

RIVERSIDE

REFLECTIONS

Newsletter of the New Westminster
Retired Teachers
April 2024



The Armories - 1897

The President's Comments

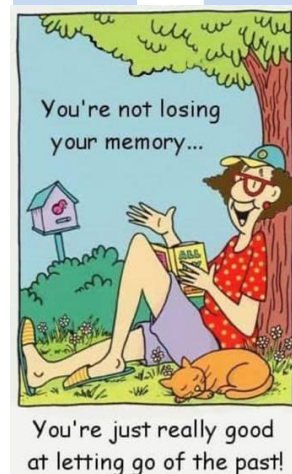
by Kerry Babiuk

I have had the privilege of joining an illustrious group of people as a Director of the R.R. Smith Memorial Fund Foundation. This is the charity founded by the BCRTA in 2002 so its members could raise funds for educational charities. This year we had 25 applicants and after some deliberation, we allocated over \$40,000 to the various charities. The applicants came from B.C., Mexico, Ethiopia, India, Kenya, and Afghanistan. When you hear how some teachers spend their 'summer' time erasing entire notebooks, so they can be reused in the new year, you really begin to appreciate how fortunate we are and how much we take for granted. Each application managed to 'tug at our heart strings' in some fashion. In many cases we were faced with the dilemma of "can't we give more", but with a limited budget you can only give so much to each one, so that everyone has some grant money to continue their work.

Not only was this an enlightening experience, but also an incredible opportunity to work with an amazing group of individuals.

I was also given the opportunity to review an article for our "Postscript" magazine. Pat Thiesen, who is a BCRTA Director and a fellow band member, was given the task of writing an article on 'ageism'. Upon completion she asked if I would look at it and offer any suggestions before she submitted it to "Postscript". I think my only suggestions were that this was a very insightful article and should be submitted post-haste. What I appreciated about the article was that it made me realize that much of the ageism dilemma that we face is largely of our own doing. We have a tendency to internalize, that as we age, we can't do many things and therefore often don't even make the attempt. Whether it is learning a new program on the computer or learning to play an instrument we just say, "why bother, we are too old." I think in many ways we are often too eager to play the "I'm old" card. Therefore, pick yourselves up, quit whining and get on with life.

When I reflect on the applicants for the R.R. Smith grants, I think how lucky we are and therefore we should seize every opportunity that comes our way while we have the chance.



The Armories

(Opening photo)

The Armories is home to the Royal New Westminster Regiment. Construction began in 1895 and was completed one year later. It was one of the few buildings that survived

the Great Fire of 1898. The museum is home to memorabilia from the Westminster Volunteer Rifles(1863) the Seymour Battery of Garrison Artillery, the 104th Westminster Fusiliers of Canada, the 47th and 131st Battalions CEF, and the Westminster Regiment and the Royal Westminster Regiment. The opening photograph and information can be found at:

https://en.wikipedia.org/wiki/The_Armoury

and

<https://tinyurl.com/5872hh5h>

2024 NWRТА Meetings

Late May/early June

Year end meeting/ AGM

Possible ideas: Picnic, Best Ball Golf, Lawn Bowling, Bocci Tournament

Flash Mob or Pop Up Event

I would still like to try this later in April or early May. If any member has a music recital, poetry reading, car show, or other unique and interesting activity that may of interest to some of our members, I would love to advertise the event. I would give a two week notice of the event and those members who can show up, it's a go. Keep in mind this is not a formal NWRТА meeting, but rather a 'spontaneous' gathering. It could be three people or it could be 15. It could even include a chance to go for lunch or dinner as well.

If you have an activity that you would like some people to join, let me know and I will send out an email.

Watch for a notice about a pop up event.

COSCO - online series

The Silent Threats: Dealing with Stress, Hypertension, Memory and Aging, Osteoporosis, and Osteoarthritis. These five workshops run from April 11th through to May 9, 2024.

The web address will take you to the website where you can register for one or all of the workshops. Unfortunately I could not create a link to the page so you have to copy the web address below and paste it in your browser.

<https://seniorshelpingseniors.ca>

THINGS TO DO AROUND TOWN

Bernie Legge Theatre

The Last Romance

April 18 to Sunday, May 5, 2024

8:00 pm 10:30 pm

\$15 - \$20

Tipperary Park

How to make spring rolls (Asian Heritage Month)

May 9th 5:45 - 7:00pm

\$15

Burnaby Neighbourhood House

This is a request from Alfreda Lam who is looking for volunteers to drive seniors:

My name is Alfreda and I am a Social Work student from UBC, currently completing my practicum in Burnaby Neighbourhood House (BNH) in seniors services.

We are currently recruiting volunteer drivers for our Seniors Transportation program. We would be deeply grateful if you could help us with this. I have attached a poster of the volunteer recruitment information. Please do not hesitate to contact me for any questions you may have.

Thank you very much!

Regards,
Alfreda

AlfredaL@burnabynh.ca

THE BOOK CORNER:

None So Blind by Barbara Fradkin



By Barbara Fradkin

For those of you who like a good mystery novel and one set in Canada to boot, then set your sights on a series called the Inspector Green mysteries by Canadian mystery author Barbara Fradkin. She has won the Crime Writers of Canada Award for two of her previous Inspector Green novels....so you can expect to enjoy more books by this great author! Most of us are familiar with the various fictional police inspectors from movies, books and TV series. Names like Clouseau, Morse, Lewis, Rebus and Gamache, to name a few, may spring to mind. But who is Inspector Green??

So far, Barbara Fradkin has written eleven novels in the Inspector Green series. This one is the tenth. A friend had recommended this series to me. They sounded interesting and the *None So Blind* novel was the only one of the series in my local library. That being said, the books needn't be read in perfect order as each is a story unto itself. In this novel, Green is a detective inspector working with the Ottawa Police force. Green is again confronting the case that launched his police detective career when he started out as a rookie detective twenty years ago. Now as a police inspector, Green has had reason over the years to suspect that he may have been too quick to imprison a college professor for the murder of a young college student. The prisoner has continued to send letters to Green from behind bars saying he is innocent. He eventually is paroled and soon after is found dead. Now

Green has to unearth old evidence in an effort to solve the mystery of the man's death. He spends time (again) dealing with the family of the victim named Jackie Carmichael. Folks believed she and the professor were having an affair...but were they?? And did the professor really commit the murder?

The various characters who figure into this story have believable and strong back stories. Green is helped by the family and friends of the victim, as well as the Chief Superintendent and fellow police detectives. He spends hours working on connecting the dots between what happened years ago and the current status of the possible current suspects. Plot twists and turns will keep you guessing and you might actually come to care about Inspector Green and the rest of the cast of characters. I, for one, would like to get my hands on the other Inspector Green books at some point. If you, like me, enjoy a classic mystery story complete with interesting characters and a twisty plot, then this might be a perfect series for you to read.

Just a note....Barbara Fradkin has also created a mystery/thriller series featuring an adventurous international aid worker named [Amanda Doucette](#). She has recently returned to Canada to recover after a traumatic ordeal during her last posting. However, having a passionate and natural instinct to help people in sticky situations and trying to make things right, she is most often found confronting trouble. Worth a read!

by Devon Codesmith

EATING IN THE FIFTIES:

Pasta had not been invented, it was macaroni or spaghetti. Curry was a surname and a take-away was a mathematical problem. Pizza? Sounds like a leaning tower somewhere. Bananas and oranges only appeared at Christmas time and all chips were plain. Oil was for lubricating and fat was for cooking. Tea was made in a teapot using tea leaves and never green. Cubed sugar was considered as

posh. Chickens didn't have fingers and no one had ever heard of yogurt. Healthy food consisted of anything edible and cooking outside was called camping. "Kebab" was not even a word, much less a food. Prunes were medicinal and surprisingly muesli was readily available. It was called cattle feed. Pineapples came in chunks in a tin and the only real one that we saw was in a picture. Water came out of a tap or garden hose and if someone suggested bottling it and selling it for more money than gasoline, they would have become a laughing stock. The one thing that we NEVER EVER had at our table was elbows, hats, or cell phones. Those were the days.



AND YOU THOUGHT YOU KNEW MUSIC

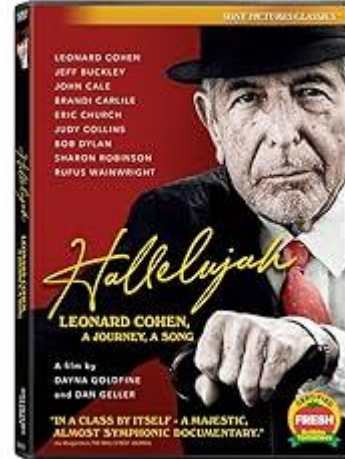
...Edition#15

Contributed by: Seedy

Those of you who watch *Heartbeat* on the Knowledge Network will recall Geena recently attending an art course, and her teacher saying "don't just copy what you see, paint what you feel". That is VERY similar to what we are trying to do in *this* column – hoping to give you some ideas on how to make the music your own. Let's see how this offering works for you.

Since this is the last issue before Canada Day, it is a great opportunity to pay homage to a Canadian icon, Leonard Cohen (1934-2016). Born in Montreal, he was inducted into the Canadian Music Hall of Fame, named as a Companion of the Order of Canada and garnered many more

accolades. He was clearly well known in musical and literary circles and began his career as a poet and author and didn't start his music career until 1966. We offer three interpretations of his great tune from 1984: *Hallelujah*.



And, what better way to start than with a Canadian singer playing a Canadian tune at a Canadian Olympics?

<https://tinyurl.com/29ywzb4p>

What a way to welcome the world to our country, eh? Next up, some (hundreds, actually) singers from the centre of the universe give you some great harmony with limited instrumental support. The one-minute preamble is worth it, but feel free to ff if you can't wait to hear the tune.

<https://www.youtube.com/watch?v=AGRfJ6-gkr4>

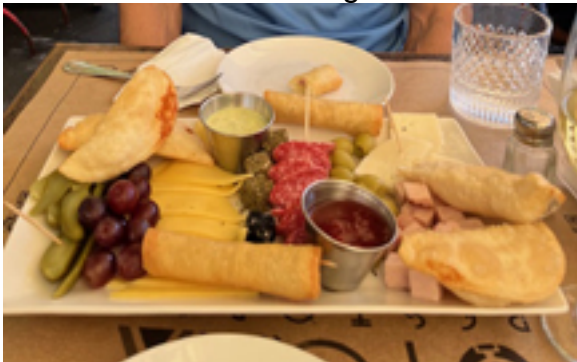
Well, I'm speechless (and THAT don't happen often!!) Lastly, to show this tune is respected well beyond our borders, we offer two great instrumentalists, continents apart able through the wonders of modern technology, to play a duet on two of the most expressive instruments I've had the pleasure to listen to. These two REALLY know how to make their instruments sing. Hope you enjoy this as much as I do! [Hallelujah - Violin and Sax Cover - Karolina Protsenko & Daniele Vitale \(youtube.com\)](https://www.youtube.com/watch?v=AGRfJ6-gkr4)

As an erstwhile tenor player, I gotta say how impressive that was, playing from the heart AND staying in tune – not easy on that instrument.

For the next issue, in keeping with trying to bring you new ideas mixed with great music, we hope to put together a singer who does his own interpretations – singing traditionally, then reverting to his own style. Not sure what I'm trying to say? Neither am I; so you better check out the next edition of the NWRTA newsletter. Hope you are enjoying these columns as much as I enjoy researching and developing them. Seedy.

DINING WITH PATRICIA

One of the many pleasures of travel is sampling the different cuisines. On a recent trip to South America we enjoyed some typical local dishes as well the cruise ship dining. In Santiago, Chile in the trendy Lastarria neighbourhood it was an appetizer plate with empanadas, various cheeses, ham and olives. Servings tend to be large!



Desserts are everywhere in Chile and Argentina. At the famous La Tortoní Cafe, the Italian coffee, cake and gelato were a reward after walking many streets.



Buenos Aires has an increasing number of modern cafes that feature meals like this

eggplant Parmesan, guacamole, potato wedges and greens.



In the small family restaurant I tried the local stew of beef, corn, potatoes, bell peppers and other vegetables. It was served with fried corn bread.



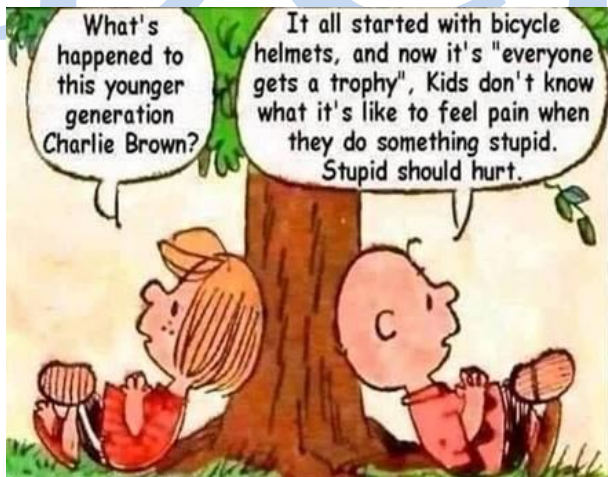
In an upscale market in new Montevideo, Uruguay pork and beef are cooked, ready for hungry shoppers. It is very popular to eat asada which is sliced, grilled beef. Cruisers will recognize the special lobster night plate. And yes it was as good as it looks.



THE ELDERLY

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We are more than willing to accept responsibility for all we have done and we do not try to blame others for our mistakes. However, upon reflection, we would like to point out that it was not senior citizens who took: the melody out of music, the pride out of appearance, the courtesy out of driving, the romance out of love, the commitment out of marriage, the responsibility out of parenthood, the togetherness out of the family, the learning out of education, the Golden Rule from rulers, the nativity scene out of cities, the civility out of behavior, the refinement out of language, the dedication out of employment, the prudence out of spending, or the ambition out of achievement.

And we certainly are **NOT** the ones who eliminated **patience** and **tolerance** from personal relationships and interactions with others!



Yes, we could have treated Mother Nature and our planet a little bit better, but we also aren't responsible for all the societal woes we see today, so give us a break, none of us are perfect.

THOUGHT FOR THE DAY

Friendship

"Many people will walk in and out of your life, but only true friends leave footprints in your heart." Eleanor Roosevelt

A friend is having someone you like and especially trust. They care about you and are willing to help you during tough times. They share the good and bad times and truly listen and respect your feelings and are willing to offer useful advice and support. Most of all, friends accept you for who you are.



KERRY'S TOONIES WORTH

or

One Step Away from Relevance

More on Seniors

1. A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."
2. Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.
3. When you are dissatisfied with being older and would like to go back to being young, think of Algebra.

Some Dark Humour

1. You don't need a parachute to go skydiving. You need a parachute to go skydiving twice.
2. The doctor gave me one year to live, so I shot him with my gun. The judge gave me 15 years. Problem solved.
3. Want to know how you make any salad into a Caesar salad? Stab it 23 times.
4. Today, I asked my phone "Siri, why am I still single?" and it activated the front camera.
5. Today was the worst day of my life. My ex got hit by a school bus, and I lost my job as a bus driver.



6. I'd like to have kids one day. I don't think I could stand them any longer than that, though.
7. My mom died when we couldn't remember her blood type. As she died, she kept telling us to "be positive," but it's hard without her.
8. As I get older, I remember all the people I lost along the way. Maybe a career as a tour guide was not the right choice.
9. Wife: "I want another baby." Husband: "That's a relief, I also really don't like this one."
10. A man wakes from a coma. His wife changes out of her black clothes and, irritated, remarks, "I really cannot depend on you in anything, can I?"

A Senior's Facebook

For those people of my generation who do not, and cannot, comprehend why Facebook exists. I tried to make friends outside of Facebook while applying the same principles. Each day I would walk down the street and tell passerby what I have eaten, how I feel at that moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog, of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, and doing what anyone and everyone does each and every day. I also listen to their conversations and then a "thumbs up or down" and I tell them if I like them as well. So far it is working just like Facebook. I already have 4 people following me: two police officers, a private investigator, and one psychiatrist.

Just because something is
on Facebook doesn't
necessarily mean it's true.

- William Shakespeare

Great Truths That Children Have Learned:

- 1) No matter how hard you try, you can't baptise cats.
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.

10) The best place to be when you're sad is Grandma's lap.

Love Those Saskatchewan Girls...!

A farm girl from Saskatchewan walks into a bar in Calgary and orders three mugs of Bud. She sits in the back of the room, drinking a sip out of each one in turn. When she finishes them, she comes back to the bar and orders three more. The bartender approaches and tells the farm girl, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time."



The farm girl replies, "Well, you see, I have two sisters. One is in Australia, the other is in Cranbrook. When we all left our home in Saskatchewan, we promised that we'd drink this way to remember the days when we drank together. So I'm drinking one beer for each of my sisters and one for myself." The bartender admits that this is a nice custom, and leaves it there. The farm girl becomes a regular in the bar and always drinks the same way. She orders three mugs and drinks them in turn. One day, she comes in and only orders two mugs. All the regulars take notice and fall silent. When she comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss." The farm girl looks quite puzzled for a moment, then a light dawns in her eyes and she laughs. "Oh, no, everybody's just fine," she explains, "It's just that my husband and I joined the Baptist Church and I had to quit drinking".

The Middle Wife

by an Anonymous 2nd grade teacher

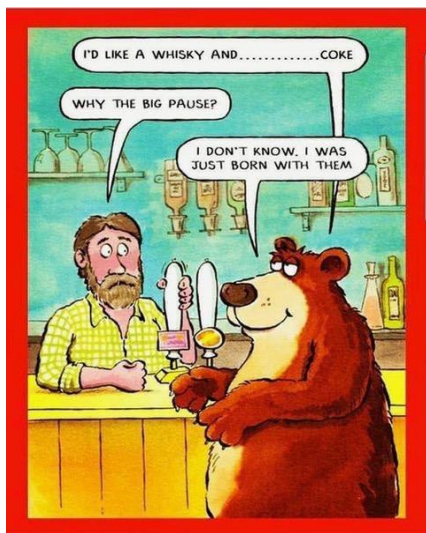
I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own second grade classroom a few years back. When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome. Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her sweater. She holds up a snapshot of an infant. "This is Luke, my baby brother, and I'm going to tell you about his birthday." "First, Mom and Dad made him as a symbol of their love, and then Dad put a seed in my Mom's stomach, and Luke grew in there. He ate for nine months through an umbrella cord." She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement. "Then, about two Saturdays ago, my Mom starts going, 'Oh, Oh, Oh, Oh!', Erica puts a hand behind her back and groans. "Mom walked around the house for, like an hour going, 'Oh, oh, oh!" (Now this kid is doing a hysterical duck walk and groaning.) "My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mom to lie down in bed like this." (Then Erica lies down with her back against the wall.) "And then, pop! My Mom had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like pssshheew!" (This kid has her legs spread with her little hands miming water flowing away. It was too much!) "Then the middle wife starts saying 'push, push,' and 'breathe, breathe'." "They started counting, but never even got past

ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said it was from Mom's play-center, so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there in the first place." Then Erica stood up, took a big theatrical bow and returned to her seat. I'm sure I applauded the loudest. Ever since then, when it's Show-and-tell day, I bring my camcorder, just in case another 'Middle Wife' comes up.



Groaners

1. The outdoor store had a big paddle sale. It was quite the oar deal.
2. One elevator to another: I think I'm coming down with something.
3. I call my alarm Jim, so I can tell people I hit the Jim every morning.
4. A really bad gymnast walked into a bar.



5. Kitchen remodelers are very counterproductive.
6. I owe a lot to sidewalks. They've kept me off the streets for years.
7. I tried archery, but didn't like it. There were too many drawbacks.
8. The local wig shop has been burgled. Police are combing the area
9. A small area of undeveloped land might not seem like much, but to me it's a lot.
10. I want to buy one of those reversible jackets to see how it turns out.

NWRTA EXECUTIVE, 2023-2024

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