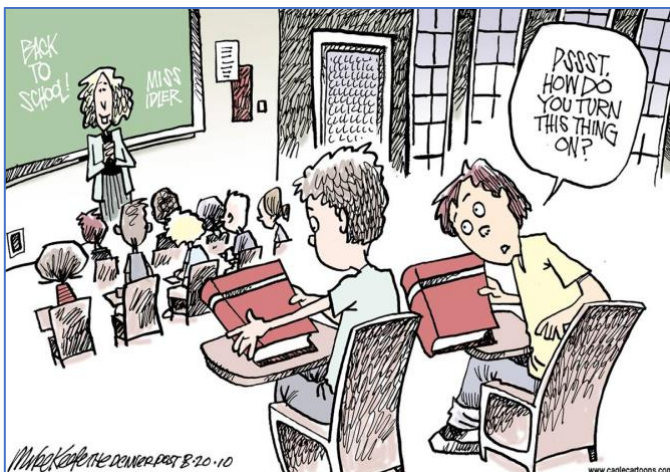


Greetings from the Executive of the
Mission Retired Teachers Association
September 2023

Another school year is about to begin. I fondly remember going in early to get things ready for the first week of school: lessons planned, handouts ready, bulletin boards attractive. Not so fondly do I remember the silly dreams of teaching in my underwear. The year that I had off for educational leave to complete my Ph.D., I remember feeling a sense of loss that I didn't get to be excited about meeting my new and previous students. I realized that we are one of the few professions that get a new start every year: we could change our routines, rules, lessons, teaching methods. As well, I kept my mom's tradition of starting each Sept. with new clothes!

Now I plan my days and holidays around when the plums will ripen on our laden trees and when I will clean out the greenhouse. I still wonder where the summer went so quickly. Some of you are getting ready to go on a grand fall holiday. Best time to travel, when the temperatures are moderate and the crowds gone.

It has been a cruel summer for many in Canada who were displaced by floods and fires. Some have lost their homes and some their farms and businesses. The repeated "drought summer" has forced us to be more water-conservative. We can be thankful for the many firefighters and their support personnel who toiled in nearly intolerable conditions to divert, staunch, and stop the fires. We can be thankful that we have the means and resources to endure and recover from tragedy. I was reminded recently by a friend to check my home insurance policy to see if we have "replacement" value. We don't, so I will be changing that this week! As building costs go up, it is the policy owner's duty to make sure the value of their home is current.



To Hell With the Bell

Luncheon September 5th at 11:00 a.m. at the Blackberry Kitchen in Heritage Park. A great way to re-connect with colleagues and celebrate retirement.

Please RSVP to Aaron at aaronmalks@gmail.com.

Hope to see you there! Please bring ideas for other events you would like.

HealthTips:

Recent research denies our perception that people with dementia can no longer learn:

<https://neurosciencenews.com/dementia-learning-23574/>

More research that links improved cognition as we age with regular exercise:

<https://neurosciencenews.com/exercise-aging-cognition-23661/>

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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