
BRTA MATTERS

Volume 70 • Newsletter of the Burnaby Retired Teachers' Association • November 2024

President's Message

Christmas Luncheon

We are pleased to announce that our Christmas luncheon will be held at the Burnaby golf course restaurant on Thursday, December 5th. Doors will open at 11 and lunch will be served at 12:00. You're invited to come early and visit with friends. The price for this luncheon will be \$50. The price for non-members is \$60. The luncheon buffet promises to be a spectacular feast. We will also have the pleasure of listening to the retired teacher's choir Andante.

It's really important to know if you will be joining us for lunch. We would appreciate getting an email as soon as possible. Please email Jim Reid at jreid03@telus.net, Rennie Maierle at rmaierle@telus.net or Ilse Armanini at ilse_armanini@telus.net. We look forward to seeing you!

Please take the opportunity to invite some retirees to join you for the luncheon. The more the merrier!



Sorry I'm late, but I had a very, very long night.



EXECUTIVE MEETINGS-November 14, (2025) February 6, April 2, September 18, November 13

LUNCHEON DATES-December 5 (Christmas) (2025) Feb 27, Apr 24, Oct 9, Dec. 4

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No longer with us - Elizabeth Souther, Maureen Moorby, Mignonne Wood and Ed Palleson

Burnaby Retired Teachers' Association Treasurer's Report, November, 2024

Balance as of August 31, 2024 ••••• Total \$ 5,505.41

Expenses		Income	
Bby Mountain Golf Club	\$2,303.17	Luncheon	\$ 2,195.00
Newsletter Printing	\$64.12	Total	\$ 2,195.00
Stamps	\$99.65		
Honorarium	\$200.00		
Total	\$ 2,666.94	Balance as of October 31, 2024	\$ 5,033.47

Burnaby Retired Teachers' Scholarship and Bursary Foundation

c/o Burnaby School District, 4054 Norfolk St, Burnaby, B.C, V5G OC3

Yes, I would like to support the Burnaby Retired Teachers' Scholarship and Bursary Foundation. I understand the money will be used to support graduating students in their future studies.

Enclosed is my cheque for ___ \$25 ___ \$50 ___ \$100 ___ other (A tax receipt will be issued)

Signature

Address

Name (Please Print)

City Province Postal Code

Thank you cards from Burnaby Scholarship Recipients

To Burnaby Retired Teachers: Thank you so much for this scholarship. I appreciate all the opportunities this will give me in the future. Sophie Thomas-Cariboo Hill

To the Burnaby Retired Teachers Association: I will forever be truly grateful to have been selected for this scholarship. This scholarship will help reduce some financial burden and allow me to more fully focus on my studies. I promise to work hard and thank you again for this scholarship. Gurjot Jhajj-Byrne Creek Secondary

Dear BRTA scholarship donor: Thank you so much for selecting me as the recipient of the Burnaby Retired Teachers' Scholarship! The scholarship will support my education in the Faculty of Education (Elementary) starting this fall 2024 at the University of Victoria! I am eager to take classes, grow academically and learn more about becoming a teacher. So once again, thank you so much for this support and I feel so honoured to be able to receive this award! Sincerely, Jamison Rigazzi-Cariboo Hill

CHRISTMAS OUTREACH

Every Christmas the Burnaby Retired Teachers' Association put on their Santa hats and visit a former colleague who is 85 or more. We even have several colleagues who are over 100! Some of our seniors just like a visit and we give them a poinsettia and a card with a teacher poem. This year we will be meeting at Ilse Armanini's home at 4881 Northlawn on Thursday December 19 at 10:00am to pick up our poinsettias and poems and share some Christmas cheer before we head out to visit one or two of our senior colleagues. If you are not available on that particular day just let us know and we can arrange for you to do it sometime the following week instead.

If you would like to join our ranks and become a POINSETTIA SANTA please e-mail barbstoliker@gmail.com or call her at 604-319-2690.

CHRISTMAS SONGS QUIZ

1. The apartment of two Psychiatrists
2. Sir Lancelot with laryngitis
3. A wet cloud's boyfriend has his beezee in the booze
4. Oh, member of the Round Table with missing areas
5. We are Kong, Lear and Nat Cole
6. Natal celebration devoid of colour, rather albino, as a hallucinatory phenomenon for me
7. Two hundred and eighty-eight Yuletide hours
8. Boulder of the tinkling metal spheres
9. The smog-less bewitching hour arrived
10. Parent was observed osculating a red-coated unshaven teamster
11. Obese personification fabricated of compressed mounds of minute crystals
12. Have hitherward the entire assembly of those who are loyal in their belief
13. Exuberation to this orb
14. Leave and do an elevated broadcast
15. Stepping on the pad cover
16. Cup-shaped instruments fashioned of a whitish metallic element
17. Present me naught but dual incisors for this festive Yuletide
18. Do you perceive the same longitudinal pressure which stimulates my auditory sense organs?
19. That exiguous hamlet south of the holy city
20. The lad is a diminutive percussionist
21. A joyful song relative to hollow metallic vessels which vibrate and bring forth a ringing when struck
22. A B C D E F G H I J K M N O P Q R S T U V W X Y Z
23. May the Deity bestow an absence of fatigue to mild, male humans
24. Tranquility upon the terrestrial sphere
25. Listen, the winged heavenly messengers are proclaiming tunefully



(Answers on bottom of Page 5)

R.R. SMITH - The R. R. Smith Memorial Foundation Fund gives grants to charitable groups operating in BC and developing countries, to support literacy projects. Burnaby is well represented on the volunteer Board, with Jim Reid, Dave Carter, Srah Joyce and Steve Bailey as elected members for one year terms! Remember your charitable donation received a prompt tax receipt contact www.rrsmith.ca or Jim Reid at jreid03@telus.net for his treasurer's expertise.

Strange But True

Did you hear about the teacher who was helping one of her pupils put on his boots? He asked for help and she could see why. Even with her pulling, and him pushing, the little boots still didn't want to go on. By the time they got the second boot on, she had worked up a sweat. She almost cried when the little boy said, "Teacher, they're on the wrong feet." She looked, and sure enough, they were. Unfortunately, it wasn't any easier pulling the boots off than it was putting them on. She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet. He then announced, "These aren't my boots." She bit her tongue, rather than get right in his face and scream, "Why didn't you say so?" like she wanted to. Once again, she struggled to him pull the ill-fitting boots off when he said, "They're my brother's boots but my Mom made me wear them today." Now she didn't know whether she should laugh or cry. She mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again. Helping him into his coat, she asked, "Now, where are your mittens?" He said, "I stuffed them into the toes of my boots!" She'll be eligible for parole in three year

Over Lunch

Over lunch last week my firefighter husband and paramedic cousin were talking about some of the crazy experiences in their careers as first responders to the scene of an emergency. My husband shared a tale of a particularly frustrating incident where a person had lied to him and therefore made him look less than competent. My cousin then shared this TRUE story. She arrived on a Sunday night to the home of an older woman in medical distress. If a patient is still conscious the first thing they do is to ask them a few questions about how they are feeling and their general health. Do they take any medications? Yes, the lady replied. I am on heart medication for heart failure, high blood pressure pills and she continued on with quite a list of meds she took daily to keep her on the 'right side of the grass'. That is first responder speak for 'alive'. Anyhow she continued her assessment and was taking the female patient's blood pressure and asked her again if she had taken all her medication today. Her response was 'Oh no, not today, the Sabbath is a day of rest. I do not take any pills on Sundays.' *True story! You can't make this stuff up!!!!*

Answers to Christmas Carol Quiz

1. Nutcracker Suite
2. Silent Night
3. Rudolph the Red Nosed Reindeer
4. Oh, Holy Night
5. We Three Kings
6. I'm Dreaming of a White Christmas
7. Twelve Days of Christmas
8. Jingle Bell Rock
9. It Came Upon A Midnight Clear
10. I Saw Mommy Kissing Santa Claus
11. Frosty the Snowman
12. Oh Come All Ye Faithful
13. Joy to the World
14. Go Tell It On the Mountain
15. Up On the Housetop
16. Silver Bells
17. All I Want For Christmas Is My Two Front Teeth
18. Do You Hear What I Hear?
19. Oh Little Town Of Bethlehem
20. Little Drummer Boy
21. Carol of the Bells
22. Noel
23. God Rest Ye Merry Gentlemen
24. Peace On Earth
25. Hark the Herald Angels Sing



BURNABY SCHOOL BOARD

REFLECTION AND ACTION TOWARD RECONCILIATION

National Truth and Reconciliation Week is a powerful opportunity for remembering and learning about the impact of the residential school system. Several schools, like **Capitol Hill Elementary**, also had a focus on healing and hope. Many – such as **Gilpin** and **Taylor Park Elementary** – came together as a community at assemblies to share learning and connection. Recognizing that this can be a challenging time of year for Indigenous families, several schools hosted dinners. Students in the District's **Professional Cook Program** at **Burnaby Central Secondary** prepared special snacks for their peers who are Indigenous. **Squamish Nation Elder Sam George** shared his personal story at the **Indigenous Family Gathering** at **Burnaby Mountain Secondary**. **Coast Salish Elder Doctor Roberta Price** provided blessings and strength at **Alpha Secondary**. There are many examples of student learning, such as this group work at **Byrne Creek Community School**, and these explorations at **Maywood Community School**. Students at **Aubrey Elementary** reflected on the past and shared their hopes for the future through their school-wide **Origami Reconciliation Project**. At **Confederation Park Elementary**, all grades used Coast Salish shapes to explore the past and the path forward toward Reconciliation. **Parkcrest Elementary** reflected as a school community on the loss of many Indigenous languages. Students at **Lochdale Elementary** grounded their learning in beading. Children at **Lakeview Elementary** considered the meaning of “Call to Action” and were also inspired by art created by their peer from the **Tal-o-qui-aht Nation**. **Brentwood Park Elementary** students created mosaic boards that reflected their learning. **South Slope Elementary** students connected with the land while “Walking Together” after reading a book of the same name by a Canadian Elder. Activities and learning continue beyond Truth and Reconciliation Week. This month, **Forest Grove Elementary** released a painted rock project designed to highlight that Every Child Matters. And a Grade 3 class at **University Highlands Elementary** created a mural inspired by the poem *My Heart Soars* – composed by the late **Chief Dan George** of the **Tsleil-Waututh Nation**.

DEAF AWARENESS FLAGS FLOWN FOR THE FIRST TIME AT SCHOOLS Students and staff at the District-administered **BC Provincial School for the Deaf** kicked off **International Week of Deaf People** with flag-raising ceremonies. It was the first time that the blue, turquoise, and yellow Deaf flag has been raised at **BCSD**, which is located at both **South Slope Elementary** and **Burnaby South Secondary**. The theme, “Sign up for Sign Language Rights,” could be seen reflected in the games and learning activities at **BCSD**. Some examples throughout the week included an ASL competition, Deaf Role Model presentations, ASL Bingo, and “Deafland” – an immersive experience into the Deaf world.

STUDENT AND STAFF ACCOMPLISHMENTS RECOGNIZED

A newcomer student at **Byrne Creek Community School** had his murals displayed at the Welcome Centre for the **Immigrant Services Society of BC**. The District has been recognized with a national **Bravo Award** for its **Your Healthy Digital Life** flyer series. The **Canadian Association of Communicators in Education** award recognizes exemplary work in school public relations. **Moscrop Secondary** Math teacher **Danny Young** earned an award from **UBC** for his approach to teaching high school math. Also at **Moscrop**, Math teacher **Stephanie Langille** won an award from the **BC Association of Mathematics Teachers** for her teaching and mentorship. There was wide recognition on **World Teachers' Day**, such as at **Alpha Secondary**, where students delivered coffee and treats to classrooms. Teachers at **Cariboo Hill Secondary** were reminded with sweet treats that we “donut” know what we'd do without them.

Actual Holidays and Observances in December (There is also Christmas!)

1. December 1-National Peppermint Bark Day
2. December 2-National Mutt Day
3. December 3-National Green Bean Casserole Day
4. December 4-National Sock Day
5. December 5-National Blue Jeans Day
6. December 6-National Microwave Oven Day
7. December 7-National Cotton Candy Day
8. December 8-National Brownie Day
9. December 9-National Llama Day
10. December 10-National Lager Day
11. December 11-International Mountain Day
12. December 12-Choral Day
13. December 13-National Cream Cheese Frosting Day
14. December 14-Monkey Day
15. December 15-Lemon Cupcake Day
16. December 16-National Chocolate Covered Anything Day
17. December 17-National Ugly Sweater Day
18. December 18-Answer the Telephone Like Buddy the Elf Day
19. December 19-National Oatmeal Muffin Day
20. December 20-National Sangria Day
21. December 21-National Crossword Puzzle Day
22. December 22-Mathematics Day
23. December 23-Festivus Day
24. December 24-National Eggnog Day
25. December 25-National Pumpkin Pie Day
26. December 26-National Candy Cane Day
27. December 27-National Fruitcake Day
28. December 28-National Call a Friend Day
29. December 29-International Cello Day
30. December 30-National Resolution Planning Day
31. December 31-Make Up Your Mind Day



Navigating the BC Health Care System – Connie Jorsvik (Jim Reid Summary)

At the last BRTA Luncheon we had a thought-provoking talk by Connie Jorsvik, a BC nurse who has spent years helping people “Navigate the System”. She noted several resources: Health Care BC (811), BC Cancer, Alzheimer’s & Heart and Stroke. For TECHNICAL information she cited Google Scholar and the UBC Medical library both of which are online. She also stressed the need for Advanced Care Planning which included a Representation Agreement, an Enduring Power of Attorney and a Living Will.

Doctors, ERs and Hospitals With doctor and specialist appointments, being proactive and assertive will lead to rapid care. Plan for all appointments writing down or listing all you want to discuss and take notes in your Notebook. If needed, take a helper to record notes. Get the names of all you talk to particularly in large agencies such as Cancer and Heart. Keep a calendar that records all appointments past, present and future. If your condition worsens, contact your GP or Personal Care Provider and explain what is changing. On a trip to the ER take all your information and history, pack a bag of warm clothing, book, phone, food and water. When being sent home ask for a confirmation as to why and if symptoms persist – go back!

When going to a hospital have someone go with you as you can receive more attention especially if you are using your notebook. Hospital staffing can change quickly, get their names and of those who run the nursing station as well as its phone number. Be assertive, ask questions! Guides, like Connie, can also be hired to go with you to help with the process. Also keep in mind that hospitals begin planning your discharge as soon as you enter. Discharge will occur anytime after a patient is deemed “medically stable”. Be aware of the “Home First” policy, a provincial mandate, wherein hospitals must try to send a patient home with home support. Only if the patient “fails” to manage at home will residential care be considered. Home support carries significant financial obligations for the family. Occupational therapists and social workers are often the best resources of advice about long term care. A local organization, part of Fraser Health, Burnaby Home Health at 4946 Canada Way may also be helpful.

Home Care, Residential Care Dementia & Cognitive Decline

Very often one is not aware it is happening. It may take 2-3 years to notice the signs and then 1-2 years to get appointments or help. So, be proactive about your health be independent not stubborn and notice any problems with daily living. Ask for help from your GP early on. The Red Flags to notice in others can be: We’re managing, We’re OK, We’re figuring it out, We’re muddling through.

Community/Public Subsidized Home Care Such care can be quite limited. Funds may need to be put aside to help with non-medical expenses such as a housekeeper, gardener, etc.

Nursing & Rehabilitation If one is at home at the time of need one can request home care. However, home care has a cost in BC. and it can quickly deplete one’s savings and assets as can private care which is also available. Housekeeping, shopping and other services are offered by BC211 which is supported by the United Way and the B.C. Ministry of Health.

Public home palliative care and hospice are becoming more of an option now which is comforting. But a caution, “It is hard to be both caregiver and a loved one—C.J.”.

As tips Connie offered the encouragement to be proactive and assertive in dealing with any aspect of the health care system. “Follow up, follow up, follow up and follow up some more”. Keep phoning until you get answers. Be ready with any information that explains why you are calling and recall, you catch more with honey than with vinegar and be polite always.

References: Navigating the BC Health Care System Seminar: Connie Jorsvik

Patientpathways.ca BC211 Burnaby Home Health Nannieservices.ca