



Prince George Retired Teachers' Association

November 2024

Hello everyone. As I write this, we have had the first snow fall of the season. How lucky we have been to not have snow until the middle of November. Please check out the BCRTA Website for the newly posted videos of the Postscript Awards for: Best Art or Photo, Best Travel Article and Best Personal Experience Article. Also posted are the presentations from the 2024 BCRTA Conference in September – Appraising Special Objects by Gale Pirie and a Notary Public presentation by Hilde Deprez. Both were very well done and worth the time to take a look. View the information about the Gold Star Award – a special program where classroom teachers can earn money for their school while working with seniors. Hope you all have a great holiday season. Lori Dennill (email to pgrtaprez22@gmail.com)



ADVOCACY AND WELL - BEING: Robin Mathis

PGCOS CHRISTMAS HAMPERS UPDATE

DEADLINE: for applications (to receive a Hamper) is Fri. Nov.29, 2024 at the Seniors' Resource Centre, 1330 - 5th Ave.

The hampers will be assembled and delivered the third week of December 2024.

ASSEMBLING: Dec. 16 (Mon), Dec. 17 (Tues), and Dec. 18 (Wed) for nonperishable food items.

DELIVERY: Dec.19 (Thurs.) and Dec.20 (Fri) for perishable food items which will be added on these days, then delivered.

SHIFTS: for ASSEMBLING and DELIVERY will be 9 am-12 noon and 12 noon-3 pm each day.
To volunteer: Phone - (250) 564-5888 or Email www.pgcoss.ca attention Lisa Traicoff.

PLEASE SEE ATTACHMENT for a Request for Receipt for Income Tax Purposes for Donations to the Prince George Council of Senior Programs or Services. These forms may be mailed or turned in at the Luncheon Dec. 11, 2024, to Robin Mathis. (you will receive your receipt by Feb. '25)

MIRACLE THEATRE

PRINCE GEORGE COUNCIL OF SENIORS (PGCOS) will be the beneficiaries of the Miracle Theatre's next production (two live theatre productions by Canadian playwright Norm Foster).

'Lunenburg' and 'Here on the Flight Path' Mar.27 - Apr.24, 2024, Nightly at 7:30 PM Tues. to Sat., plus 2 PM Matinees on Sat. and Sun. Tickets \$39.50 at Books and Co. or by phone (250) 563-6637.

All proceeds will create a Permanent Endowment for a "Seniors' Emergency Fund" for Prince George's elderly if they should lack enough funds at the end of the month for food and/or shelter. This Seniors Emergency Fund will be created by the Prince George Community Foundation to support the work of the Prince George Council of Seniors.

Gift Tickets are also available for Christmas Presents. Your recipient will have a choice of either play and any performance.

PHARMACARE : UPDATE Nov.6, 2024 - COSCO

(Council of Senior Citizens' Organization)
THE NEXT STEPS AFTER ROYAL ASSENT OF BILL C - 64 TO IMPLEMENT THE PHARMACARE PROGRAM INCLUDE:

- The minister will be negotiating federal and provincial/territorial agreements over funding and what drugs will be covered to provide universal access to a range of contraception and diabetes medications.



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- Canada's Drug agency has a year to compile a list of essential drugs and related products to inform a bulk purchasing strategy to reduce costs.
- The Pharmacare Act also requires the Minister of Health to establish a Committee of Experts within 30 days to make recommendations for the financing and administration of national, universal, single - payer pharmacare.
- Advocates are concerned that if the agreements are not made quickly, a change in government could extinguish the program. The goal is for the program to be sufficiently implemented so that it will be difficult to undo.

CANADIAN DENTAL CARE PLAN (CDCP): - UPDATE Oct. 31, 2024, Canadian Free Press.

- The program hit 1 million patients in the first 6 months.
- 2.7 million Canadians have registered for care under the Program.
- 89% of oral health providers in the country are providing care under the Program.
- Mark Holland (Minister of Health) - the dental plan saves the average participant \$730 and saves the taxpayers far more by preventing emergency room visits.
- The current program includes seniors, adults on the Federal Disability Tax Credit and children under age 18.
- Access to more complex procedures started Nov. 1, 2024.
- People can request preauthorization for things like dentures, as well as what the program deems high - need or complex conditions.
- Paper claims will also be accepted he said which will mean that more dentists and oral care providers are eligible to work under the program. They are tracking closely how paper claims and pre-authorization go.
- The GOAL is to expand eligibility as quickly as possible to all Canadians in 2025.

AWARDS – Aleta MacFadden

SD57 OPEN SCHOLARSHIP

No new donations were received for this account. Daisy Moon was given \$1000. The new

balance is \$2866.34. The following e-mail was received from Daisy Moon.

I was the graduate chosen to receive the Springboard to Success Scholarship in year 2024. I would like to sincerely thank you for making this generous award possible. I am very grateful for this financial assistance since this will allow me to study in a different city without financial struggles.

Your generosity is helping me pursue my academic and creative passions, and I am excited to share how this support will shape my journey at the University of Toronto. Currently, I am majoring in Visual Studies, and as the school year has progressed, I've discovered a growing interest in Architecture as well. This has inspired me to explore the possibility of a double major in both fields.

While I'm still uncertain about my specific career path, I look forward to gaining experiences in Toronto, which will help guide my future direction. This scholarship has given me the opportunity to focus more on my studies and creative growth, and for that, I am truly thankful. Once again, thank you so much for providing this award for me.

Sincerely,
Daisy Moon

UNBC EDUCATION BURSARY

At the October luncheon we received a donation of \$100 and \$115 from the book sales. Our 2024 recipient, Megan Connell, has been given \$500 for the first term leaving us with \$1582.



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Do You Remember?

THE STRAP

By Robyn Naylor
PGRTA Education Heritage Committee

The use of 'the strap' as a form of corporal punishment in the schools of British Columbia ended when then Education Minister, Eileen Dailly (1972-1975), amended the School Act. The strap was officially abolished on February 14, 1973. Dailly called this legislation a 'Valentine's Day gift' for BC's children. It is unclear when the strap, and other forms of corporal punishment, began in the school system but they had probably existed since the beginning of public school education. The strap was certainly there when children attended school in the fifties and sixties. When I started teaching in 1969 the strap was still in use. Interesting to note that it was not until 2004 that the Supreme Court of Canada ruled that corporal punishment was an unreasonable use of force in keeping classroom discipline in Canadian schools.

Under BC's Department of Education school law, the application of the strap was only to be used for serious violations. However, this was subjective and could be interpreted in a variety of ways. One article said that a child could get a strap if they missed spelling a word correctly or were late for class.

When a student was sent to the office to get the strap, a witness would need to be present. The

student's hand had to be held out in order for the strap to connect. The maximum punishment would be ten strokes: an equal number on each hand. This was a painful experience, although boys would say, "it was nothing", to save face. It was hoped that someone getting it, the strap would act as a deterrent to other students so the offence would not be repeated. Both the principal and the witness would record/sign a special discipline book each time the strap was administered to a student.

In the early 1970s child-centered learning started to be the focus in teaching and learning. At this time conflict was rising between adults and educators who believed that a civilized society and good, moral behaviour depended on the use of corporal punishment (the strap) for discipline (based on the 'spare the rod and spoil the child' adage) and other adults and educators who felt that physical discipline could allow children to be abused and lead to even more abuse and violence.

Eileen Dailly, who had been a teacher, informed her decision to ban the strap by saying in the legislature, "Surely, Mr. Speaker, if we want to reduce acts of violence in our community and in the world, we must eliminate acts of violence in our schools. If we want to develop future generations into more humane people, we must practice more humanity ourselves." Dailly even received death threats for this action. British Columbia was the first province to ban corporal punishment in schools.

It should be noted the majority of teachers disliked sending students to the office to get the strap as it was a very uncomfortable and humiliating process. Research has shown that corporal punishment did not change inappropriate behaviour.



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Our Christmas Market Adventures By Sandra Hay



Missed train connections, the German rail service calling a sudden strike, crazy “Flix Bus” drivers, two of us testing positive for Covid right at Christmas, torrential rains, flooded out rail lines, and finally arriving home with bed bug bites was not what we expected when, with my sister and brother-in-law, I set off on a tour of the famous European Christmas markets. All these travel disasters aside, however, the markets themselves were fabulous and fun.

Last December we flew to Paris and travelled from there through France, Germany and Czechia, visiting the Christmas Markets at each of our stops. Our ultimate destination was the little city of Goslar, Germany, where we planned to spend Christmas with my niece, who lives in Germany. We had been invited to celebrate Christmas with her, and her partner’s family. In the three weeks leading up to the big day, we visited some of the most famous seasonal markets, the ones you see advertised in the promotions for group tours. Surprisingly, we also discovered some charming smaller markets in

unexpected places. Indeed, the smaller, less famous Christmas markets were my favourites.

Our first stop was in Nancy, France, a beautiful city with a UNESCO World Heritage designation. The markets there are dedicated to St. Nicholas and are scattered around the centre which is brilliantly lit up in the evenings. In one market we came across a Canadian booth selling maple sugar products and Canadian whisky.



Other markets sold hot chestnuts, had old-fashioned carousels, Ferris wheels and other rides for children. All of this was set amongst the Renaissance, Baroque and Art Nouveau architecture of the city. It was lovely just exploring this historic place. Looking back, this was one of my favourite destinations. The St. Nicholas theme celebrated Christmas in a very old-world way that was quite unique.

Our only other stop in France was in Strasbourg which was quite a contrast to Nancy. There were several markets which were very busy, and the main streets were crowded with large tour groups. We didn’t have a lot of time, but the decorations were spectacular, and it was easy to see why this is one of Europe’s most famous Christmas markets. Within an hour after visiting the Strasbourg market we were off to Germany



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on the train in anticipation of its historic seasonal markets.

In Germany we stopped at Bamberg and Leipzig before heading into Czechia, once known as The Czech Republic. The markets in Leipzig were some of the best. As in Strasbourg, they were spread around the city and each one had a theme. The Traditional (historical) Market was in the main square but there was also a Magical Forest, A Grimm's Fairy Tale Market, a children's workshop, a Nordic Market and outside the church where Bach was choirmaster for many years was a chorus of angels in Christmas lights. It was quite magical in the evening with all the lights. Because the markets were spread across many areas it was not overly crowded. There was a joyous quality to this city which once figured so prominently in East German politics and repression.



In Czechia, we again liked the smaller market we visited in the town of Ceske Budejovice rather than the larger ones in Prague. Prague was very crowded but the smaller market in Ceske Budejovice (home to the original Budweiser beer) was delightful. There was a skating rink in the middle of the square which is one of the largest in the country. Set against the beautiful historic buildings surrounding the square were booths offering tempting food, drinks and local crafts. Almost everyone there was local and there were few, if any, other tourists. Local choirs and bands entertained in the evening. This market was an Advent Market which meant it went on until

Advent in early January. Most other markets are over before the new year.

We returned to Germany and visited Dresden which has held their "Steiermark" since 1434, making it one of the oldest in Europe. This is another grand market but nicely spread out through the historic centre. Our last stop was the city of Goslar which is a beautiful little city in the Hartz Mountains. Here we spent Christmas and joined my nieces and our host family for a traditional German Christmas Eve and then, on Christmas Day, a Canadian style turkey dinner which we prepared for them. At this point we were just recovering from having a mild Covid infection, but we managed to pull off the dinner just fine. Our one regret was that some of the older members of our hosts' family could not come due to both our Covid status and severe seasonal flooding in the area. However, for us it was a unique and charming experience. In the week following we travelled through rain-drenched countryside, stopping at Koln (Cologne) and Trier before arriving back in Paris for our flight home.

For anyone planning on visiting Europe for the Christmas markets here are a few of my tips: Try to visit a few markets in smaller cities, sample the various traditional foods and treats, if you feel cold have a cup of gluhwein and you can keep your favourite cup (or two) as a souvenir, wear comfortable sturdy shoes, be prepared for wet weather, strikes and cancellations and the delays these might cause. As for the bed bugs, well that was just an unfortunate souvenir of New Year's Eve, our final night in Europe. Even the best hotels in Paris were having problems leading up to their Olympic Games but we really didn't need to end our Christmas Adventure that way.



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Wednesday, December 11, 2024 PGRTA Christmas Luncheon Notice

- **Program:** “Surprise Musical Entertainment”
PGRTA General Meeting – regular business
- **Date:** Wednesday, December 11, 2024
- **Time:** Doors open at 11:00 am
Meeting begins promptly at **11:30 a.m.** Please arrive in plenty of time to check in.
- **Place:** **Hart Pioneer Centre,**
6986 John Hart Highway,
Prince George, BC
- **Lunch Menu:** Turkey, Dressing, Cranberries and Buns
Salads: Garden Salad and Macaroni Salad
Vegetables: Mashed Potatoes and Gravy, Vegetable Medley
Dessert: An assortment of Desserts
Coffee/Tea
- **Cost:** **\$20.00 per lunch (Correct change is appreciated)** (the PGRTA Will be subsidizing the continually rising cost of food by \$1.00 for this meeting.)

We are all members of the Prince George Council of Seniors. To support their programs this holiday season, we will have envelopes available for monetary donations on our Resource/Donation Table, so Christmas hamper items can be purchased at more affordable prices. Save-On Gift Certificate are also welcome. As well, there will be envelopes available for the following PGCOS programs: Denture Program, Meals on Wheels, and Better at Home. If you miss the opportunity to donate at our December meeting, and still wish to participate, donations can be mailed, e-transferred or dropped off at the PGCOS Resource Centre at 1330 5th Avenue, Prince George, BC, V2L 3L4. There will also be a book sale and donation envelopes available for the usual SD57 + UNBC Awards.

If you must order or cancel at the last minute, please contact Bonnie Lamb directly at **250-964-7872** or at bl_lamb@telus.net and she will check with the catering staff to see if the change can be accommodated. However, no changes are possible after 1:00 p.m. the Monday before the meeting. **Please Note:** If you tell us you're coming, and then are unable to make it, you are still responsible for the cost.

If you need a ride, please contact Bonnie Lamb, who will try to arrange one.

Hope to see you there.





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PRINCE GEORGE COUNCIL OF SENIORS
SENIORS RESOURCE CENTRE
1330 5TH Avenue, Prince George, BC V2L 3L4
(250) 564-5888



Request for Receipt for Income Tax Purposes **For Donation to the Prince George Council of Seniors**

Date of Donation _____

Temporary Receipt # _____

Donor (Name on official receipt): _____

Address: _____

City: _____ Postal Code: _____

- CASH
- CHEQUE
- E-TRANSFER
- GIFT CARD(s) receipt attached

Can your Donation be allocated where it is need the most?

- Yes
- I / We want my / our donation to be used specifically for
 - Better at Home
 - Meals on Wheels
 - Dentures
 - Christmas Hampers
 - Other: _____

I would like to learn more about volunteering for the Prince George Council of Seniors

I would like to receive the Prince George Council of Seniors Monthly Newsletter
'The Seniors Times' email: _____

Charity BN / Registration # 89229441-RR-0001

For information on all registered Charities in Canada under the Income Tax Act, please visit Canada Revenue Agency www.cra.gc.ca/charities

Request for Tax Receipt form March 2020